



PHYSICAL ACTIVITY PROGRAM

Stay active while earning academic credit. Register now for a Physical Activity course.

Did you know that UofSC offers about 50 different physical activity courses each semester?

These **one credit hour** classes include:

- Basketball
- Golf
- Kayaking
- Pilates
- Rock Climbing
- Self-Defense
- Tennis
- Weight Training
- Canine Fitness Connection
- Hip Hop Dance
- Resistance Training and Sculpting for Women
- Meditation and Mindfulness for Stress Resilience
- Gateway to Yoga (3 credits)



READY TO SIGN UP?

A full list of Physical Activity Program courses is online in Banner.

Search for **PEDU** to see the full list of courses.

QUESTIONS?

Contact DG Nave, Director of the Physical Activity Program at naved@mailbox.sc.edu or (803) 777-3239

Find us online at: sc.edu/education/study/physical_activities