

### **HPAL 1830: Swimming: Water Safety Instructor**

#### **2 Credit Hours**

*Prerequisite: HPAL 1330 or permission of the instructor*

Fundamental techniques, knowledge and methods appropriate to become certified to teach all levels in the American Red Cross swimming programs.

Notes: In accordance with USG Academic and Student Affairs Handbook 2.4.5, this physical education activity course may not be used in the Core Field of Study in any program of study.

### **HPAL 1850: Advanced Strength and Aerobic Training**

#### **1 Credit Hours**

This course introduces advanced strength and aerobic training for health-related fitness and enhanced sport performance.

Notes: In accordance with USG Academic and Student Affairs Handbook 2.4.5, this physical education activity course may not be used in the Core Field of Study in any program of study.

### **HPAL 1870: Beginning Fencing**

#### **1 Credit Hours**

This course introduces the motor skills, fundamental techniques and knowledge appropriate for the successful participation in the sport of fencing.

Notes: In accordance with USG Academic and Student Affairs Handbook 2.4.5, this physical education activity course may not be used in the Core Field of Study in any program of study.

### **HPAL 2020: Adventure Education and Facilitation**

#### **2 Credit Hours**

*Prerequisite: Declared HPAL major*

This course provides fundamental techniques and knowledge appropriate for successful participation in adventure education and outdoor recreation activities.

Students will learn skills needed to develop and facilitate experiential programs including team-building initiatives, problem-solving activities, and challenge course elements.