

ECU COURSE CATALOG

2025-2026 HEALTH & PHYSICAL EDUCATION COURSES

HPER-E1611 Theo&tech Dance I-Md Dn II 1 Credit
A STUDY OF THE BASIC DANCE STEPS, MOVEMENTS, AND TECHNIQUES USED IN THIS AREA OF DANCE. TYPE OF DANCE WILL BE LISTED IN SCHEDULE.

HPER-F1611 Theo&tech Dance I-Folk Dnc 1 Credit
A STUDY OF BEGINNING THEORIES AND TECHNIQUES IN DANCE, WHICH PROMOTE THE DEVELOPMENT OF SPECIFIC MOVEMENT QUALITIES AND PERFORMANCE SKILLS.

HPER-F2512 Fund Spts-Football 2 Credits
INSTRUCTION AND PRACTICE IN FUNDAMENTAL SKILLS. MAY BE REPEATED- WILL COUNT ONLY ONCE IN ANY ONE SPORT ON MAJOR OR MINOR.

HPER-F3113 Offic Spts-Football 3 Credits
A STUDY OF THE RULES AND THE MECHANICS OF OFFICIATING EACH SPORT.

HPER-F4543 Adv Theo Coach-Football 3 Credits
AN INTENSIVE STUDY OF MODERN TECHNIQUES OF COACHING.

HPER-H1611 Theo&tech Dance I-Jazz II 1 Credit
A STUDY OF BEGINNING THEORIES AND TECHNIQUES IN DANCE, WHICH PROMOTE THE DEVELOPMENT OF SPECIFIC MOVEMENT QUALITIES AND PERFORMANCE SKILLS.

HPER-J1611 Theo&tech Dance I-Tap&jazz 1 Credit
A STUDY OF BEGINNING THEORIES AND TECHNIQUES IN DANCE, WHICH PROMOTE THE DEVELOPMENT OF SPECIFIC MOVEMENT QUALITIES AND PERFORMANCE SKILLS.

HPER-K1611 Theo&tech Dance I-Ballet I 1 Credit
A STUDY OF BEGINNING THEORIES AND TECHNIQUES IN DANCE, WHICH PROMOTE THE DEVELOPMENT OF SPECIFIC MOVEMENT QUALITIES AND PERFORMANCE SKILLS.

HPER-K3113 Offic Spts-Basketball 3 Credits
A STUDY OF THE RULES AND THE MECHANICS OF OFFICIATING EACH SPORT.

HPER-K4543 Adv Theo Coach-Basketball 3 Credits
AN INTENSIVE STUDY OF MODERN TECHNIQUES OF COACHING.

HPER-L1611 Theo&tech Dance I-Ballet 1 Credit
A STUDY OF BEGINNING THEORIES AND TECHNIQUES IN DANCE, WHICH PROMOTE THE DEVELOPMENT OF SPECIFIC MOVEMENT QUALITIES AND PERFORMANCE SKILLS.

HPER-M1611 Theo&tech Dance I-Md Dnc I 1 Credit
A STUDY OF BEGINNING THEORIES AND TECHNIQUES IN DANCE, WHICH PROMOTE THE DEVELOPMENT OF SPECIFIC MOVEMENT QUALITIES AND PERFORMANCE SKILLS.

HPER-N1002 P E Activ-Aerobic Swimming 2 Credits
ACTIVITIES FOR GENERAL PHYSICAL IMPROVEMENT. TYPE OF ACTIVITY WILL BE IDENTIFIED IN COURSE LISTING.

HPER-N1611 Theo&tech Dnc I-Ballet II 1 Credit
A STUDY OF BEGINNING THEORIES AND TECHNIQUES IN DANCE, WHICH PROMOTE THE DEVELOPMENT OF SPECIFIC MOVEMENT QUALITIES AND PERFORMANCE SKILLS.

HPER-P1611 Theo&tech Dance I-Sq Dnc 1 Credit
A STUDY OF BEGINNING THEORIES AND TECHNIQUES IN DANCE, WHICH PROMOTE THE DEVELOPMENT OF SPECIFIC MOVEMENT QUALITIES AND PERFORMANCE SKILLS.

HPER-R2512 Fund Spts-Wrestling 2 Credits
INSTRUCTION AND PRACTICE IN FUNDAMENTAL SKILLS. MAY BE REPEATED- WILL COUNT ONLY ONCE IN ANY ONE SPORT ON MAJOR OR MINOR.

HPER-T1611 Theo&tech Dance I-Tap I 1 Credit
A STUDY OF BEGINNING THEORIES AND TECHNIQUES IN DANCE, WHICH PROMOTE THE DEVELOPMENT OF SPECIFIC MOVEMENT QUALITIES AND PERFORMANCE SKILLS.

HPER-W2512 Fund Spts-Wght Trng & Cond 2 Credits
INSTRUCTION AND PRACTICE IN FUNDAMENTAL SKILLS. MAY BE REPEATED- WILL COUNT ONLY ONCE IN ANY ONE SPORT ON MAJOR OR MINOR.