

# Co-curricular Courses

2025-26

Three co-curricular units are required for graduation. A unit involves the same time commitment as an academic semester credit.

Co-curricular units:

- Count toward full-time status for financial aid
- Are not included in GPA calculation
- Are not included in the total credits required for a degree
- Will appear on the transcript with a Pass/Fail grade
- Will count toward satisfactory progress for financial aid purposes
- Will not count toward the 12 credits of gradable courses required for recognition on the dean's list or other university honors.
- Courses that are 1000 level or higher on the co-curricular list may now count as Free Elective credit if not being used to satisfy the General Education Co-Curricular requirement.

Repeatability for general education:

- .5 co-curricular unit courses may be repeated once for general education co-curricular credit.
- 1 co-curricular unit courses may not be repeated for general education co-curricular credit.

## Co-curricular Courses

AF0120	Physical Conditioning	.5
AF0230	Precision Drill Team	.5
AF1120	Physical Conditioning	1
AF1130	Air Force Elite Workout	1
AF1340	Field Training	1
AR0340	Internship in Advanced Military Leadership	3
AR1001	Introduction to the Army and Critical Thinking	1
AR1003	Leadership and Competence	1
AR2068	Fall Military Physical Conditioning	1
AR2069	Spring Military Physical Conditioning	1
AR3068	Physical Training Leadership I	1
AR3069	Physical Training Leadership II	1
ART1850	Special Arts Activities for Wellness Success	1
ART1855	Special Arts Workshop for Wellness Success	.5
ENT3953	Ignite: Ideate, Innovate, Create!	1
ENT3959	Fundamentals of Six Sigma	1
ENT3961	Building and Leading Teams	1
ENT3963	Deliver: Explore, Develop, Execute!	1
ENT3964	Project Management	1
ENT3971	7 Habits of Highly Effective People	1
ENT3982	Continuous Improvement Using Lean Principles	1
ENT3983	The Culture of Continuous Improvement	1
FW3620	Field Ornithology	1
HON1150	Launch Your Journey	1
MUS1510	Huskies Pep Band	1
MUS1511	Campus Concert Band	1
MUS1530	Workshop Brass Band	1
MUS1570	Private Music Instruction	1
MUS2530	R & D Jazz Band	1
MUS2580	Concert Choir	1
MUS3500	Keweenaw Symphony Orchestra	1
MUS3510	Superior Wind Symphony	1
MUS3530	Jazz Lab Band	1
MUS3580	Chamber Choir	1
MUS4510	Chamber Music Ensemble	1
MUS4530	Jazz Combo	var
PE0101	Flag Football	.5
PE0103	Bait and Fly Casting	.5
PE0104	Ultimate Frisbee	.5
PE0105	Beginning Bowling I	.5
PE0106	Beginning Golf	.5
PE0107	Floor Hockey	.5
PE0108	Broomball	.5
PE0109	Beginning Aikido	.5

## Co-curricular Courses cont.

PE0113	Disc Golf	.5
PE0115	Beginning Swimming	.5
PE0116	Beginning Basketball	.5
PE0117	Beginning Hockey	.5
PE0118	Beginning Weight Training	.5
PE0119	Beginning Fitness Training	.5
PE0120	Beginning Alpine Skiing (Downhill)	.5
PE0121	Beginning Snowboarding	.5
PE0122	Softball	.5
PE0123	Telemark Skiing	.5
PE0125	Sand Volleyball	.5
PE0126	Beginning Volleyball	.5
PE0130	Water Aerobics	.5
PE0132	Beginning Soccer	.5
PE0135	Beginning Cross Country Skiing	.5
PE0137	Table Tennis	.5
PE0138	Beginning Racquetball/Squash	.5
PE0139	Beginning Badminton	.5
PE0140	Beginning Tennis	.5
PE0142	Introduction to Brazilian Jiu Jitsu	.5
PE0145	Fundamentals of Rifle Safety	.5
PE0146	Beginning Billiards	.5
PE0148	Beginning Skating	.5
PE0150	Outdoor Lifetime Activities	.5
PE0151	Indoor Lifetime Activities	.5
PE0152	Social Dance I	.5
PE0153	Aerobics I	.5
PE0155	Beginning Road Biking	.5
PE0156	Beginning Mountain Biking	.5
PE0165	Introduction to Rowing	.5
PE0166	Moving for Fitness	.5
PE0167	Beginning Yoga	.5
PE0169	Indoor Cycling	.5
PE0170	TaeKwonDo and Hapkido I	.5
PE0175	Hiking	.5
PE0177	Fundamentals of Laser Tag	.5
PE0205	Bowling II	.5
PE0206	Intermediate Golf	.5
PE0209	Intermediate Aikido	.5
PE0210	Special Topics in Physical Education	.5
PE0215	Intermediate Swimming	.5
PE0216	Intermediate Basketball	.5
PE0217	Intermediate Hockey	.5
PE0218	Intermediate Weight Training	.5
PE0219	Intermediate Fitness Training	.5
PE0220	Intermediate Alpine Ski (Downhill)	.5
PE0221	Intermediate Snowboarding	.5
PE0226	Intermediate Volleyball	.5
PE0230	Water Polo	.5
PE0232	Intermediate Soccer	.5
PE0235	Intermediate Cross Country Ski	.5
PE0237	Intermediate Table Tennis	.5
PE0238	Intermediate Racquetball/Squash	.5
PE0239	Intermediate Badminton	.5
PE0240	Intermediate Tennis	.5
PE0242	Brazilian Jiu Jitsu II	.5
PE0245	Basic Rifle Marksmanship	.5
PE0246	Intermediate Billiards	.5
PE0248	Intermediate Skating	.5
PE0250	Paintball	.5
PE0252	Social Dance II	.5
PE0253	Aerobics II	.5
PE0256	Intermediate Mountain Biking	.5
PE0266	Running for Fitness	.5
PE0267	Intermediate Yoga	.5
PE0270	Cardio TaeKwonDo	.5
PE0277	Strategies of Laser Tag	.5

**Co-curricular Courses cont.**

PE0315	Fitness Swimming	.5
PE0320	Advanced Skiing	.5
PE0321	Advanced Snowboarding	.5
PE0330	Club Sports	.5
PE0342	Intro to Kickboxing	.5
PE0367	Mindful Yoga	.5
PE0420	Ski Instructor Training	.5
PE0421	Snowboard Instructor Training	.5
PE0425	Intramurals	.5
PE0430	Club Sports Leadership	.5
PE0442	Kickboxing II	.5
PE0451	Mountain/Road Bike Fusion	.5
PE0520	Alpine Skiing Fusion	.5
PE0521	Snowboard Fusion	.5
PE1000	Fitness Foundations	1
PE1010	Active Michigan Tech	1
PE1028	Ski Patrol (Hill)	1
PE1101	Team Sports	1
PE1102	Hockey	1
PE1103	Bait and Fly Casting	1
PE1105	Bowling	1
PE1106	Golf	1
PE1108	Broomball	1
PE1109	Aikido	1
PE1113	Disc Sports	1
PE1115	Beginning Swimming	1
PE1116	Intermediate Swimming	1
PE1117	Fitness Swimming	1
PE1118	Weight/Fitness Training	1
PE1119	Conditioning	1
PE1120	Beginning Alpine Skiing (Downhill)	1
PE1121	Beginning Snowboarding	1
PE1123	Telemark Skiing	1
PE1124	Intermediate Alpine Skiing (Downhill)	1
PE1125	Intermediate Snowboarding	1
PE1126	Advanced Skiing	1
PE1127	Advanced Snowboarding	1
PE1128	Alpine Skiing Fusion	1
PE1129	Snowboard Fusion	1
PE1135	Cross Country Skiing	1
PE1138	Racquet Sports	1
PE1140	Tennis	1
PE1142	Introduction to Brazilian Jiu Jitsu	1
PE1145	Rifle Marksmanship	1
PE1146	Billiards	1
PE1148	Skating	1
PE1150	Lifetime Activities	1
PE1152	Social Dance	1
PE1153	Zumba	1
PE1154	Aerobics	1
PE1155	Road Biking	1
PE1156	Mountain Biking	1
PE1165	Rowing	1
PE1167	Beginning Yoga	1
PE1169	Indoor Cycling	1
PE1170	TaeKwonDo	1
PE1175	Hiking	1
PE1177	Fundamentals of Laser Tag	1
PE1205	Special Topics	.5
PE1209	Intermediate Aikido	1
PE1210	Special Topics	1
PE1215	Introduction to Backcountry Travel	1
PE1220	Introduction to Canoeing	1
PE1225	Indoor Rock Climbing	1
PE1230	Introduction to Kayaking	1
PE1235	Introduction to Log Rolling	1
PE1240	Snowshoeing	1
PE1242	Brazilian Jiu Jitsu II	1
PE1245	Wilderness First Responder	1
PE1250	Paintball	1
PE1267	Intermediate Yoga	1
PE1270	Cardio TaeKwonDo	1

**Co-curricular Courses cont.**

PE1277	Strategies of Laser Tag	1
PE1330	Club Sports	1
PE1342	Intro to Kickboxing	1
PE1367	Mindful Yoga	1
PE1425	Intramurals	1
PE1430	Club Sports Leadership	1
PE1435	Self-Defense for Women	1
PE1436	Self-Defense for Men	1
PE1442	Kickboxing II	1
PE1450	Physical Education Fusion – Full	1
PE1451	Mountain/Road Bike Fusion	1
PE1470	Lifeguard Swimming	1
PE2010	Varsity Football	1
PE2020	Varsity Basketball	1
PE2030	Varsity Hockey	1
PE2040	Varsity Nordic Skiing	1
PE2050	Varsity Soccer	1
PE2080	Varsity Track	1
PE2090	Varsity Tennis	1
PE2130	Varsity Volleyball	1
PE2140	Varsity Cross Country	1
PE2150	Cross Training	1
PE2160	Varsity Esports	1
PE2210	Special Topics	1
PSY1100	Building Emotional Resilience	1
PSY1101	Enhanced Perf through Biofeedback/MSPE	1
PSY1102	Practical Approaches for Emotional Regulation	1
PSY1103	Mindfulness Based Stress Reduction (MBSR)	1
PSY1104	Motivation through Self-Compassion	1
PSY1105	Foundations of Well-Being	1
SND1570	Private Mixing Lessons	.5
SND2663	Career Development	1
SND2664	Career Development: AES National	1
SND2665	Career Development: Student Summit	1
THEA2600	Acting Practicum	1
THEA2610	Entertainment Tech Practicum	var
THEA2663	Career Development	1
THEA3650	Portfolio Development	1
UN1000	Frameworks for Success for ExSEL	1
UN1010	Creating Your Success for Themes Communities	1
UN1011	Strategies for Success	1
UN1020	Husky Connect Success	1
UN3023	Advanced Portfolio for Essential Education	1
PE0XXX	Co-Curricular Activities ( <i>transfer credit only</i> )	.5
PE1XXX	Co-Curricular Activities ( <i>transfer credit only</i> )	1
ACTV1XXX	Activities (transfer credit only)	var
ACTV2XXX	Activities (transfer credit only)	var

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