HPED - 1031 Volleyball, 1.00 Credit  
Level: Lower  
To develop the skills of passing, serving, spiking, and blocking.

HPED - 1111 Health and Wellness, 1.00 Credit  
Level: Lower  
To provide students with a better understanding of the human body and concepts, attitudes and practices concerning Health and Wellness. This course focuses on all the dimensions of Wellness.

HPED - 1121 Basketball, 1.00 Credit  
Level: Lower  
This course is designed to expose the student to the many basketball skills and types of playing.

HPED - 1131 Indoor Soccer, 1.00 Credit  
Level: Lower  
To develop skills, knowledge, and proper fitness levels pertaining to soccer.

HPED - 1151 Ultimate Frisbee, 1.00 Credit  
Level: Lower  
Ultimate Frisbee is an exciting and rapidly growing sport. Most people can find opportunities to play within their own communities. The purpose of this course is to cover all the rules and regulations of the game Ultimate Frisbee. The students will be given the opportunity to play and develop certain skills of the sport. This sport could be a lifelong activity that promotes a healthier lifestyle by obtaining certain cardiovascular benefits from participating in this sport.

HPED - 1171 Aerobics, 1.00 Credit  
Level: Lower  
Aerobics to music where the student will learn sound lifetime habits of fitness.

HPED - 1221 Power Volleyball, 1.00 Credit  
Level: Lower  
To develop the skills of passing, serving, spiking, and blocking.

HPED - 1603 Prin of Org PE & Athletics, 3.00 Credits  
Level: Lower  
A course to provide each student with a workable frame of reference concerning the principles, organization, and philosophical aspects of physical education and athletics.

HPED - 3003 Coaching Sports, 3.00 Credits  
Level: Lower  
This course is designed to serve as a foundation for future coaching experiences. The primary goal of this course is to enhance students’ knowledge and understanding of coaching concepts and techniques and their application to achieving important objectives in working with athletes. Students will develop an understanding of coaching philosophy and essential techniques including practice planning, program organization, coaching roles and instruction. This course will combine sport science theory and research with the practical knowledge and methods of expert coaches.

HPED - 3061 Physical Fitness, 1.00 Credit  
Level: Lower  
Pass/Fail  
To learn the basic principles of conditioning. The student will be provided an individualized fitness program designed to improve muscular strength and endurance, cardio-vascular wellness, flexibility, and body composition.

HPED - 4103 Personal Health, 3.00 Credits  
Level: Lower  
This course provides students the opportunity to develop sound concepts in health and health-related areas in order to better understand the environment in which they live. Strong emphasis will be placed on current health issues in the area of human sexuality, mental and emotional health, drug and substance abuse, and the development of sound health practices for the individual in today’s society.