

ES-131 : Lacrosse

Women's Lacrosse is a non-contact field sport which uses sticks to carry and propel the ball. This course, intended for beginners, will introduce students to: 1) basic skills such as cradling, throwing and catching; 2) basic strategy; 3) game rules; and 4) the history, culture and development of the sport. This course is open to both men and women. All necessary playing and safety equipment will be provided. FILA general education: ES activity.

Credits 1

Term Offered

Fall Only

Session Cycle

F