

# PHE 201: Skills and Techniques of Team Sports, Individual Sports, and Leisure Games

This course is designed to provide students with the knowledge of rules, history, and strategies in the Individual and Team sports and the area leisure games. The following sports and games will be covered: golf, tennis, weight training, bowling, aquatics, basketball, soccer, volleyball, softball, track and field, topple ball, badminton, disc-golf, ultimate Frisbee, and “tail-gaiting” games. Students will learn the proper performance techniques of and develop their performance in these sports and leisure games. Students will also learn how to modify each sport or leisure game to accommodate various levels of skill proficiency for appropriate facilitation.

**Credits:** Credits 3

**Semester Offered:**

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Offered spring semester.