

PED 126: Recreational Games

This course is designed to give an overview of a variety of recreational games and activities. Emphasis is placed on the skills and rules necessary to participate in a variety of lifetime recreational games. Upon completion, students should be able to demonstrate an awareness of the importance of participating in lifetime recreational activities. As needed.

Credits: 1

Transfer Code: Code C

Lab Hours: 2

Lecture Hours: 0

Program: Physical Education