

# PHYSICAL ACTIVITY (PA)

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## 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