

PHYSICAL ACTIVITY (PA)

PA 101A - Beginning Swimming

Credits: 1

Beginning Swimming (for non-swimmers and weak swimmers only).

PA 101B - Beginning Tennis

Credits: 1

Beginning Tennis

PA 101C - Jogging

Credits: 1

Jogging

PA 101R - Introduction to Riding I

Credits: 1

This class is intended for students who have NO or VERY LITTLE experience riding horses. If you have some experience riding horses, please contact Karen Hurff (khurff@skidmore.edu) to discuss class placement.

PA 102B - Beginning Tennis

Credits: 1

Beginning Tennis

PA 102R - Introduction to Riding II

Credits: 1

Prerequisites: Each of these riding courses has the course before it (or permission of instructor) as a prerequisite.

PA 103C - Trail Running

Credits: 1

PA 103R - Position and Control I

Credits: 1

Prerequisites: Each of these riding courses has the course before it (or permission of instructor) as a prerequisite.

PA 104B - Beginning Golf

Credits: 1

PA 104R - Position and Control II

Credits: 1

Prerequisites: Each of these riding courses has the course before it (or permission of instructor) as a prerequisite.

PA 105B - Mountain Biking

Credits: 1

PA 105R - Novice Equitation I

Credits: 1

Prerequisites: Each of these riding courses has the course before it (or permission of instructor) as a prerequisite.

PA 106B - Mountain Biking

Credits: 1

PA 106R - Novice Equitation II

Credits: 1

Prerequisites: Each of these riding courses has the course before it (or permission of instructor) as a prerequisite. PA106R is prerequisite for PA 201R and PA 201R is prerequisite for PA 202R, or permission of instructor for both.

Note(s): PA 207R may be repeated for credit.

PA 109B - Softball

Credits: 1

PA 110B - Softball

Credits: 1

PA 110C - Aerobic Dance

Credits: 1

PA 111B - Lacrosse

Credits: 1

PA 111C - Self-Paced Fitness

Credits: 1

PA 112B - Lacrosse

Credits: 1

PA 112C - Beg Weight Training

Credits: 1

PA 113C - Beg Rowing

Credits: 1

PA 114C - Judo

Credits: 1

PA 115C - Karate

Credits: 1

PA 116C - Self Defense

Credits: 1

PA 117C - Ultimate Frisbee

Credits: 1

PA 118C - Power and Agility Training

Credits: 1

PA 119C - Strength and Aerobic Fitness

Credits: 1

PA 120B - Beg Racquetball

Credits: 1

PA 122B - Beg Handball

Credits: 1

PA 123B - Volleyball

Credits: 1

PA 124B - Badminton

Credits: 1

PA 126B - Basketball

Credits: 1

PA 128B - Fly Fish

Credits: 1

PA 129C - Stress Reduction and Mindfulness

Credits: 1

Eight-week experiential introduction to stress management and wellness through mindfulness-based practices. Students will increase their awareness of stress symptoms and will engage in activities designed to support a more responsive approach to stress coping. Emphasis will be placed on body scan techniques, sitting meditations, and mindful movement- such as mindful walking and stretching. Students will also learn various strategies designed to enhance wellness through mindfulness in the everyday. The course requires a 6-hour guided mindfulness retreat facilitated by the instructor. The retreat is held on campus, on a weekend day; date to-be-determined each semester.

PA 132B - Beginning Mtn Biking

Credits: 1

PA 201A - Intermediate Swimming

Credits: 1

Prerequisites: PA 101A Beginning Swimming.

PA 201B - Intermediate Tennis

Credits: 1

Intermediate Tennis

PA 201C - Intermediate Jogging

Credits: 1

Intermediate Jogging -

PA 201F - First Aid and CPR (Cardiopulmonary Resuscitation) - First Aid and CPR(Cardiopulmonary Resuscitation)

Credits: 1

First Aid and CPR (Cardiopulmonary Resuscitation) -

PA 201R - Intermediate Equitation I

Credits: 1

PA 106R is prerequisite for PA 201R and PA 201R is prerequisite for PA 202R, or permission of instructor for both. PA 203R–207R require permission of instructor. PA 207R may be repeated for credit.

PA 202A - Swim For Fitness

Credits: 1

PA 202B - Intermediate Tennis

Credits: 1

Intermediate Tennis

PA 202C - Intermediate Jogging

Credits: 1

Intermediate Jogging -

PA 202F - First Aid and Cpr

Credits: 1

PA 202R - Intermediate Equitation II

Credits: 1

PA 106R is prerequisite for PA 201R and PA 201R is prerequisite for PA 202R, or permission of instructor for both. PA 203R–207R require permission of instructor. PA 207R may be repeated for credit.

PA 203A - Scuba

Credits: 1

PA 203B - Intermediate Golf

Credits: 1

PA 203R - Advanced Equitation I

Credits: 1

PA 203R–207R require permission of instructor.

PA 204A - Self-Paced Swimming

Credits: 1

PA 204B - Intermediate Golf

Credits: 1

PA 204R - Advanced Equitation II

Credits: 1

PA 203R–207R require permission of instructor.

PA 205R - Combined Training II (fee)

Credits: 1

PA 206R - Intro to Dressage (fee)

Credits: 1

PA 207R - Schooling

Credits: 1

PA 203R–207R require permission of instructor. PA 207R may be repeated for credit.

PA 210C - Int Aerobic Dance

Credits: 1

PA 211C - Int Self-Paced Fitness

Credits: 1

PA 212C - Int Weight Training

Credits: 1

PA 213C - Intermediate Rowing

Credits: 1

PA 214C - Marathon Training

Credits: 1

PA 216C - Int Self Defense

Credits: 1

PA 218C - Intermediate Power and Agility

Credits: 1

Prerequisites: PA 118C.

PA 220B - Intermed Racquetball

Credits: 1

PA 222B - Intermediate Handball

Credits: 1

PA 301A - Adv Swimming

Credits: 1

PA 301B - Advanced Tennis

Credits: 1

Advanced Tennis

PA 301R - Applied Schooling

Credits: 2

The 300-level riding courses require permission of instructor. PA 301R may be repeated for credit.

PA 302A - Advanced Swimming for Fitness

Credits: 1

Advanced Swim for Fitness -

PA 302B - Advanced Tennis

Credits: 1

PA 302R - Applied Dressage (fee)

Credits: 2

PA 303B - Advanced Golf

Credits: 1

PA 303R - Stable Management

Credits: 2

PA 304A - Lifeguard Training

Credits: 1

PA 304B - Advanced Golf

Credits: 1

PA 304R - Introduction to Teaching

Credits: 2

The 300-level riding courses require permission of instructor. PA 304R–306R are taught one-on-one.

PA 305A - Water Safety Instructor

Credits: 1

PA 305R - Intermediate Teaching

Credits: 2

The 300-level riding courses require permission of instructor. PA 304R–306R are taught one-on-one.

PA 306R - Advanced Teaching

Credits: 2

The 300-level riding courses require permission of instructor. PA 304R-306R are taught one-on-one.

PA 308C - Power Lifting

Credits: 1

PA 309C - Body Building

Credits: 1

PA 312C - Adv Weight Training

Credits: 1

PA 320B - Adv Racquetball

Credits: 1

PA 321B - Advanced Squash

Credits: 1

PA 322B - Advanced Handball

Credits: 1