

### **HPAL 1485: Intermediate Yoga**

#### ***1 Credit Hours***

*Prerequisite: HPAL 1480 or instructor approval*

This course addresses intermediate and advanced asanas, philosophies, and practices of yoga. The class will also include advanced conditioning movements.

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 1490: Beginning Pilates**

#### ***1 Credit Hours***

This course addresses basic principles, philosophies, and practices of Pilates. The class will include basic anatomy principles, terminology, alignment, strength, and flexibility exercises to develop an individualized Pilates 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.

### **HPAL 1500: Beginning Sand Volleyball**

#### ***1 Credit Hours***

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

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 1505: Intermediate Sand Volleyball**

#### ***1 Credit Hours***

*Prerequisite: HPAL 1500 or permission of instructor*

This course reviews basic motor skills necessary for successful participation in sand volleyball, as well providing a primer for advanced motor skills, tactics, and strategies for students striving to play the sport at a higher or tournament level.

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.