

PACT – PHYSICAL ACTIVITY

PACT 103

Physical Fitness

3 Credits Weekly (2-1-0)

This is an experiential and lecture course designed to provide participants with a working understanding of health and physical fitness, in addition to the basic concepts for development and measurement.

The interrelationships of food, nutrition, weight and activity is studied, researched and evaluated on a personal basis. (Note: May not be taken for credit if credit was obtained for HEED 220).

PACT 110

Introduction of the Basics of Aquatics

3 Credits Weekly (0-3-0)

In this course, students acquire theoretical knowledge and personal skills used in the instruction of the basics of aquatics.

Prerequisites: The ability to swim 25 meters.

PACT 111

Introduction of the Basics of Basketball

3 Credits Weekly (0-3-0)

In this course students acquire theoretical knowledge and personal skills used in the instruction of the basics of basketball.

PACT 114

Introduction to Ice Hockey

3 Credits Weekly (1-2-0)

Acquisition of theoretical knowledge and personal skills used in the instruction of the basics of ice hockey. Note: Students must have average to above average skating ability. Students must provide their own skates, sticks, hockey gloves, helmets, elbow pads and shin pads.

PACT 118

Instruction of Soccer

3 Credits Weekly (0-3-0)

In this course students will acquire theoretical knowledge and personal skills used in the instruction of the basics of soccer.

PACT 131

Instruction of the Basics of Badminton

3 Credits Weekly (0-3-0)

Students acquire theoretical knowledge and personal skills used in the instruction of the basics of badminton. Students must supply their own racquets and shuttlecocks.

PACT 137

Instruction of the Basics of Volleyball

3 Credits Weekly (0-3-0)

Students acquire theoretical knowledge and personal skills used in the instruction of the basics of volleyball.

PACT 155

Instruction of Social Dance

3 Credits Weekly (0-3-0)

This course involves the acquisition of theoretical knowledge and personal skill used in the instruction of the basics of social dance. Emphasis is placed on the acquisition of the basic movement and style of each dance, step variations and sequences, and how to teach them.

PACT 156

Instruction of the Basics of Yoga

3 Credits Weekly (0-3-0)

In this course, students acquire theoretical knowledge and personal skills used in the instruction of the basics of yoga. Students are introduced to several different yoga forms with an emphasis on Hatha, Vinyasa and Astanga yoga.

PACT 196

Introduction to the Basics of Triathlon

3 Credits Weekly (0-3-0)

This course involves the acquisition of theoretical knowledge and personal skill used in the instruction of the basics of triathlon. This includes an introduction to swimming, cycling, and running.

Prerequisites: Ability to swim 25 meters.

PACT 199

Introduction to the Basics of Strength Training

3 Credits Weekly (0-3-0)

Students acquire the theoretical knowledge and personal skills used in the instruction of the theory and practical basis of strength training. Emphasis is placed on the student's ability to perform and teach common lifting techniques along with program design using free weight and resistance training apparatus.