

# PHYSICAL ACTIVITY, LEISURE, AND SAFETY PROGRAMS

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The physical activity, leisure, and safety (PALS) program provides diverse, skill-oriented physical activities as part of a general education program promoting the physiological development of students, improving their fitness and motor skills, and enabling them to maintain a suitable recreation program of their choice during and after college. The PALS program offers a variety of activities in the areas of aquatics, individual and dual sports, team sports, and physical fitness. CPR and first aid courses are offered through the health education program (HLTH).

A maximum of 6 credits in PALS courses, taken as open (free) electives, may be counted toward graduation. Each school or department determines the number that may be counted toward graduation. PALS courses are offered on a pass/fail basis only.

## Activity Course Registration Information

Students must register online for activity courses. In order to do so, students must select the appropriate block: block 1 (first 7 weeks of the semester) or block 2 (last 7 weeks of the semester). Students risk being automatically dropped from the course if they do not attend the first class meeting. The only exception to this rule will be with prior notice of the absence. A student who is dropped for nonattendance may apply to be added at the next class meeting. (Note: The instructor is not obligated to drop a student; students who decide not to take the course must follow the regular drop procedures.) All persons who participate in activity courses must have a health clearance on file in the College's health center.

Some of the courses require the student to pay an extra fee to cover various instructor, equipment, and materials costs. The costs associated with these courses are noted in the course descriptions when students register.

## Intercollegiate Athletic Course Registration Information

Students participating on an intercollegiate athletic team can register online for intercollegiate athletic course credit. Students who do not make the team or who discontinue participation for any reason must drop or withdraw from the course online. Intercollegiate athletic courses are offered on a pass/fail basis only. Credit is granted either in the fall or the spring for any given sport. No late requests for credit will be honored.

**PALS 00070 Women's Intercollegiate Varsity Basketball (NLA)**  
0-0.5 Credits

**PALS 00073 Womens Intercollegiate Varsity Gymnastics (NLA)**  
Students participating on an intercollegiate athletic team can register online for intercollegiate athletic course credit. Students who do not make the team or who discontinue participation for any reason must drop or withdraw from the course online. Intercollegiate athletic courses are offered on a pass/fail basis only. Credit is granted either in the fall or the spring for any given sport. No late requests for credit will be honored. (S)  
0-0.5 Credits

**PALS 00074 Women's Intercollegiate Varsity Lacrosse (NLA)**  
0-0.5 Credits

**PALS 00075 Women's Intercollegiate Varsity Softball (NLA)**  
0-0.5 Credits

**PALS 00076 Women's Intercollegiate Varsity Swimming (NLA)**  
0-0.5 Credits

**PALS 00077 Women's Intercollegiate Varsity Tennis (NLA)**  
0-0.5 Credits

**PALS 00078 Women's Intercollegiate Varsity Volleyball (NLA)**  
0-0.5 Credits

**PALS 00079 Women's Intercollegiate Varsity Field Hockey (NLA)**  
0-0.5 Credits

**PALS 00081 Men's Intercollegiate Varsity Football (NLA)**  
0-0.5 Credits

**PALS 00082 Men's Intercollegiate Varsity Soccer (NLA)**  
0-0.5 Credits

**PALS 00083 Women's Intercollegiate Varsity Soccer (NLA)**  
0-0.5 Credits

**PALS 00084 Men's Intercollegiate Varsity Cross-Country (NLA)**  
0-0.5 Credits

**PALS 00086 Women's Intercollegiate Varsity Track and Field (NLA)**  
0-0.5 Credits

**PALS 00091 Men's Intercollegiate Varsity Baseball (NLA)**  
0-0.5 Credits

**PALS 00092 Intercollegiate Varsity Crew (NLA)**  
0-0.5 Credits

**PALS 00094 Men's Intercollegiate Varsity Lacrosse (NLA)**  
0-0.5 Credits

**PALS 00095 Men's Intercollegiate Varsity Tennis (NLA)**  
0-0.5 Credits

**PALS 00096 Men's Intercollegiate Varsity Track and Field (NLA)**  
0-0.5 Credits

**PALS 00097 Men's Intercollegiate Varsity Wrestling (NLA)**  
0-0.5 Credits

**PALS 00098 Men's Intercollegiate Varsity Basketball (NLA)**  
0-0.5 Credits

**PALS 00099 Men's Intercollegiate Varsity Swimming (NLA)**  
0-0.5 Credits

**PALS 00200 Basic Swimming (NLA)**

For the person who cannot swim or who can swim but wants to improve his or her strokes. Covered are the front and back crawl, elementary backstroke, breaststroke, butterfly, and sidestroke. Elementary forms of rescue are also taught. Pass/fail only. (F-S,Y)  
0.5 Credit

**PALS 00400 Scuba Diving (NLA)**

Covers the use of fins, mask, and snorkel. Donning and ditching of the skin-diving equipment is required before going on to scuba. In scuba, rigging of the tank, taking pressure readings, buddy breathing, entries off the deck, and ditching and donning of scuba equipment are all covered. On the last day of diving, an obstacle course involving all learned skills must be negotiated. During the course, the physiology of diving and the physics of scuba will also be covered. Prerequisites: Ability to (1) swim underwater 60 feet, (2) hold breath on bottom 30 seconds, (3) surface-dive to bottom and recover a 10-pound block, (4) tread water for 30 seconds, (5) swim 10 laps (250 yards) nonstop, (6) support a victim for 5 minutes, and (7) stay afloat for 10 minutes. Pass/fail only. (IRR)  
0.5 Credit

**PALS 00500 Introductory Scuba Diving and Certified Scuba (NLA)**

Preparation for the safe and enjoyable recreation of underwater diving. Scuba equipment is furnished. The National Aquatic School program designed for colleges is used. Successful completion of classroom, pool, and open-water sessions results in lifetime international certification. Special conditions: An extra fee is charged for this course. Students are required to complete a medical form at the first class meeting. Prerequisites: Basic swimming proficiency; signed parental or guardian's release and indemnity agreement for students under 18 years of age. Pass/fail only. (F-S,Y)  
1 Credit

**PALS 00600 Community Water Safety (NLA)**

Participants become familiar with the potential hazards of water activities. They learn to prevent accidents and to respond effectively if an accident does occur. A swimming test is required. Pass/fail only. (IRR)  
0.5 Credit

**PALS 00800 Lifeguarding (NLA)**

The duties and responsibilities of a lifeguard and how to carry them out; lifeguarding techniques, such as how to tow or carry a victim to safety, manage a suspected spinal injury in the water, and use rescue equipment to help rescue a distressed or drowning victim. American Red Cross first aid and basic life support CPR are included in this course. To enroll in this course, a student must successfully complete a 500-yard swim, dive to 9 feet, swim underwater 15 yards, and tread water for one minute at the first meeting. Pass/fail only. (F-S,Y)  
2 Credits

**PALS 00810 Lifeguarding Recertification (NLA)**

A review and update of the knowledge and skills required for recertification in lifeguarding. Covers lifeguarding techniques such as how to use rescue equipment to tow a victim to safety and how to manage a suspected spinal injury in water. Students demonstrate their ability to become recertified in the American Red Cross lifeguarding program. Maybe repeated once for credit. Prerequisites: Current American Red Cross lifeguarding and CPR for the professional rescuer certificates. Pass/fail only. (S,Y)  
0.5 Credit

**PALS 00900 Lifeguarding Instructor (NLA)**

Provides the knowledge and skills necessary to become an American Red Cross instructor for community water safety, waterfront lifeguarding, head lifeguard and lifeguarding instructor aide, and lifeguard review courses. Prerequisites: Current American Red Cross certificate in lifeguarding and pretests based on the lifeguard training written test and lifeguarding skills test. Pass/fail only. (IRR)  
1 Credit

**PALS 01000 Water Safety Instructor (NLA)**

Trains instructor candidates to teach American Red Cross water safety courses. Topics include improving and developing skills and knowledge of swimming and water safety; applying information from the instructor candidate training course to the teaching of swimming; planning and organizing swimming courses; and ensuring students' health and safety. Prerequisites: Proficiency in basic water safety and swimming strokes; current American Red Cross certificate in emergency water safety or lifeguard training. Pass/fail only. (F-S,Y)  
2 Credits

**PALS 01500 Fencing (NLA)**

Beginning skills, techniques, and knowledge of foil fencing. Basic etiquette and rules of bouting. Techniques and practice in officiating a bout. Tournament-style bouts during the latter part of the course. Equipment is supplied. Pass/fail only. (IRR)  
0.5 Credit

**PALS 01700 Cross-Country Skiing (NLA)**

Provides the knowledge and skills to cross-country ski over a variety of snow-covered terrain. Proper use of equipment, walking, step turns, diagonal stride as well as uphill and downhill techniques are covered on the hills and flats surrounding the campus. Other facets covered include winter safety and planning and preparing for a ski tour. Equipment is supplied. Pass/fail only. (S,Y)  
0.5 Credit

**PALS 01900 Basic Alpine Skiing (NLA)**

Basic downhill skiing techniques. Special conditions: A fee is charged for this course. Meets one time per week, off campus. Transportation is provided. Pass/fail only. (S,Y)  
1 Credit

**PALS 02000 Intermediate Alpine Skiing (NLA)**

This course focuses on a review of the fundamentals of skiing with emphasis on side slipping, basic skiing movements, and learning efficient, smooth, and continuous movements. Students will be introduced to moguls, varied terrain and conditions, gates and techniques for more efficient carving and games and exercises that provide the opportunity to progress to an advanced level. Student must have previous skiing experience. A fee is charged for this course. The course meets one time per week off-campus at Greek Peak Ski Mountain Resort. Transportation to and from site is provided. Pass/fail only.  
1 Credit

**PALS 02100 Advanced Alpine Skiing (NLA)**

This course focuses on using the skis as a tool (carving), mogul skiing, racing, varied snow conditions, short radius turns, and expert terrain. Student must have previous skiing experience and be confident skiing on black diamond trails. A fee is charged for this course. The course meets one time per week off-campus at Greek Peak Ski Mountain Resort. Transportation to and from site is available. Pass/fail only. (S,Y)  
1 Credit

**PALS 02200 Basic Snowboarding (NLA)**

Basic downhill snowboarding techniques. Special conditions: A fee is charged for this course. Meets one time per week, off campus. Transportation is provided. Pass/fail only. (S,Y)  
1 Credit

**PALS 02201 Intermediate Snowboarding (NLA)**

Focuses on a review of the fundamentals of snowboarding with emphasis on side slipping, heel/toe edging movements, and learning efficient, smooth and continuous movements. Introduction to moguls, varied terrain and conditions, gates and techniques for more efficient carving. An additional fee is required for this course. Meets one time per week at Greek Peak Ski Mountain Resort. Transportation to and from site is provided. Prerequisites: Student must have previous snowboarding experience. Pass/fail only. (S,Y).

1 Credit

**PALS 02202 Advanced Snowboarding (NLA)**

Focuses on using the board as a tool (carving), mogul boarding, racing, varied snow conditions, short radius turns and expert terrain. An additional fee is required for this course. Meets one time per week at Greek Peak Ski Mountain Resort. Transportation to and from site is provided. Prerequisites: Student must have previous snowboarding experience. Pass/fail only. (S, Y).

1 Credit

**PALS 02500 Indoor Tennis (NLA)**

Fundamental tennis strokes and rules of the game; increase proficiency in playing tennis by indoor techniques. Indoor rackets and balls provided. Pass/fail only. (S,Y)

0.5 Credit

**PALS 02600 Basic Tennis (NLA)**

Basic strokes, including ground strokes, slice serve, and block volley techniques, for use in singles and doubles play. Coverage of related rules and strategy necessary for game play, scoring, and etiquette. For students with no formal background in either the basic fundamentals or game strategy and no knowledge of scoring, rules, or etiquette. Tennis rackets and balls provided. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 02700 Intermediate Tennis (NLA)**

Review of the ground strokes, slice serve, and block volley; lob and overhead are taught, stressing their use in both singles and doubles play. More game experience. Prerequisites: Ability to demonstrate ground strokes, slice serve, and block volley. Tennis rackets and balls provided. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 02800 Advanced Tennis (NLA)**

Review of all basic strokes, with emphasis on executing them more efficiently. The flat serve and auxiliary strokes such as the half volley, chop, slice, drop volley, and lob volley are taught, stressing competitive play and strategy in both singles and doubles play. Prerequisites: Mastery of ground strokes, slice serve, block volley, lob, and overhead, performed in a game situation. Tennis rackets and balls provided. Pass/fail only. (F,Y)

0.5 Credit

**PALS 03000 Field Archery I (NLA)**

Prepares students for bow hunting, including orientation to New York State hunting laws, game conservation, and bow hunting techniques as well as the development of the bare-bow technique of shooting with a heavier-weight bow than is used in target archery. When proficiency at the target-butt has been demonstrated, shooting at simulated wild-game targets takes place on a natural wooded trail. Equipment is supplied. Pass/fail only. (IRR)

0.5 Credit

**PALS 03100 Field Archery II (NLA)**

An extension of Field Archery I. Pass/fail only. (IRR)

0.5 Credit

**PALS 03300 Golf I (NLA)**

Develops an understanding and appreciation of the game through learning basic skills such as stance, grip, and swing. If time permits and student ability warrants, a visit to a local golf course will be made. This is a beginner's course. Equipment is supplied. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 03400 Golf II (NLA)**

An extension of Golf I. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 03600 Badminton I (NLA)**

Fundamental skills of badminton necessary to play both singles and doubles; rules and customs involved in badminton. Content includes offensive and defensive skills, singles and doubles strategy and play, rules, and etiquette. Evaluation involves a skills test and a written exam. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 03700 Badminton II (NLA)**

An extension of Badminton I. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 03800 Badminton III (NLA)**

Clears, drop shots, smashes, net shots, serving, and strategy, with special emphasis on doubles play. Prerequisites: PALS 03600, PALS 03700, or permission of instructor. Pass/fail only. (IRR)

0.5 Credit

**PALS 04000 Run, Walk, and Jog I (NLA)**

Provides students of all ability levels with an opportunity to understand and benefit from a lifetime activity. Techniques covered are warm-ups and flexibility, aerobics, running guidelines, and jogging safety. Training methods, various types of terrain, and special running events are covered. The course concludes with a fitness evaluation. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 04100 Run, Walk, and Jog II (NLA)**

An extension of Run, Walk, and Jog I. The exercise program becomes more individualized. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 04400 Paddleball I (NLA)**

This is a challenging sport and an opportunity for a vigorous workout. The course is suited for the beginner as well as the more experienced player. Basic skills and game strategy are covered, but most of the class time is devoted to playing informal games. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 04500 Paddleball II (NLA)**

An extension of Paddleball I. Pass/fail only. (F-S,Y)

0.5 Credit

**PALS 04800 Billiards/Table Tennis (NLA)**

Introduction to skills and strategies involved in billiards and table tennis with the majority of class time spent on pocket billiards. Students will develop the ability to execute various shots as well as understand different games within each activity. Course may be repeated for up to (F-S, Y)

0.5 Credit

**PALS 05000 Basic Windsurfing (NLA)**

Basic boardsailing technique. The class hours are flexible after the first three sessions. Special conditions: A fee is charged for this course. Meets off campus. Transportation is provided. A swimming test is required. Pass/fail only. (IRR)

0.5 Credit

**PALS 05100 Intermediate Windsurfing (NLA)**

Intended for students who have mastered the basic boardsailing techniques. The class hours are flexible after the first three sessions. Special conditions: A fee is charged for this course. Meets off campus. Transportation is provided. Prerequisites: PALS 05000. Pass/fail only. (IRR)  
0.5 Credit

**PALS 05300 Sailing-Small Boat (NLA)**

For the student with little knowledge of sailing. Instruction is on sailboats with two sails. A swimming test is required. Special conditions: A fee is charged for this course. Meets off campus. Transportation is provided. Pass/fail only. (IRR)  
0.5 Credit

**PALS 05500 Sailing-Catamaran (NLA)**

For students who want to learn to sail a catamaran. A swimming test is required. Special conditions: A fee is charged for this course. Meets off campus. Transportation is provided. Pass/fail only. (IRR)  
0.5 Credit

**PALS 05700 Boating Skills and Safety (NLA)**

Introduces students to basic boating skills and techniques. Basic piloting, navigation rules, legal requirements, and dealing with emergencies are discussed. Pass/fail only. (IRR)  
1 Credit

**PALS 05900 Gymnastics Activities I (NLA)**

General gymnastics instruction for both men and women. Combines basic gymnastics instruction with progressions individually designed to bring improvement to any ability level. Provides the opportunity to increase current level of gymnastics skill. Pass/fail only. (IRR)  
0.5 Credit

**PALS 06000 Gymnastics Activities II (NLA)**

While Gymnastics Activities I introduces students to various gymnastic events and their basic skills, Gymnastics Activities II is structured to individual specialization, so as to further develop skills and spotting techniques and to combine three or more skills. Pass/fail only. (IRR)  
0.5 Credit

**PALS 07600 Basketball I (NLA)**

Basic offensive and defensive philosophy and skills. Course content includes lead-up drills and games in all skills, team play, and some strategy. Designed for all levels of ability. Pass/fail only. (F-S,Y)  
0.5 Credit

**PALS 07700 Basketball II (NLA)**

An extension of Basketball I. Pass/fail only. (F-S,Y)  
0.5 Credit

**PALS 08000 Volleyball I (NLA)**

Introduces the skills and strategies involved in power volleyball. Class periods are spent perfecting such skills as the bump, set, serve, and block. Basic forms of offense and defense are introduced during game play. Pass/fail only. (F-S,Y)  
0.5 Credit

**PALS 08100 Volleyball II (NLA)**

An extension of Volleyball I. Pass/fail only. (F-S,Y)  
0.5 Credit

**PALS 08200 Volleyball III (NLA)**

Emphasizes blocking, multiple attack, defensive systems, spiking, the dink, strategy, and a consistent serve. Prerequisites: PALS 08100; PALS 08200. Pass/fail only. (S,Y)  
0.5 Credit

**PALS 09000 Personal Defense (NLA)**

Develops, through the learning of basic skills, an appreciation of the art of defending oneself or one's loved ones and property. Students learn strategy and knowledge of vulnerable areas, legal implications, and the need for physical exercise and safety precautions. Primarily for students who want to learn basic self-defense techniques. Pass/fail only. (F-S,Y)  
0.5 Credit

**PALS 09100 Triathlon and Multisport Training (NLA)**

Provide students with an introduction to triathlon while emphasizing the importance of cross-training in an exercise routine. Swimming, running, weight training, and biking. Combination of lecture and exercise. Course is designed for both "first time" triathletes and those interested in fine-tuning their training regimen. Twice each semester, students will participate in an intra-campus sprint triathlon which will include a .5 mile swim, 15 mile stationary bike ride and a 5k run. Fitness evaluation conducted by instructor on first class. Course may be repeated for up to Pass/fail only. (F-S,Y)  
1 Credit

**PALS 09300 Personal Fitness I (NLA)**

Provides the skills and activities needed to achieve a high degree of physical fitness. Exercises designed to improve cardiovascular endurance, muscle tone, flexibility, and personal appearance are emphasized. This course develops an appreciation for keeping in good physical condition. Pass/fail only. (F-S,Y)  
0.5 Credit

**PALS 09400 Personal Fitness II (NLA)**

An extension of Personal Fitness I. Pass/fail only. (F-S,Y)  
0.5 Credit

**PALS 09500 Personal Fitness III (NLA)**

Students set their own goals by incorporating more individualized instruction in their daily programs, including jogging, weight training, flexibility exercises, and circuit training. Pass/fail only. (IRR)  
0.5 Credit

**PALS 09800 Basic Jujitsu (NLA)**

A basic course in Dan Zan Ryu Jujitsu. Involves the study of the history, philosophy, and skills of jujitsu. The techniques are a mixture of many of the martial arts and can be used for self-defense. An additional fee for a uniform may be required. Pass/fail only. (F-S,Y)  
1 Credit

**PALS 10400 Dance Exercise with Weights (NLA)**

For the student who desires a more difficult workout through the use of wrist weights and ankle weights. Emphasis is placed on strengthening the upper body and on toning hips and legs as students learn about cardiovascular endurance, strength, and flexibility. Pass/fail only. (IRR)  
0.5 Credit

**PALS 13000 Cooperative Teambuilding (NLA)**

Students are challenged in individual and group activities that promote self confidence and leadership to be successful. Success requires responsibility, trust, positive attitude and the desire to have fun in a physical activity and strategic setting. May be repeated for up to Pass/Fail only. (F-S, Y)  
0.5 Credit

**PALS 19900-19902 Selected Topics in PALS (NLA)**

Topics of current interest to faculty and students. Experimental courses are offered under this course number and title. This course may be repeated for credit for different selected topics. Prerequisites: As appropriate to topics. Pass/fail only. 0.(IRR)  
0.5-1 Credits

**PALS 19903 Sltp: PALS (NLA)**

Topics of current interest to faculty and students. Experimental courses are offered under this course number and title. This course may be repeated for credit for different selected topics. Prerequisites: As appropriate to topics. Pass/fail only. 0.(IRR)  
0.5-1 Credits

**PALS 19904-19998 Selected Topics in PALS (NLA)**

Topics of current interest to faculty and students. Experimental courses are offered under this course number and title. This course may be repeated for credit for different selected topics. Prerequisites: As appropriate to topics. Pass/fail only. (IRR)  
0.5-1 Credits