

HEALTH, PHYSICAL EDUCATION AND HUMAN PERFORMANCE (HPEHP)

HPEHP 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.

HPEHP 105 ADULT COMMUNITY RECREATION1 Credit

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

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 124 FUNCTIONAL ANATOMY FOR HUMAN PERFORMANCE3 Credits

This course covers the basics of human anatomy, major body systems, and anatomical terminology. It is designed to be an integrated learning experience in understanding the structure and function of the human body and its application to human movement, performance, fitness assessment, exercise programming, and injury prevention.

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 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.

HPEHP 236 HEALTH TOPICS FOR TEACHERS3 Credits

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

HPEHP 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.

HPEHP 250 RHYTHMIC MOVEMENT3 Credits

This course is designed to equip students with the skills and knowledge to teach rhythmic activities and dance to students in elementary and secondary school. Students will gain a deep understanding of the fundamental principles of rhythm, learning to both perform a variety of rhythmic movements and break down complex concepts into teachable components. This course focuses on practical applications, ensuring students master the pedagogical methods required to teach these concepts effectively in the classroom.

HPEHP 325 TEACHING FUNDAMENTAL SPORTS SKILLS3 Credits

This course is designed for physical education teachers to master the pedagogical skills required to instruct fundamental sports movements. The curriculum focuses on effective instructional strategies and pedagogical techniques for teaching basic motor skills through a series of lead-up games and drills. Students will learn to design engaging and effective learning experiences, provide constructive feedback, and demonstrate proper form to facilitate the development of fundamental movement abilities in their students.

Prerequisites: Sophomore or above status

HPEHP 329 HISTORY OF PHYSICAL EDUCATION2 Credits

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

HPEHP 332 SAFETY AND FIRST AID3 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

HPEHP 333 LEADERSHIP IN SPORT AND 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

HPEHP 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

HPEHP 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: HPEHP 232 and Sophomore or above status

HPEHP 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

HPEHP 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

HPEHP 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: HPEHP 204, 232, and Junior or above status

HPEHP 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

HPEHP 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

HPEHP 350 HEALTH EDUCATION METHODS3 Credits

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

Prerequisites: Junior or above status

HPEHP 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.

HPEHP 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

HPEHP 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

HPEHP 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

HPEHP 430 SEMINAR IN HPEHP3 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.

HPEHP 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: HPEHP 236 and Junior or above status

HPEHP 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

HPEHP 433 ADVANCED ATHLETIC TRAINING3 Credits

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

Prerequisites: HPEHP 134 and Junior or above status

HPEHP 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

HPEHP 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

HPEHP 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

HPEHP 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: HPEHP 232 and Junior or above status

HPEHP 440 PREVENTION AND CARE/ATHLETIC INJURIES3 Credits

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

Prerequisites: Junior or above status

HPEHP 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

HPEHP 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

HPEHP 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

HPEHP 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

HPEHP 453 SPORTS OFFICIATING3 Credits

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

Prerequisites: HPEHP 220 and Junior or above status

HPEHP 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

HPEHP 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: HPEHP 232 and Junior or above status

HPEHP 457 RESEARCH METHODS AND EVIDENCE BASED PRACTICE3 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

HPEHP 469 SPORTS REPORTERS3 Credits

This course looks into the world of sports journalism including radio, television, print, and new media. This course also discusses and debates current and ongoing issues and controversies in sports and society.

Prerequisites: Junior or above status

HPEHP 490 INTERNSHIP IN SPORT AND RECREATION

MANAGEMENT1-12 Credits

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

Prerequisites: HPEHP 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.

HPEHP 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

HPEHP 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

HPEHP 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

HPEHP 494 TECHNIQUES OF COACHING I3 Credits

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

Prerequisites: HPER 220 and Junior or above status

HPEHP 495 TECHNIQUES OF COACHING II3 Credits

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

Prerequisites: HPER 220 and Junior or above status

HPEHP 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

HPEHP 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: HPEHP 332, HPEHP 340 and Junior or above status