

## HHP 135 Basic Instruction Block

3 hours

Majors, Minors & Degrees:

**Majors**

Health and Fitness Studies (B.S.)  
Health and Physical Education (B.S.)  
Physical Education (B.S.)

Departments/Programs:

Health and Human Performance

A course designed to enhance students in skills and teaching techniques used in team, dual, and individual activities. The students will have opportunity for participation and teaching of skills involved in selected activities. This class is designed for students interested in learning a variety of activities.

*Prerequisite(s): HHP major or minor or permission of instructor.*

(Normally offered each spring semester.)