

Health & Physical Education (HPE), Kinesiology (KIN), and Music (MU) Electives

HPE, KIN, and MU classes are not required.

Up to 4 credits of activity courses (HPE 100 level) courses can count as electives.

An unlimited number of non-activity (KIN, MU) courses can count as elective courses.

2 Credit Non-Activity Courses

KIN 215-First Responder & Prof CPR

KIN 240-Health & Wellness Concepts

1-Credit Music Courses

MU 120-Beginning Voice

MU 130-Piano

MU 140-Beginning Guitar

MU 389-UAH Jazz Ensemble*

MU 390-UAH Concert Choir*

MU 391-UAH Chamber Choir*

MU 396-Chamber Ensembles*^

MU 397-University Band*

MU 398-Orchestra*

MU 399-UAH Wind Ensemble*

*For experienced music students; tryouts for ensembles may be required. Before registering, contact Cil Spina in the music department:

cil.spina@uah.edu 256-834-6436

^options include guitar, brass, woodwind, piano, sinfonietta, flutes, percussion, and steel drum

1 Credit Activity Courses

HPE 110-Walk/Jog/Run

HPE 120-Swimming

HPE 127-Ladies Self-Defense

HPE 136-Yoga

HPE 153-Tennis

HPE 169-Basketball

HPE 170-Volleyball

2 Credit Activity Courses

HPE 100-Aerobics

HPE 109-Speed & Plyometric Training

HPE 111-Butts & Guts

HPE 113-Body Sculpting

HPE 117-Weight Training; one class for women only

HPE 129-Kung Fu

HPE 130-Karate

HPE 134-T'ai Chi

HPE 137-Judo/Jujitsu

HPE 140-Ballroom Dance

HPE 150-Racquetball

HPE 167-Rock Climbing