



**Team Sports I \*532\*      \*\$45\*      Phase 2      SUS/GSV      1503350      [Semester]**

This is a survey course whose purpose is to acquire knowledge of team sports play, develop skills in selected team sports, and maintain and improve health-related fitness. The course includes safety practices, strategies, rules, etc. This course meets the other .5 credit of the 1 credit graduation requirement for Physical Education. A fee will be assessed for gym uniforms as needed.

**Prerequisite:** junior or senior standing

**Beginning Aerobics \*543\*      \*\$45\*      Phase 2      SUS/GSV      1501330      [Semester]**

The purpose of this course is to develop an individual level of health-related fitness, acquire knowledge of fitness concepts, and recognize the significance of health-related fitness on one's health. This course meets the other .5 credit of the 1 credit graduation requirement for Physical Education. A fee will be assessed for gym uniforms. **Prerequisite:** Junior or senior standing

**Go Sabres!**

