Health Exercise Studies
Team (HEST)

HEST 216  Soccer  (1 credit hours)
Soccer with emphasis on skills development, playing strategies, and rules
of the game.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HEST 261  Basketball  (1 credit hours)
Offensive and defensive skills development and systems of team work.
Coverage of strategies, history and rules of the sport.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HEST 265  Slow Pitch Softball  (1 credit hours)
Develop basic skills, rules and strategies for playing slow pitch softball.
This course provides an ideal setting for beginning through intermediate
players to acquire or enhance skill sets and obtain knowledge to
participate recreationally in a slow pitch softball game or league.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HEST 266  Ultimate Frisbee  (1 credit hours)
Emphasis on skill development, aerobic fitness and spirit of competition.
Includes flight dynamics, various throwing and catching techniques,
offensive skills, defensive skills, equipment, strategies, and rules of the
game.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HEST 267  Flag Football  (1 credit hours)
An introduction to the skills, history, rules and strategy of flag football.

GEP Health and Exercise Studies
Typically offered in Fall only

HEST 269  Volleyball I  (1 credit hours)
This course is designed to teach and apply the basic volleyball
fundamentals of setting, passing, serving, spiking, court movement, and
game strategy.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HEST 270  Volleyball II  (1 credit hours)
This course is designed to go beyond the basic volleyball skills. Emphasis
will be placed on floater, top spin, and jump serves, forearm passing,
setting, back setting, strong side and weak side attacking, blocking and
advance serve reception techniques.

Prerequisite: HEST 269
GEP Health and Exercise Studies
Typically offered in Fall and Spring