

HPAL 1530: Water Aerobics

1 Credit Hours

This course is comprised of aerobic exercises and muscular strength/endurance exercises performed in the water. These exercises will focus on increasing mobility, cardiovascular fitness, muscle tone, and improving body composition. This is a vital opportunity for students with physical limitations prohibiting typical land based exercise.

Notes: No aquatic proficiency 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 1540: Indoor Soccer/Futsal

1 Credit Hours

This course introduces the motor skills, fundamental techniques, decision-making strategies, and knowledge necessary for successful participation in indoor soccer and Futsal.

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 1570: Walk/Jog for Fitness

1 Credit Hours

Motor skill acquisition, fundamental techniques, and knowledge appropriate for the successful participation in walking/jogging cardiovascular fitness activities.

Nutritional principles for lifetime health will also be discussed.

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 1590: Beginning Lacrosse

1 Credit Hours

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

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.