

## 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

The purpose of this course is to teach students the fundamental skills and basic rules for games and activities commonly played in physical education classes (baseball, basketball, football, soccer, volleyball). Additionally, students will learn about and participate in a few less-common games and activities that are popular throughout the world.

Normally offered each Fall semester.