

# Be Fit (BFIT)

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## Courses

### **BFIT 1100 Adaptive Martial Arts: 1 semester hour.**

Adaptive and corrective exercise programs in the martial arts (including judo and tae kwondo) designed for individuals unable to participate in a regular activity class. F, S

### **BFIT 1101 Adaptive Snow Skiing: 1 semester hour.**

Adaptive and corrective exercise program in snowskiing designed for individuals unable to participate in a regular activity class. S

### **BFIT 1103 Adaptive Swimming: 1 semester hour.**

Adaptive and corrective exercise programs in aquatics designed for individuals unable to participate in a regular activity class. Su

### **BFIT 1104 Adaptive Weight Training: 1 semester hour.**

Adaptive and corrective exercise programs in progressive body building and conditioning exercises designed for individuals unable to participate in a regular activity class. F, S

### **BFIT 1105 Seated Aerobics: 1 semester hour.**

Adaptive and corrective exercise programs designed to improve cardiovascular fitness, flexibility, and strength. D

### **BFIT 1108 Instructor Training of Adapted Snowskiing: 1 semester hour.**

Methods and techniques of teaching snowskiing to people with disabilities. S

### **BFIT 1109 Instructor Training of Adapted Sport: 1 semester hour.**

Methods and techniques of teaching a variety of sport skills to people with disabilities. F, S

### **BFIT 1119A Kickboxing: 1 semester hour.**

Dynamic total body workout that combines cardiovascular exercise with martial arts techniques designed to engage various muscle groups. Students will learn both punching and kicking techniques. Instruction focuses on improving coordination, balance, agility, flexibility and core strength. This is a non-contact class. F, S

### **BFIT 1121A Beginning Pilates Matwork: 1 semester hour.**

Provides an introduction to this form of exercise and direction on how to perform some of the basic fundamental movements performed on the floor. F, S

### **BFIT 1121B Intermediate Pilates Matwork: 1 semester hour.**

Build upon basic skills learned in beginning matwork course. More advanced floor Pilates skills in building understanding of technique and how technique relates to Pilates apparatus. PREREQ: BFIT 1121A or permission of instructor. D

### **BFIT 1122A Beginning Yoga: 1 semester hour.**

Introduction to Yoga practice; building and developing strength, balance, flexibility and an appreciation for controlled movement. F, S

### **BFIT 1122B Intermediate Yoga: 1 semester hour.**

Course builds upon basic skills learned in beginning yoga. More advanced skills in building and developing strength, balance, flexibility and an appreciation for controlled movement. F, S

### **BFIT 1122D Yoga Sports Conditioning: 1 semester hour.**

Yoga practice; building and developing strength, balance, flexibility and an appreciation for controlled movement with an emphasis based upon the considerable strength and flexibility in the legs, hips and ankles that are required in sport participation. Physiological self assessments and safety will be covered. F, S

### **BFIT 1123A Pickleball: 1 semester hour.**

Court sport that combines skills from tennis, ping pong, and badminton. The course will focus on developing skills and implementing them into game situations. Skills include forehand and backhand shots, drive and lob serve, forehand and backhand lobs, smashing, and dinking. Rules and strategy will also be covered. F, S

### **BFIT 1124 Triathlon Training: 1 semester hour.**

Participants will work on their swimming, biking, and running skills as well as learn the rules and valuable tips for completing triathlons successfully. Physiological self assessments and safety will be covered. F, S

### **BFIT 1125 Fitness Trend: 1 semester hour.**

Introduction to specific activity in the fitness field. F, S, Su

### **BFIT 1126 Self Defense: 1 semester hour.**

Applications of self-defense within the framework of mixed martial arts. F, S, Su

### **BFIT 1127 Wrestling: 1 semester hour.**

For wrestlers with any experience level, focusing on bringing wrestlers to the highest level of wrestling technique, strategy and training. The wrestlers will learn to wrestle through smart drilling techniques, specialized live wrestling drills and matches. Wrestling technique learned will be folkstyle wrestling. F, S

### **BFIT 1128 Shorin Ryu Karate: 1 semester hour.**

Shorin Ryu karate is taught in the traditional Japanese style. The course will explore the movements of the style and how these movements relate to self-defense through the study of Kata (forms). The course will emphasize the building of character, self-discipline, humility, as well as a respect for self and others. F, S

### **BFIT 1129 Shoshin Ryu: 1 semester hour.**

Classical martial arts system that blends the most current teaching practices with effective, centuries-old methods of instruction in order to teach students effective self-defense techniques. F, S

### **BFIT 1130 Aquacise: 1 semester hour.**

Techniques of water exercises for physical conditioning. Physiological self-assessments and water safety will be covered. F, S

### **BFIT 1131D Aerobics Toning and Conditioning: 1 semester hour.**

Elementary techniques and modalities of aerobic exercise with an emphasis on toning exercises and cardiovascular conditioning. Includes physiological self assessments and safety. F, S

### **BFIT 1131E Aerobics: Boot Camp: 1 semester hour.**

Elementary techniques and modalities of aerobic exercise incorporating a full body workout that works all major muscle groups with boot camp style drills such as push-ups, jumping jacks, and abdominal exercises. Includes physiological self-assessments and safety. F, S

### **BFIT 1131F Aerobics: Core Fitball: 1 semester hour.**

An aerobic style workout that incorporates a balance ball to perform exercises, designed to increase the participant's core strength and stability, flexibility, range of motion, balance, and coordination. Includes physiological self assessments and safety. F, S

### **BFIT 1131G Aerobics: Kickboxing: 1 semester hour.**

An aerobic style workout which combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Includes physiological self assessments and safety. F, S

**BFIT 1131H Aerobics: Zumba: 1 semester hour.**

An aerobic style workout that is a fusion of Latin and International music that creates a dynamic, effective fitness system. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Includes physiological self assessments and safety. F, S

**BFIT 1131J Aerobics Nutrition and Weight Management: 1 semester hour.**

This aerobic/fitness class is designed to introduce students to a wide variety of cardiovascular training modalities, develop a fitness plan, and aid students in gaining the necessary skills to select the foods that promote health and develop a weight management plan. Includes physiological assessments, body composition testing, and safety. F, S

**BFIT 1131M Aerobics: Cardio Jam: 1 semester hour.**

This course is designed to help students improve their physical fitness through--but is not limited to--kickboxing, yoga, pilates, and other forms of cardiovascular and muscle toning exercises. Includes physiological self assessments and safety. F, S

**BFIT 1131N Aerobics: Cardio Hip Hop: 1 semester hour.**

A cardiovascular workout that includes the latest hip hop dance moves and routines. Basic moves are built upon to make this class available to everyone from the non-dancer to advanced skill level. Includes physiological self assessments and safety. F, S

**BFIT 1131P Interval Training: 1 semester hour.**

Interval Cross Training is a class designed to combine the advantages of interval training and the benefits of cross training exercises. Develop proper technique and safety involved in Interval Cross Training, as well as proper posture and alignment for stronger, healthier body. Increase cardiovascular health, muscular strength and endurance, increase flexibility and improve body composition. F, S, Su

**BFIT 1132 Individualized Physical Education: 1 semester hour.**

Introduction to lifetime fitness programming components with individually-designed programs. Physiological self-assessments, safety, and equipment are covered. F, S

**BFIT 1132A Spinning: 1 semester hour.**

Fitness class using spinning/stationary bicycles. Develop cardiovascular endurance (aerobic and anaerobic) and muscular strength and endurance. Music is used as a tool to motivate and inspire, as well as establish the pace, rhythm and energy level of the class. F, S, Su

**BFIT 1133 Jogging and Personal Fitness: 1 semester hour.**

Fitness-oriented course, designed for students who wish to maintain or increase their present fitness level. Physiological self-assessments and safety are covered. F, S

**BFIT 1134A Beginning Weight Training: 1 semester hour.**

Instruction and participation in fundamentals of progressive body-building and conditioning with resistance, including various modalities. Physiological self-assessments and safety will be covered. F, S, Su

**BFIT 1134B Intermediate Weight Training: 1 semester hour.**

Instruction and participation in fundamentals of progressive body-building and conditioning with resistance, including various modalities. Designed for the intermediate lifter. F, S

**BFIT 1135A Introduction to Hatha Yoga: 1 semester hour.**

Introduction to yoga philosophy, beginning postures, and techniques of breathing, relaxation, and meditation. Progressive method builds strength, flexibility, and balance, and is adaptable to all ability levels. Special emphasis on proper alignment and diaphragmatic breathing. F, S

**BFIT 1135B Intermediate Hatha Yoga: 1 semester hour.**

Course builds upon basic skills learned in introductory course, including addition of more challenging postures, advanced breathing and relaxation techniques, while continuing to build flexibility, strength and balance. More attention given to yoga philosophy and meditation. PREREQ: BFIT 1135A or permission of Instructor. D

**BFIT 1138 Kendo: 1 semester hour.**

Introduction to principles and philosophies of Kendo, including training hall etiquette, basic sword handling, combat stances, footwork and striking a target. D

**BFIT 1139A Beginning Fencing: 1 semester hour.**

Introduction to the basic skills of foil fencing including equipment, grip, salute, on-guard, advance, retreat, lunge, and defense. Includes safety concerns, basic strategies, and rules. F, S

**BFIT 1139B Intermediate Fencing: 1 semester hour.**

Continuation and expansion of the basic skills included in the beginning course with the addition of parries, engagements, and advanced attacks. Also includes advanced strategies. F, S

**BFIT 1140A Beginning Billiards: 1 semester hour.**

Introduction to the fundamental skills involved in billiards: technique, game play, scoring, and etiquette. F, S

**BFIT 1140B Intermediate Billiards: 1 semester hour.**

Designed for the intermediate level player; this course explores a variety of more advanced shots and strategies. F, S

**BFIT 1141A Fundamentals of Bowling: 1 semester hour.**

Introduction to fundamental skills, scorekeeping, handicaps, and rules of bowling. F, S

**BFIT 1141B Intermediate Bowling: 1 semester hour.**

Designed for the intermediate level bowler, this course builds upon the skills and knowledge of the fundamentals course. F, S

**BFIT 1141C Advanced Team Bowling: 1 semester hour.**

Introduction to more advanced individual techniques and skill assessment and corrections for bowling. F, S

**BFIT 1142A Beginning Golf: 1 semester hour.**

Fundamental philosophies and techniques of golf, including grip, use of irons, woods, and putter, and etiquette. F, S, Su

**BFIT 1142B Intermediate Golf: 1 semester hour.**

Designed for the intermediate golfer, this course builds on the acquisition of skill in the fundamental strokes; etiquette; and more advanced reading of the course. F, S, Su

**BFIT 1143A Judo: 1 semester hour.**

Principles and philosophies of judo, including the techniques of grappling, throwing, and falling. Varying practice methods. Open to all skill levels. F, S

**BFIT 1143B Intermediate Judo: 1 semester hour.**

A continuation of fundamental judo skills and philosophies for intermediate-skilled students, including basics of some advanced skills. F, S

**BFIT 1143C Advanced Judo: 1 semester hour.**

A refinement of fundamental judo skills and philosophies for advanced-skilled students, including advanced techniques of throwing, grappling, and falling. F, S

**BFIT 1143D Self Defense Judo: 1 semester hour.**

Applications of self-defense within the framework of Judo. Open to all skills levels. F, S

**BFIT 1144 Tae Kwondo: 1 semester hour.**

Presentation of principles and philosophies of Tae Kwondo, a Korean form of karate meant for energy conservation in self-defense technique. F, S

**BFIT 1145 Rodeo: 1 semester hour.**

An orientation to the safety and techniques of the various events of the modern-day rodeo. F, S

**BFIT 1146 Archery: 1 semester hour.**

Introduction to equipment, technique, and safety practices of archery. D

**BFIT 1146B Archery-Bowhunter Education: 1 semester hour.**

Technique, strategy, safety and equipment in the sport of Bowhunter Archery. Bowhunter Education Certification optional at course end. F, S

**BFIT 1146C Hunter Education Certification: 1 semester hour.**

Idaho Fish and Game-approved course to teach hunters to become: Safe, responsible, knowledgeable and involved in hunting and conservation organizations. Hunter Education Certification optional at course end. F, S, Su

**BFIT 1147A Beginning Karate: 1 semester hour.**

Principles and philosophies of a modified Shorin Ryu Karate Do directed towards beginning martial artists. F, S

**BFIT 1148A Beginning Women's Judo: 1 semester hour.**

Introduction to methods and techniques of judo for women. Includes a variety of holding and throwing techniques. Rules, safety considerations, and the philosophy of judo are emphasized. D

**BFIT 1149A Tai Chi: 1 semester hour.**

This course is designed to facilitate fitness through the practice in the Yang-style short form of Tai Chi Chuan. D

**BFIT 1149B Intermediate Tai Chi: 1 semester hour.**

This course is designed to further skill competency and fitness through practice in the Yang-style short form of Tai Chi Chuan. PREREQ: BFIT 1149A or equivalent skill and ability. D

**BFIT 1150A Beginning Racquetball: 1 semester hour.**

Introduction to fundamentals of technique, strategy, and safety in the game of racquetball. F, S

**BFIT 1150B Intermediate Racquetball: 1 semester hour.**

Continuation of basic skills and fundamental strategies for the intermediate level racquetball player. F, S

**BFIT 1150C Advanced Racquetball: 1 semester hour.**

Refinement of skills, techniques, and strategies for the advanced level racquetball player. D

**BFIT 1151A Beginning Tennis: 1 semester hour.**

Rudimentary principles and techniques of tennis, including basic shot selection, conditioning, drill works, and game play. F, S, Su

**BFIT 1151B Intermediate Tennis: 1 semester hour.**

A continuation of fundamental tennis skills and principles for intermediate-skilled students, including an introduction to some advanced skills. F, S

**BFIT 1151C Advanced Tennis: 1 semester hour.**

Refinement of skills, techniques, and strategies for the advanced level player. D

**BFIT 1152A Beginning Badminton: 1 semester hour.**

Introduction to basic skills, game play, and strategies in the game of badminton. D

**BFIT 1152B Intermediate Badminton: 1 semester hour.**

Continuation of skill refinement, more advanced game play, and strategies for the intermediate player. D

**BFIT 1152C Advanced Badminton: 1 semester hour.**

Refinement of fundamental skills, more advanced game play, and strategies for the advanced player. D

**BFIT 1153 Racquet Sports: 1 semester hour.**

Introduction to and instruction in fundamental skills for a variety of court sports, specifically tennis, racquetball and badminton. D

**BFIT 1154 Table Tennis: 1 semester hour.**

Introduction to the basic fundamentals of the game of table tennis. Includes fundamental individual and doubles techniques, strategies, and play. D

**BFIT 1155A Beginning Soccer: 1 semester hour.**

Introduction to basic individual and team soccer skills, including dribbling, shooting, and offensive and defensive techniques and strategies. S

**BFIT 1155B Intermediate Soccer: 1 semester hour.**

Continuation of fundamental team and individual skill acquisition, and introduction of more advanced techniques and strategies. D

**BFIT 1156A Beginning Basketball: 1 semester hour.**

Fundamental individual and team techniques, strategies, and play. F, S

**BFIT 1156B Intermediate Basketball: 1 semester hour.**

More advanced individual and team techniques, strategies and play for intermediate level players. F, S

**BFIT 1157A Beginning Volleyball: 1 semester hour.**

Introduction to fundamental individual and team skills, strategies, and play for beginning level volleyball players. S

**BFIT 1157B Intermediate Volleyball: 1 semester hour.**

More advanced individual and team skills, strategies, and play for intermediate level volleyball players. S

**BFIT 1158 Softball: 1 semester hour.**

Introduction to fundamental skills, and refinement of more advanced skills, for individual and team techniques, strategies, and play in softball. F, S

**BFIT 1159 Ultimate Frisbee: 1 semester hour.**

This course is designed to enhance student skills and abilities in ultimate frisbee. D

**BFIT 1160A Beginning Skiing: 1 semester hour.**

Fundamental techniques, etiquette, training, safety practices and skill practice in downhill skiing for beginners. S

**BFIT 1160B Intermediate Skiing: 1 semester hour.**

For intermediate level skiers, an emphasis on safety practices, etiquette, more advanced techniques, training, and skill practice. S

**BFIT 1160C Advanced Skiing: 1 semester hour.**

Intended for advanced skiers, this course emphasizes high-level skill acquisition, training, safety, ski etiquette, and skill practice. S

**BFIT 1162A Beginning Snowboarding: 1 semester hour.**

Introduction to snowboarding, including selection of equipment, safety practices, etiquette, and techniques. S

**BFIT 1162B Intermediate Snowboarding: 1 semester hour.**

Designed for the experienced snowboarder. A continuation of the basic skills and techniques included in the beginning course. S

**BFIT 1162C Advanced Snowboarding: 1 semester hour.**

Designed for the advanced snowboarder. A continuation of the intermediate skills and techniques included in the intermediate course. F, S

**BFIT 1163 Backpacking: 1 semester hour.**

Designed for the beginning to advanced backpacker, this course prepares the students for and includes a week long backpacking trip. Includes discussions on navigation, equipment, low impact techniques and food preparation. F, S

**BFIT 1164A Beginning Ice Skating: 1 semester hour.**

The ice skating course is designed for full participation on ice. Proper techniques are taught for various levels of figure and hockey skaters. S

**BFIT 1165 Backcountry GPS Navigation: 1 semester hour.**

The practical use of portable GPS devices for outdoor applications. Topics covered include angular and rectangular coordinates, cross-country land navigation, use of waypoint coordinates, determining distance, and limitations of GPS. F

**BFIT 1166 Canoeing: 1 semester hour.**

A basic level course, teaching both American Red Cross and Native American canoeing styles, and covering paddling techniques, canoe design, equipment, clothing, camping, safety and rescue. Su

**BFIT 1167 Kayak Touring: 1 semester hour.**

Basic skills for lake, ocean and flat-water kayaking including equipment, technique, navigation, safety and rescue. F

**BFIT 1168 Day Hiking: 1 semester hour.**

Skills necessary to be successful in outdoor hiking situations. Learn to plan, prepare and execute a day hiking adventure by focusing on equipment, skills and physical preparation. D

**BFIT 1169 Touch Rugby: 1 semester hour.**

Introduction to the participation in the fundamental techniques, strategies, training systems and safety of touch rugby. D

**BFIT 1170A Beginning Swimming: 1 semester hour.**

Introduction to propulsive movement skills in the water; includes safety, front crawl, and elementary backstroke. F, S

**BFIT 1170B Intermediate Swimming: 1 semester hour.**

Refinement of beginning skills; includes an introduction to breaststroke, intermediate level safety, basic diving technique, back crawl, and sidestroke. F, S

**BFIT 1170C Advanced Swimming: 1 semester hour.**

Refinement of previous strokes; includes introduction to butterfly, inverted breaststroke, the trudgen, and overarm sidestroke. D

**BFIT 1173 Skin and SCUBA Diving Certification: 2 semester hours.**

Skills in SCUBA: mask, fins, and snorkel use; safety techniques; mechanical equipment use; aquatic environments. Candidates must: swim 400 yards; tread water 15 minutes; carry ten pound brick 25 yards. Certification possible. F, S, Su

**BFIT 1174 Advanced Open Water SCUBA Diving: 2 semester hours.**

Course builds upon basic skills learned in beginning scuba diving. Student must have open water certification. Teaches the four specialties of photography, equipment, navigation and search/recovery. Requires eight dives during two open water diving days. Candidate will receive certification after completion of course requirements. PREREQ: Open water certification. D

**BFIT 1175A Beginning Kayaking: 1 semester hour.**

Uses controlled environment of ISU pool and includes basic skills including draw and sculling strokes, high and low bracing, eddy turns, deep water rescue techniques, river safety, and Eskimo roll. F, S

**BFIT 1176A Beginning Rock Climbing: 1 semester hour.**

Designed for students with little or no climbing experience, this outdoor class covers basic climbing including knot tying, belaying, movement techniques, top rope anchor systems, and safety procedures. F, S

**BFIT 1176B Intermediate Rock Climbing: 1 semester hour.**

Designed for the intermediate level student, this course explores more advanced techniques, etiquette, and minimal impact techniques. F, S

**BFIT 1177A Beginning Cross-Country Skiing: 1 semester hour.**

Designed for beginning skiers, this course introduces students to flat surface techniques and progresses to uphill and downhill techniques. Indoor lectures are combined with tours to local cross-country ski areas. S

**BFIT 1177B Intermediate Cross-Country Skiing: 1 semester hour.**

Designed for intermediate skill x-country skiers, this course builds on the fundamental techniques of the beginning course. Includes safety in the backcountry, more advanced uphill and downhill techniques, and overnight trip planning. S

**BFIT 1179 Diver Stress and Rescue: 2 semester hours.**

Introduction to fundamentals and techniques to understand diver stress, reasons for occurrence, methods of detection, methods of prevention, methods of treatment at occurrence. Candidate will receive certification after completion of course requirements. D

**BFIT 1181 Mountain Biking: 1 semester hour.**

Includes both mountain and road biking. Combines a series of indoor lectures with practical outdoor riding experience. Topics include riding techniques, clothing, equipment, safety and bike maintenance. F

**BFIT 1182A Beginning Dutch Oven Cooking: 1 semester hour.**

Includes basic food preparation, meal planning and the care and use of cast iron dutch ovens. Nightly demonstrations by guest chefs. Candidates will select recipes, buy food, and prepare their own meals. F, S

**BFIT 1182C Advanced Dutch Oven Cooking: 1 semester hour.**

Expands upon the basics taught in the beginning course. Includes large group meal planning, dutch oven catering, garnishing and presentation of meals, gourmet meal preparation, and competitive cooking. F

**BFIT 1185 Basic Mountaineering: 1 semester hour.**

Designed for candidates wishing to climb mountains on a non-technical basis. Includes ice axe use, rope team travel, clothing, equipment, hazards, hypothermia, and acute mountain sickness. S

**BFIT 1186A Beginning Fly Fishing: 1 semester hour.**

Equipment selection, basic techniques of flycasting, basic knots and types of flies are included. Dry fly fishing, nymphing, and streamer fishing included. D

**BFIT 1186B Intermediate Fly Fishing: 1 semester hour.**

Specialized casting techniques for different conditions included. Selecting and using the proper fly as well as how to read a stream and locate fish will be addressed. Emphasis will be on fishing still waters, small streams and big rivers. D

**BFIT 1186C Advanced Flyfishing Skills: 1 semester hour.**

Advanced level specialized techniques including casting, fly selection and use, fish behavior, stream, still water and big water fishing, advanced equipment use, and advanced equipment construction. PREREQ: BFIT 1186B or permission of instructor. F, S

**BFIT 1186D Advanced Flyfishing: 1 semester hour.**

Equipment selection, advanced techniques of fly-casting, knots and types of flies. River and still water techniques, including dry fly-fishing, nymphing and streamer fishing. F, S

**BFIT 1186E Advanced Flyfishing Fly Rod Building: 1 semester hour.**

Equipment selection, basic techniques of rod building, basic wrapping and types of blanks. Students will wrap their own rods and apply resin. F, S

**BFIT 1187A Beginning Fly Tying: 1 semester hour.**

Basic fly tying skills for the beginner. Introduction and explanation of basic tools and materials. Course will include simple nymph, wet and dry fly patterns. D

**BFIT 1187B Intermediate Fly Tying: 1 semester hour.**

Intermediate level course for the experienced fly-tyer. Advanced patterns included with additional emphasis on innovative materials and techniques. Basic entomology will also be addressed. PREREQ: BFIT 1187A or permission of instructor. D



**BFIT 1189 Beginning Gym Climbing: 1 semester hour.**

Taught entirely indoors on the Idaho State University Climbing Wall, this course covers climbing knots, belaying procedures, basic equipment, movement techniques, and safety. S

**BFIT 1190 Varsity Athletics Bengal Dance Team and Cheerleading: 1 semester hour.**

Instruction and participation in ISU Department of Athletics approved sports. Coach's approval required. F, S

**BFIT 1191A Basic Horsemanship: 1 semester hour.**

Introduces the candidate to horsemanship, safety and riding skills. Includes horse behavior, safety, grooming, tack care, tacking horse, nutrition, fitness, basic skills for the horse and rider. Skills include guiding, posting at a trot, correct leads, flying lead changes, obtaining balanced stops, roll maneuvers and techniques to work the problem horse. F, S

**BFIT 1191B Intermediate Horsemanship: 1 semester hour.**

Build upon basic skills learned in beginning horsemanship. Intermediate skills include guiding, posting at a trot, correct leads, flying lead changes, stops, roll maneuvers and techniques to work the problem horse. PREREQ: BFIT 1191A or permission of instructor. D

**BFIT 1193 Leave No Trace Workshop: 1 semester hour.**

Participants will gain a better understanding of LNT practices and outdoor ethics, developing confidence in teaching others about LNT. Through activities, outdoor overnight experience, and discussions, students will look at their own outdoor ethics and be challenged to better develop their skills and practices to lessen their impact on the land. D

**BFIT 1194 Caving Workshop: 1 semester hour.**

Designed for candidates that want to develop the skills necessary to explore non technical caves. The course covers navigation, equipment, rappelling, light sources, emergency preparation, and the history of caving. S

**BFIT 1195A Beginning Disc Golf: 1 semester hour.**

Introduction to the sport of Disc Golf. The class covers basic throwing techniques, putting styles and mental preparation for competitive play. F

**BFIT 1196 Skateboarding: 1 semester hour.**

Introduction to the fundamentals, technique, and overall knowledge of skateboarding. F, S

**BFIT 1197 Handball: 1 semester hour.**

Introduction to the fundamentals of technique, strategy, and safety in the game of handball. D

**BFIT 1198A Teams Inline Roller Hockey: 1 semester hour.**

Fundamentals of inline hockey, including game rules, safe practices, skating, stick handling, passing, shooting, goaltending, offensive and defensive play, and officiating. D

**BFIT 1198B Team Sports Lacrosse: 1 semester hour.**

Fundamentals of Lacrosse including: game rules, equipment, safe practices, cradling, passing, catching, scooping, and scrimmaging. D

**BFIT 1198C Team Sports - Flag Football: 1 semester hour.**

Fundamentals of flag football including game rules, equipment, safe practices, passing, catching, offensive and defensive play, and scrimmaging. F

**BFIT 1199 Experimental Course: 1 semester hour.**

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

**BFIT 1XXX Transfer Course: 1-5 semester hours.****BFIT 2299 Experimental Course: 1 semester hour.**

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

**BFIT 2XXX Transfer Course: 1-5 semester hours.**