In this course, students will practice the basic skills and learn the
different areas of the game. The course will be conducted in three
days per week with the students

PAC 102  SOCCER  Credits: 0.5
In this course students will practice the basic skills and learn the
fundamental rules of soccer. In addition, students will be introduced
to specific offensive and defensive strategies and will develop an
appreciation for soccer as a lifetime physical activity.

PAC 103  VOLLEYBALL  Credits: 0.5
In this course students will practice the basic skills and learn the
fundamental rules of volleyball. Students will be introduced to specific
offensive and defensive strategies and will develop an appreciation for
volleyball as a lifetime physical activity.

PAC 104  ULTIMATE FRISBEE  Credits: 0.5
In this course students will learn and practice the basic skills, rules, and
strategies necessary to successfully participate in the game of Ultimate
Frisbee. Students will also develop an appreciation for Ultimate Frisbee
as a lifetime physical activity.

PAC 105  BASKETBALL  Credits: 0.5
In this course students will practice the basic skills and learn the
fundamental rules of basketball. Students will be introduced to specific
offensive and defensive strategies and will develop an appreciation for
basketball as a lifetime physical activity.

PAC 107  BADMINTON  Credits: 0.5
In this course students will practice the basic skills and learn the
fundamental rules of badminton. Students will be introduced to specific
offensive and defensive strategies for singles and doubles and will
develop an appreciation for badminton as a lifetime physical activity.

PAC 108  BEGINNING TENNIS  Credits: 0.5
In this course students will practice the basic skills of ground strokes,
volleying, and serving. Students will learn the fundamental rules and
strategies for singles and doubles and will develop an appreciation for
tennis as a lifetime physical activity.

PAC 109  RACQUETBALL  Credits: 0.5
In this course students will practice the basic skills of racquetball.
Students will learn fundamental rules and strategies for singles and
doubles and will develop an appreciation for racquetball as a lifetime
physical activity.

PAC 113  PICKLEBALL  Credits: 0.5
In this course students will practice the basic skills of pickleball.
Students will learn fundamental rules and strategies for singles and
doubles and will develop an appreciation for pickleball as a lifetime
physical activity.

PAC 115  BEGINNING SWIMMING  Credits: 0.5
In this course students will develop confidence in the water. Survival,
floating safety skills and basic swimming strokes will be taught and
practiced. Emphasis will be placed on developing cardiovascular fitness
and an appreciation for swimming as a lifetime physical activity.

PAC 116  BEGINNING GOLF  Credits: 0.5
In this course students will learn the fundamentals of the golf stance
and swing, the etiquette and rules of the game, club selection and
terminology. Emphasis will be placed on developing confidence to
complete a round of golf and an appreciation for golf as a lifetime
physical activity.

PAC 103  VOLLEYBALL  Credits: 0.5
In this course students will practice the basic skills and learn the
fundamental rules of volleyball. Students will be introduced to specific
offensive and defensive strategies and will develop an appreciation for
volleyball as a lifetime physical activity.

PAC 117  BOWLING  Credits: 0.5
In this course, students will be taught various bowling approaches,
proper release, and how to keep score. Students will learn about the rules,
history, and lane etiquette and will develop an appreciation for bowling as
a lifetime physical activity.

PAC 120  WALKING AND JOGGING  Credit: 1
In this course students will learn to develop a personal fitness walking
and jogging program that is convenient, safe, and practical. Each student
will practice techniques that improve walking and jogging efficiency
and safety and will develop an appreciation for walking and jogging as a
lifetime physical activity.

PAC 121  CIRCUIT TRAINING  Credit: 1
In this course students will learn proper use of cardio and resistance
equipment along with the theory of various types of weight-training
programs. The student will learn to develop a personalized cardiovascular
and resistance training program and will develop an appreciation for
circuit training as a lifetime physical activity.

PAC 123  WEIGHT LIFTING  Credit: 1
In this course students will learn proper use of free weights along with
the theory of various types of weight-training programs. The student will
gain physical strength and muscular endurance in a progressive strength
training program and will develop an appreciation for weightlifting as a
lifetime physical activity.

PAC 125  AEROBIC CONDITIONING  Credit: 1
In this course students will learn basic principles of cardiovascular
fitness. Students will participate in aerobic exercise routines and a
variety of cardiovascular exercises. Students will also learn techniques
for monitoring exercising and resting heart rates and will develop an
appreciation for aerobic exercise as a lifetime physical activity.

PAC 126  DANCE AEROBICS  Credit: 1
Dance aerobics is a fun and creative group physical exercise class that is
designed to improve your cardiovascular endurance and posture, increase
muscle endurance, tone, core strength, and flexibility while engaging with
music and rhythm to create an enjoyable and dynamic work out. May be
repeated once for credit.

PAC 127  KETTLEBELL TRAINING  Credit: 1
Kettlebell training originated in ancient Russia as a means to improve
physical strength and muscular endurance. This method of training has
re-emerged by combining the modern functional fitness and neuroscience
training principles with ancient practices. Kettlebell training increases
fitness and function by using a wide variety of movements and exercises
along different body planes and working all body parts. May be repeated
once for credit.

PAC 128  TOTAL RESISTANCE EXERCISE TRAINING  Credit: 1
TRX is a form of resistance training that includes bodyweight exercises
throughout a variety of the human body’s planes of movement. The goal
of TRX suspension training is to develop core strength, balance, flexibility,
and joint stability simultaneously. TRX suspension training incorporates
movements and dynamic positions throughout the full range of motion
that are designed to improve function of the integrated systems of the body.
May be repeated once for credit.
PAC 131  BEGINNING CYCLE FIT  Credit: 1
The purpose of this course is to introduce students to cycling as a method of achieving health and fitness levels relative to personal goals. Students will be introduced to health-related physical fitness concepts, develop personal health and fitness goals, and learn the principles behind basic fitness programming, all through the medium of indoor cycling. Students will also be introduced to basic cycling terminology, riding technique, training progressions, and safety.

PAC 132  DISC GOLF  Credits: 0.5
This course will provide the student with the understanding of the history, rules, skills, and strategies involved in disc golf. In addition to practicing skills of disc golf, students will get an opportunity to compete on regulation courses in the Portland-Vancouver metro area.

PAC 133  FITNESS BOOT CAMP  Credit: 1
The goal of this course is enhance the students' physical fitness with emphasis on basic conditioning, discipline, and exercises used in military health-related training and assessment. Students will also develop an appreciation for exercise and lifetime physical activity.

PAC 134  HIKING  Credits: 0.5
The goal of this course is for students to experience hiking off-campus on designated trails. Course emphasizes basic safety and survival skills and practices low-impact hiking methods. Students will also develop an appreciation for exercise and lifetime physical activity.

PAC 135  CORE FITNESS  Credit: 1
This mat class is designed to help you achieve abdominal strength, full body control and greater flexibility of the spine and limbs, and improved posture. Students will also develop an appreciation for exercise and lifetime physical activity.

PAC 136  ROCK CLIMBING  Credits: 0.5
This course is designed to introduce students to the sport of bouldering and rock climbing using an indoor climbing facility. Emphasis will be placed on learning safety procedures, delay systems, climbing movement, training techniques, and rappelling. This class will also cover basic conditioning exercises and stretches to improve muscular strength, flexibility and balance while fostering an appreciation for lifetime physical activity and fitness.

PAC 137  SKIING AND SNOWBOARDING  Credits: 0.5
The goal of this course is for students to experience and learn the basic skills of skiing and/or snowboarding, selection and use of equipment, and safety rules. This course will include weekend experiences at Mt. Hood while fostering an appreciation for lifetime physical activity and fitness.

PAC 138  SPEED, AGILITY AND QUICKNESS  Credit: 1
The goal of this course is to enhance the students’ speed, agility, and quickness (SAQ) through a variety of progressive drills and training techniques utilized in a variety of individual and team sports. This course is open to all students, although the focus will be on preparation for competition in varsity athletics.

PAC 139  BEGINNING YOGA  Credit: 1
This course will provide the student with the understanding of the value of yoga asana (postures), meditation, and pranayama (breathing) techniques. Through participation in Yoga, considered to be the oldest physical discipline in existence, you will gain an appreciation for meditation, relaxation, as well as the value of maintaining a fine balance between work and healthy mind.

PAC 151  INTERCOLLEGIATE BASKETBALL  Credit: 1
This course is designated for students participating on the Varsity or Junior Varsity basketball team. Credit is earned through participation, which includes mandatory attendance at all team meetings, practices, and games. Students will learn advanced basketball skills and strategies as well as the concept of teamwork and NCAA II core values.

PAC 152  INTERCOLLEGIATE BASEBALL  Credit: 1
This course is designated for students participating on the Varsity or Junior Varsity Baseball team. Credit is earned through participation, which includes mandatory attendance at all team meetings, practices and games. Students will learn advanced baseball skills and strategies as well as the concept of teamwork and the NCAA II core values.

PAC 153  INTERCOLLEGIATE VOLLEYBALL  Credit: 1
This course is designated for students participating on the Varsity Volleyball team. Credit is earned through participation which includes mandatory attendance at all team meetings, practices and games. Students will learn advanced volleyball skills and strategies as well as the concept of teamwork and NCAA II core values.

PAC 154  INTERCOLLEGIATE SOCCER  Credit: 1
This course is designated for students participating on the Varsity Soccer team. Credit is earned through participation which includes mandatory attendance at all team meetings, practices and games. Students will learn advanced soccer skills and strategies as well as the concept of teamwork and NCAA II core values.

PAC 155  INTERCOLLEGIATE SOFTBALL  Credit: 1
This course is designated for students participating on the Varsity Softball team. Credit is earned through participation, which includes mandatory attendance at all team meetings, practices and games. Students will learn advanced softball skills and strategies as well as the concept of teamwork and NCAA II core values.

PAC 156  INTERCOLLEGIATE GOLF  Credit: 1
This course is designated for students participating on the Varsity Golf team. Credit is earned through participation, which includes mandatory attendance at all team meetings, practices and games. Students will learn advanced golf skills and strategies as well as the concept of teamwork and NCAA II core values.

PAC 157  INTERCOLLEGIATE CROSS COUNTRY  Credit: 1
This course is designated for students participating on the Varsity Cross Country team. Credit is earned through participation, which includes mandatory attendance at all team meetings, practices and games. Students will learn advanced running skills and strategies as well as the concept of teamwork and NCAA II core values.

PAC 158  INTERCOLLEGIATE TRACK AND FIELD  Credit: 1
This course is designated for students participating on the Varsity Track & Field team. Credit is earned through participation, which includes mandatory attendance at all team meetings, practices and games. Students will learn advanced track and field skills and strategies as well as the concept of teamwork and NCAA II core values.

PAC 159  SPECIAL TOPICS  Credits: 0.5
This course will provide the student with the opportunity to learn the rules, skills, and strategies for special topics in fitness, physical activity, recreation, or sports. As a result of participation in the PAC Special Topics class, the student will gain competencies and appreciation for physical activity and recognize the value of a lifetime of physical activity. Potential topics include: Aerobic dance, Kick Boxing, Martial Arts, Women’s self-defense, Zumba.
PAC 199E  EXPERIMENTAL COURSE  Credit: 1
Experimental course option varies by term. Please see academic department for course description.

PAC 215  ADVANCED SWIMMING  Credits: 0.5
In this course students will refine and strengthen their freestyle, back stroke, breast stroke, elementary back stroke and butterfly stroke. Emphasis will be placed on improving cardiovascular fitness and will develop an appreciation for swimming as a lifetime physical activity.
Prerequisites: PAC 115 with a D or higher.

PAC 216  ADVANCED GOLF  Credits: 0.5
This course will focus on advanced golf skills and techniques. The use of video analysis and charting strokes will be implemented to help students improve their skills and enjoyment of the game and develop an appreciation for golf as a lifetime physical activity.
Prerequisites: PAC 116 with a D or higher.

PAC 218  ADVANCED TENNIS  Credits: 0.5
This course will focus on advanced skills and strategies involved in singles and doubles competition. Students will develop an appreciation for tennis as a lifetime physical activity.
Prerequisites: PAC 108 with a D or higher.

PAC 231  ADVANCED CYCLE FIT  Credit: 1
This class is designed to engage the student with intermediate and advanced training programs involving indoor cycling. Building on the foundations gained from the introductory course or personal experience students will be challenged to take their personal training and level of fitness to another level by incorporating advanced progressions and other fitness tools into a training program designed to increase exercise aerobic capacity and endurance. May be repeated once for credit.
Prerequisites: PAC 131 or Instructor approval.

PAC 239  ADVANCED YOGA  Credit: 1
This course will engage students in developing proficiency with intermediate and advanced Yoga postures (asana), meditation, and breathing (pranayama) techniques. Through participation in Yoga you will gain an appreciation for meditation, relaxation, as well a value maintaining a fine balance between work and healthy mind while developing a personal Yoga exercise plan for implementation after the class concludes. May be repeated once for credit.
Prerequisites: PAC 139 or Instructor approval.