GENERAL STUDIES - PHYSICAL EDUCATION (5540)

5540:120 Archery (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:121 Badminton (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:122 Basketball (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:123 Bowling (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:124 Fitness and Wellness (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:125 Golf (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:126 Gymnastics (Apparatus) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:127 Gymnastics (Tumbling) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:130 Handball (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:131 Indoor Soccer (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:132 Karate (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:133 Lifeguard Training (2 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:134 Modern Dance (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:135 Racquetball (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:136 Rugby (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:138 Scuba (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:139 Self Defense (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:140 Skiing (Cross-Country) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:141 Skiing (Downhill) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:142 Soccer (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:143 Social Dance (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:145 Squash Rackets (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:146 Swimming (Beginning) (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:147 Swimming (Intermediate) (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:149 Team Handball (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:150 Tennis (Beginning) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

5540:151 Volleyball (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.
**5540:152 Water Polo (0.5 Credits)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

**5540:153 Water Safety (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

**5540:154 Wrestling (0.5 Credits)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

**5540:155 Basic Kayaking (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life.

**5540:170 Varsity Baseball (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:171 Varsity Basketball (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:172 Varsity Cross Country (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:173 Varsity Football (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:174 Varsity Golf (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:175 Varsity Soccer (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:176 Varsity Softball (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:177 Varsity Swimming (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:178 Varsity Tennis (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:179 Varsity Track (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:180 Varsity Wrestling (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:181 Varsity Volleyball (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:182 Varsity Riflery (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:183 Varsity Cheerleading (1 Credit)**
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each.

**5540:190 Special Topics: General Studies Physical Education (0.5-2 Credits)**
Weight training, self-defense for the blind, water safety instruction, beginning yoga, tai chi, billiards, intermediate and advanced bowling, intermediate and advanced golf, advanced self-defense.

**5540:199 Special Topics: General Studies Physical Education (0.5-2 Credits)**
See department for course description.

**5540:200 Lifeguard Instructor (2 Credits)**
This course is designed to train students to teach the American Red Cross lifeguard training courses.

**5540:201 Water Safety Instructor (2 Credits)**
This course is designed to train students to teach swimming and water safety courses from Pre-K to adult.

**5540:207 Introduction to Rock Climbing (1 Credit)**
This course teaches basic rock-climbing skills. No previous experience in necessary.