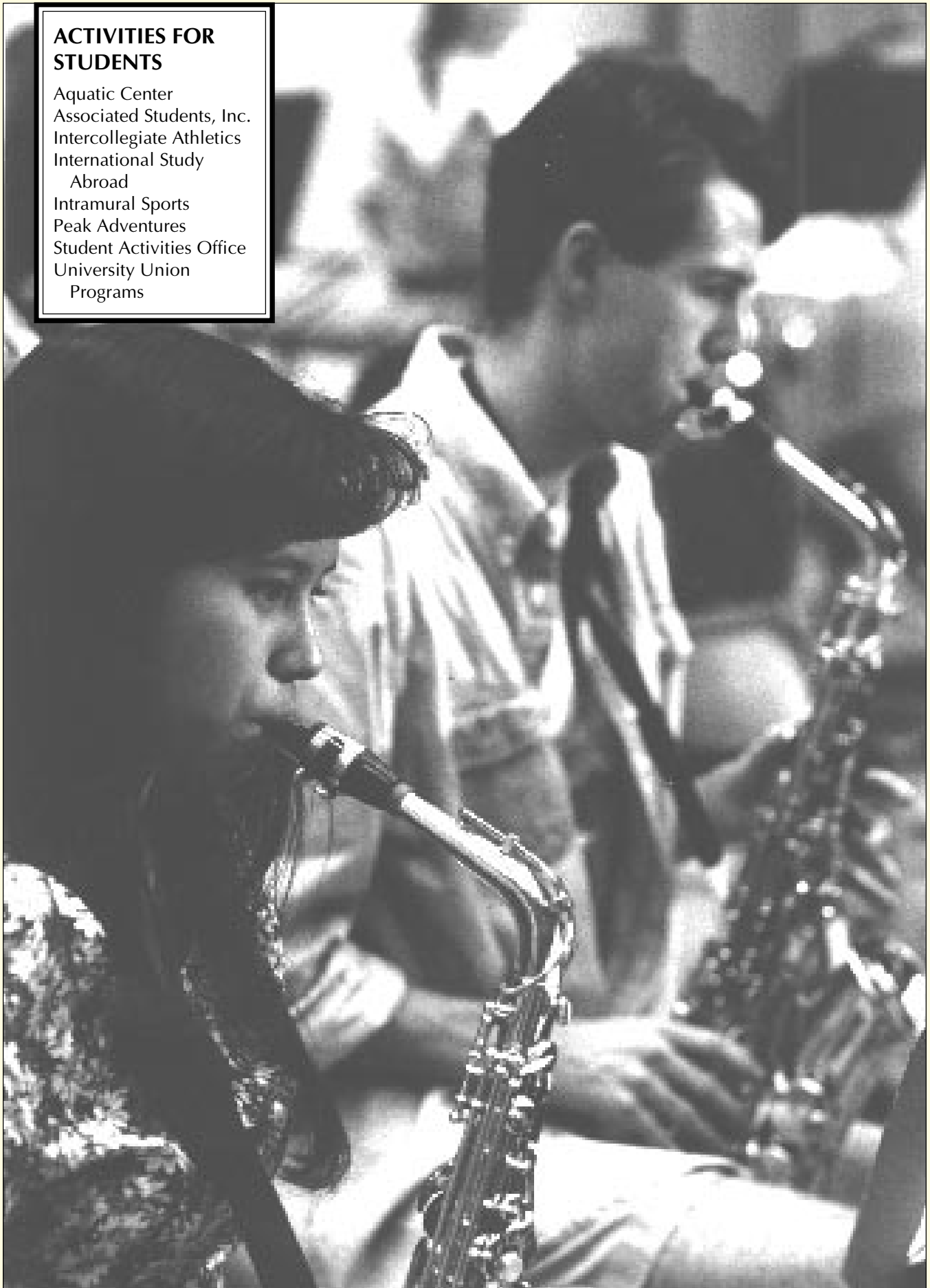


## ACTIVITIES FOR STUDENTS

Aquatic Center  
Associated Students, Inc.  
Intercollegiate Athletics  
International Study  
Abroad  
Intramural Sports  
Peak Adventures  
Student Activities Office  
University Union  
Programs



## **AQUATIC CENTER**

The CSUS Aquatic Center is a cooperative operation of the Associated Students of California State University, Sacramento, the University Union, and the State Department of Boating and Waterways and Parks and Recreation. The Center, established in 1981 to augment the academic curriculum at CSUS, has provided instruction to thousands of students through physical education classes, leisure classes, and a series of progressive summer camps.

The Aquatic Center provides high quality boating and water safety instruction for not only students, but also faculty, staff and alumni of CSUS, other education institutions and the general public.

The Center is located at serene Lake Natoma adjacent to Nimbus Dam. The facility occupies eight acres of land and is one of the finest in the state. Features include a grassy area, picnic tables, two championship sand volleyball courts, barbecues, four docks, a boat launching ramp, classrooms, and convenient parking.

All students, staff, faculty, and alumni of CSUS, UC Davis, Cosumnes River College, Sacramento City College, American River College and Sierra College, qualify to use the Center. The Center is also open to the general public for a slightly higher fee.

## **ASSOCIATED STUDENTS, INC. (ASI)**

Associated Students, Inc. (ASI) is a non-profit corporation, chartered with the California Secretary of State's office, which utilizes student funds to create and operate programs of benefit to the student community.

ASI is governed by a student Board of Directors which is elected each spring. The Board is comprised of a president, vice president of finance, executive vice president and directors representing each school on campus. The Board meets regularly throughout the Fall and Spring semesters. Students are encouraged to attend Board meetings and address the Board or ask

questions regarding student concerns during the "Open Forum" portion of the meeting.

ASI offers students many ways to get involved. In addition to election to the Board of Directors, there are more than 30 committees and work teams, ranging from Legislative Affairs to Activities Finance Council to Lottery Allocation Fund. Involvement in ASI can provide valuable experience and important contacts for future careers.

The services ASI provides are numerous. Without the financial support of ASI, many services would be unable to continue. Programs operated by ASI are the Children's Center, the Aquatic Center, Peak Adventures, KSSU student-run radio, Safe Rides, and the Community Gardens. In addition, ASI grants funding to a variety of University programs.

For more information, visit the ASI Offices on the third floor of the University Union, or call 278-6784.

## **INTERCOLLEGIATE ATHLETICS**

The California State University is committed to providing equal opportunities to men and women CSU students in all campus programs, including intercollegiate athletics. CSUS offers one of the most comprehensive and competitive intercollegiate athletics programs in the nation. Approximately 400 student-athletes participate in one or more of the University's men's and women's intercollegiate sports. CSUS offers scholarships for students in most of the sports. CSUS teams and individuals have regularly excelled in regional and national competition.

Student athletes at CSUS make a significant commitment to their sport, as well as their academic studies, during their career. Many student athletes are recruited to CSUS by the various coaches, but tryouts are available for interested students. Every student at CSUS is encouraged to participate in the athletics program, whether it be as a participant or spectator.

The University's athletics facilities include a renovated Hornet Field with 17,000 permanent seats. Two gyms, two pools, and 16 tennis courts dot the campus landscape.

The baseball and softball fields have both received major renovations. Local facilities used for selected games include ARCO Arena (16,000 seats), home of the Sacramento Kings, and the soon-to-be remodeled Memorial Auditorium (5,000 seats).

Student athletes are assured of top care through excellent training and conditioning facilities. Full-time athletics trainers are available daily to consult with and treat athletes. CSUS is the home of one of the few approved undergraduate athletic training programs in northern California.

CSUS competes in the National Collegiate Athletic Association's (NCAA) Division I. CSUS is affiliated with the Big Sky Conference and the Western Athletic Conference.

The CSUS Intercollegiate Athletics Program includes the following sports: men's baseball, basketball, crew, cross country, football, golf, soccer, tennis, and track and field (indoor/outdoor); and women's basketball, cross country, gymnastics, track and field (indoor/outdoor), soccer, softball, tennis and volleyball. Interested participants should contact the coach of the specific sport.

## **INTERNATIONAL STUDY ABROAD**

A variety of overseas study opportunities are available, including the CSU International Programs and various CSUS one-to-one exchanges, which allow CSUS students to earn resident credit while studying in an overseas setting. The CSUS Office of International Programs also provides information on Fulbright grants as well as other sources of support for study, work and travel opportunities. For more information, see page 21.

## International Programs of the California State University

Developing intercultural communication skills and international understanding among its students is a vital mission of The California State University (CSU). Since its inception in 1963, the CSU International Programs has contributed to this effort by providing qualified students an affordable opportunity to continue their studies abroad for a full academic year. Close to 11,000 CSU students have taken advantage of this unique study option.

International Programs participants earn resident academic credit at their CSU campuses while they pursue full-time study at a host university or special study center abroad. The International Programs serves the needs of students in more than 100 designated academic majors. Affiliated with 36 recognized universities and institutions of higher education in 16 countries, the International Programs also offers a wide selection of study locales and learning environments:

**Australia:** The University of Western Sydney;

**Brazil:** Universidade de São Paulo;

**Canada:** The universities of the Province of Quebec (13 institutions including Université de Montréal, Concordia University, Université Laval, McGill University, Université du Québec system, Bishop's University, *i.a.*);

**Denmark:** Denmark's International Study Program (the international education affiliate of the University of Copenhagen);

**France:** Institut des Etudes Françaises pour Étudiants Étrangers, Université de Droit, d'Economie et des Sciences d'Aix-Marseille (Aix-en-Provence), Mission interuniversitaire de coordination des échanges franco-américains, Universités de Paris III, V, VI, VIII, X, XI, XII, XIII;

**Germany:** The institutions of higher education in the German Federal State of Baden-Württemberg, including Ruprecht-Karls-Universität (Heidelberg), Universität

Hohenheim (Hohenheim), Fachhochschule Nürtingen (Nürtingen), Fachhochschule Reutlingen (Reutlingen), Berufsakademie Stuttgart (Stuttgart), Universität Stuttgart (Stuttgart) and Eberhard-Karls-Universität (Tübingen);

**Israel:** Tel Aviv University and The Hebrew University of Jerusalem;

**Italy:** CSU Study Center (Florence), Università degli Studi di Firenze, and La Accademia di Belle Arti di Firenze;

**Japan:** Waseda University (Tokyo);

**Mexico:** Universidad Iberoamericana (Mexico City) and Universidad Pedagógica Nacional;

**New Zealand:** Massey University (Palmerston North) and Lincoln University (Christchurch);

**Spain:** Universidad Complutense de Madrid and Universidad de Granada;

**Sweden:** Uppsala Universitet;

**Taiwan:** National Chengchi University (Taipei);

**United Kingdom:** Bradford University, Bristol University, Kingston University, Sheffield University and University of Swansea;

**Zimbabwe:** University of Zimbabwe (Harare).

The International Programs pays all tuition and administrative costs for participating California resident students to the same extent that such funds would be expended to support similar costs in California. Participants are responsible for all personal costs, such as transportation, room and board, living expenses, and home campus fees. Participants remain eligible to receive any form of financial aid (except work-study) for which they can individually qualify.

To qualify for admission to the International Programs, students must have upper division or graduate standing at a CSU campus by the time of departure. Students at the sophomore level may, however, participate in the intensive language acquisition programs in France, Germany, and Mexico. California Community Colleges transfer students are eligible to apply directly from their community college if they can

meet this requirement. Students must also possess a current cumulative grade point average of 2.75 or 3.0, depending on the program for which they apply. Some programs also have language study and/or other coursework prerequisites.

Additional information and application materials may be obtained from the CSUS Office of International Programs or by writing to The California State University International Programs, 400 Golden Shore, Suite 122, Long Beach, California 90802-4275.

## INTRAMURAL SPORTS AND RECREATION

The CSUS Intramural Sports and Recreation Program, a division within the Student Activities Office and funded by a student referendum, provides campus recreational opportunities on both a formal, structured basis and on an informal, "free play" basis. Students may participate on men's, women's or co-ed teams, or in individual/dual activities regardless of skill level. Job opportunities are available as sport referees and lifeguards.

Recreational facilities such as the swimming pool, weight rooms, racquetball courts and gyms are made available for student use. Special events such as the Turkey Trot Fun Run, IM Golf Open and the Natural High Faire offer something different. For those interested in pursuing a specific sport/activity at a more intense or even intercollegiate level, Sport or Recreation Clubs are available.

The IM Sports and Recreation Program is located in the Campus Recreation Office on the first floor of the University Union.

### IM Sports

- Basketball
- Flag Football
- Golf
- Indoor Soccer
- Inline Hockey
- Racquetball
- Soccer
- Softball
- Tennis
- Volleyball

## **Sports Clubs**

- Bowling
- Cycling
- Rowing (crew)
- Rugby
- Lacrosse
- Men's Volleyball
- Racquetball
- Ultimate Disc (Frisbee)
- Water Ski

## **Recreation Clubs**

- Adventure Gaming
- Badminton
- Ballroom Dancing
- Chess
- Swim and Diving
- Martial Arts
- Olympic Weight Lifting
- Snow Ski
- Spirit leaders

## **PEAK ADVENTURES**

Peak Adventures is an outdoor education and recreation program which provides individuals and groups an opportunity to participate in all types of outdoor adventure activities such as day hikes, snowboarding, summer youth camp, backpacking, bicycling, rock climbing, skiing and mountain biking. All activities include experienced guides, transportation, group equipment and in some cases food.

Peak Adventures offers outdoor equipment and mountain bike rentals, ski rental and repair, a resource library and a bicycle repair facility. In addition, informative classes in basic and advanced bicycle maintenance, rock climbing, cross country skiing, snow-

boarding, wilderness first aid and map and compass use are available. Also on campus is a team challenge ropes course, which promotes team building and leadership skills.

Programs are open to CSUS students, faculty, staff and alumni, as well as the general public. Peak Adventures also provides books, maps, and the advice of experienced guides to plan an adventure of one's own. Visit Peak Adventures on the first floor of the University Union or call 278-6321.

## **STUDENT ACTIVITIES**

Many experiences outside of the classroom enhance the learning which takes place at the University. The Student Activities Office helps students become involved in a variety of co-curricular and extra-curricular activities through social, recreational, intramural, volunteer and club/organization participation.

Through any combination of activities, students can develop group interaction skills, learn to appreciate and respect diversity, maintain currency within a field of study, understand and accept social responsibility, gain an appreciation of the aesthetic and cultural aspects of life, and participate in wholesome recreational activity. Active participation through campus activities is an excellent way to meet people, develop lifelong

friendships and contacts, and enrich the overall educational experience which makes a large University seem more personal.

Student activities staff can put interested students in contact with any of the more than 250 organizations registered on campus. A new program, the Student Leadership Transcript, provides students with a means of tracking, quantifying, and qualifying out-of-class experiences similar to an academic transcript.

The Student Activities Office, located on the third floor of the University Union, provides a variety of services to clubs and organizations including general advisement, leadership development programs, and access to University resources. The staff also assists organizations in establishing links with the Sacramento community for volunteer service programs.

The free Campus Calendar, published three times a semester, lists a variety of activities offered on campus and is available at many campus locations.

## **UNIVERSITY UNION PROGRAMS**

UNIQUE Programs of the University Union provides an extensive and diverse entertainment and activity program for the University community. Through UNIQUE committees, students make decisions on a wide variety of cultural, educational and entertainment programs brought to CSUS.

The programs and activities include concerts, Coffee House musical series, concerts, weekly "Nooners," lectures, performing arts, the Cultural Affairs series, and such annual traditions as River City Days.

Comprised of several committees, UNIQUE gives students an opportunity to learn program organization, promotion, production planning and other facets of activity programming. Students interested in joining one of these programming committees should visit UNIQUE offices on the third floor of the University Union.

