

NOTE: All students may enroll in the activity courses listed below. No more than eight credits, however, in any combination of activity courses can be earned towards a bachelor's degree and no more than one of these courses can be taken in a semester.

Majors in **Kinesiology & Physical Education**, however, may take up to **twelve credits** from these activity courses. Activity courses can only be taken on standard pass/fail grading modes, and cannot be taken on audit grading mode or any "no credit" program. Activity courses may be repeated more than once for credit.

EDPE 101 Tai Chi

Tai Chi is a unique exercise system which consists of a sequence of slow, relaxed movements. Its benefits in the areas of health, fitness, relaxation, concentration and self-defense are well known. Tai Chi helps restore and maintain natural health as well as stretches, strengthens, and relaxes the entire body. Tai Chi is a gentle exercise suited to all age groups and can be used as a valuable method of stress management.

Location: Rudolf Fitness Center

EDPE 103 Basketball and Flag Football

This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both basketball and flag football. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates. This class is only offered in the fall.

Location: Rudolf Fitness Center

EDPE 108 Beginning Bowling

Students will be provided with a progressive sequence of skills and activities designed to provide a basic understanding of bowling. This class will cover bowling strategies, techniques, terminology, etiquette and safety concepts. In addition, this course is designed to provide competition in a fun environment.

Location: North Bowl, 125 West Sinto

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 110 X-Biking

This interval based cycling class will work your entire body. Classes are taught using the stationary x-bikes, which allow users to engage their upper body and core while the legs do the pedaling.

Location: Rudolf Fitness Center

EDPE 111 Indoor Soccer

This activity class will focus on the fundamental skills and rules of indoor soccer. This class will be held at the SYSA Indoor Soccer Center and will be taught by experienced soccer coaches.

Location: SYSA Soccer Center, 730 North Hamilton

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 113 CrossFit

CrossFit is a strength and conditioning system built on constantly varied, functional movements executed at high level of intensity appropriate for the individual. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains; cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. This course is appropriate for all levels of fitness and/or experience.

Location: CrossFit Spokane, 116 East Augusta

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 114 Zumba

Zumba is a fusion of Latin and International Music-dance themes creating a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It targets areas such as the glutes, legs, arms, abdominals and the heart. It is a mixture of body sculpting movements with easy to follow dance steps.

Location: Rudolf Fitness Center

EDPE 115 Aerobics

Geared to all who want to sweat and have fun in a group fitness class. Classes will be a combination of step and floor aerobics, aerobic kickboxing, circuit training, body toning, and general cardiovascular workouts. Classes vary by day and instructor focus.

Location: Rudolf Fitness Center

EDPE 116 Cardio Pump

Cardio Pump is a barbell class that will strengthen and tone your entire body. This 50-minute workout will challenge all of your major muscle groups by using exercises like squats, presses, lifts and curls in high repetition set to music.

Location: Rudolf Fitness Center

EDPE 118 Barre Long and Lean

Barre Long and Lean is a full-body workout that yields powerful results quickly. Classes utilize a ballet barre to build long, lean muscles and a functional body. Components of class include yoga, pilates, strength training and stretching. No experience is necessary and all levels of fitness are welcome. The hour-long classes will combine the lengthening and toning power of pilates with flexibility, strength building and balance of ballet and yoga. By working the deeper muscles, you will develop a long, lean figure and strengthen the core muscles that support optimal posture and health.

Students will pick two classes to attend each week based off of the studio offerings.

Location: CrossFit Spokane, 116 East Augusta

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 126 Beginning Golf

Each session will consist of a review of basic fundamentals of grip, stance, ball positioning and swing mechanics. The first session will include: course overview, safety concerns in the game of golf and putting. The second session will be chipping; the third session will consist of swing with the short irons; the fourth session will cover the full swing with mid irons; the fifth session will cover full swing with woods; the sixth and final session will go over bunker play, course review and etiquette.

Location: Qualchan Golf Course, 301 East Meadowlane Road

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 127 Intermediate/Advanced Golf

This course is a continuation from EDPE 126. It is designed to provide more advanced instruction for individuals with greater than beginning skills. It will discuss and emphasize stroke refinement and special play situations.

Location: Qualchan Golf Course, 301 East Meadowlane Road

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 129 Self Defense/Judo

The purpose of this class is for the student to develop the skills necessary to participate in the martial art of judo, as well as basic self-defense skills. It is also designed to provide an avenue to maintain a quality physical and mental outlet to lead a healthier lifestyle. The course will include standing basics, moving basics, kata, and basic throwing and falling techniques.

Location: Rudolf Fitness Center

EDPE 136 Scuba

The purpose of an Open Water Diver Scuba Diving course is to equip each student with the proper knowledge and skills to become a safe and independent diver. The goal of this class is to work towards becoming a certified, safe and educated diver that respects and enjoys the underwater world. All academics and water skills will be taught in a realistic manner with references to practical diving situations.

Location: Rudolf Fitness Center Pool

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 137 Skiing and Snowboarding Conditioning

This class is designed to progressively build strength and endurance in the months leading up to the winter sports season through sport-specific strength, balance, and injury prevention exercises using U-District PT's state of the art training equipment.

Location: U-District Physical Therapy, 730 North Hamilton Street

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 138 Alpine Skiing

This course is open to both non-skiers and skiers of various abilities. You'll have fun while learning or improving your ski skills and get credit at the same time. The course runs for six consecutive Fridays (Mt. Spokane) or Saturdays (49 Degrees North). This class is only offered in the spring.

Location: 49 Degrees North & Mt. Spokane

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 140 Snowboarding

This course is open to snowboarders of all abilities. You'll have fun while learning or improving your snowboarding skills and get credit at the same time. The course runs for six consecutive Fridays (Mt. Spokane) or Saturdays (49 Degrees North). This class is only offered in the spring.

Location: 49 Degrees North & Mt. Spokane

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 146 Soccer and Volleyball

This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both Soccer and Volleyball. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates.

Location: Rudolf Fitness Center

EDPE 147 Softball and Volleyball

This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both Softball and Volleyball. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates.

Location: Rudolf Fitness Center

EDPE 151 The Union: Spin/Yoga

The Union is an off-campus studio that specializes in both Spin and Vinyasa/Hatha Flow Yoga classes. The fifty-minute long yoga classes and hour long spin classes focus on powerful, athletic and high energy components. Students will be required to attend 2 classes a week and can pick either yoga, TRX and/or spin. All levels of fitness are welcome and encouraged.

Location: The Union Downtown/Northside

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 152 Racquet Sports

This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both racquetball and tennis. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates. This class is only offered in the spring.

Location: Rudolf Fitness Center

EDPE 155 Soccer and Basketball

This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both soccer and basketball. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates.

Location: Rudolf Fitness Center

EDPE 156 Pilates

This Pilates class is designed to strengthen and lengthen the core muscles of the body. Using a combination of mat-work exercises, yoga-like postures, and strength conditioning skills, this Pilates class will focus on abdominal muscles, the muscles of the upper and lower back, including the shoulders, and the muscles surrounding the pelvis and glutes. This class will include beginner through intermediate level Pilates exercises and is appropriate for all ages and fitness levels.

Location: Rudolf Fitness Center

EDPE 157 Yoga

This class is designed to promote individual fitness for total mind/body health. The primary emphasis will focus on strength and stretching movements, incorporating breathing and relaxation techniques. Students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well-being. This class is appropriate for all ages and fitness levels.

Location: Rudolf Fitness Center

EDPE 158 Fitness and Conditioning

Fitness and Conditioning is a great class for both the beginning exerciser and the fitness enthusiast. This course is designed to help increase individuals' cardiovascular endurance, speed and agility, and upper body, lower body, and core strength. This class will introduce individuals to a variety of activities that will lead to an overall improvement of body conditioning: weight training, running/walking, calisthenics,

plyometrics, utilizing stationary equipment and exercise balls, along with some organized physical activities.

Location: Rudolf Fitness Center

EDPE 160 Weight Training

This course is designed for students with all levels of weight training experience. Students will be supervised and instructed in the proper lifting techniques. This class gives instruction and practice in the use of resistance exercise for increasing muscular strength and endurance. The course will emphasize different effects from different workout types and proper lifting technique to help individuals meet their goals. Additionally, students will learn general weight room safety, spotting techniques and weight room etiquette.

Location: Rudolf Fitness Center

EDPE 161 Studio Yoga

Experience yoga in off-campus in a warm room exclusively dedicated to the practice of yoga, meditation and study. At Spokane Yoga Shala, Ashtanga, Vinyasa Yoga is taught. Ashtanga involves the practice of a specific sequence of poses combined with an equally specific way of deep, calm breathing. These two aspects together create vinyasa (breath led movement). This practice of vinyasa then generates heat which over time can rid the body of the harmful by-products of our everyday stressful lives. Ashtanga is a physically challenging form of yoga and practitioners quickly notice an increase in flexibility, strength and endurance.

Locations: Spokane Yoga Shala 731 S. Garfield

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 164 Beginning Fly Fishing

The purpose of this class is to provide beginning fly fishers, or those who need some basic assistance, with a comprehensive course on the essentials of fly fishing. Intermediate students can also enroll in this class to enrich their technical skills. The class will cover equipment; casting; basic entomology (fish food sources); water reading; fly selection and knot tying; safety; fishing strategies in both still and moving water; and if time allows an introduction to fly tying.

Location: MC 202C

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 175 Beginning Gym Climbing

This course teaches students the basic climbing skills. The emphasis of this course will be on climbing technique and physical training through climbing in the gym. This course is held at Wild Walls Climbing Gym which is a state of the art 40-foot-high monolith with over 6000 square feet of climbing terrain. There are over 35 ropes for top roping, a bouldering cave and 50 routes that are changed on a continual basis.

Location: Wild Walls

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 176 Intermediate Gym Climbing

This course is geared toward students who already have the basic climbing skills. Knowledge needed for this class is: be an experienced belayer, tie a figure eight follow through knot and understand the basic terminology associated with climbing. The emphasis of this course will be on climbing technique and physical training through climbing in the gym. This course is held at Wild Walls Climbing Gym which is a state of the art 40-foot high monolith with over 6000 square feet of climbing terrain. There are over 35 ropes for top roping, a bouldering cave and 50 routes that are changed on a continual basis.

Location: Wild Walls

This class has a lab fee, contact x5715 for current fees. Students are responsible for their own transportation.

EDPE 178 Racquetball

This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding the sport of racquetball. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates. This class is only offered in the fall.

Location: Rudolf Fitness Center

EDPE 188 PiYo

This class is designed to promote individual fitness for total mind/body health through a combination of mat Pilates and yoga. The primary emphasis will be on strengthening and stretching movements, from each tradition, along with the varied breathing techniques associated with each. Appropriate for all ages and fitness levels, the students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well-being.

Location: Rudolf Fitness Center