

## Clackamas Community College

## Online Course/Outline Submission System

## CONSENT AGENDA REQUESTS

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## Section #1 General Course Information

Department:  \*

## Submitter

First Name:  \*Last Name:  \*Phone:  \*Email:  \*Course Prefix and Number:  -  \*# Credits:  \*

## Contact hours \*

Lecture (# of hours): Lec/lab (# of hours): Lab (# of hours): 

Total course hours: 33

I acknowledge that this course, for the average student, will be a time commitment of 3 hours per week per credit. \*

 Yes  NoCourse Title: 

\*

**Course Description: \***

This description will be the description used in the college catalog and all published materials. Use only active verbs in the course description.

Various activity classes which may include aikido, aerobic dance, ballet, basketball, conditioning, cross training, golf, karate, racquetball, rock climbing, self-defense, soccer, softball, swimming, swing dance, tai chi, tennis, volleyball, weight training, yoga, and zumba. Current physical examination before enrolling in a physical education course is recommended.

**Type of Course:**

- Lower Division Collegiate
- Career Technical Preparatory
- Career Technical Supplemental
- Developmental Education
- Career Technical Apprenticeship

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