

HPAL 1030: Aerobic Conditioning/Weight Training

1 Credit Hours

Motor skill acquisition, fundamental techniques and knowledge appropriate for the successful participation in a variety of cardiovascular fitness related activities and weight training principles.

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 1055: Archery

1 Credit Hours

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

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 1060: Beginning Badminton

1 Credit Hours

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

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 1075: Beginning Basketball

1 Credit Hours

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

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. In accordance with USG Academic and Student Affairs Handbook 2.4.5, this physical education activity course may not be used in Area F in any program of study.