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.

5540:126. 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.

5540:127. 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.

5540:128. 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.

5540:129. 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 Rifle. (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.