

HPAL 1450: Scuba Diving

1 Credit Hours

This course is designed to develop fundamental concepts, principles, and techniques of sport SCUBA diving. Course covers selection and maintenance of gear, snorkeling skills, physiology of diving, use of dive tables, diving environment, and an emphasis on safe diving practices. Scuba Diving International (SDI) certification curriculum will be followed but the open water certification is not required to fulfill HPE credit. A required swim test will be administered prior to the end of the drop/add period. This swim test must be passed for the student to continue in the course. Other equipment and physical requirements will be discussed during the first week of classes.

Notes: Additional fee and mask, fins, and snorkel 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 1470: Self Defense

1 Credit Hours

This course develops self defense tactics and the knowledge of personal safety. Topics may include but are not limited to hand and leg strikes, various escapes and releases, safety in the car and home, sexual harassment, date rape, self defense and the law, and sexual abuse of children.

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 1480: Beginning Yoga

1 Credit Hours

This course addresses basic principles, philosophies, and practices of yoga. The class will include basic anatomy principles, terminology, strength, flexibility, and balance activities to develop an individualized yoga program.

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.