

One- and two-credit electives\* with  
no restrictions or prerequisites

## SPRING QUARTER 2020



Course #	Title	Credits
<b>CAREER PREP</b>		
MGMT315	Career Prep	1
<b>DANCE</b>		
DNC100	Mod-Hop I	2
DNC101	Beginning Ballet	2
<b>HEALTH AND HUMAN DEVELOPMENT</b>		
PE101	Beginning Conditioning	1
PE104	Beginning Yoga	1
PE106	Intermediate Yoga	1
PE107	Beginning Swimming	1
PE108	Beginning Weight Training	1
PE109	Strength and Yoga Fusion	1
PE111	Beginning Pilates	1
PE125	Zumba	1
PE132	Beginning Badminton	1

<b>Course#</b>	<b>Title</b>	<b>Credits</b>
PE134	Beginning Pickleball	1
PE139	Beginning Racquetball	1
PE144	Beginning Soccer	1
PE145	Beginning Volleyball	1
PE149	Beginning Ultimate Disc	1
PE152	Beginning Kickboxing	1
PE168	Beginning Martial Arts	1
PE169	Beginning Self-Defense	1
PE197U	Yoga for Restoration	1
PE197T	Zumba Toning	1
PE197T	Intro to Rock Climbing	1
<b>LAKESWOOD</b>		
PE170	Beginning Sailing	1
PE175	Beginning Wind Surfing	1
PE177	Beginning Kayak Touring	1

\*Electives carry an additional fee of \$265 per credit, plus any associated course fees.