

This course offers instruction, practice and participation in the basic skills, body mechanics and terminology associated with walking. This course is also designed to improve the student's knowledge of healthy living and exercise practices so that they can incorporate what they learn into their lifelong journey of health and wellness.

HPER 103 Archery I

This course offers instruction, practice and participation in the basic skills, body mechanics and terminology associated with archery.

HPER 199 Archery II

This course offers instruction, practice and participation in the basic skills, body mechanics and terminology associated with archery.

The following individuals are liaisons for this discipline. Those marked with an asterisk (*) are chairs.

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