OVER 140 COURSES TO CHOOSE FROM
(Register for any class as credit or non-credit)

CREDIT
• Normal tuition costs apply per credit + course fees
• Pass/No Pass
• Includes assignments, tests, and mandatory attendance
• Count up to 12 PE credits towards general education requirements

NON-CREDIT
• $100 (some classes have additional fees i.e. Scuba)
• No grades, assignments, tests, or mandatory attendance
• Cannot be applied to general education requirements
• Take the courses you want without having to pay for credit

TO REGISTER
Register online at: www.DUCKWEB.UOREGON.edu
Visit the SRC Service Center located in the SRC Lobby

AQUATICS (PEAQ)
Endurance Swimming
Learn to Swim
Lifeguard / CPR / FA
Swimming I/II/III
Swim & Core
Swim & Run
Triathlon Training
Water Fitness

SCUBA (PEAS)
Advanced Scuba
Altitude Diver
Basic Scuba
Dive Master
Equipment
Night Diver
Nitrox
Rescue Diver
Underwater Photography

MARTIAL ARTS (PEMA)
Combatives
Jeet Kune Do I/II
Jiu Jitsu I/II
Kickboxing
Mixed Martial Arts I/II
Self Defense
Taekwondo I/II
Women's Self Defense

FITNESS (PEF)
Body Sculpt I/II
Boot Camp
Cardio Fusion
Core & Stretch
Crossfit I/II
Fitness Dance
Fitness Kickboxing
Fitness Yoga
Group Cycling I
Group Fitness Instructor Training
Healthy Weight Loss
Latin Fusion (Zumba)
Nutrition and Performance
Personal Trainer
Pilates Matwork I
Pilates Yoga Fusion
Speed & Agility

MIND-BODY (PEMB)
Ashtanga Yoga
Gentle Yoga
Hatha Yoga I/II/III
Kundalini Meditation
Kundalini Yoga I/II
Meditation
Sports Yoga I/II
Tai Chi
Vinyasa Flow Yoga

OUTDOOR PURSUITS (PEO)
Avalanche Safety
Backcountry Navigation
Backcountry Survival
Backpacking
Basics of Technical Rescue
Bouldering
Field Leadership
Introduction to Lead Climbing
Leadership Dynamics
Leading in Nature
Mountaineering Climbing
Mountaineering Preparation
Rock Climbing I/II/III
Route Setting
Snow Camping
Sport Climbing
Swift Water Safety
Vertical Rescue Techniques
Wilderness Survival

TEAM SPORTS (PETS)
Basketball II/III
Bocce Ball
Flag Football
Indoor Soccer
Soccer I/II/III
Ultimate Frisbee I/II
Volleyball II/III
Women's Basketball II/III

RUNNING (PERU)
Fitness Walking
Jog/Run
5K Training I/II
10K Training

RACQUET SPORTS (PERS)
Badminton I/II
Table Tennis I/II
Tennis I/II/III

LEADERSHIP (PEL)
Coaching
Practicum
Practicum Outdoor

WEIGHT TRAINING (PEW)
Weight Training I/II
Women’s Weight Training I

INDIVIDUAL ACTIVITIES (PEI)
Juggling I/II
Golf I/II/III
Golf Swing Exercise

EO/AA/ADA institution committed to cultural diversity.