

IDAHO FITNESS (IFIT)

IFIT 106 (s) Fitness and Wellness (1 credit, max arranged)

Movement, physical activity, exercise and wellness courses emphasizing the holistic well-being/fitness of participants (e. g. , Yoga, Pilates, Personal Fitness, Resistance Training, Tai Chi, Mindfulness, etc.). Field trips may be a part of the course requirements. Two to three hours per week. Graded P/F.

IFIT 107 (s) Individual and Team Sports (1 credit, max arranged)

Target, invasion, field, net wall, and outdoor pursuit sport courses (e. g. , golf, disc golf, basketball, soccer, softball, volleyball, table tennis, climbing, fly fishing, sports conditioning, etc.). Field trips may be a part of the course requirements. Two to three hours per week. Graded P/F.

IFIT 108 (s) Water-Based Fitness and Sports (1 credit, max arranged)

Movement, physical activity and exercise performed in the water (e. g. , all levels of proficiency in swimming, water fitness, scuba, etc.). Field trips may be a part of the course requirements. Two to three hours per week. Graded P/F.