

HEALTH, PHYSICAL EDUCATION, AND RECREATION

Mission

The HPER program mission is to prepare highly skilled educators/leaders dedicated to fostering lifelong health and wellness in all learners. The HPER program offers comprehensive programs in Health and Physical Education Teacher Education and Sport, Fitness, and Recreation Management, blending theoretical foundations with practical competencies. The program will develop the philosophies, knowledge, and skills necessary to advance professionals who will make lasting impacts on the High Plains region and beyond.

Student Learning Outcomes - Sport, Fitness, and Recreation Management

- Students will participate in scholarly activities and services that promote student development by encouraging professional involvement, community service, certification, and lifelong learning.
- Students will develop an understanding of and be able to develop effective leadership styles to successfully enter management positions in the field of sports, fitness, and recreation.
- Students will demonstrate competency in skills needed to design, implement, and administer a variety of programs and activities in the field of Exercise and Fitness, Sports, Community and Adventure Recreation, Recreation, and Leisure Services.
- Students will develop an understanding of and be able to contribute to the enhancement in the overall quality of life for participants in the field of sports, fitness, and recreation.
- Students will design and outline outcomes for the development of a recreation program for their specific field.
- Students will gain a basic understanding and knowledge regarding key management functions to include but not limited to legal liability to protect participant safety and fiscal management to ensure program viability.

Student Learning Outcomes - Health Education

Mastery of Health Behavior Theories

- Students will understand major health behavior theories and apply them in health promotion strategies.

Utilization of Health-Related Data

- Students will acquire skills to collect, analyze, and interpret health-related data and apply information to evidence and skills-based curriculum and lessons.

Competency in Conducting Health Assessment

- Students will research and conduct appropriate health assessment, aligning with the WSCC model, to meet the needs of individuals, program, and community.

Effective Communication, Advocacy, and Professional Growth

- Students will demonstrate effective communication skills to engage stakeholders, advocate for health education initiatives, while

actively seeking opportunities to enhance knowledge, skills, and competencies as a health educator.

Student Learning Outcomes - Physical Education

Proficiency in Core Concepts of Physical Education

- Students will exhibit competency in fundamental concepts of physical education, applying them effectively in reflective teaching practices.

Application of Instruction Strategies

- Students will apply effective instructional strategies and technology to design and implement developmentally appropriate physical education programs and lessons.

Management of Learning Environment

- Students will develop skills in creating safe, inclusive, and developmentally appropriate learning environments for physical activity.

Collaboration and Communication

- Students will collaborate effectively with and advocate for stakeholders to support student well-being in physical education, while actively seeking opportunities to enhance knowledge, skills, and competencies as a physical educator.
- Bachelor of Arts – Sport, Fitness and Recreation Management (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/ba-sports-recreation-management/>)
- Bachelor of Science - Education - Field Endorsement in Health and Physical Education (Grades PK-12) (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/bs-education-field-endorsement-health-physical-education-pk-12/>)
- Bachelor of Science - Education - Subject Endorsement in Physical Education (Grades PK-6) (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/bs-education-subject-endorsement-physical-education-pk-6/>)
- Bachelor of Science - Education - Subject Endorsement in Physical Education (Grades 7-12) (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/bs-education-subject-endorsement-physical-education-7-12/>)
- Bachelor of Science - Education - Subject Endorsement in Health Education (Grades 7-12) (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/bs-education-subject-endorsement-health-education-7-12/>)
- Bachelor of Science - Education - Middle Level Education Academic Area in Health and Physical Education (Grades 5-9) (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/bs-education-middle-level-education-academic-area-health-physical-education-grades-5-9/>)
- Supplemental Endorsement in Coaching (Grades 7-12) (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/supplemental-endorsement-in-coaching-7-12/>)
- Coaching (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/sports-leadership-minor/>)

- Community and Adventure Recreation (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/community-adventure-recreation-minor/>)
- Fitness and Wellness (<http://catalog.csc.edu/undergraduate/programs/health-physical-education-recreation/exercise-science-minor/>)

HPER 102 SHOOTING ACTIVITIES3 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, riflery, paintball, skeet, etc.

HPER 105 ADULT COMMUNITY RECREATION1 Credit

Basic recreational activity designed for the adult learner. Emphasis will be placed on flexibility, strength, and cardiovascular maintenance.

HPER 107 INDIVIDUAL SPORT ACTIVITIES3 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 ACTIVITIES3 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 ACTIVITIES3 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 ACTIVITIES3 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 EDUCATION1 Credit

Overview of latest thinking and research that form the foundations of Health and Physical Education and exploration of career preparation and opportunities in the teaching field.

HPER 134 INTRODUCTION TO ATHLETIC TRAINING3 Credits

Prevention and basic first aid skills necessary to manage common injuries associated with sports, as well as provide techniques in emergency life support.

HPER 200 INDEPENDENT STUDY OR RESEARCH1-4 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 204 TRAINING METHODS3 Credits

Exploring the techniques involved in properly performing and instructing training methods in the field of strength and conditioning. Training methods will include resistance training, plyometrics, speed and agility training, flexibility, and proper warm-up and cool down techniques.

HPER 207 TEAM SPORTS ACTIVITIES3 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.

HPER 220 THEORY AND PSYCHOLOGY OF COACHING3 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 PROGRAMMING3 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 APPLIED EXERCISE PHYSIOLOGY3 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/ WELLNESS3 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 MANAGEMENT3 Credits

Discusses basic concepts and philosophies of recreation, leisure, and sport. Explores student success strategies and employment opportunities in the field of recreation. Provides practical experience in designing, organizing, and conducting a variety of recreational activities.

HPER 236 HEALTH TOPICS FOR TEACHERS3 Credits

Designed to provide the Health Educator with an in-depth knowledge base in current health topics.

HPER 237 ETHICAL ISSUES IN SPORT3 Credits

Review and study the ethical issues present in youth, college, and professional sport. Students will identify and discuss common ethical dilemmas faced by sport practitioners, and develop ethical decision making and moral reasoning. The positive values promoted within sport will be examined along with mindsets that can diminish these values.

HPER 325 TEACHING INDIVIDUAL/DUAL SPORTS3 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 329 HISTORY OF PHYSICAL EDUCATION2 Credits

Introduction to the historical development of physical education from ancient to modern times.

HPER 332 SAFETY AND FIRST AID2 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 RECREATION3 Credits

Investigation of leadership styles, sources of leader power, and various influence tactics. Emphasis will be placed on the leadership process and the relationships between the leader, follower, and the situation in various sport settings.

Prerequisites: Sophomore or above status

HPER 335 ADMINISTRATION OF SPORT AND RECREATION3 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 PRESCRIPTION3 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 POPULATIONS3 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 HEALTH AND PHYSICAL EDUCATION K-83 Credits

Accepted theories and philosophies of health and physical education. Special emphasis is given to theories and models in both health and physical education curriculum and topics, the role of the teacher, and the needs of students in the K-8 Health and Physical Education setting.

Prerequisites: Sophomore or above status

HPER 340 PRACTICUM IN STRENGTH AND CONDITIONING3 Credits

Practicum in Strength and Conditioning will provide students with field experience within the Chadron State College Strength and Conditioning program. The field experience will be combined with classroom discussions dealing with research and practices relevant to the strength and conditioning professional.

Prerequisites: HPER 204, 232, and Junior or above status

HPER 342 GROUP FITNESS INSTRUCTION3 Credits

This course is designed to provide theoretical knowledge and practical skills in preparation for the American Council on Exercise (ACE) national certification exam in group fitness instruction. Topics include guidelines for instruction, essentials of instructor-participant relationship, principles of motivation, effective communication techniques, methods for enhancing group leadership, and the group fitness instructor's professional role.

Prerequisites: Sophomore or above status

HPER 343 DIVERSITY AND INCLUSION IN SPORT3 Credits

Examines the role of cultural diversity in a successful athletic program. Topics include ethnicity and race, gender, exceptionalities, religion, sexual orientation and gender identification as they relate to sport and athletic administration. Students will develop an understanding of successful inclusion strategies for sport organizations.

Prerequisites: Sophomore or above status

HPER 400 INDEPENDENT STUDY OR RESEARCH1-4 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 EDUCATION3 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 427 RHYTHMIC MOVEMENT3 Credits

Review of rhythmic activities and the methods of teaching rhythmic movements to elementary and secondary school student. Students will learn to perform a variety of rhythmic and creative movement activities and the methods used in teaching educational dance. The students will learn fundamental and intermediate skills in gymnastics. Emphasis is placed on teaching gymnastic skills and learning proper spotting techniques.

Prerequisites: Junior or above status

HPER 428 CURRICULUM IN HEALTH3 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 MOVEMENT3 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 HPER3 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 PUBLIC HEALTH3 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 EDUCATION3 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 TRAINING3 Credits

Designed for students who want to pursue a career in athletic training.

Prerequisites: HPER 134 and Junior or above status

HPER 435 CURRICULUM AND ASSESSMENT IN PHYSICAL EDUCATION3 Credits

A study and evaluation of present day trends and assessment in physical education. A discussion of principles and procedures for curriculum construction and criteria for the selection of activities and judging outcomes. Students will align standards, outcomes, and programs with appropriate assessments.

Prerequisites: Junior or above status

HPER 436 ADVENTURE BASED LEARNING³ 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 RECREATION³ 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 SPORTS³ 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

HPER 440 PREVENTION AND CARE/ATHLETIC INJURIES³ Credits

Knowledge and practice in the care of athletic injuries and physical conditioning.

Prerequisites: Junior or above status

HPER 441 SCHOOL HEALTH PROGRAMS³ 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: Junior or above status

HPER 442 AQUATICS AND WATER SAFETY³ 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 443 CURRICULUM AND ASSESSMENT IN HEALTH EDUCATION³ 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. Students will align standards, outcomes and programs with appropriate assessments.

Prerequisites: Junior or above status

HPER 449 EVENT AND FACILITY MANAGEMENT³ 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 453 SPORTS OFFICIATING³ Credits

Qualifications, philosophies, principles, and techniques governing the art of officiating sports.

Prerequisites: HPER 220 and Junior or above status

HPER 454 PRINCIPLES OF PERSONAL TRAINING³ 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: Junior or above status

HPER 455 HEALTH EDUCATION METHODS³ Credits

A course including instruction, managerial and curricular pedagogy unique to health education.

Prerequisites: Junior or above status

HPER 456 ESSENTIALS OF STRENGTH AND CONDITIONING³ Credits

Essentials of Strength and Conditioning will provide the students with an overview of strength and conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam.

Prerequisites: HPER 232 and Junior or above status

HPER 457 RESEARCH METHODS AND EVIDENCE BASED PRACTICE² Credits

This course is an introduction to present-day methods and techniques of research, data-analytics, and evidence-based practice, applicable to the fields of health, physical education, recreation, therapeutic recreation, nutrition, athletic training, and exercise physiology. The course will also cover foundations of data analysis covering descriptive and inferential statistics and how to use these to improve practice, research and appropriately assess findings.

Prerequisites: Junior or above status

HPER 490 INTERNSHIP IN SPORT AND RECREATION MANAGEMENT¹⁻¹² Credits

Provides practical experience in physical education, recreation, coaching or athletic training. Interested student

Prerequisites: HPER 234, 332, 333, 335, 437, 440, and Junior or above status

Add Consent: Department Consent

Notes: 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 491 INTERNSHIP IN ATHLETIC ADMINISTRATION¹⁻⁶ Credits

Internship provides practical experience in the athletic administration profession. This course integrates related, supervised practical experience with academic studies and provides students with opportunities that will enhance their professional, educational, and personal development.

Prerequisites: HPER 333 and Junior or above status

HPER 492 INTERNSHIP IN COMMUNITY AND ADVENTURE RECREATION¹⁻⁶ Credits

Internship provides practical experience in the community and adventure recreation profession. This course integrates related, supervised practical experience with academic studies and provides students with opportunities that will enhance their professional, educational, and personal development.

Prerequisites: HPER 332 and Junior or above status

HPER 493 INTERNSHIP IN FITNESS AND WELLNESS1-6 Credits

Internship provides practical experience in the fitness and wellness profession. This course integrates related, supervised practical experience with academic studies and provides students with opportunities that will enhance their professional, educational, and personal development.

Prerequisites: HPER 332, HPER 342 and Junior or above status

HPER 494 TECHNIQUES OF COACHING I3 Credits

Fundamentals and techniques of coaching football, wrestling, track and field.

Prerequisites: HPER 220 and Junior or above status

HPER 495 TECHNIQUES OF COACHING II3 Credits

Fundamentals and techniques of coaching volleyball, basketball, and baseball/softball.

Prerequisites: HPER 220 and Junior or above status

HPER 496 INTERNSHIP IN COACHING1-6 Credits

Internship provides practical experience in the coaching profession. This course integrates related, supervised practical experience with academic studies and provides students with opportunities that will enhance their professional, educational, and personal development.

Prerequisites: HPER 220, HPER 332 and Junior or above status

HPER 499 INTERNSHIP IN STRENGTH AND CONDITIONING3 Credits

Internship provides practical experience in the strength and conditioning profession. This course integrates related, supervised practical experience with academic studies and provides students with opportunities that will enhance their professional, educational, and personal development.

Prerequisites: HPER 332, HPER 340 and Junior or above status