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

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

- **PAC For-Credit**
  - $203 per credit (undergraduate resident full-time base) + $49 PE2 fee (PAC base fee) + Specialty course fees (travel, equipment, lodging, etc)
  - $244 total For-Credit cost

- **PAC Non-Credit**
  - $152 one credit cost / $200 two credit cost (for all students) + Specialty course fees (travel, equipment, lodging, etc)

**Leadership Training Programs**
- Please visit health.oregonstate.edu/PAC/Leadership for information and registration instructions.

**Lockers**

Lockers are available in the basement of both Woman’s Building and Langston 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 information.
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.

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

Aerobics & Fitness
Adapted Physical Activity, Barre Fitness, Body Sculpting, Cardio Combo, Cardio Dance, Cardio Kickboxing, Conditioning, Fitness Walking, Pilates (I, II, Fitball), Running/Jogging, Step Aerobics, Weight Training (I, II, Circuits, Women), 10K Training

Aquatics
Aqua Aerobics, Competitive Swimming, SCUBA (Open Water, Advanced Open Water), SCUBA Special Topics (Altitude, Rescue Diver), Non-Swimmer, Swim (I, II)

Dance (Lead & Follow, Performance & Non-Partnered)
Ballet (I, II), Ballroom (I, II), Beginning Swing, Cool Shoes Performance Ballroom, Country Western (I, II), Cuban Salsa I, Country Western Line Dance (I, II), Hip Hop, Jazz (I, Lindy Hop I, Modern I, Salsa I, West Coast Swing (I, II)

Martial Arts:
Brazilian Jiu Jitsu, Karate, Judo (I, II), Martial Arts for Self Defense, Self-Defense, Tai Chi (I, II)

Mind & Body
Interdisciplinary Yoga (Honors)*, Meditation, Relaxation, Restorative Yoga, Vinyasa Yoga, Yoga (I, II)

Outdoor Recreation & Education
Backpacking, Bouldering, Camp Craft, Challenge Course, Hiking Local Trails, Fly Fishing (I, II), Hiking Local Trails, Ice Climbing, Mountaineering (I, II), Mountain Biking, Rafting, Rock Climbing (I, II), Surfing, Technical Rappelling, White Water Rescue, Wilderness First Aid, Wilderness First Responder, Wilderness Living Techniques

Sports
Badminton (I, II), Basketball (I, Competitive), Billiards, Bowling I, Flag Football, Golf (I, II), Gymnastics, Pickleball, Soccer (I, II, III, Indoor), Tennis (I, II), Touch Rugby, Tumbling, Ultimate Frisbee, Volleyball (I, II, III), Wrestling

Professional & Leadership
CPR & First Aid, Coaching for Youth Programs, Foundations of Yoga Instruction, SCUBA: Dive Master Training (I, II), Workshop: Yoga Studies

Online
Cardio Kickboxing*, Conditioning*, Pilates*, Relaxation*, Running/Jogging*, Yoga I*

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

Course by Activity Area

Why PAC?
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.

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

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

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

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.

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.

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

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

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.

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