

HPAL 1510: Fitness Swimming

1 Credit Hours

Prerequisite: HPAL 1310 or permission of the instructor

This course provides opportunities for students with good swim skills to increase their fitness level via the medium of water. Workouts will be comprised of drills designed to increase stroke efficiency as they improve aerobic capacity, body composition, and muscular endurance. This is a vital opportunity for those students with physical limitations that prohibit typical land based exercise.

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 1520: Beginning Ice Skating

1 Credit Hours

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

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 1525: Intermediate Figure Skating

1 Credit Hours

Prerequisite: HPAL 1520 or instructor approval

This course focuses upon motor skill development, techniques, and knowledge for more advanced level figure skating skills as turns, spins, and jumps

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.