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 and abilities, 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 teaching 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.

Courses

PAC For-Credit are predominantly one-credit courses that fulfill part of the Fitness Bachelorette 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 to students, encourage students to try new activities, and continue ones they have enjoyed, we are offering a PAC Non-Credit option. The PAC Non-Credit option is available for select courses. Please visit health.oregonstate.edu/PAC for more details and registration instructions.

The full PAC listing can be found at catalog.oregonstate.edu. Use “Quick Jump” to search for “PAC,” then use the term dropdown on the top right of the screen to see the full term course list.

Registration:
- The full course listing can be found at catalog.oregonstate.edu
- Registration for PAC For-Credit can be completed through MyOSU
- Registration for PAC Non-Credit option can be completed from health.oregonstate.edu/pac

PAC For-Credit vs Non-Credit cost (1-credit class rate):

- PAC For-Credit: $295 per credit (undergraduate resident base)
  - $49 PEA2 fee (PAC base fee)*
  - $344 total For-Credit cost
  - *Specialty course specific fees not included

- PAC Non-Credit: $132 total Non-Credit cost for all students (Specialty course specific fees not included)

Lockers:

Locker rooms are available in the basement of both Woman’s Building and Langton Hall. PAC Students are eligible for a free basket rental each term or can upgrade to a half or full locker for a fee. Towel service can also be purchased. 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. Be sure to check your email regularly. 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 information.

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
Why PAC?

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

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

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.

Courses by Activity Areas

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

Aerobics & Fitness:

Aquatics:

Dance:

Martial Arts:
- Karate*, Judo *I, Tai Chi *I

Mind & Body
- Fitness Yoga*, Relaxation*, Restorative Yoga*, Yoga (*I, II*)

Outdoor Recreation & Education:
- Backpacking, Bouldering, Camp Craft, Challenge Course, Fly Fishing*, Hiking Local Trails, Ice Climbing, Mountain Biking, Rafting, Rock Climbing (*I, II, III*), Wilderness First Aid, Wilderness Living Techniques*

Sports:

Special Topics (PAC 199 & 299):
- Country Western Line Dance *II, Scuba: Dive Master Training (*I, II*)

Online:
- Conditioning, Pilates, Relaxation, Running/jogging, Yoga

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