

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.