

# Co-curricular Courses

## 2022-2023 Academic Year

Three co-curricular units are required for graduation. A unit involves the same time commitment as an academic semester credit.

Co-curricular units:

- Count toward full-time status for financial aid
- Are not included in GPA calculation
- Are not included in the total credits required for a degree
- Will appear on the transcript with a Pass/Fail grade
- Will count toward satisfactory progress for financial aid purposes
- Will not count toward the 12 credits of gradable courses required for recognition on the dean's list or other university honors.

Repeatability for general education:

- .5 co-curricular unit courses may be repeated once for general education co-curricular credit.
- 1 co-curricular unit courses may not be repeated for general education co-curricular credit.

### Co-curricular Courses

AF0120	Physical Conditioning	.5
AF0130	Air Force Elite Forces Workout	1
AF0230	Precision Drill Team	.5
AF0340	Field Training	1
AR0340	Internship in Advanced Military Leadership	3
AR2068	Fall Military Physical Conditioning	1
AR2069	Spring Military Physical Conditioning	1
AR3068	Physical Training Leadership I	1
AR3069	Physical Training Leadership II	1
MUS1510	Huskies Pep Band	1
MUS1511	Campus Concert Band	1
MUS1570	Private Music Instruction	.5
PE0101	Flag Football	.5
PE0103	Bait and Fly Casting	.5
PE0104	Ultimate Frisbee	.5
PE0105	Beginning Bowling I	.5
PE0106	Beginning Golf	.5
PE0107	Floor Hockey	.5
PE0108	Broomball	.5
PE0109	Aikido	.5
PE0113	Disc Golf	.5
PE0115	Beginning Swimming	.5
PE0116	Beginning Basketball	.5
PE0117	Beginning Hockey	.5
PE0118	Beginning Weight Training	.5
PE0119	Beginning Fitness Training	.5
PE0120	Beginning Alpine Skiing (Downhill)	.5
PE0121	Beginning Snowboarding	.5
PE0122	Softball	.5
PE0123	Telemark Skiing	.5
PE0125	Sand Volleyball	.5
PE0126	Beginning Volleyball	.5
PE0130	Water Aerobics	.5
PE0132	Beginning Soccer	.5
PE0135	Beginning Cross Country Skiing	.5
PE0137	Table Tennis	.5
PE0138	Beginning Racquetball/Squash	.5
PE0139	Beginning Badminton	.5
PE0140	Beginning Tennis	.5
PE0142	Introduction to Brazilian Jiu Jitsu	.5
PE0145	Beginning Rifle	.5
PE0146	Beginning Billiards	.5
PE0148	Beginning Skating	.5
PE0150	Outdoor Lifetime Activities	.5
PE0151	Indoor Lifetime Activities	.5
PE0152	Social Dance I	.5
PE0153	Aerobics I	.5

### Co-curricular Courses cont.

PE0155	Beginning Road Biking	.5
PE0156	Beginning Mountain Biking	.5
PE0165	Introduction to Rowing	.5
PE0166	Moving for Fitness	.5
PE0167	Beginning Yoga	.5
PE0169	Indoor Cycling	.5
PE0170	TaeKwonDo and Hapkido I	.5
PE0175	Hiking	.5
PE0177	Fundamentals of Laser Tag	.5
PE0205	Bowling II	.5
PE0206	Intermediate Golf	.5
PE0209	Intermediate Aikido	.5
PE0210	Special Topics in Physical Education	.5
PE0215	Intermediate Swimming	.5
PE0216	Intermediate Basketball	.5
PE0217	Intermediate Hockey	.5
PE0218	Intermediate Weight Training	.5
PE0219	Intermediate Fitness Training	.5
PE0220	Intermediate Alpine Ski (Downhill)	.5
PE0221	Intermediate Snowboarding	.5
PE0226	Intermediate Volleyball	.5
PE0230	Water Polo	.5
PE0232	Intermediate Soccer	.5
PE0235	Intermediate Cross Country Ski	.5
PE0237	Intermediate Table Tennis	.5
PE0238	Intermediate Racquetball/Squash	.5
PE0239	Intermediate Badminton	.5
PE0240	Intermediate Tennis	.5
PE0242	Brazilian Jiu Jitsu II	.5
PE0245	Intermediate Rifle	.5
PE0246	Intermediate Billiards	.5
PE0248	Intermediate Skating	.5
PE0250	Paintball	.5
PE0252	Social Dance II	.5
PE0253	Aerobics II	.5
PE0256	Intermediate Mountain Biking	.5
PE0266	Running for Fitness	.5
PE0267	Intermediate Yoga	.5
PE0270	Cardio TaeKwonDo	.5
PE0277	Strategies of Laser Tag	.5
PE0315	Fitness Swimming	.5
PE0320	Advanced Skiing	.5
PE0321	Advanced Snowboarding	.5
PE0330	Club Sports	.5
PE0367	Mindful Yoga	.5
PE0420	Ski Instructor Training	.5
PE0421	Snowboard Instructor Training	.5
PE0425	Intramurals	.5
PE0430	Club Sports Leadership	.5
PE0451	Mountain/Road Bike Fusion	.5
PE0520	Alpine Skiing Fusion	.5
PE0521	Snowboard Fusion	.5
PE1000	Fitness Foundations	1
PE1010	Active Michigan Tech	1
PE1028	Ski Patrol (Hill)	1
PE1101	Team Sports	1
PE1105	Bowling	1
PE1106	Golf	1
PE1113	Disc Sports	1
PE1118	Weight/Fitness Training	1
PE1119	Conditioning	1
PE1138	Racquet Sports	1
PE1140	Tennis	1
PE1169	Indoor Cycling	1
PE1170	TaeKwonDo	1
PE1210	Special Topics	1
PE1215	Introduction to Backcountry Travel	1

**Co-curricular Courses cont.**

PE1220	Introduction to Canoeing	1
PE1225	Indoor Rock Climbing	1
PE1230	Introduction to Kayaking	1
PE1235	Introduction to Log Rolling	1
PE1240	Snowshoeing	1
PE1245	Wilderness First Responder	1
PE1435	Self-Defense for Women	1
PE1436	Self-Defense for Men	1
PE1450	Physical Education Fusion – Full	1
PE1470	Lifeguard Swimming	1
PE2010	Varsity Football	1
PE2020	Varsity Basketball	1
PE2030	Varsity Hockey	1
PE2040	Varsity Nordic Skiing	1
PE2050	Varsity Soccer	1
PE2080	Varsity Track	1
PE2090	Varsity Tennis	1
PE2130	Varsity Volleyball	1
PE2140	Varsity Cross Country	1
PE2150	Cross Training	1
PE2160	Varsity Esports	1
PSY1100	Skills for Health and Resilience	1
PE0XXX	Co-Curricular Activities ( <i>transfer credit only</i> )	.5
PE1XXX	Co-Curricular Activities ( <i>transfer credit only</i> )	1

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