

## HHP 1450 Games And Activities II

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 activities that students can play throughout their lives. The following activities will be addressed: racquet sports, tennis, track and field, dance and rhythmic activities, fitness activities and golf. Additionally, students will be introduced to less common PE activities and will have the opportunity to learn how to play them.

Normally offered each spring semester.