

# PHYSICAL EDUCATION/ SPORTS (PESP)

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**PESP 160, TEAM AND INDIVIDUAL SPORTS 1 (2)**

This course is designed to provide instruction and practice of fundamental skills of various team and individual sports, emphasizing rules, safety and skills application. Sports covered will include (but not be limited to) tennis, flag football, bowling and golf. Students will actively participate in sports activities.

**General Education:** GE02, GE05, GE06

**Typically Offered:** Fall and Spring Semesters