EXERCISE SCIENCE

Philip Schot, Chair; Jennifer Bhalla, Rebecca Y. Concepcion, Kathryn Dolphin, Shawn Henry, Brian Jackson

The mission of the Exercise Science program (http://www.pacificu.edu/as/exercise/) is to contribute to the generation, dissemination and application of knowledge related to human movement in multiple contexts. Students and faculty are actively engaged in each area. While a health-science context is emphasized, the curriculum enables students to understand movement by integrating multiple scientific perspectives so as to be successful in a variety of arenas (e.g., employment in the fitness/exercise field, graduate study in professional or academic disciplines).

A student completing a major in Exercise Science shall demonstrate the ability to:

- Understand and apply fundamental principles from the various sub-disciplines in Exercise Science to a variety of contexts (e.g., health, fitness, rehabilitation, education);
- Use qualitative and quantitative reasoning and evidence, synthesizing information from a variety of origins to methodically and systematically solve problems and develop interventions in the human movement domain;
- Communicate effectively, orally and in writing, in accordance with disciplinary standards; and
- Design, conduct, interpret, and evaluate human movement science research

All students will complete one of two emphasis areas, both of which require 62 credit hours. The Integrative Physiology path incorporates additional coursework from the parent disciplines in the natural / physical sciences whereas the Motor Behavior track accentuates behavioral and applied considerations related to a variety of aspects of movement. Courses with the EXIP prefix satisfy natural science core requirements. Both routes, in combination with strategic selection of elective / core courses that satisfy prerequisites for specific graduate programs, can serve students with aspirations of pursuing graduate studies in health professions (PT, OT, PA, DC, MD, OD), education (MAT) or academics (MS, PhD). The common and distinctive coursework requirements for each emphasis are listed below. There is not necessarily a specified order for the courses. Only courses marked with asterisks may be repeated for credit, and then only with a change of topic and only in consultation with the advisor.

Exercise Science: Core Requirements for the Major

EXMB 200 Exercise Science Foundations 2 credits
MATH 207 Statistics (or PSY 350 or SOC 301) 4 credits
EXMB 106 First Aid 1 credit
EXMB 205 Care & Prevention of Athletic Injuries 2 credits
EXIP 281 Nutrition 2 credits
EXIP 345 Biomechanics 4 credits
EXIP 365 Perceptual Motor Learning 4 credits
EXIP 385 Exercise Physiology 4 credits
EXIP 399 Junior Seminar 1 credit
EXIP 400 Advanced Analysis in Kinesiology 2 credits
EXIP 498 & 499 Senior Research I & II 2 credits
BIOL 202 General Biology I 4 credits

OR

BIOL 200 Intro Bio: Flow of Energy 4 credits

One of the following pairs of courses:

BIOL 224 Human Anatomy 4 credits
BIOL 240 Human Physiology 4 credits
BIOL 230 Human Anatomy and Physiology I 4 credits
BIOL 231 Human Anatomy and Physiology II 4 credits

Chose one emphasis:

Integrative Physiology

BIOL 204 General Biology II 4 credits

OR

BIOL 201 Intro Biology: Flow of Biology Information 4 credits
CHEM 220 General Chemistry I 4 credits
CHEM 230 General Chemistry II 4 credits
PHY 202 Introductory Physics I (or PHY 232) 4 credits

Successfully complete 4 additional credits, chosen in consultation with advisor, which may include but are not limited to:

- EXIP 440 Advanced Human Anatomy 4 credits
- EXIP 481 Applied Nutrition 4 credits
- EXIP 495 Research 1-4 credits*
- EXMB 475 Internship 1-2 credits*

Motor Behavior

Successfully complete 12 credits from the following:

EXMB 315 Adapted Physical Activity 2 credits
EXMB 333 Sport Psychology 4 credits
EXMB 336 Sport in Society 4 credits
EXMB 366 Human Motor Development 2 credits
EXIP 440 Advanced Human Anatomy 4 credits

Successfully complete 8 additional credits, chosen in consultation with advisor which may include but are not limited to:

EXMB 303 Medical Terminology 1 credit
EXMB 313 Strength & Conditioning Methods 2 credits
EXMB 321 Teaching Physical Activity 2 credits
EXMB 322 TPA: Group Activities 2 credits
EXMB 323 TPA: Individual & Dual Activities 2 credits
EXMB 311 Coaching Methods 2 credits*
EXMB 312 Coaching Principles 2 credits
EXMB 413 Adult Fitness Practicum: Boxer Boot Camp 2 credits
### Exercise Science: Requirements for the Minor

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<tr>
<th>Course</th>
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<th>Credits</th>
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<td>EXMB 200</td>
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<td>BIOL 240</td>
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<td>BIOL 202</td>
<td>General Biology I</td>
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<tr>
<td>OR BIOL 200</td>
<td>Intro Bio: Flow of Energy</td>
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One of the following pairs of courses:

- BIOL 224 Human Anatomy

AND

- BIOL 240 Human Physiology
- BIOL 230 Human Anatomy and Physiology I
- BIOL 231 Human Anatomy and Physiology II

Three of the following:

- EXIP 281 Nutrition
- EXMB 333 Psychology of Human Movement
- EXIP 345 Biomechanics
- EXIP 365 Perceptual Motor Learning
- EXIP 385 Physiology of Exercise

### Human Movement Studies: Requirements for the Minor

<table>
<thead>
<tr>
<th>Course</th>
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<th>Credits</th>
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<tr>
<td>EXMB 200</td>
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<tr>
<td>EXMB 333</td>
<td>Psychology of Human Movement</td>
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<td>EXMB 336</td>
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<td>Other EXMB or EXIP prefix courses</td>
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### Exercise Science / Athletic Training

The College of Health Professions offers entry-level graduate clinical education in Athletic Training (AT) that articulates directly with Exercise Science. It consists of three years of fairly typical work in the College of Arts and Sciences (A&S) and two years of work in the clinical program. This 3/2 pathway is built upon options within the Motor Behavior emphasis and available only to students accepted to the highly selective AT program. Students complete the Bachelor of Science and Master of Science in Athletic Training in 5 years, rather than in 6 as would be the case if they took these two programs separately.

To utilize this route, all A&S core coursework requirements (with the exception of Capstone), all Athletic Training prerequisites, specified Exercise Science classes, and a minimum of 93 total credits shall be completed by the end of the 3rd academic year. During the fall of the junior year, students may apply to begin clinical studies in the AT program for the 4th academic year. If a student is accepted to the AT program, specific coursework successfully completed according to Athletic Training program standards during the first clinical year will satisfy the remaining requirements for the BS in Exercise Science with a Motor Behavior emphasis. These students are also required to deliver a formal public presentation overview of their first year clinical internship experiences to complete the A&S Capstone requirement. The undergraduate diploma will be conferred at the traditional May commencement ceremony of the student’s 4th year. If a student is not accepted into the AT program, s/he will have the opportunity to complete the Motor Behavior emphasis during the traditional time-frame with little to no complications.

### Use the Motor Behavior Emphasis incorporating the following:

#### The Exercise Science core involves the following substitution options:

- EXIP 399 is replaced with AT 550 – Research Methods
- EXIP 400 is replaced with AT 560 – Evidence-Based Practice
- EXIP 498 & 499 are replaced with AT 540 & 541 - Clinical Internships

#### The 12 credits distinctive to Motor Behavior are preserved, with one substitution allowed:

- EXMB 315 Adapted Physical Activity
- EXMB 333 Psychology of Human Movement (or AT 520 – Sport Psychology)
- EXMB 336 Sociology of Human Movement
- EXMB 366 Human Motor Development
- EXIP 440 Advanced Human Anatomy

#### The 8 flexible credits in Motor Behavior are replaced by 5 credits from the AT program:

- AT 510 Physical Agents and Mechanical Modalities
- AT 531 Prevention and Treatment of Athletic Injuries II

Fourteen credits successfully completed in the first AT year count toward graduation requirements:

- AT 500 & 501 Evaluation & Treatment of Orthopedic & Athletic Injuries

COURSES

EXIP-255 Special Topics
See department for course description.

EXIP-275 Internship
See department for details. Internship contract required.

EXIP-281 Nutrition
Detailed study of the relationship between nutrition and total individual health across the life-span. Emphasis will be placed on the essential nutrient chemical conversions during digestion, absorption and metabolism and their contribution to optimal health. Individual nutritional analysis and a personalized diet plan will be required. 4 credits.

EXIP-295 Ind Study in Integrated Physiology
See department for details. Independent study contract required.

EXIP-345 Biomechanics & Lab
Study of the structure and functioning of the human body via the methods of classical mechanics. Prerequisite: BIOL 224 or BIOL 230 or HBIO 230; MATH 125; and EXMB 200 each with minimum grade of C-. 4 credits.

EXIP-355 Special Topics
See department for course description.

EXIP-365 Perceptual Motor Learning
Study of issues related to the understanding, teaching and learning of motor skills. Examination of factors (individual, task, environment) and interactions that influence skill acquisition and performance in daily, recreational, clinical and scientific contexts. Prerequisite: EXMB 200 or Statistics (MATH-207, PSY-350, or SOC-301), each with a minimum grade of C-. 4 credits.

EXIP-385 Physiology of Exercise & Lab
The branch of physiology that deals with function of the body during exercise and adaptations that occur in response. Knowledge and application of scientific principles are necessary to develop peak performance in athletes and maintain health and fitness in the general population - quantitatively and qualitatively improving life. Prerequisite: BIOL 200 or BIOL 202; BIOL 231 or BIOL 240 or HBIO 231; and EXMB 200 (or concurrent enrollment), each with a minimum grade of C-. 4 credits.

EXIP-395 Independent Study
See department for details. Independent study contract required.

EXIP-399 Junior Seminar
This course introduces students to the primary research literature in the field of Exercise Science. Topics will include procedures for locating sources of information; practice in assessing research reports; introduction to various types of research methodologies (e.g., quantitative, qualitative, reviews, meta-analysis); training in human subject ethics and the Institutional Review Board process; and writing skills relevant to scientific reporting. Prerequisite: Declared Exercise Science major; EXMB 200; BIOL 224 and BIOL 240 or BIOL 230 and HBIO 230 and HBIO 231; and 3 of the following courses: EXIP 345, EXIP 365, EXIP 385, EXMB 333, EXMB 336; and MATH 207, or PSY 350, or SOC 301. All specific prerequisite courses must be completed with a minimum grade of C-. Pass/No Pass. 1 credit.

EXIP-400 Advanced Analysis in Kinesiology
This course develops the greater knowledge depth and more sophisticated skills needed to critically analyze existing research literature and design original investigations in a sub-disciplinary area of kinesiology that matches students’ interests, backgrounds and goals. Topics will fall within the recognized expertise area of the instructor. Includes active learning components. Prerequisite: Pass EXMB 105 or OL 107, and EXIP 399; and complete 3 of the following courses with a minimum grade of C- in each: EXIP 345, EXIP 365, EXIP 385, EXMB 322, EXMB 323, EXMB 333, or EXMB 336. Instructor’s consent required. 2 credits.

EXIP-455 Special Topics
See department for course description.

EXIP-475 Internship
Internship is an off-campus educational field experience tailored to academic/career goals, where students carefully and thoughtfully apply content from coursework to the situation in which they are engaged. All arrangements must be completed by the student 2 weeks prior to the term in which internship work will occur. Prerequisite: 12 credits of Exercise Science coursework (EXIP & EXMB), each with a minimum grade of C-. Internship contract required. Pass/No Pass.

EXIP-481 Applied Nutrition
A comprehensive review of current research on nutritional strategies to combat obesity and chronic disease and the latest guidelines for proper fueling and hydration for physical activity. Nutritional analyses and development of individualized diet plans for Boxer Boot Camp participants will be required. Meets core requirement: Civic Engagement. 4 credits.

EXIP-495 Independent Research
Faculty supervised, student-conducted research activities. May be repeated for new/continuing projects. Independent study contract required.

EXIP-498 Senior Research I
This is the first formal phase of capstone work for senior Exercise Science majors. Students will propose and execute a project on a current topic in exercise science. Students must successfully complete EXIP-498 and EXIP-499 to meet the capstone requirement and normally complete these in consecutive semesters. Prerequisite: EXIP 399 and EXIP 400 with minimum grade C-. Instructor's consent required. 1 credit.

EXIP-499 Senior Research II
This is the final phase of capstone work for senior Exercise Science majors. Students will conclude and disseminate the results of the senior project via poster, presentation, or manuscript. Students must successfully complete both EXIP-498 and EXIP-499 to meet the capstone requirement and normally complete these in consecutive semesters. Prerequisite: EXIP 498 with a minimum grade of C- (or concurrent enrollment); Instructor's consent required. 1 credit.

EXMB-105 First Aid
This course provides lay responders with skills and information needed in emergency situations to help sustain life and minimize pain and consequences of injury or sudden illness until professional medical help becomes available. More advanced than standard American Red Cross first aid/CPR class. Pass/No Pass. 1 credit.
EXMB-195 Independent Study
See department for details. Independent study contract required.

EXMB-200 Exercise Science Foundations
This course presents the basic scientific foundations of and techniques used in the various sub-disciplines of Exercise Science. Prerequisite: MATH 122 with minimum grade of C (or concurrent enrollment). 2 credits.

EXMB-205 Care and Prevention of Athletic Injuries
Students will learn to prevent, evaluate, and care for injuries and other health concerns common to athletic participation. The basics of emergency care and preventive taping will also be addressed. Participation fee required. If a student drops or withdraws from the class after some expenses have been accrued the student will be responsible for those expenses. Prerequisite: EXMB 105 or OL 107. 2 credits.

EXMB-255 Special Topics
See department for course description.

EXMB-275 Internship
See department for details. Internship contract required. 1-4 credits.

EXMB-295 Independent Study in Motor Behavior
See department for details. Independent study contract required.

EXMB-303 Medical Terminology
This course is designed to provide students with an understanding of the language of medicine. Students will be required to learn basic elements, rules of building and analyzing medical words, and medical terms associated with the body as a whole. Prerequisite: BIOL 200 or BIOL 202 with a minimum grade C. 1 credit.

EXMB-311 Coaching Methods
Series of individual courses designed to give students insight and direction in leading or assisting in the coaching of athletics. Sports represented rotate and vary depending on instructor availability. Prerequisite: EXMB-105. May be repeated for credit for different sports. 2 credits.

EXMB-312 Coaching Principles
General principles applicable to the coaching of sports including strategy and tactics, motivation, ethics, liability, budgeting, and development of organizational, interpersonal, and communication skills. Prerequisites: EXMB-105 and EXMB-311 with a minimum grade of C-. 2 credits.

EXMB-313 Strength & Conditioning Methods
Principles, methods and materials relevant to the design and implementation of strength, endurance, flexibility, speed, power, balance and agility enhancement for diverse populations based on sound scientific principles. Prerequisite: EXIP 385 with minimum grade of C. Recommended: EXIP 345. 2 credits.

EXMB-315 Adapted Physical Activity
Introduction to adapted, corrective, and developmental physical activities. Emphasis is placed on assessment, laws & legislation, and teaching methods of physical activities for the exceptional student. Also listed as DS 315. Prerequisite: EXMB-105, and EXIP 365 with a minimum grade of C- or DS 200 with a minimum grade of C-. 2 credits.

EXMB-321 Teaching Physical Activity I
Content will focus on generally applicable instructional techniques as well as class and behavior management strategies for individual, dual, and group physical activity settings, including: design of developmentally appropriate instructional materials, assessment of learning and instructional behaviors; approaches for working with a variety of learners. Prerequisite: EXIP 365. 2 credits.

EXMB-322 TPA: Group Activities
Content will focus on evidence-based instructional methods, class and behavior management techniques, and planning and application of instructional strategies that are specific to group physical activities. An emphasis will be placed on implementing effective instruction of developmentally appropriate group-oriented physical activities. Prerequisite: EXIP 321 with minimum grade C-; and EXMB 105 or OL 107. 2 credits.

EXMB-323 TPA: Individual & Dual Activities
Content will focus on evidence-based instructional methods, behavior management techniques, and planning and application of instructional strategies that are specific to individual and dual physical activities. An emphasis will be placed on the implementation of developmentally appropriate physical activity instruction of individual and dual activities for singular learners or groups of learners. Prerequisite: EXMB 321 with minimum grade C-; and EXMB 105 or OL 107. 2 credits.

EXMB-333 Psychology of Human Movement
This course examines psychological dimensions across the spectrum of human movement contexts, including recreational through elite sport across the lifespan. Topics will include research and application in the areas of motivation, confidence, psychological skills training, stress management, communication, youth sport, and exercise adherence. Prerequisite: EXMB 200 with minimum grade C- or PSY 150 with minimum grade C-. 4 credits.

EXMB-336 Sociology of Human Movement
This course is designed to examine the pervasive and significant relationships between the social constructions of sport and physical activity to contemporary social institutions such as politics, religion, economics, education and mass media. In addition it will afford students the opportunity to critically explore and increase their understanding of how specific social categories such as age, gender, race, sex, social class, religion, sexual orientation and physical disabilities, intersect to influence participation and experiences of individuals within sport and physical activity contexts. Prerequisite: EXMB-200, SOC 101, or SOC 102 with minimum grade C-. 4 credits.

EXMB-350 Selected Topics in Human Movement
Study of a particular topic in the field of human movement (e.g., History of Sport, Exercise & Mental Health, Ergogenic Aids, Gender Issues in Sport) selected by the instructor and approved by the Exercise Science Department. May or may not include lab/practical activity. Prerequisite: Sophomore standing or above (30 or more completed credits); additional prerequisites may apply depending on topic. May be repeated for credit when topic varies. 2 or 4 credits.

EXMB-355 Special Topics
See department for course description.

EXMB-366 Human Motor Development
This course is designed to use a lecture/discussion/activity structure to study issues related to the development of human motor behavior over the lifespan. Current theory and research will be discussed related to motor and behavioral changes that are commonly experienced in humans from early childhood to late adulthood. Prerequisites: EXIP 365 with minimum grade C-. 2 credits.
EXMB-395  Independent Study
See department for details. Independent study contract required.

EXMB-413  Adult Fitness Practicum: Boxer Boot Camp
A supervised practical experience working with adults in an exercise setting. Boxer Boot Camp is a Pacific University faculty/staff exercise program. Students contribute to individualized program design and serve as fitness leaders for participants. Prerequisite: EXIP 281; and EXIP 385 and EXMB 313. Instructor's consent required. Meets core requirement: Civic Engagement. Pass/No Pass. 2 credits.

EXMB-455  Special Topics
See department for course description.

EXMB-475  Internship
Internship is an off-campus educational field experience tailored to academic/career goals, where students carefully and thoughtfully apply content from coursework to the situation in which they are engaged. All arrangements must be completed by the student 2 weeks prior to the term in which internship work will occur. Prerequisites: 12 credits of Exercise Science coursework (EXIP & EXMB), each with a minimum grade of C-. Internship contract required. Pass/No Pass.

EXMB-495  Independent Research
See department for details. Independent study contract required.

HBIO-110  Human Biology
An introduction to basic anatomy and physiology of the human organism. This course is designed for non-science majors. Laboratory is integrated with lecture. Students cannot receive credit for HBIO 110 and any combination of the following: BIOL 224, BIOL 240, BIOL 230, BIOL 231, HBIO 230 or HBIO 231. Does not count toward a Biology major or minor. 4 credits.

HBIO-230  Human Anatomy & Physiology I
Human Anatomy and Physiology is a year long course that explores the structure and function of the human body in an integrated fashion. We will cover the 11 anatomical systems and understand how the structure of the human body relates to and defines its function. Emphasis will be placed on integration of systems and information flow. Human Anatomy and Physiology I introduces cytology and histology while surveying the skeletal, nervous, muscular, endocrine and reproductive systems. Prerequisite: BIOL 200 with a minimum grade of C-. Corequisite: HBIO 230L. 4 credits.

HBIO-230L  Human Anatomy & Physiology I Lab
Laboratory to accompany Human Anatomy & Physiology I lecture. Corequisite: HBIO 230. 0 credits.

HBIO-231  Human Anatomy & Physiology II
Human Anatomy and Physiology is a year long course that explores the structure and function of the human body in an integrated fashion. We will cover the 11 anatomical systems and understand how the structure of the human body relates to and defines its function. Emphasis will be placed on integration of systems and information flow. Human Anatomy and Physiology II emphasizes sensory physiology, circulatory, lymphatic, immune, respiratory, digestive and urinary systems. Prerequisite: HBIO 230 with a minimum grade of C-. Corequisite: HBIO 231L. 4 credits.

HBIO-231L  Human Anatomy & Physiology II Lab
Laboratory to accompany Human Anatomy & Physiology II lecture. Corequisite: HBIO 231. 0 credits.

HBIO-440  Advanced Human Anatomy and Lab
Advanced study of gross and histological structure of the human body. Focus is on musculoskeletal, nervous and cardiovascular systems. Prerequisite: BIOL 240 or BIOL 231 or HBIO 231 with a minimum grade of C-. 4 credits.

HPER-101  Dance Fitness
Exercise emphasizing dance movements. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

HPER-102  Step Aerobics
Step aerobics. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 1 credit.

HPER-103  Body-Mind Fitness
Workouts emphasizing mindful movements informed by yoga, martial arts, dance, and other modalities. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 1 credit.

HPER-104  Circuit Training for Women
Multi-station fitness training with enrollment limited to women. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

HPER-105  Fitness Walk/Jog
Exercise emphasizing locomotor activities. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 1 credit.

HPER-106  Speed, Quickness, and Agility
Exercise emphasizing rapid anaerobic movements. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 1 credit.

HPER-107  Swimming
Aquatic exercise; not for non-swimmers. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

HPER-108  Weight Training
Basic resistance training. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

HPER-109  Tai Chi
Balance and stability exercise with an Eastern flair. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.
PER-110  Power Hour
High-intensity training emphasizing explosiveness and power. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-111  Yoga
Develops balance, flexibility, and strength. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-113  Strength Training for Women
Resistance training class limited to women. May be repeated for credit. Up to 8 activity credits may count toward the credits required for graduation. Pass/No Pass. 0-1 credit.

PER-121  Badminton
Basic instruction and play. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-122  Bowling
Basic instruction and activity; off campus. Participation fee required. If a student drops or withdraws from the class after some expenses have been accrued the student will be responsible for those expenses. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-123  Golf
Basic instruction and activity; off campus. Participation fee required. The fee is paid to the golf course and is for the use of golf course, rental clubs, and range balls during class times. If a student drops or withdraws from the class after some expenses have been accrued the student will be responsible for those expenses. to the golf course for. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-124  Handball
Basic instruction and play. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-125  Pickleball
A tennis-like game played on a smaller indoor court. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-126  Racquetball
Basic instruction and play. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-127  Rowing
Basic instruction and activity; off campus. Participation fee required. If a student drops or withdraws from the class after some expenses have been accrued the student will be responsible for those expenses. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-128  Taekwondo
Basic instruction and training. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-129  Tennis
Basic instruction and play. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-130  Ultimate Frisbee
Basic instruction and play. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-131  Volleyball
Basic instruction and play. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-141  Gardening
Gardening is exercise at B Street Permaculture Center. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-142  Hula
Basic instruction and performance. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-143  Recess
Various youthful play activities as exercise. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-144  Women’s Personal Self Defense
Basic instruction and training. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

PER-156  Alpine Skiing
Instruction and activity at Mt. Hood. Transportation fee (non-refundable) billed to students upon registration. Students will also pay Mt. Hood Meadows directly for the package they select. Prices for the most popular packages are listed in the course schedule; others are available. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.
**HPER-157  Outdoor Recreation**
Day and overnight wilderness outings. Participation fee required. The fee is used for class outings (i.e. transportation, food, campsites and permits). If a student drops or withdraws from the class after some expenses have been accrued the student will be responsible for those expenses. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

**HPER-158  Rock Climbing**
Basic instruction and in-field activity. Participation fee required. The fee for is used for class outings (i.e. transportation, food, campsites and permits). If a student drops or withdraws from the class after some expenses have been accrued the student will be responsible for those expenses. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

**HPER-159  Introduction to Kayaking**
White water and coastal sea kayaking for beginners. Participation fee required for class outing costs (e.g., transportation, food, permits). If a student drops or withdraws after some expenses have been accrued, the student will be responsible for those expenses. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

**HPER-160  Snowboarding**
Instruction and activity at Mt. Hood. Transportation fee (non-refundable) billed to students upon registration. Students will also pay Mt. Hood Meadows directly for the package they select. Prices for the most popular packages are listed in the course schedule; others are available. May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

**Intercollegiate Athletic Team Membership Courses**
May be repeated for credit. Up to 8 activity credits may count toward the 124 credits required for graduation. Pass/No Pass. 0-1 credit.

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<th>Course Name</th>
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<td>Intercollegiate Volleyball</td>
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<td>HPER-193</td>
<td>Intercollegiate Cheerleading</td>
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