

### **HPAL 1195: Intermediate Soccer**

#### ***1 Credit Hours***

This course introduces the motor skills, fundamental techniques, decision-making strategies, and knowledge necessary for successful participation in intermediate soccer.

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 1210: Golf**

#### ***1 Credit Hours***

Motor skill acquisition, fundamental techniques and knowledge appropriate for the successful participation in golf.

Notes: Additional fee required.

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 1220: Beginning Cycling**

#### ***1 Credit Hours***

This course provides an overview of bicycling as a fitness and recreational activity. Basic cycling techniques, safety, training, fitness principles, and equipment maintenance are among the major focal points of the course.

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 1230: Martial Arts**

#### ***1 Credit Hours***

Motor skill acquisition, fundamental techniques and knowledge appropriate for the successful participation in the development of martial arts and self defense skills.

Notes: Additional fee required. 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.