**HEALTH, PE, AND RECREATION (HPER)**

**HPER 102 SHOOTING ACTIVITIES**
3 Credits
The Shooting Activities course will expose students to the necessary rules and participation skills for a variety of shooting activities, which will allow for positive lifestyle changes through the involvement in lifelong activities. Shooting activities may include but not be limited to archery, trap, rifle, paintball, skeet, etc.

**HPER 105 ADULT COMMUNITY RECREATION**
1 Credit
Basic recreational activity designed for the adult learner. Emphasis will be placed on flexibility, strength, and cardiovascular maintenance.

**HPER 107 INDIVIDUAL SPORT ACTIVITIES**
3 Credits
The Individual Sport Activities course will expose students to the necessary playing rules and participation skills for a variety of individual sports, which will allow for positive lifestyle changes through the involvement in lifelong activities. Individual Sport Activities may include but not be limited to bowling, golf, tennis, racquetball, frisbee golf, etc.

**HPER 108 FITNESS ACTIVITIES**
3 Credits
The Fitness Activities course will expose students to the necessary rules and skills for a variety of lifetime fitness activities, which will allow for positive lifestyle changes through the involvement in lifelong activities. Fitness Activities may include but not be limited to aerobics, weight training, physical fitness, fitness testing, pilates, etc.

**HPER 111 SOCIAL DANCE ACTIVITIES**
3 Credits
The Social Dance course will expose students to the history of dance, various styles of dance, and the acquisition of a variety of developmental dance steps to successfully participate in a social dance setting. This will allow for positive lifestyle changes through the involvement in lifelong activities. Social Dance may include but not be limited to a wide variety of cultural dances such as: Folk Dance, Latin Dance, Round and Square Dance, Ballroom Dance, and Country Western Swing/Line Dance.

**HPER 120 OUTDOOR ACTIVITIES**
3 Credits
The Outdoor Activities course will expose students to the necessary rules and participation skills for a variety of outdoor adventure activities, which will allow for positive lifestyle changes through the involvement in lifelong activities. Outdoor Adventure Activities may include but not be limited to canoeing, fishing, hiking, mountain biking, cross country skiing, etc.

**HPER 122 FOUNDATIONS OF HEALTH AND PHYSICAL EDUCATION**
2 Credits
Overview of latest thinking and research that form the foundations of Health and Physical Education and exploration of career preparation and opportunities in the field.

**HPER 134 INTRODUCTION TO ATHLETIC TRAINING**
1 Credit
Prevention and basic first aid skills necessary to manage common injuries associated with sports, as well as provide techniques in emergency life support.

**Notes:** This course will not fulfill any requirements for departmental endorsements.

**HPER 200 INDEPENDENT STUDY OR RESEARCH**
1-4 Credits
Designed to permit students to participate in more individual investigations and individualized courses of study.

**Add Consent:** Instructor Consent

**Requirements:** Permission of Academic Dean and Department Chair.

**HPER 207 TEAM SPORTS ACTIVITIES**
3 Credits
The Team Sports Activities course will expose students to the necessary playing rules and participation skills for a variety of team sports, which will allow for positive lifestyle changes through involvement in the provided lifelong activities.

**Essential Studies:** SLO #11

**HPER 209 ADVANCED FITNESS ACTIVITIES**
3 Credits
The Advanced Fitness Activities course will expose students to the necessary rules and skills for a variety of lifetime fitness activities, which will allow for positive lifestyle changes through the involvement in lifelong activities. Advanced Fitness Activities may include but not be limited to advanced strength training, powerlifting, Ironman training, triathlon training, etc.

**HPER 220 THEORY AND PSYCHOLOGY OF COACHING**
3 Credits
Principles necessary to become a successful coach which will include philosophical, sociological and psychological aspects. Coaching theories, seasonal planning, practice planning, training methods, communication, and other common coaching issues will be discussed.

**HPER 221 RECREATION PROGRAMMING**
3 Credits
History and objectives of special camps and the responsibilities of the camp counselor. The planning and administration of camp activities to include diverse populations. This course is designed to help students understand ways to ensure recreation leisure activities are accessible to all members in the community they serve.

**HPER 232 ANATOMICAL AND PHYSIOLOGICAL KINESIOLOGY**
3 Credits
Detailed work on the skeletal muscular system with direct application to movement, stretching and strengthening of the skeletal muscles. Study of the nervous, skeletal, muscular, circulatory, and respiratory systems of the body as it applies to, and is affected by exercise.

**HPER 233 PERSONAL HEALTH/WELLNESS**
3 Credits
Knowledge and practice in making decisions which effect the quality of life. Developing positive attitudes toward emotional and physical fitness. An emphasis on personal health assessment, awareness and individual program planning.

**HPER 234 INTRODUCTION TO SPORT AND RECREATION MANAGEMENT**
3 Credits
Basic concepts and philosophies of recreation and leisure, to explore the employment opportunities in the field of recreation, and to gain practical experience in designing, organizing, and conducting a variety of recreational activities.

**HPER 236 HEALTH TOPICS**
3 Credits
Designed to provide the Health Educator with an in-depth knowledge base in current health problems in contemporary society.

**HPER 321 COACHING TECHNIQUES:FOOTBALL**
2 Credits
Fundamentals and coaching techniques in football.

**Prerequisites:** HPER 220 and Sophomore or above status

**HPER 322 COACHING TECHNIQUES:BASKETBALL**
2 Credits
Fundamentals and coaching techniques in basketball.

**Prerequisites:** HPER 220 and Sophomore or above status

Health, PE, and Recreation (HPER)
HPER 323 COACHING TECHNIQUES: VOLLEYBALL 2 Credits
Fundamentals and coaching techniques in volleyball.
Prerequisites: HPER 220 and Sophomore or above status

HPER 325 TEACHING INDIVIDUAL/DUAL SPORTS 3 Credits
Techniques of teaching and coaching the individual and dual sports which may be taught to the recreation or public school student
Prerequisites: Sophomore or above status

HPER 327 BIOMECHANICAL KINESIOLOGY 2 Credits
The application of mechanical principles to human movement.

HPER 327L BIOMECHANICAL KINESIOLOGY LABORATORY 1 Credit
Lab experience.

HPER 329 HISTORY OF PHYSICAL EDUCATION 2 Credits
Introduction to the historical development of physical education from ancient to modern times.

HPER 332 SAFETY AND FIRST AID 2 Credits
Safety in and around the school and home. Includes American National Red Cross First Aid and Cardiopulmonary Resuscitation certification.
Prerequisites: Junior or above status

HPER 333 LEADERSHIP IN RECREATION 3 Credits
Considers problems in community recreation pertaining to leadership styles, leadership roles in the areas of facilities, programs, activities, methods of organization and administration.
Prerequisites: HPER 234 and Sophomore or above status

HPER 335 ADMINISTRATION OF SPORT AND RECREATION 3 Credits
A study of administrative practices and their application to the field of athletics.
Prerequisites: Sophomore or above status

HPER 336 FITNESS EVALUATION AND EXERCISE PRESCRIPTION 3 Credits
Integrate the principles and theories of exercise physiology, kinesiology, nutrition, psychology, and measurement with application to physical fitness testing and individualized exercise program design.
Prerequisites: HPER 232 and Sophomore or above status

HPER 337 RECREATION FOR DIVERSE POPULATIONS 3 Credits
This course will expose students to a comprehensive review of inclusion, its history, theories and concepts, what constitutes inclusive facilities and programs and application of inclusion best practices in recreation activity areas.
Prerequisites: Sophomore or above status

HPER 339 THEORY OF PHYSICAL EDUCATION K-83 Credits
Accepted theories and philosophies of kindergarten through eighth grade physical education. Special emphasis is given to theories of individual and team sports, the curriculum, the role of the teacher, and the needs of students in the Physical Education setting K-8.
Prerequisites: Sophomore or above status

HPER 400 INDEPENDENT STUDY OR RESEARCH 1-4 Credits
Designed to permit students to participate in more individual investigations and individualized courses of study.
Add Consent: Instructor Consent
Requirements: Permission of Academic Dean and Department Chair required.

HPER 422 INTRODUCTION TO ADAPTED PHYSICAL EDUCATION 3 Credits
An overview of Adapted Physical Education. Designed to introduce students to the requirements of special needs in Physical Education as required in IDEA Amendments of 1997. Emphasis on all types of movement experiences for special populations.
Prerequisites: Junior or above status

HPER 423 COACHING TECHNIQUES: WRESTLING 2 Credits
Fundamentals and coaching techniques in wrestling.
Prerequisites: HPER 220 and Junior or above status

HPER 424 COACHING TECHNIQUES: TRACK 2 Credits
Fundamentals and coaching techniques in track.
Prerequisites: HPER 220 and Junior or above status

HPER 425 COACH TECHNIQUES: GOLF AND TENNIS 2 Credits
Fundamentals and coaching techniques in golf and tennis.

HPER 426 COACHING TECHNIQUES: BASEBALL/SOFTBALL 2 Credits
Fundamentals and coaching techniques in baseball and softball.
Prerequisites: HPER 220 and Junior or above status

HPER 427 RHYTHMIC MOVEMENT 2 Credits
Review of rhythmic activities and the methods of teaching rhythmic movements to the elementary and secondary school student. Students will learn to perform a variety of rhythmic activities and the methods of teaching educational dance.
Prerequisites: Junior or above status

HPER 428 CURRICULUM IN HEALTH 3 Credits
A foundation in school health education, including health services, healthful school living, and health instruction. To develop skills in organizing and presenting comprehensive and sequential health curriculum of standard and controversial topics.
Prerequisites: Junior or above status

HPER 429 MOTOR MOVEMENT 3 Credits
The exploration and explanation of materials, methods, and mechanisms that underlie the learning and performance of motor skills and practical experience in designing and implementing physical education activities, which develop fundamental and sport-related movement skills.
Prerequisites: Junior or above status

HPER 430 SEMINAR IN HPER 3 Credits
Investigation of special topics in health, physical education or recreation through group study. Attempts will be made to meet the needs of groups of students.
Prerequisites: Junior or above status
Notes: The seminar may be repeated.

HPER 431 COMMUNITY AND ENVIRONMENTAL HEALTH 3 Credits
Survey of community and public health, including the basics of health organizations, environmental health problems, and dilemma of health care delivery, selected diseases, and innovations in community health.
Prerequisites: HPER 236 and Junior or above status

HPER 432 TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION 3 Credits
The history of measurements in physical education, the selection and administration of appropriate tests, and the integration of their results by statistical procedures.
Prerequisites: Junior or above status

HPER 433 ADVANCED ATHLETIC TRAINING 3 Credits
Designed for students who want to pursue a career in athletic training; required for NATA certification.
Prerequisites: HPER 134 and Junior or above status

HPER 435 CURRICULUM PLANNING IN PHYSICAL EDUCATION 3 Credits
A study and evaluation of present day trends in physical education. A discussion of principles and procedures for curriculum construction and criteria for the selection of activities and judging outcomes.
Prerequisites: Junior or above status
HPER 436 ADVENTURE BASED LEARNING 3 Credits
To acquaint prospective teachers and recreationists with the concepts of outdoor education. To provide a variety of experiential learning opportunities that enable students to develop knowledge and skills from direct experiences outside the traditional classroom. To better understand the use of personal leisure time in the out-of-doors.
Prerequisites: Junior or above status

HPER 437 LEGAL ASPECTS OF SPORTS AND RECREATION 3 Credits
Study of the law and implications relative to physical education and sport. Emphasis on safety procedures, preventive measures, and legal responsibilities of the coach/administrator.
Prerequisites: Junior or above status

HPER 439 BIOMECHANICS OF SPORTS 2 Credits
Improve ability to teach physical education and to coach athletic teams by learning to analyze a variety of sports activities in terms of fundamental principles of mechanics.
Prerequisites: HPER 232 and Junior or above status
Co-requisites: HPER 439L

HPER 439L BIOMECHANICS OF SPORTS LABORATORY 1 Credit
Lab experience in Biomechanics of Sports.
Prerequisites: Junior or above status

HPER 440 PREVENTION AND CARE/ATHLETIC INJURIES 3 Credits
Knowledge and practice in the care of athletic injuries and physical conditioning.
Prerequisites: Junior or above status

HPER 441 COORDINATED SCHOOL HEALTH PROGRAM 3 Credits
Building on the foundation in school health education, this course will provide the knowledge and skills needed to investigate, define, design, implement and evaluate comprehensive coordinated school health programs. Focus on the health and physical activity components of the Coordinated School Health Program (CSHP) model.
Prerequisites: HPER 236 and Junior or above status

HPER 442 AQUATICS AND WATER SAFETY 3 Credits
The Aquatic and Water Safety Activities course will expose students to the necessary safety rules and participation skills for a variety of aquatic activities, which will allow for positive lifestyle changes through the involvement in lifelong activities. Aquatic and water safety activities may include but not be limited to a variety of swimming techniques, lifeguard training, and water safety instruction.
Prerequisites: Junior or above status

HPER 449 EVENT AND FACILITY MANAGEMENT 3 Credits
Explorations into the proper steps necessary to successfully plan and implement events associated with recreation and sport. Evaluation of the procedures utilized in the effective management of recreation and sport facilities.
Prerequisites: Junior or above status

HPER 454 PRINCIPLES OF PERSONAL TRAINING 3 Credits
To provide students with specific, real-world information about the knowledge, skills, and expectations associated with a competent personal trainer or fitness professional. Additionally, this course is designed to prepare students for the nationally accredited National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT) certification exam.
Prerequisites: HPER 336 and Senior status

HPER 490 INTERNSHIP IN SPORT AND RECREATION MANAGEMENT 1-12 Credits
Provides practical experience in physical education, recreation, coaching or athletic training. Interested students should contact the Internship and Career Services office to secure application materials; application should be made prior to the semester the internship will be started; the amount of credit will be based on the availability of a suitable work position, the qualifications of the applicant, and the work hours.

HPER 494 TECHNIQUES OF COACHING I 3 Credits
Fundamentals and techniques of coaching football, wrestling, track and field.
Prerequisites: HPER 220 and Junior or above status

HPER 495 TECHNIQUES OF COACHING II 3 Credits
Fundamentals and techniques of coaching volleyball, basketball, and baseball/softball.
Prerequisites: HPER 220 and Junior or above status