

## Co-curricular Courses 2018-2019 Academic Year

Three co-curricular units are required for graduation. A unit involves the same time commitment as an academic semester credit but is not included in calculation of the GPA, nor in the overall degree-credit requirement. Repeatable courses may not be repeated for co-curricular general education credit.

As part of the co-curriculum, titles of courses successfully completed will appear on the student's transcript with a pass/fail grade. These hours will be included as "earned hours" but will not be included in "GPA hours."

Enrollment in a co-curricular activity will count toward satisfactory progress for financial aid purposes and toward status as a full-time student.

### Co-curricular Courses

AF0120	Physical Conditioning	.5	PE0170	TaeKwonDo and Hapkido I	.5
AF0130	Air Force Elite Forces Workout	1	PE0175	Hiking	.5
AF0230	Precision Drill Team	.5	PE0176	Outdoor Adventure	var
AF0340	Field Training	1	PE0205	Bowling II	.5
AR0340	Field Training	1	PE0206	Intermediate Golf	.5
AR0340	Internship in Advanced Military Leadership	3	PE0209	Intermediate Aikido	.5
AR2068	Fall Military Physical Conditioning	1	PE0210*	Special Topics in Physical Education	.5
AR2069	Spring Military Physical Conditioning	1	PE0215	Intermediate Swimming	.5
AR3068	Physical Training Leadership I	1	PE0216	Intermediate Basketball	.5
AR3069	Physical Training Leadership II	1	PE0217	Intermediate Hockey	.5
FA2400	Huskies Pep Band	1	PE0218	Intermediate Weight Training	.5
FA2402	Campus Concert Band	1	PE0219	Intermediate Fitness Training	.5
FA2570	Private Music Instruction	.5	PE0220	Intermediate Alpine Ski (Downhill)	.5
PE0101	Flag Football	.5	PE0221	Intermediate Snowboarding	.5
PE0103	Bait and Fly Casting	.5	PE0226	Intermediate Volleyball	.5
PE0104	Ultimate Frisbee	.5	PE0230	Water Polo	.5
PE0105	Beginning Bowling I	.5	PE0232	Intermediate Soccer	.5
PE0106	Beginning Golf	.5	PE0235	Intermediate Cross Country Ski	.5
PE0107	Floor Hockey	.5	PE0237	Intermediate Table Tennis	.5
PE0108	Broomball	.5	PE0238	Intermediate Racquetball/Squash	.5
PE0109	Aikido	.5	PE0239	Intermediate Badminton	.5
PE0113	Disc Golf	.5	PE0240	Intermediate Tennis	.5
PE0114	Frisboockey	.5	PE0246	Intermediate Billiards	.5
PE0115	Beginning Swimming	.5	PE0248	Intermediate Skating	.5
PE0116	Beginning Basketball	.5	PE0250	Paintball	.5
PE0117	Beginning Hockey	.5	PE0252	Social Dance II	.5
PE0118	Beginning Weight Training	.5	PE0253	Aerobics II	.5
PE0119	Beginning Fitness Training	.5	PE0256	Intermediate Mountain Biking	.5
PE0120	Beginning Alpine Skiing (Downhill)	.5	PE0266	Running for Fitness	.5
PE0121	Beginning Snowboarding	.5	PE0267	Intermediate Yoga	.5
PE0122	Softball	.5	PE0268	Intermediate Pilates	.5
PE0123	Telemark Skiing	.5	PE0270	Cardio TaeKwonDo	.5
PE0125	Sand Volleyball	.5	PE0315	Fitness Swimming	.5
PE0126	Beginning Volleyball	.5	PE0320	Advanced Skiing	.5
PE0130	Water Aerobics	.5	PE0321	Advanced Snowboarding	.5
PE0132	Beginning Soccer	.5	PE0330	Club Sports	.5
PE0135	Beginning Cross Country Skiing	.5	PE0340	Advanced Tennis	.5
PE0137	Table Tennis	.5	PE0352	Social Dance III	.5
PE0138	Beginning Racquetball/Squash	.5	PE0353	Aerobics III	.5
PE0139	Beginning Badminton	.5	PE0355	Advanced Road Biking	.5
PE0140	Beginning Tennis	.5	PE0367	Mindful Yoga	.5
PE0145	Beginning Rifle	.5	PE0420	Ski Instructor Training	.5
PE0146	Beginning Billiards	.5	PE0421	Snowboard Instructor Training	.5
PE0148	Beginning Skating	.5	PE0425*	Intramurals	.5
PE0150	Outdoor Lifetime Activities	.5	PE0430	Club Sports Leadership	.5
PE0151	Indoor Lifetime Activities	.5	PE0450	Physical Education Fusion – Full	1
PE0152	Social Dance I	.5	PE1000	Fitness Foundations	1
PE0153	Aerobics I	.5	PE1028	Ski Patrol (Hill)	1
PE0155	Beginning Road Biking	.5	PE1101	Team Sports	1
PE0156	Beginning Mountain Biking	.5	PE1105	Bowling	1
PE0166	Moving for Fitness	.5	PE1106	Golf	1
PE0167	Beginning Yoga	.5	PE1113	Disc Sports	1
PE0168	Beginning Pilates	.5	PE1118	Weight/Fitness Training	1
PE0169	Indoor Cycling	.5	PE1119	Conditioning	1
			PE1138	Racquet Sports	1
			PE1140	Tennis	1
			PE1170	TaeKwonDo	1
			PE1210	Special Topics	1
			PE1215	Introduction to Backcountry Travel	1
			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
			PE2010	Varsity Football	1

**Co-curricular Courses cont.**

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
PE0XXX	Co-Curricular Activities ( <i>transfer credit only</i> )	.5
PE1XXX	Co-Curricular Activities ( <i>transfer credit only</i> )	1

\*PE0210 may be repeated once for general education co-curricular credit if topics are different. PE0425 may also be repeated once for general education co-curricular credit.

**THE REST OF THIS PAGE INTENTIONALLY LEFT BLANK**