

HPAL 1235: Intermediate Martial Arts

2 Credit Hours

Prerequisite: HPAL 1230

This course focuses on motor skill development, techniques, and knowledge appropriate for participation in alternate martial art forms.

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 1240: Beginning Mountain Biking

1 Credit Hours

This course provides an overview of mountain biking as a fitness and recreational activity. This course focuses on basic mountain biking techniques, safety, training, fitness principles, and equipment maintenance.

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 1250: Outdoor Recreational Pursuits

1 Credit Hours

Prerequisite: HPAL 1310 or permission of the instructor.

Motor skill acquisition, fundamental techniques and knowledge appropriate for the successful participation and appreciation of outdoor recreation activities. Units represented may include backpacking, camping, orienteering and canoeing.

Weekend trips, off campus field experiences and additional fee required.

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 1260: Beginning Team Handball

1 Credit Hours

This course introduces the motor skills, fundamental techniques and strategic knowledge necessary for successful participation in the sport of team handball.

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.