

# PHYSICAL ACTIVITY

## Physical Activity and Sport for All

Instructional classes focus on increasing the level of skill in an activity, understanding the basic principles of movement involved, and applying them in a particular situation. Courses are sectioned according to ability level.

Classes meet for two hours per week.

Riding activity courses carry an instructional fee. Contact Karen Hurff, director of the Riding Program, for current fees.

Department of Athletics, Fitness, and Recreation personnel work closely together to provide a well-balanced program of recreational and interest group activities. Opportunities for all students to engage in competitive and recreational sport activities are provided within the college community.

## Course Listings

Courses are designated 100 level (beginning) (p. 3), 200 level (intermediate) (p. 3) and 300 level (advanced) (p. 3). The department expects students to enroll for the appropriate level based on their previous experiences and skills levels; the department reserves the right to make adjustments as needed. Physical activity courses may not be repeated for credit. Students are allowed one credit per level per activity toward graduation. Riding courses carry prerequisites. Courses may be added or deleted as appropriate. *Not for liberal arts credit. Courses may not be taken for audit.*

### PA VAP - Varsity Athletic Participation

Credits: 1

Once the varsity team has been selected, and prior to the start of the applicable semester, the Department of Athletics will forward to the Registrars' Office the names of those eligible to receive varsity credit. First-year, fall sport student-athletes and senior, winter and spring sport student-athletes, are not eligible to receive credit  
G. Cummings-Danson

#### 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

## Physical Activity I

| Code               | Title  | Hours |
|--------------------|--|-------|
| <b>A. Aquatics</b> |  |       |
| PA 101A            | Beginning Swimming (for non-swimmers and weak swimmers only) | 1     |

**B. Sports**

|         |                      |   |
|---------|----------------------|---|
| PA 120B | Beg Racquetball      | 1 |
| PA 132B | Beginning Mtn Biking | 1 |

**C. Conditioning (Includes Martial Arts)**

|         |                                  |   |
|---------|----------------------------------|---|
| PA 111C | Self-Paced Fitness               | 1 |
| PA 112C | Beg Weight Training              | 1 |
| PA 113C | Beg Rowing                       | 1 |
| PA 118C | Power and Agility Training       | 1 |
| PA 129C | Stress Reduction and Mindfulness | 1 |

**R. Riding**

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

|         |                           |   |
|---------|---------------------------|---|
| PA 101R | Introduction to Riding I  | 1 |
| PA 102R | Introduction to Riding II | 1 |
| PA 103R | Position and Control I    | 1 |
| PA 104R | Position and Control II   | 1 |
| PA 105R | Novice Equitation I       | 1 |
| PA 106R | Novice Equitation II      | 1 |

## Physical Activity II

| Code  | Title                                   | Hours |
|---|---|-------|
| <b>A. Aquatics</b>  |   |       |
| PA 201A   | Intermediate Swimming                   | 1     |
| PA 202A   | Swim For Fitness                        | 1     |
| <b>B. Sports</b>  |   |       |
| PA 220B   | Intermed Racquetball                    | 1     |
| <b>C. Conditioning (Includes Martial Arts)</b> <sup>1</sup> |   |       |
| PA 211C   | Int Self-Paced Fitness                  | 1     |
| PA 212C   | Int Weight Training                     | 1     |
| <b>R. Riding</b>  |   |       |
| PA 201R   | Intermediate Equitation I <sup>2</sup>  | 1     |
| PA 202R   | Intermediate Equitation II <sup>2</sup> | 1     |
| PA 203R   | Advanced Equitation I <sup>3</sup>      | 1     |
| PA 204R   | Advanced Equitation II <sup>3</sup>     | 1     |
| PA 207R   | Schooling <sup>3,4</sup>                | 1     |

<sup>1</sup> PA 118C Power and Agility Training is a prerequisite for PA 218C Intermediate Power and Agility

<sup>2</sup> PA 106R Novice Equitation II is a prerequisite for PA 201R Intermediate Equitation I, and PA 201R Intermediate Equitation I is a prerequisite for PA 202R Intermediate Equitation II, or permission of instructor for both.

<sup>3</sup> PA 203R Advanced Equitation I-PA 207R Schooling require permission of instructor.

<sup>4</sup> PA 207R Schooling may be repeated for credit.

## Physical Activity III

| Code               | Title                    | Hours |
|--------------------|--------------------------|-------|
| <b>A. Aquatics</b> |                          |       |
| PA 304A            | Lifeguard Training       | 1     |
| <b>R. Riding</b>   |                          |       |
| PA 301R            | Applied Schooling        | 2     |
| PA 303R            | Stable Management        | 2     |
| PA 304R            | Introduction to Teaching | 2     |

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|         |                       |   |
|---------|-----------------------|---|
| PA 305R | Intermediate Teaching | 2 |
| PA 306R | Advanced Teaching     | 2 |