

## HHP 1400 Games And Activities I

2 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

Physical Education teachers must possess the knowledge and skills to effectively teach fundamental motor skills and movement patterns to their students. The purpose of this course is to teach students the basic rules and fundamental skills for common PE games. The following sports will be addressed: baseball/softball, basketball, flag football, hockey, volleyball, and soccer. Additionally, students will be introduced to less common PE games and will have the opportunity to learn how to play them.

Normally offered each fall semester.