

HPAL 1310: Swimming: Beginning

1 Credit Hours

Motor skill acquisition, fundamental techniques and knowledge appropriate for the successful completion of the American Red Cross Beginning through Intermediate swimming levels. Course is designed for the non-swimmer or individual with limited aquatic experience.

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 1330: Swimming: Intermediate

1 Credit Hours

Prerequisite: HPAL 1310 or permission of the instructor

Motor skill acquisition, fundamental techniques and knowledge appropriate for swimming and water safety. Successful completion of this course corresponds to standards for the American Red Cross Swimmer level.

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 1350: Swimming: Lifeguard Training

1 Credit Hours

Prerequisite: HPAL 1330 or permission of the instructor

Motor skill acquisition, fundamental techniques and knowledge appropriate to become certified in American Red Cross Lifeguard Training.

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 1390: Beginning Tennis

1 Credit Hours

This course is designed to introduce tennis to the student at the beginning level, encompassing basic skills, rules, terminology, basic strategy, and safety through drills and game play.

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.