

PHYSICAL ACTIVITY COURSES (PAC)

PAC 100, ADAPTED PHYSICAL ACTIVITY, 1 Credit

Individual workout for students with permanent or temporary physical disabilities and for students enrolled in another PAC who sustain an injury.

This course is repeatable for 11 credits.

PAC 102, AQUA AEROBICS, 1 Credit

Fitness class using a variety of movements in shallow and deep water, mostly in a vertical position. Do not need swimming skills.

Equivalent to: PAC 101

This course is repeatable for 11 credits.

PAC 103, DEEP WATER FITNESS, 1 Credit

Fitness class using a variety of movements in a deep water pool, mostly in a vertical position. Should be comfortable in deep water.

This course is repeatable for 11 credits.

PAC 104, ARCHERY, 1 Credit

Basic mechanics and introduction to archery. Exposure to varying archery techniques and equipment, including recurve and compound bow shooting.

This course is repeatable for 11 credits.

PAC 105, CPR/FIRST AID, 1 Credit

Introduces cardiac and first aid emergency response procedures. Emphasis placed on safe response, chain of survival, quality CPR (adults, children, infants and team responses), use of an AED, medical emergencies, injury emergencies and environmental emergencies. Students successfully completing the American Heart Association certification requirements will be issued a Heartsaver First Aid and BLS (Basic Life Support) for the Healthcare Provider certification at the end of the course.

This course is repeatable for 11 credits.

PAC 106, BEAVER FIT, 1 Credit

A conditioning class for those of all fitness levels that focuses on mobility, functional movement, and high-intensity interval training as a means to improve cardiovascular fitness, muscular fitness, and flexibility.

This course is repeatable for 11 credits.

PAC 108, STEP AEROBICS, 1 Credit

Low-impact, high intensity workout adjustable to all fitness levels utilizing adjustable height benches. Strengthening and flexibility exercises included.

This course is repeatable for 11 credits.

PAC 110, INTRODUCTION TO WHITE WATER KAYAKING, 2 Credits

Students will learn fundamentals of white water kayaking in sheltered water based on the internationally recognized British Canoe (BC) teaching and skills certification system. Emphasis is on activity and basic skills. See class schedule for the location, website, and class schedule specific to the course. This course runs for six class sessions of 3 hours (Fridays), and one mandatory Saturday (5-hour) session. The entire class lasts for six weeks.

This course is repeatable for 11 credits.

PAC 111, INTRODUCTION TO CANOEING, 2 Credits

Students will learn fundamentals of canoeing in sheltered water based on the internationally recognized British Canoe (BC) teaching and skills certification system. Emphasis is on activity and basic skills. See class schedule for the location, website, and class schedule specific to the course. This course runs for six class sessions of 3 hours (Fridays), and one mandatory Saturday (5-hour) session. The entire class lasts for six weeks.

This course is repeatable for 11 credits.

PAC 112, LEARNING KAYAK ROLLING BASICS, 2 Credits

Students learn fundamentals of rolling a kayak in an indoor pool-based environment. Emphasis is on activity and basic skills. See class schedule for the location, website, and class schedule specific to the course.

This course is repeatable for 10 credits.

PAC 113, BADMINTON I, 1 Credit

Singles and doubles skills, practice, rules, strategies and play.

This course is repeatable for 11 credits.

PAC 114, BADMINTON II, 1 Credit

Intermediate skill development in badminton.

This course is repeatable for 11 credits.

Recommended: Fundamental skills, rules and strategy of singles and doubles play.

PAC 115, OUTDOOR LIVING SKILLS, 2 Credits

Educates and introduces students on how to travel safely in the backcountry through proper preparation, risk awareness, Leave No Trace ethics, terrain recognition, navigation, and camp craft. Classroom and field (lab) experience. Includes one mandatory weekend overnight outing. CROSSLISTED as PAC 115/TRAL 115.

Equivalent to: TRAL 115

This course is repeatable for 4 credits.

PAC 116, BASKETBALL I (MEN/WOMEN), 1 Credit

Fundamental basketball skills, drills, rules, strategies, and practice. Game play appropriate for the skill level.

This course is repeatable for 11 credits.

PAC 117, BASKETBALL COMPETITIVE, 1 Credit

Team play, individual and team skills developed and refined, competitive round robin tournaments.

This course is repeatable for 11 credits.

Recommended: Prior competitive experience.

PAC 118, LABORATORY FOR OUTDOOR LIVING SKILLS, 1 Credit

Practical field application of concepts learned in PAC 115/TRAL 115, Outdoor Living Skills. Field (lab) experience includes one mandatory weekend overnight. Introduces how to travel safely in the backcountry through proper preparation, risk awareness, Leave No Trace ethics, terrain recognition, navigation, and camp craft. CROSSLISTED as PAC 118/TRAL 118.

Corequisites: PAC 115

Equivalent to: TRAL 118

This course is repeatable for 2 credits.

PAC 120, MOUNTAIN BIKING, 1 Credit

Touring trails in Corvallis area; riding techniques, safety, maintenance, environmental concerns. Required equipment: mountain bike, tire repair kit, helmet.

This course is repeatable for 11 credits.

PAC 121, BILLIARDS, 1 Credit

Skills, technique, strategy, game knowledge as introduction to billiards (pool), a 'cue' sport; rules and gaming for variations of pocket billiards; practice and class tournament play.

This course is repeatable for 11 credits.

PAC 122, BODY SCULPTING, 1 Credit

Fitness workout set to music using lighter resistance training aids such as dumbbells, resistance tubing, bands, and aerobic steps.

This course is repeatable for 11 credits.

PAC 123, BOWLING I, 1 Credit

Fundamentals of the game including etiquette, spot bowling, natural hook and straight ball delivery, scoring, handicap computation, spare pickup, and error correction. Additional fee; equipment supplied.

This course is repeatable for 11 credits.

PAC 124, BOWLING II, 1 Credit

Review and refinement of basic fundamentals of bowling. Emphasis on spot bowling, adjusting for lane conditions, choices in equipment, league play, and mental training.

This course is repeatable for 11 credits.

Recommended: Bowling I or the ability to bowl above a 110 average

PAC 126, CARDIO KICKBOXING I, 1 Credit

High intensity group workout set to motivational music and combining skills and techniques from boxing, kickboxing, and other martial arts.

This course is repeatable for 11 credits.

Available via Ecampus

PAC 129, CARDIO COMBO, 1 Credit

Combination of aerobic training classes that use music such as Cardio Kickboxing, Body Sculpture, Sports Conditioning, and/or Step Aerobics.

Actual curriculum may vary with instructors.

This course is repeatable for 11 credits.

PAC 130, CONDITIONING, 1 Credit

Total body approach to fitness, cardiorespiratory conditioning, muscular strength and endurance; flexibility emphasized. May follow a specific training format, e.g., ROTC section follows Army conditioning format.

This course is repeatable for 11 credits.

Available via Ecampus

PAC 131, SNOWBOARD-SKI CONDITIONING, 1 Credit

Strength, muscular endurance, flexibility, balance, and cardiovascular exercises specific to downhill skiing and snowboarding; designed to help prepare students for participation in these sports.

This course is repeatable for 11 credits.

PAC 133, DANCE: TAP I, 1 Credit

Individual and group dance with specialized shoes; basic step technique and vocabulary; warm up exercises progressing into rhythmic combinations performed to music; culminates in full routine to music.

This course is repeatable for 11 credits.

PAC 136, DANCE: BALLET I, 1 Credit

Introduction to basic ballet technique and aesthetics, terminology, alignment, stretch and strength exercises. No previous dance experience needed. Additional fee for accompanist.

This course is repeatable for 11 credits.

PAC 137, DANCE: BALLET II, 1 Credit

Review and practice of beginning ballet technique, introduction of more advanced stretches, steps, and combinations. Additional fee for accompanist.

This course is repeatable for 11 credits.

Recommended: Ballet I or previous ballet experience.

PAC 138, DANCE: BALLET III, 1 Credit

Intermediate and advanced ballet technique, comprehensive exploration of the discipline. Additional fee for accompanist.

This course is repeatable for 11 credits.

Recommended: Ballet II, previous comparable experience

PAC 139, HIP HOP DANCE, 1 Credit

Aerobic/energetic experience consisting of a warm-up/conditioning and choreographic combinations.

This course is repeatable for 11 credits.

PAC 140, DANCE: JAZZ I, 1 Credit

Introduction to jazz dance, technique, isolations, and combinations. Different jazz styles are explored. No previous dance experience is necessary.

This course is repeatable for 11 credits.

PAC 141, DANCE: JAZZ II, 1 Credit

Intermediate jazz technique, isolations and combinations.

This course is repeatable for 11 credits.

Recommended: Jazz I or comparable experience.

PAC 145, DANCE: MODERN I, 1 Credit

Introduction to modern dance movement fundamentals. Technique, stretch, strength, and alignment are included, as well as an appreciation for movement expression. No previous dance experience needed.

Additional fee for accompanist.

Equivalent to: PAC 145H

This course is repeatable for 11 credits.

PAC 145H, DANCE: MODERN I, 1 Credit

Introduction to modern dance movement fundamentals. Technique, stretch, strength, and alignment are included, as well as an appreciation for movement expression. No previous dance experience needed.

Additional fee for accompanist.

Attributes: HNRS – Honors Course Designator

Equivalent to: PAC 145

This course is repeatable for 11 credits.

PAC 146, DANCE: MODERN II, 1 Credit

An intermediate level of modern dance technique and movement expression. Additional fee for accompanist.

This course is repeatable for 11 credits.

Recommended: Modern Dance I or comparable experience.

PAC 148, DANCE: CUBAN SALSA I (LEAD/FOLLOW), 1 Credit

Foundations of Cuban Salsa (Casino) as well as Rueda de Casino with focus on musical development and fundamentals of leading and following in partner dance.

This course is repeatable for 11 credits.

PAC 149, DANCE: CUBAN SALSA II, 1 Credit

Higher concepts of Cuban Salsa (Casino) as well as Rueda de Casino, with focus on musical development and fundamentals of leading and following in partner dance.

This course is repeatable for 11 credits.

Recommended: Cuban Salsa I or comparable experience.

PAC 151, COUNTRY LINE DANCE, 1 Credit

Non-partner dance routines in country western style; musical interpretation, footwork, and sequencing of 20 different routines.

This course is repeatable for 11 credits.

PAC 152, DANCE: SALSA I, 1 Credit

Steps and rhythmic accent of Salsa and Merengue style; fundamentals of leading and following; basic moves and combinations. No prior experience needed.

This course is repeatable for 11 credits.

PAC 153, DANCE: SALSA II, 1 Credit

Intermediate moves, rhythmic accents and step combinations of Salsa; development of leading and following.

Prerequisite: PAC 152 with C- or better

This course is repeatable for 11 credits.

PAC 154, DANCE: COUNTRY WESTERN I (LEAD/FOLLOW), 1 Credit

Focus on traditional Country Western Swing patterns. Emphasizes fundamentals of leading and following. Also including introduction to waltz, two-step, cowboy cha-cha and 10-step polka.

Equivalent to: PAC 144

This course is repeatable for 11 credits.

PAC 155, DANCE: COUNTRY WESTERN II (LEAD/FOLLOW), 1 Credit

Build on CW I with advanced waltz, two-step, and cha-cha patterns; introduces schottische and East Coast swing.

This course is repeatable for 11 credits.

Recommended: Country Western I or comparable experience

PAC 156, DANCE: COUNTRY WESTERN III (LEAD/FOLLOW), 1 Credit

Advanced two-step patterns and styling with a focus on musical interpretation; development of leading and following.

Prerequisite: PAC 155 with C- or better

This course is repeatable for 11 credits.

PAC 158, DANCE: BEGINNING SWING (LEAD/FOLLOW), 1 Credit

Introduction to single time, double time, and triple time (jitterbug) swing; variations for each style, covering most swing music rhythms. Emphasizes fundamentals of leading and following.

This course is repeatable for 11 credits.

PAC 159, DANCE: BALLROOM I (LEAD/FOLLOW), 1 Credit

Posture and alignment, fundamentals of leading and following, basic steps and variations for waltz, foxtrot, swing, tango, and cha-cha.

Equivalent to: PAC 134

This course is repeatable for 11 credits.

PAC 160, DANCE: BALLROOM II (LEAD/FOLLOW), 1 Credit

Additional steps and patterns of popular ballroom dances.

Prerequisite: PAC 159 with C- or better

Equivalent to: PAC 135

This course is repeatable for 11 credits.

PAC 161, DANCE: BALLROOM III (LEAD/FOLLOW), 1 Credit

Styling; additional dances: rumba, silver fox trot, and Viennese waltz; advanced dance figures for tango and cha-cha.

Prerequisite: PAC 160 with C- or better

This course is repeatable for 11 credits.

PAC 163, DANCE: LATIN I, 1 Credit

Latin dances including cha-cha, mambo, salsa, rumba, merengue, bolero, salsa, and paso doble. Emphasis on proper styling and technical execution of each dance; effective leading and following techniques.

Prerequisite: PAC 159 with C- or better

This course is repeatable for 11 credits.

PAC 165, DANCE: WEST COAST SWING (LEAD/FOLLOW), 1 Credit

Focus on style, technique and many different step patterns of the west coast swing dance.

Prerequisite: PAC 154 with C- or better or PAC 159 with C- or better

Equivalent to: PAC 162

This course is repeatable for 11 credits.

PAC 166, BALLROOM 2 STEP, HUSTLE (LEAD/FOLLOW), 1 Credit

Smooth, romantic social dance that is neither ballroom, Latin, nor swing but a rhythm dance identified as club-style, danced to contemporary ballad-like music. Hustle is fast-paced, swing-related dance to disco beat. Class encompasses intermediate step patterns, technique and styling, stationary, traveling patterns.

Prerequisite: PAC 160 with C- or better

This course is repeatable for 11 credits.

PAC 167, DANCE: LINDY HOP, 1 Credit

Ballroom dance style based on original eight-count swing dance evolved in Harlem ballrooms during the late 1920s; styling emphasized.

Prerequisite: PAC 158 with C- or better or PAC 159 with C- or better

This course is repeatable for 11 credits.

PAC 168, DANCE: LINDY HOP II (LEAD/FOLLOW), 1 Credit

Intermediate patterns, syncopations, play techniques, and styling with a focus on musical interpretation in the Lindy Hop style; development of leading and following.

Prerequisite: PAC 167 with C- or better

This course is repeatable for 11 credits.

PAC 169, COOL SHOES, BALLROOM PERFORMANCE, 2 Credits

Learn and perform ballroom dance routines on an intermediate level. This course is a full year commitment ending with a dance concert in the spring.

This course is repeatable for 12 credits.

PAC 170, DANCE: WEST COAST SWING II (LEAD/FOLLOW), 1 Credit

Intermediate patterns, syncopations, play techniques, and styling with a focus on musical interpretation; development of leading and following.

Prerequisite: PAC 165 with C- or better

This course is repeatable for 11 credits.

PAC 173, INTERMEDIATE ROCK CLIMBING, 2 Credits

Introduces variety of basic skills, gear and systems that will allow them to safely participate in a single pitch rock climbing environment based on internationally recognized American Mountain Guides Association (AMGA) teaching and skills certification systems. Presents students with various technical skills that will serve as a foundation for future land-based outdoor disciplines. Students will be introduced to gear, such as software (ropes, webbing, harnesses) and hardware (carabiners, friction devices); skills, such as knots, belaying, rappelling, lead climbing; and systems such as anchors and basic rescue techniques. **CROSSLISTED as PAC 173/TRAL 173.**

Equivalent to: TRAL 173

This course is repeatable for 10 credits.

PAC 174, FLAG FOOTBALL, 1 Credit

Skill instruction and practice; drills; strategies, game play of America football; emphasis on teamwork and sportsmanship in a competitive but non-threatening or stressful environment.

This course is repeatable for 11 credits.

PAC 178, FLY FISHING I, 1 Credit

Casting and fishing techniques, lure making, equipment selection, terminology, and regulation for fishing in Oregon's marine environment.

This course is repeatable for 11 credits.

PAC 179, FLY FISHING II, 1 Credit

Advanced fly casting and fly fishing techniques for trout, fly-tying, equipment selection, basic aquatic organism identification, terminology, and regulations for fishing in Oregon's freshwater environment.

This course is repeatable for 11 credits.

PAC 180, STEELHEAD FISHING, 1 Credit

Casting and fishing techniques, lure making, equipment selection, terminology, and regulations for fishing in Oregon's marine environment for steelhead.

This course is repeatable for 11 credits.

PAC 182, DISC GOLF I, 1 Credit

Techniques for throwing discs; equipment, knowledge, etiquette, and rules associated with playing a disc golf course; experience playing practice and official disc golf courses.

This course is repeatable for 11 credits.

PAC 184, GOLF I, 1 Credit

Basic fundamental principles in all phases of golf; rules, terminology, etiquette, safety and scoring. Equipment provided.

This course is repeatable for 11 credits.

PAC 185, GOLF II, 1 Credit

Individual practice and course play; skill refinement as continuation of Golf I. Equipment available. Course play expected, additional fee.

This course is repeatable for 11 credits.

Recommended: Golf I

PAC 186, GOLF III, 1 Credit

Advanced skills, knowledge involved in competitive play. Course play expected, additional fee.

This course is repeatable for 11 credits.

Recommended: Handicap below 15 or Golf II; competitive play.

PAC 188, GYMNASTICS, 1 Credit

Fundamental techniques on vault, bars, beam, and floor.

This course is repeatable for 11 credits.

PAC 189, GYMNASTICS II, 1 Credit

Build upon previous gymnastics experiences or classes; floor exercise, uneven parallel bars, vault, mini-trampoline and beam apparatus are available.

This course is repeatable for 11 credits.

Recommended: Gymnastics I or competitive experience.

PAC 190, KARATE, 1 Credit

Instruction in traditional Japanese karate basic striking and blocking techniques, kata (forms), philosophy, conditioning, and etiquette. Self-defense applications are also emphasized.

Equivalent to: PAC 183

This course is repeatable for 11 credits.

PAC 191, BRAZILIAN JIU-JITSU, 1 Credit

Basic level grappling self-defense techniques and applying them in sparring sessions along with understanding the core principles which make this martial arts system effective. An introduction to the history of Brazilian Jiu-jitsu along with proper gym etiquette, vocabulary, and culture.

This course is repeatable for 11 credits.

PAC 192, JUDO I, 1 Credit

Skill instruction in landing, throwing and grappling for this style of martial arts; etiquette for practice and competition; basic knowledge of vocabulary, rules and scoring.

This course is repeatable for 11 credits.

PAC 193, JUDO II, 1 Credit

Intermediate skill instruction in landing, throwing, pins, chokes in Kodokan Judo style; principles of Seiryoku-Zenyou and Jita-Kyouei designed to help individuals become better members of society through training body and mind; instruction for competition knowledge and skills. Judo etiquette for practice and competition expected.

This course is repeatable for 11 credits.

Recommended: Judo I or comparable experience

PAC 194, PILATES, 1 Credit

Non-impact, invigorating approach to physical conditioning and mind/body awareness; helps develop core body strength, improve posture and balance, and increase muscle endurance, tone, flexibility.

This course is repeatable for 11 credits.

Available via Ecampus

PAC 195, PILATES II, 1 Credit

Progression of Joseph Pilates mat exercises; emphasis on intermediate and advanced levels; application of Pilates' principles to new exercises; use of props; application of principles to daily living.

This course is repeatable for 11 credits.

Recommended: PAC 194, Pilates.

PAC 197, PICKLEBALL, 1 Credit

Fast-paced, self-officiated net game with similarities to tennis, badminton, table tennis, and racquetball. Course covers rules, strategies, technique, preparation for play, and includes extensive active practice and play; played with two, three, or four people.

This course is repeatable for 11 credits.

PAC 199, SPECIAL TOPICS, 1-3 Credits

Experimental or new classes.

This course is repeatable for 11 credits.

PAC 201, RELAXATION, 1 Credit

Introduction to techniques that promote relaxation of the nervous system. These may include, but are not limited to: meditation, imagery, yoga postures, and self-massage. Students will be encouraged to reflect on how life choices influence their nervous system.

This course is repeatable for 11 credits.

Available via Ecampus

PAC 202, MEDITATION, 1 Credit

Examine the application of building simple awareness, how to manage thoughts in productive and compassionate ways, and how to transfer these skills into healthy relationships. Explore strategies for managing mental and physical difficulties including anxiety, pain, and overall stress through experiential learning and personal sharing of experiences.

This course is repeatable for 11 credits.

PAC 203, OBSERVATION & ASSISTANT INSTRUCTIONAL PRACTICE IN PHYS ACT, 1 Credit

Observe and begin physical activity instruction within dance, yoga, sports, fitness, aquatics, martial arts, or cross-disciplinary physical activities.

Used in several of the leadership training program curriculums.

This course is repeatable for 11 credits.

PAC 204, LEAD INSTRUCTIONAL PRACTICE IN PHYSICAL ACTIVITY, 1 Credit

Lead physical activity curriculum within dance, yoga, fitness, aquatics, sports, martial arts, or cross-disciplinary physical activities. Gain experience implementing already designed lesson plans, assessment, and leading peers through basic exercise, while supervised by university and program personnel.

Prerequisite: PAC 203 with C- or better

This course is repeatable for 11 credits.

PAC 205, ROWING, CREW I (MEN/WOMEN), 1 Credit

Introduction to the sport of rowing; designed for the novice (beginner). Includes basic technique and terminology, related water safety, and development of strength, endurance, and flexibility.

This course is repeatable for 11 credits.

Recommended: Swim Test (1).

PAC 208, WORKSHOP, 1-16 Credits

This course is repeatable for 16 credits.

PAC 212, RUNNING, JOGGING, 1 Credit

Cardiorespiratory fitness with scenic running routes; training, nutrition, and physiology. Beginning and intermediate level.

This course is repeatable for 11 credits.

Available via Ecampus

PAC 213, RUNNING: 10K TRAINING, 1 Credit

Intermediate to advanced conditioning and training program for road racing.

This course is repeatable for 11 credits.

Recommended: Prior training in running.

PAC 214, HALF MARATHON TRAINING, 2 Credits

Progressive training combining walking, running, core strengthening, interval techniques in preparation for a 13.1 mile (1/2 marathon) event. Open to all levels; may choose to walk, walk/run, or run.

This course is repeatable for 11 credits.

Available via Ecampus

PAC 215, RUGBY, TOUCH, 1 Credit

Basic skills of open field rugby; emphasis on ball handling and attacking strategy; rules and history; game play.

This course is repeatable for 11 credits.

PAC 217, SELF DEFENSE, 1 Credit

Nonviolent self-defense. Develop self-confidence and skills for assault situations. Conditioning and practical skills. Men and women, all levels.

This course is repeatable for 11 credits.

PAC 224, TELEMAR SKIING, 1 Credit

Winter sport that is a cross between cross country and downhill skiing. Requires telemark equipment where the heel is unattached.

Class accommodates all levels and practices on the downhill slopes.

Additional fee covers bus transportation, lessons, and lift ticket. Rental of equipment is not included.

This course is repeatable for 11 credits.

PAC 225, DOWNHILL SKIING, 1 Credit

Travel to area facilities, 1-1/2 hour lesson followed by open practice, students grouped according to skill level: beginner, intermediate, advanced, racer. Special fee covers bus transportation, lessons, and lifts. Additional fee for rentals.

This course is repeatable for 11 credits.

PAC 227, SNOWBOARDING, 1 Credit

Travel to area facilities, 1 1/2 hour lesson followed by open practice, students grouped according to skill level: beginner, intermediate, advanced. Special fee covers bus transportation, lessons, and lifts. Additional fee for rentals.

This course is repeatable for 11 credits.

PAC 229, SOCCER I, 1 Credit

Basic skills of controlling the ball; conditioning; lead-up games; team play.

Equivalent to: PAC 211

This course is repeatable for 11 credits.

PAC 230, SOCCER II, 1 Credit

Review of basic skills of offense and defense in controlled game play; concepts of team position and play, pressure and attack.

This course is repeatable for 11 credits.

Recommended: Previous soccer experience.

PAC 231, SOCCER III, 1 Credit

High level soccer skills; team play and transition concepts; set plays and alignments for both offense and defense.

This course is repeatable for 11 credits.

Recommended: Soccer II or competitive playing experience.

PAC 233, SOCCER: INDOOR, 1 Credit

Skill instruction and development; strategies and rules for indoor play; game play in indoor gymnasium.

This course is repeatable for 11 credits.

PAC 236, SOFTBALL, WHIFFLEBALL, 1 Credit

Skills, rules, strategies, practice, and game play of the popular outdoor slow pitch game. Modified softball with whiffleball when play is indoors.

This course is repeatable for 11 credits.

PAC 242, SCUBA: OPEN WATER, 2 Credits

Lecture includes physiology, water environment, equipment, and techniques for fundamental SCUBA diving. Laboratory includes practice in techniques, skills, and equipment usage; sessions held in pool and open water. Successful completion leads to PADI certification. Additional fee covers most equipment, texts, certification, and open water dive trip.

This course is repeatable for 11 credits.

Recommended: 200-yard swim, 10-minute survival skills and good health

PAC 243, SCUBA: ADVANCED OPEN WATER, 1 Credit

Classroom lecture and laboratory in hypothermics, natural navigation, dive physiology, compass navigation, night and limited visibility procedures, boat diving, search and salvage techniques, deep diving procedures, health for diving, and an introduction to dive rescue. Successful completion of this course can lead to PADI certification. Additional fee.

Equivalent to: PAC 228

This course is repeatable for 11 credits.

Recommended: PAC 242 or PADI Open Water Certification

PAC 244, SCUBA: RESCUE DIVER, 1 Credit

Techniques, skills, knowledge, and practice in self-rescue and rescue of others in underwater emergencies; may lead to PADI certification; lecture and pool laboratory; open water dive required. Additional fee.

This course is repeatable for 11 credits.

Recommended: PAC 243 or PADI Advanced Open Water Certification

PAC 245, SCUBA SPECIAL TOPICS, 1 Credit

Specialized courses requiring previous certification in SCUBA. Check the current schedule of classes for more information and prerequisites. Possible classes: altitude diver, night diver, search and recovery, deep diver, underwater navigation, equipment specialist. Additional fee.

This course is repeatable for 11 credits.

Recommended: PAC 242 or PADI Open Water Certification

PAC 246, DIVEMASTER TRAINING, 2 Credits

Entry level PADI certification course for preparation to instruct SCUBA; lecture, lab, open water experience; must take two consecutive terms.
This course is repeatable for 11 credits.

Recommended: PAC 244. PADI Advanced, Advanced Plus, Rescue Diver certifications and 20 logged dives

PAC 247, SURFING, 1 Credit

Knowledge and fundamental skills of this aquatic sport including history, terminology, safety precautions, the ocean environment, and equipment. Additional fee.

This course is repeatable for 11 credits.

PAC 248, SWIM: NON-SWIMMER, 1 Credit

Skills for self-rescue; fundamental skills in swimming and safety. Designed for people with a fear of water. Recommended S/U grading.

Equivalent to: PAC 219

This course is repeatable for 11 credits.

PAC 249, LIFEGUARD TRAINING, 1 Credit

Trains participants in the skills required to become a lifeguard. Emphasis on professional behavior, water rescues, safe response, quality CPR (adults, children, infants, and team responses), use of an AED and first aid. Students successfully completing the American Red Cross certification requirements will be issued a lifeguarding certification at the end of the course.

This course is repeatable for 11 credits.

Recommended: Basic swimming skills

PAC 250, SWIM I, 1 Credit

Swimming concepts, survival and breathing techniques, front crawl and elementary backstroke as minimum instruction.

This course is repeatable for 11 credits.

Recommended: Basic swimming skills: float, tread water, bobbing

PAC 252, SWIM II, 1 Credit

Fitness swimming, swimming strokes and skills.

Equivalent to: PAC 221

This course is repeatable for 11 credits.

Recommended: Swim I or the ability to front crawl continuously for 75yards

PAC 253, SWIM TRAINING WORKOUT, 1 Credit

Competitive skills and strokes; emphasis on training.

This course is repeatable for 11 credits.

Recommended: Ability to do interval training.

PAC 254, COMPETITIVE SWIMMING, 1 Credit

Prepares students for competitive swimming and emphasizes lifetime aquatic fitness; interval swim workouts designed for speed and endurance; instruction on legal techniques of strokes and turns; culminates in intra-class swim meet; 2,000-3,000 yards/day.

This course is repeatable for 11 credits.

Recommended: Swim II or previous interval training experience up to 400 yard distances

PAC 256, TAIJI, TAI CHI I, 1 Credit

Introduction to ancient Chinese 'internal martial art' based upon concepts of Yin and Yang; detailed slow and relaxed form movements provide benefits to body, mind, and spirit.

This course is repeatable for 11 credits.

PAC 257, TAIJI, TAI CHI II, 1 Credit

Continuation of study of the Yang-style Taiji form; more in-depth exploration of underlying principles and push-hands exercises.

This course is repeatable for 11 credits.

PAC 260, TENNIS I, 1 Credit

Introduction to fundamental strokes, singles and doubles play, scoring, and basic concepts in tennis.

Equivalent to: PAC 234

This course is repeatable for 11 credits.

PAC 261, TENNIS II, 1 Credit

Review and refinement of fundamental strokes; volley, lob, return of serve; introduction to singles and doubles strategy.

Equivalent to: PAC 235

This course is repeatable for 11 credits.

Recommended: Tennis I or competitive tennis experience

PAC 262, TENNIS III, 1 Credit

Focus on ground stroke, serve consistency; approach shots and overheads; tactics for net and baseline play.

This course is repeatable for 11 credits.

Recommended: Tennis II

PAC 265, TUMBLING I, 1 Credit

Technical instruction, progressions, and practice in basic, intermediate, and advanced tumbling skills; emphasis on safety and fitness concepts; floor and mini-trampoline skills; no apparatus instruction.

This course is repeatable for 11 credits.

PAC 266, TUMBLING II, 1 Credit

Technical instruction, progressions, safety, and practice building upon skills taught in PAC 265, Tumbling I.

This course is repeatable for 11 credits.

Recommended: Tumbling I or prior experience.

PAC 268, TRIATHLON TRAINING, 2 Credits

Training in swimming, running, and bicycling to prepare for triathlon participation. Strategies, transitioning technique, and weight training information; training plan formation; event planning; culminates in class or community event.

This course is repeatable for 11 credits.

Recommended: Experience in at least one of the three activities.

PAC 271, ULTIMATE FRISBEE, 1 Credit

Fundamentals for the beginning and intermediate player; individual skill development, rules, game play, and strategy.

This course is repeatable for 11 credits.

PAC 273, VOLLEYBALL I, 1 Credit

Fundamental volleyball skills, drills, rules, strategies, and practice. Game play appropriate for skill level.

This course is repeatable for 11 credits.

PAC 274, VOLLEYBALL II, 1 Credit

Fundamental skills and knowledge refined; intermediate skills developed, competitive play.

This course is repeatable for 11 credits.

Recommended: Volleyball I and good fundamental skills.

PAC 275, VOLLEYBALL III, 1 Credit

Skill refinement and development; intense, highly competitive drills and game situations, doubles through sixes play.

This course is repeatable for 11 credits.

Recommended: Volleyball II or varsity-level experience

PAC 278, FITNESS WALKING, 1 Credit

Establishment of personal fitness programs through walking with emphasis on technique and aerobic components.

This course is repeatable for 11 credits.

PAC 282, WATER POLO, 1 Credit

Team game, played in deep water; instruction in skills, drills, strategies, techniques; game play; knowledge of rules and terminology.

This course is repeatable for 11 credits.

Recommended: Swim I skills.

PAC 286, WEIGHT TRAINING: CIRCUITS, 1 Credit

Fast-paced fitness class using stations of resistance training exercises. Designed to improve cardiovascular fitness and muscular endurance more than strength.

This course is repeatable for 11 credits.

PAC 287, WEIGHT TRAINING I, 1 Credit

Exercise techniques in both free and fixed resistance training equipment; safety procedures, terminology, and principles of exercise.

This course is repeatable for 11 credits.

PAC 288, WEIGHT TRAINING II, 1 Credit

Intermediate level of weight training in free and fixed weights.

Prerequisite: PAC 287 with C+ or better

This course is repeatable for 11 credits.

PAC 292, WRESTLING, 1 Credit

Collegiate wrestling fall and winter terms; freestyle and Greco wrestling spring term. All levels.

This course is repeatable for 11 credits.

PAC 293, INTERDISCIPLINARY YOGA, 1 Credit

Basic yoga poses (asanas) using specific techniques and sequences to promote flexibility, strength, relaxation, and a sense of well-being will be used. Integrative concepts between yoga and our daily life will be examined as well as yoga in relationship to other forms of physical movement.

Equivalent to: PAC 293H

This course is repeatable for 11 credits.

PAC 293H, INTERDISCIPLINARY YOGA, 1 Credit

Basic yoga poses (asanas) using specific techniques and sequences to promote flexibility, strength, relaxation, and a sense of well-being will be used. Integrative concepts between yoga and our daily life will be examined as well as yoga in relationship to other forms of physical movement.

Attributes: HNRS – Honors Course Designator

Equivalent to: PAC 293

This course is repeatable for 11 credits.

PAC 294, YOGA I, 1 Credit

Principles and practice of basic yoga postures, techniques of posture alignment, yogi breathing styles and their impact on the body and mind. Students will be exposed to a variety of forms of yoga, as well as basic yoga philosophy.

This course is repeatable for 11 credits.

Available via Ecampus

PAC 295, YOGA II, 1 Credit

Building off Yoga I, this is an intermediate level course meant to develop a deeper understanding of yoga practice.

Equivalent to: PAC 256

This course is repeatable for 11 credits.

Recommended: Yoga I or previous yoga experience.

Available via Ecampus

PAC 296, VINYASA YOGA, 1 Credit

Dynamic flow that connects movement and breath encouraging meditation in motion. May include sustained yoga postures.

Equivalent to: PAC 257

This course is repeatable for 11 credits.

Recommended: Yoga I or previous yoga experience

PAC 297, YOGATHON, 1 Credit

Expands on knowledge and skills learned in Yoga I or Fitness Yoga through three to five class sessions, each 3-6 hours; longer sessions provide students with an intensive mental and physical experience centering on the concepts of yoga; includes introductory relaxation and meditation skills.

This course is repeatable for 11 credits.

Recommended: PAC 294 and PAC 295 and PAC 296 and (Yoga I or Fitness Yoga)

PAC 298, RESTORATIVE YOGA, 1 Credit

An emphasis on floor postures, supported postures, and longer holds that cultivate a relationship with ease. Techniques will be used to help students facilitate greater personal awareness. Students will use self reflection practices for personal well-being.

This course is repeatable for 11 credits.

PAC 299, SPECIAL TOPICS, 1-3 Credits

Advanced information, skills, practice, and application; experimental and new classes. May have additional fee.

This course is repeatable for 11 credits.

Recommended: Intermediate to advanced skills in an activity area

PAC 300, ALI: HIKING LOCAL TRAILS, 1 Credit

Covers the fundamentals of hiking as a recreational activity and an outdoor travel skill. Content will cover local trails, place history, hiking techniques, clothing and equipment selection, elemental first aid and safety concerns, leave-no-trace principles, and map basics. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 301, ALI: CHALLENGE COURSE EXPERIENCE, 1 Credit

Emphasis on gaining practical experience and understanding of various components that occur in challenge course activities/programs; group dynamic mental and physical challenges; cooperative games and initiatives that promote communication, problem solving skills and leadership; Low and High challenge course activities that promote self-confidence and agility. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 302, ALI: CHALLENGE COURSE PRACTICES AND FACILITATION, 1 Credit

Covers the set up and facilitation of various challenge course low and high course elements as they pertain to ALI's Challenge Course programming. Students will learn facilitation skills, risk management concepts, operational procedures, and technical rescue skills. A passing grade in this course will result in a certificate of completion from the OSU ALI Challenge Course. PAC courses may not be used to fulfill upper-division requirements.

Prerequisite: PAC 301 with C- or better

This course is repeatable for 11 credits.

Recommended: Climbing wall instructor, efficient climbers toolbox, self-rescue

PAC 303, ALI: CAMP CRAFT, 1 Credit

Provides basic front-country camping skills such as packing, trip planning, how to dress for different climates/weather, storm-proofing, knife and axe techniques and safety, stove and kitchen operations, and fire building. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 304, ALI: BACKPACKING, 1 Credit

Hiking and camping while carrying all gear; tent set-up, camp site selection, operation of single-burner stoves, loading a backpack, water infiltration, navigation, proper hiking technique, energy conservation; leave-no-trace principles in every aspect of the trip and class; includes classroom instruction and required overnight trip. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 307, ALI: RAFTING, 1 Credit

An introduction to white water rafting. Students will learn the fundamentals of safe rafting, trip planning and become familiar with the gear associated with rafting. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 308, ALI: CANOEING, 1 Credit

Designed as an introduction to canoeing. Students learn the fundamentals of safe canoeing, trip planning and become familiar with the gear associated with rafting. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 309, ALI: KAYAKING I, 1 Credit

Focuses on developing technical kayaking skills in flat water and moving water up to Class I. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 311, ALI: STAND UP PADDLEBOARD, 1 Credit

Covers the curriculum for level 1 and 2 American Canoe Association standup paddle board skill courses. Skills include equipment, environmental factors, techniques, preparation and planning, emergency management, and environmental ethics. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 313, ALI: CANYONEERING, 1 Credit

Students will learn the fundamentals of canyoneering, including efficient hiking techniques, safe anchoring, belaying and rappelling techniques, and environmental mitigation skills. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 314, ALI: BOULDERING, 1 Credit

Introduction to the sport of bouldering, a subset of rock climbing using an indoor climbing facility; emphasis on safety, spotting, climbing movement, training techniques and improvement; provides activities that promote muscular strength and endurance, flexibility, and cardiovascular endurance. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 315, ALI: ROCK CLIMBING I, 1 Credit

Physical conditioning for, and instruction in, the skills and techniques of rock climbing; environmental impact issues; held at on-campus indoor climbing center. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 316, ALI: ROCK CLIMBING II, 1 Credit

Focuses on developing technical climbing skills related to lead climbing and anchor construction. Includes a one-day outdoor experience. PAC courses may not be used to fulfill upper-division requirements.

Prerequisite: PAC 315 with C- or better

This course is repeatable for 11 credits.

PAC 317, ALI: ROCK CLIMBING III, 1 Credit

Focuses on developing technical climbing skills in an outdoor setting. Includes a weekend long outdoor experience and cover skills ranging from building anchors using natural protection, to advanced outdoor movement skills. PAC courses may not be used to fulfill upper-division requirements.

Prerequisite: PAC 315 with C- or better and PAC 316 [C-]

This course is repeatable for 11 credits.

Recommended: Intermediate to advanced skills in an activity area

PAC 319, ALI: TECHNICAL RAPPELLING, 1 Credit

Students will learn, practice and hone their skills in the art of technical rappelling. Introduces many different styles, techniques and equipment used for rappelling in a variety of situations. Throughout the course, students will be provided with simple to advanced challenges to overcome. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 320, ALI: MOUNTAINEERING I, 1 Credit

Snow climbing techniques, anchoring, belaying and rappelling techniques, snow camping/living skills, and wilderness ethics; classroom instruction and required overnight alpine trip. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 321, ALI: MOUNTAINEERING II, 1 Credit

Building on skills learned in Mountaineering I; rope team/glacier travel experience, fundamentals of crevasse rescue, advanced snow climbing techniques, safe anchoring, belaying and rappelling techniques, snow camping/living skills, and wilderness ethics. PAC courses may not be used to fulfill upper-division requirements.

Prerequisite: PAC 320 with C- or better

This course is repeatable for 11 credits.

PAC 322, ALI: ICE CLIMBING, 1 Credit

Students will learn the fundamentals of ice climbing, including efficient ice climbing techniques, safe anchoring, belaying and rappelling techniques and wilderness ethics. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 323, ALI: MOUNTAIN RESCUE BASICS, 1 Credit

Focuses on developing technical skills in a mountain rescue system. PAC courses may not be used to fulfill upper-division requirements.

Prerequisite: PAC 320 with D- or better

This course is repeatable for 11 credits.

PAC 324, ALI: WHITE WATER RESCUE, 1 Credit

Provides an introduction to white water rescue; students learn the fundamentals of white water rescue, scene management, and the necessary gear to perform rescues. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 325, ALI: WILDERNESS FIRST AID, 1 Credit

Fundamentals of emergency care in a non-urban environment including anatomy, physiology, injury assessment, short-term care, small-group rescues; backcountry emphasis with long-term care and evacuation complications. PAC courses may not be used to fulfill upper-division requirements.

Equivalent to: PAC 325H

This course is repeatable for 11 credits.

PAC 325H, ALI: WILDERNESS FIRST AID, 1 Credit

Fundamentals of emergency care in a non-urban environment including anatomy, physiology, injury assessment, short-term care, small-group rescues; backcountry emphasis with long-term care and evacuation complications. PAC courses may not be used to fulfill upper-division requirements.

Attributes: HNRS – Honors Course Designator

Equivalent to: PAC 325

This course is repeatable for 11 credits.

PAC 326, ALI: BUSH CRAFT, 1 Credit

Basic wilderness living techniques, knowledge and skills needed for a student to be ethical and efficient, and have the ability to survive in the outdoors. Special emphasis is placed on building shelters, water purification, navigation, awareness, fire, self-sufficiency and caring for groups in the wilderness. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 327, ALI: ROCK GUIDE SCHOOL, 1 Credit

Serves as an opportunity to learn the skills for being a rock guide for the ALI. With five days of training and practice in the field at two climbing sites in Oregon, it serves to help students understand the unique challenges of instructing climbing in the outdoor environment. This course may end with Sport Climbing Instructor certification through the Professional Climbing Instructors of America. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

Recommended: Efficient climbers toolbox, self-rescue, climbing wall instructor-lead certification

PAC 328, ALI: RAFT GUIDE SCHOOL, 1 Credit

Provides students the skills and guided practice time needed to become competent paddle raft guides. It is a nine-day course that focuses on the development of water reading, raft maneuvering, risk management, and whitewater rescue skills needed by raft guides. Successful completion of the course will result in a certificate of completion from the American Canoe Association (ACA). PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 329, ALI: WILDERNESS FIRST RESPONDER, 2 Credits

Fundamentals of emergency care in a non-urban environment, including physiology, injury assessment, short-term care, anatomy, and small-group rescues. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 330, ALI: SNOW TRAVEL AND CAMPING, 1 Credit

An introduction to traveling in the backcountry in adverse weather conditions that often accompany winter. Topics covered include cross country touring, snow shoeing, winter camping techniques, and winter safety considerations including introducing avalanche safety. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.

PAC 332, ALI: AVALANCHE AWARENESS, 1 Credit

Focuses on what causes avalanches, how to safely travel in avalanche terrain, and resources to pursue in understanding the avalanche risk where you are traveling. PAC courses may not be used to fulfill upper-division requirements.

This course is repeatable for 11 credits.