





## COURSE DESCRIPTIONS

fl1 / ~83& - \*ÆFG17F\_ 8+ &4 ~@5 %t /

fl2 2 : 8( 0. ; < None

~ 12 : 8( 0. ; < None

This course covers the basic concepts involved in safely and effectively improving cardiovascular fitness. Emphasis is placed on walking, jogging, or running as a means of achieving fitness. Upon completion, students should be able to understand and appreciate the benefits derived from these activities.(1997 SU)

This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~833 ž 17\* fl &4 ~35 " \*//  
~ 62+7  
~ 89 9. 2

fl2 2 : 8( 0. ; < None

~ 12 : 8( 0. ; < None

This course introduces the basic discipline of yoga. Topics include proper breathing, relaxation techniques, and correct body positions. Upon completion, students should be able to demonstrate the procedures of yoga.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~83@ ž 17\* ffi &4 ~35 %t /

fl2 2 : 8( 0. ; < PED-122<sup>S</sup>

~ 12 : 8( 0. ; < None

This course introduces more detailed aspects of the discipline of yoga. Topics include breathing and physical postures, relaxation, and mental concentration. Upon completion, students should be able to demonstrate advanced procedures of yoga.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~83H ~ . /0/ . 0 +; . <ž . 7(+++7 &4 ~35 %t /

fl2 2 : 8( 0. ; < None

~ 12 : 8( 0. ; < None

This course is designed to aid students in developing rudimentary skills in self-defense. Emphasis is placed on stances, blocks, punches, and kicks as well as non-physical means of self-defense. Upon completion, students should be able to demonstrate basic self-defense techniques of a physical and non-physical nature.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~83C l 1.0ž . 7(+++7 &4 ~35 " \*//

fl2 2 : 8( 0. ; < None

~ 12 : 8( 0. ; < None

This course emphasizes the fundamentals of golf. Topics include the proper grips, stance, alignment, swings for the short and long game, putting, and the rules and etiquette of golf. Upon completion, students should be able to perform the basic golf shots and demonstrate a knowledge of the rules and etiquette of golf.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.







## COURSE DESCRIPTIONS

fl1 / ~8M      ' \* +1. (+7~Z \*; (?      &4 ~35    %t /  
 fl2 2 : 8( 0. ; < None  
 ' 12 : 8( 0. ; < None

This course provides basic instruction for the beginning canoeist. Emphasis is placed on safe and correct handling of the canoe and rescue skills. Upon completion, students should be able to demonstrate basic canoeing, safe-handling, and self-rescue skills.(2007 SP) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~8V&      ' \* +1. (+7~. (N. 2      &4 ~35    %t /  
 fl2 2 : 8( 0. ; < PED-160<sup>S</sup>  
 ' 12 : 8( 0. ; < None

This course provides practice in the basic skills of river and whitewater canoeing. Emphasis is placed on river running, safety, and care of equipment. Upon completion, students should be able to demonstrate navigation in a moving current, canoe safety, and self-rescue skills.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~8VB      % +7/(+7      &4 ~35    %t /  
 fl2 2 : 8( 0. ; < None  
 ' 12 : 8( 0. ; < None

This course introduces the sport of angling. Emphasis is placed on fishing with the use of artificial lures. Upon completion, students should be able to cast and retrieve using baitcaster and spinning reels and identify the various types of artificial lures.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~8V@      O \* > \* E(+7~Z \*; (?      &4 ~35    %t /  
 fl2 2 : 8( 0. ; < None  
 ' 12 : 8( 0. ; < None

This course is designed to teach the basic skills of kayaking. Topics include forward and reverse strokes, sweeps, Eskimo roll, and self-rescue skills. Upon completion, students should be able to maneuver and demonstrate safe kayaking practices.(2007 SP) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~8VD      ' 2( +). . 2(+7      &4 ~35    %t /  
 fl2 2 : 8( 0. ; < None  
 ' 12 : 8( 0. ; < None

This course introduces the various types of orienteering and proper orienteering techniques. Emphasis is placed on defining various types of orienteering and recognizing and drawing topographic map symbols. Upon completion, students should be able to draw topographic map symbols and negotiate a 3-5 km cross-country orienteering course in a specified time period.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~8B'      Ž \*?E6\*?E(+7      &4 ~35    %t /  
 fl2 2 : 8( 0. ; < None  
 ~ 12 : 8( 0. ; < None

This course covers the proper techniques for establishing a campsite, navigating in the wilderness, and planning for an overnight trip. Topics include planning for meals, proper use of maps and compass, and packing and dressing for extended periods in the outdoors. Upon completion, students should be able to identify quality backpacking equipment, identify the principles of no-trace camping, and successfully complete a backpacking experience.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~8B@      , 1?E ~ /9 A(+7      &4 ~35    %t /  
 fl2 2 : 8( 0. ; < None  
 ~ 12 : 8( 0. ; < None

This course teaches the fundamental skills and safety of rock climbing. Topics include rock climbing, bouldering, rappelling, the correct method of belaying for climbing and rappelling, and knowledge of equipment. Upon completion, students should be able to demonstrate strong and skillful techniques in climbing and rappelling.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

fl1 / ~8BJ      - ( / . 2+ . ; ; fl82 80;





---

fl / ~3HJ      ' 1\*?=(+7 Z\*; E. )A\*//

3 4&35    %t /

fl2 2 : 8( 0. ; < None

' 12 : 8( 0. ; < None

This course introduces the theory and methods of coaching basketball. Emphasis is placed on rules, game strategies, and selected techniques of coaching basketball.

Upon completion, students should be able to demonstrate competent coaching skills in basketball.(1997 SU) This course has been approved to satisfy the

following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.