

HPAL 1270: Ultimate Frisbee and Disc Golf

1 Credit Hours

This course introduces the motor skills, fundamental techniques and strategic knowledge necessary for successful participation in popular flying disc sports, including ultimate Frisbee and disc golf.

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 1280: Beginning Rock Climbing

1 Credit Hours

This course introduces the motor skills, fundamental techniques and knowledge appropriate for the successful participation in rock climbing.

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 1285: Intermediate Rock Climbing

1 Credit Hours

Prerequisite: HPAL 1280

This course develops the skills of experienced climbers, fostering their abilities to enter both the competitive indoor and outdoor climbing environments.

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 1290: Stunts & Tumbling/Gymnastics

1 Credit Hours

Motor skill acquisition, fundamental techniques and knowledge appropriate for the successful participation in the development of stunts, tumbling and gymnastic skills.

Notes: Additional fee 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.