



The PAC Program MISSION

Physical Activity Courses (PAC)

provide an interactive and engaging experience that allows students to learn through active participation in a variety of physical activities. Recognizing individual interests, the program provides courses that cater to all levels and abilities.

Enjoy small class sizes with high faculty-to-student interaction and experiential student-focused learning. In addition to learning the physical literacy of the course activity, students will also learn about nutrition basics, fitness principles, mindfulness practices and health promotion.

PAC are taught by highly qualified full-time faculty in the School of Biological and Population Health Sciences, part-time

instructors, graduate teaching assistants, athletic coaches and professionals in the community.

PAC For-Credit are predominantly one-credit courses that fulfill part of the fitness baccalaureate requirement. PAC For-Credit can be taken for a grade or on an S/U (satisfactory/unsatisfactory) basis.

We understand that cost can be a limiting factor to many students who want to take a PAC. To reduce the cost, encourage you to try new activities, and continue ones you have enjoyed, we are offering a PAC Non-Credit option. The PAC Non-Credit option is available for most courses.

Please visit health.oregonstate.edu/PAC for more details and registration instructions.

The full PAC listing can be found at catalog.oregonstate.edu

Registration

- The full course listing can be found at catalog.oregonstate.edu
- PAC For-Credit registration can be completed through MyOSU
- PAC Non-Credit registration can be completed from health.oregonstate.edu/pac/non-credit

PAC Non-Credit Cost

- 1 credit \$100
+ Specialty course fees (travel, equipment, lodging, etc)
- 2 credit \$150
+ Specialty course fees (travel, equipment, lodging, etc)

Leadership Training Programs

- Please visit health.oregonstate.edu/pac/leadership for information and registration instructions.

Lockers

Locker rooms are available in the basement of both Woman's Building and Langton Hall. To register, visit health.oregonstate.edu/PAC.

- Basket: Free for Term
- ½ Locker: \$15 for Term
- Full Locker: \$20 for Term
- Add Towel: \$10 for Term

Waitlist

Waitlists open in Phase II of registration. If the course you wish to register for is full, please add yourself to the waitlist. Once a spot becomes available, you will receive an email directing you to register for the course. Please note that you will NOT be automatically registered.

Overrides

Please visit us in the office or at our website for more



Oregon State University
College of Public Health
and Human Sciences

Physical Activity Courses (PAC)
College of Public Health and Human Sciences

123 Langton Hall
Phone: 541-737-3222
health.oregonstate.edu/PAC

This publication will be made available in an accessible alternative format upon request. Please contact PAC Office, 541-737-3222 or pac.fsf@oregonstate.edu

Summer 2019

PHYSICAL ACTIVITY COURSE GUIDE



Oregon State
University



Why PAC?



Physical activity improves concentration, attention and general well-being.



Explore Oregon with these outdoor classes: Surfing, Fly Fishing, SCUBA, or the multitude of courses offered through PAC by the Adventure Leadership Institute.



PAC offers a great place to build community and meet new friends.

PAC is a great way to step out of your comfort zone, to learn something new, meet new people and grow your capacity.



Explore new areas in our community with courses like Fitness Walking, Running, Hiking Local Trails or Mountain Biking.



Adventure Leadership Institute Certificate

The ALI Certificate will develop and change students, using experience as our textbook and the outdoors as our classroom. Courses help students develop skills both to be technically competent in outdoor skills and to be an effective leader in your chosen discipline.



Yoga Teacher Training Leadership Program

Our Yoga Teacher Training Leadership Program provides a unique combination of training and supervised teaching experience founded in research based learning theories. Students will get hands-on teaching practice, develop leadership skills, and deepen their relationship with yoga. In addition, they will leave with a well-developed teaching portfolio.



SCUBA Dive Master Leadership Program

The Dive Master Leadership Program utilizes the professional certification tracks of PADI and incorporates additional opportunities in teaching, equipment, and air fill management to make this a unique experience to OSU.

Courses by Activity Area

Course offerings vary per term. Please check course catalog for up-to-date information: catalog.oregonstate.edu

Session 1

10 Weeks: June 24th - Sept 6th

Fly Fishing I

Session 2

4 Weeks: June 24th - July 19th

Badminton, Billiards, Bowling, Country Line Dance, Golf I, Pilates, Salsa I, Step Aerobics: Step & Sculpt, Surfing, Yoga I

Session 3

8 Weeks: June 24th - August 16th

CPR & First Aid, SCUBA: Open Water, Weight Training I

Session 4

4 Weeks: July 22nd - August 16th

Badminton, Billiards, Canyoneering, Golf I, Pilates, Relaxation, Rock Climbing I, Soccer I, Tennis I, Yoga I

Online

Conditioning: Balanced Fitness*, Pilates*, Relaxation*, Running/Jogging*, Yoga I*

PAC Non-Credit registration unavailable for some sections as indicated by (*).