**Nebraska Wesleyan University**

# Health and Human Performance

## Catalog

2012-2013

## Majors, Minors & Degrees

### Majors

1. Athletic Training (B.S.)
2. Exercise Science (B.S.)
3. Health and Fitness Studies (B.S.)
4. Health and Physical Education (B.S.)
5. Physical Education (B.S.)
6. Sport Management (B.S.)

### Minors

1. Coaching
2. Exercise Science
3. Health and Fitness Studies
4. Sport Management

## Courses

### AT 101 Clinical Experience I

2 hours

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in athletic training setting. Emphasis will be placed on advanced first aid and CPR with AED, spine boarding, emergency action plan implementation, heat and environmental related conditions, risk management and injury prevention, taping and wrapping of athletic injuries and protective equipment fitting and prevention, taping and wrapping of athletic injuries and protective equipment fitting and maintenance.

*Prerequisite(s): Admission into the Athletic Training Education Program (ATEP).*

### AT 102 Clinical Experience II

2 hours

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis will be placed on recognition and evaluation of the lower extremity sports injuries.

*Prerequisite(s): AT 101 Clinical Experience I.*

### AT 105 Prevention and Care of Athletic Injuries

3 hours

See HHP 105 Prevention and Care of Athletic Injuries.

## AT 105 Prevention and Care of Athletic Injuries

3 hours

A study of injuries common to athletic participants and the prevention and care of such injuries.

(Normally offered each spring semester.)

## AT 106 Advanced Emergency Care

1 hour

See HHP 106 Advanced Emergency Care.

## AT 140 Physical Exam of the Lower Extremity in Athletic Training

3 hours

In-depth study of how the lower extremities including skills used to evaluate, treat and manage athletic injuries.

One 1-hour lab per week.

*Prerequisite(s): Formal admission into ATEP program, AT 105 Prevention and Care of Athletic Injuries and AT 106 Advanced Emergency Care.*

## AT 140 Physical Exam of the Lower Extremity in Athletic Training

3 hours

In-depth study of the lower extremities including skills used to evaluate, treat and manage athletic injuries.

One 1-hour lab per week.

*Prerequisite(s): Formal admission into ATEP program, AT 105 and AT 106.*

## AT 141 Physical Exam of the Upper Extremity in Athletic Training

3 hours

In-depth study of the upper extremity including skills used to evaluate, treat and manage athletic injuries.

Includes one 1-hour lab per week.

*Prerequisite(s): AT 140 Physical Exam of the Lower Extremity in Athletic Training.*

## AT 145 Therapeutic Modalities of Athletic Injuries

3 hours

This course is designed to provide an overview of the theory, application, and knowledge necessary to provide modalities to the physically active population. The use of heat, cold, electrical, and mechanical treatments will be explored.

Includes one 1-hour lab per week.

*Prerequisite(s): AT 105 Prevention and Care of Athletic Injuries, AT 106 Advanced Emergency Care, AT 140 Physical Exam of the Lower Extremity in Athletic Training, and permission of the instructor.*

## AT 160 Rehabilitation of Athletic Injuries

3 hours

A course designed for those pursuing athletic trainer certification. This course involves learning fundamentals of evaluation and assessment of injuries inherent to athletics, as well as rehabilitation of these injuries. Also included is a study of injury mechanisms, treatment, and exercises.

One 1-hour lab per week.

*Prerequisite(s): AT 105 Prevention and Care of Athletic Injuries, AT 106 Advanced Emergency Care, AT 140 Physical Exam of the Lower Extremity in Athletic Training, AT 141 Physical Exam of the Upper Extremity in Athletic Training and permission of instructor.*

## AT 163 Clinical Experience III

2 hours

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis will be placed on recognition and evaluation of the upper extremity sports injuries, and therapeutic modalities.

*Prerequisite(s): AT 102 Clinical Experience II.*

## AT 164 Clinical Experience IV

2 hours

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis will be placed on conditioning and rehabilitation exercise for athletic injuries.

*Prerequisite(s): AT 163 Clinical Experience III.*

## AT 205 Clinical Experience V

2 hours

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis is placed on medical conditions and disabilities, pharmacology, nutritional aspects of injury and illness, and psychosocial intervention and referral.

*Prerequisite(s): AT 164 Clinical Experience IV.*

## AT 206 Clinical Experience VI

2 hours

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis is placed on the use of computer software, health care administration, and professional development. Incorporated into this course will be a research project which serves as a capstone of the educational experiences at Nebraska Wesleyan University.

*Prerequisite(s): AT 205 Clinical Experience V.*

## AT 233 Health Assessment

3 hours

This course will provide skills required to conduct a holistic health assessment through comprehensive analysis of a patient's health status across the age continuum. Topics include: dermatological, cardiovascular, ear, nose and throat, neurological, respiratory, musculoskeletal, gastrointestinal, renal and urogenital, endocrine and metabolic systems, and psychological medical disorders.

(Normally offered each spring semester.)

## AT 235 Organization and Administration of Athletic Training

3 hours

This course is designed to study the application of the organizational and administrative outlooks in regards to the field of athletic training. It will address emergency care situations in respect to proper record keeping, facility management, and scheduling of medical staff and equipment. In addition, an in-depth exploration of the requirements set forth by OSHA and other federal agencies will be incorporated into each learning environment.

*Prerequisite(s): BIO 009 Human Anatomy and Physiology, BIO 010 Human Anatomy and Physiology, and permission of instructor.*

(Normally offered each fall semester.)

## AT 297 Internship

1-6 hours

An on-the-job experience oriented toward the student's major interest. The student is to secure a position in an organization that satisfies the mutual interests of the instructor, the sponsor, and the student. May be repeated for a maximum of 6 credit hours.

*Prerequisite(s): Junior standing and approval of the supervising faculty member.*

## AT 298 Capstone Seminar in Health and Human Performance

2 hours

See HHP 298 Capstone Seminar in Health and Human Performance.

## AT 299 Senior Comprehensive Examination

0 hours

See HHP 299 Senior Comprehensive Examination.

## HHP 001 Varsity Sports

0-1 hours

Participation on a varsity team regularly coached and organized by a member of the staff. Course may be recorded on transcript a maximum of four times in each sport, with a limit of one recording per year per sport.

Pass/Fail only.

## HHP 015 Health and Wellness

2 hours

A course designed to enable students to develop a concept of total health and fitness such that the student can attain a degree of physical well-being consonant with each student's unique abilities. The experiences in this course will focus on maintaining physical activity across the entire life span in order to promote life-long physical well-being. Specific topics include nutrition, cardiovascular endurance, body composition, muscular strength and endurance, muscular flexibility, behavior modification, stress management, and disease prevention.

(Normally offered each semester.)

## HHP 030 Advanced Physical Performance

0-1 hours

A course designed for developing speed, agility, strength explosiveness and overall conditioning for any sport. The course is recommended for well-conditioned students. May be repeated for a maximum of 2 credit hours.

Pass/Fail only.

(Normally offered each spring semester.)

## HHP 031 Fitness Walk/Run

1 hours

A course designed to improve cardiovascular endurance through individual workouts, and to introduce students to fitness-related principles. May be repeated for maximum of 2 credit hours.

Pass/Fail only.

(Normally offered each spring semester.)

## HHP 032 Tennis

1 hours

A course designed to teach fundamental skills and techniques of beginning tennis.

Pass/Fail only.

## HHP 033 Fitness Swimming

1 hours

A course designed to improve cardiovascular endurance through individual workouts and to introduce students to fitness-related principles. The student must have swimming competency. May be repeated for a maximum of 2 credit hours.

Pass/Fail only.

## HHP 034 Weight Training

1 hour

A course designed to help students develop a healthier lifestyle through weight training. The course includes information on proper technique and training program organization. Safety is emphasized and there are no strength standards. May be repeated for a maximum of 2 credit hours.

Pass/Fail only.

## HHP 035 Handball

1 hours

A course designed to teach fundamental skills and knowledge of beginning handball.

Pass/Fail only.

## HHP 036 Dance

1 hours

A course designed to teach basics techniques of dance and to introduce students to a variety of dance styles.

Pass/Fail only.

## HHP 037 Racquetball

1 hours

A course designed to teach fundamental skills and knowledge of beginning racquetball.

Pass/Fail only.

## HHP 038 Bowling

1 hours

A course designed to teach fundamental skills and knowledge of beginning bowling.

Pass/Fail only.

## HHP 039 Golf

1 hours

A course designed to teach fundamental skills and knowledge of beginning golf.

Pass/Fail only.

(Normally offered each semester.)

## HHP 040 Fitness Cycling

1 hours

A course designed to introduce students to outdoor cycling and to improve cardiovascular endurance through individual and group workouts. Bike and helmet required. May be repeated for a maximum of 2 credits.

Pass/Fail only.

## HHP 041 Aerobics

1 hours

A course designed to introduce students to fitness-related principles and to improve cardiovascular endurance through aerobic activity. May be repeated for a maximum of 2 credits.

Pass/Fail only.

## HHP 042 Swimming

1 hours

A course designed to teach the fundamental skills of water exploration, primary swimming skills, stroke readiness, and stroke development.

Pass/Fail only.

## HHP 043 Scuba I: Open Water Dive

1 hours

A course designed to introduce students to background principles and beginning techniques of scuba diving. Certification may be awarded at the discretion of the instructor. Students must have basic swimming ability and be in general good health.

Pass/Fail only.

(Normally offered each semester.)

### HHP 044 Cross Training

1 hours

A course designed to introduce students to a variety of methods to develop cardiovascular endurance. Students will receive basic instruction in several proven cross training methods. May be repeated for a maximum of 2 credits.

Pass/Fail only.

### HHP 045 Scuba II: Advanced Open Water Dive

1 hours

A course designed to introduce student to underwater navigation, deep diving, night diving, and confined water skills. Students must have basic swimming ability and be in general good health.

*Prerequisite(s): HHP 043 Scuba I: Open Water Dive.*

(Normally offered each spring semester.)

### HHP 046 Yoga I

1 hour

A course designed to promote health, alleviate stress, improve skeletal alignment, and increase muscular strength and flexibility. Students will learn a series of physical postures (asanas) as well as practical methods for relaxation, breathing techniques (pranayama), and concentration designed to balance the mind, body and spirit.

Pass/Fail only.

### HHP 070 Standard First Aid and CPR

1 hours

A study and application of the principles and techniques involved in the administration of first aid. Students will earn American Red Cross Certification in Standard First Aid and CPR.

### HHP 076 Sports Studies - An Introduction to Football

2 hours

A course designed to develop and expand information about the game of football. This course will familiarize students with the rules, strategies, and skills associated with football. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.

(Normally offered each fall semester.)

### HHP 077 Sports Studies - An Introduction to Volleyball

2 hours

A course designed to develop and expand information about the game of volleyball. This course will familiarize students with the rules, strategies, and skills associated with volleyball. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.

(Normally offered each fall semester.)

### HHP 078 Sports Studies - An Introduction to Basketball

2 hours

A course designed to develop and expand information about the game of basketball. This course will familiarize students with the rules, strategies, and skills associated with basketball. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.

(Normally offered each spring semester.)

### HHP 079 Sports Studies - An Introduction to Baseball/Softball

2 hours

A course designed to develop and expand information about the game of baseball/softball. This course will familiarize students with the rules, strategies, and skills associated with baseball/softball. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.

(Normally offered each spring semester.)

### HHP 080 Sports Studies - An Introduction to Soccer

2 hours

A course designed to develop and expand information about the game of soccer. This course will familiarize students with the rules, strategies, and skills associated with soccer. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.

(Normally offered each fall semester.)

### HHP 081 Sports Studies - An Introduction to Track/Cross Country

2 hours

A class the investigates the science and coaching methods of track and field and cross country. Areas of study include sport psychology, training theory, biomechanics, physiology and philosophy. Classroom work will be supplemented by actual practice coaching.

(Normally offered each summer.)

### HHP 100 Drugs in Modern Society

3 hours

A course designed to develop and expand information about the use and abuse of drugs including: alcohol, tobacco, depressants, stimulants, narcotics, inhalants, club drugs, date rape drugs, hallucinogens, marijuana, sport enhancement drugs, prescription and OTC drugs. The course will include history of and facts about the substances, the pharmacokinetic properties, the formation of laws, the victims, prevention and approaches to treating the problem.

*Prerequisite(s): HHP 015 Health and Wellness.*

(Normally offered each fall semester.)

## HHP 101 Nutrition

3 hours

A course designed to study foods and their effects upon health, development, and performance of the individual. The student will be introduced to concepts of healthful nutrition, sports nutrition, basic essential nutrients, digestion and absorption, and body composition relative to both exercise and nutrition of optimal health and physical performance. Healthy eating plans will focus on the Recommended Dietary Allowances and the USDA MyPyramid.

*Prerequisite(s): HHP 015 Health and Wellness.*

(Normally offered each semester.)

## HHP 102 Consumer, Community, and Environmental Health Issues

3 hours

A course designed to develop and expand information about the environment, the informed health consumer, healthful aging and community health. The course will acquaint students with the process of aging, consumer protection, the environment, and community from a health perspective.

*Prerequisite(s): HHP 015 Health and Wellness.*

(Normally offered each even fall semester.)

## HHP 103 Understanding Human Sexuality

3 hours

A course designed to develop and expand current information about human sexuality in a practical manner. The course will present facts and statistics about anatomy and physiology, gender, sexual orientation, reproduction, sexually transmitted infections, contraception, sexual growth and development, relationships and sexual communication, sexual health, commercialization of sex and sexual coercion.

*Prerequisite(s): HHP 015 Health and Wellness.*

(Normally offered each spring semester.)

## HHP 104 Stress and Disease Management

2 hours

A course designed to develop and expand information about stress, mental health, and major chronic diseases. The course will present causes and warning signs of major chronic diseases and coping strategies for emotional stress.

*Prerequisite(s): HHP 015 Health and Wellness.*

(Normally offered each fall semester.)

## HHP 105 Prevention and Care of Athletic Injuries

3 hours

A study of injuries common to athletic participants and the prevention and care of such injuries.

(Normally offered each spring semester.)

## HHP 106 Advanced Emergency Care

1 hour

A study and application of the principles and techniques involved in the advanced administration of first aid, cardio-pulmonary resuscitation (CPR), and automated electronic defibrillators (AEDs). Students will earn American Red Cross certifications. In addition, students will be introduced to Sport Safety Training.

(Normally offered each semester.)

### HHP 130 Introduction to Allied Health

1 hours

Introductory level course that includes the basic information all health care workers need to work in any department of the health care environment. It will include an orientation to the health care delivery system including history and definition. This course will cover different allied health care occupations and the multi-disciplinary skills needed for success in the health care environment. This course will also include orientation into OSHA measures and guidelines, infection control, and measurement of vital signs.

(Normally offered each semester.)

### HHP 131 Foundations

1 hour

An overview of the fields of Physical Education, Human Performance, and Sports Studies will be studied, which include teaching, exercise science, health and fitness studies, and related fields. Topics addressed will include history; careers; current issues; girls and women in sport; minorities in physical education and sport; teacher, coach, athletic trainer, and exercise specialist certifications; educational values of sports; and the importance of physical activity for all.

(Normally offered each semester.)

### HHP 132 Medical Terminology

2 hours

Through the study of medical terminology the student will be introduced to the language of medicine. Students will gain an understanding of basic elements, rules of building and analyzing medical words, and medical terms associated with the body as a whole. Utilizing a systems approach, the student will define, interpret, and pronounce medical terms relating to structure and function, pathology, diagnosis, clinical procedures, oncology, and pharmacology. In addition to medical terms, common abbreviations applicable to each system will be interpreted.

(Normally offered each fall semester.)

### HHP 133 Lifeguard Training/Head Lifeguard

2 hours

A course designed for prospective lifeguards and students interested in becoming head lifeguards. Students will be certified by the American Red Cross.

(Normally offered each summer.)

### HHP 135 Basic Instruction Block

3 hours

A course designed to enhance students in skills and teaching techniques used in team, dual, and individual activities. The students will have opportunity for participation and teaching of skills involved in selected activities. This class is designed for students interested in learning a variety of activities.

*Prerequisite(s): HHP major or minor or permission of instructor.*

(Normally offered each spring semester.)

## HHP 150 An Introduction to Coaching Theory

2 hours

A course designed to develop and expand information about coaching, coaching styles, and coaching strategies. The course will cover practical coaching theories and include information about organization, communication, and motivation.

(Normally offered each spring semester.)

## HHP 165 Strength Training and Conditioning

2 hours

A course designed to provide coaches with solid guidelines for designing strength training and conditioning programs for athletes. The course will cover information on designing year-round programs, proper training technique, and physiological changes associated with training.

(Normally offered each fall semester.)

## HHP 166 Personal Training

2 hours

A course designed to help the student to acquire knowledge and new skills to become a certified personal trainer. This course is designed for entry-level personal trainers. The students will learn the scientific rationale, teaching tools and the practical experience necessary to perform assessments, create individualized programs and progress your clients to their goals. The student will also learn human movement, exercise science, nutrition, and behavior modification, as well as how to build clientele and increase revenue.

*Prerequisite(s): HHP 106 Advanced Emergency Care, BIO 009 Human Anatomy and Physiology, BIO 010 Human Anatomy and Physiology or permission of the instructor.*

(Normally offered each spring semester.)

## HHP 170 Sport Law 1

2 hours

A course designed to provide students with an introduction to the U.S. legal system as presented and applied to contexts of relevant to the sport industry. Students will also be introduced to fundamental legal principles of significance to sport management. Students will analyze numerous cases and the legal concepts and analyses presented to gain a deeper understanding of legal issues in various coaching, governance, management, and sport participation scenarios.

*Prerequisite(s): Sophomore standing.*

(Normally offered each fall semester.)

## HHP 171 Sport Law II

2 hours

A course designed to expand students' knowledge of the fundamental aspects of the U.S. legal system as presented through the management context of the sport industry. Legal topics will be integrated with management topics to refresh students' knowledge and understanding of key legal topics as well as delve deeper into the analysis and application of fundamental legal principles. Students will also analyze numerous cases that highlight relevant legal issues in sport to enhance critical thinking and problem-solving skills.

*Prerequisite(s): HHP 170 Sport Law 1 and sophomore standing.*

(Normally offered each spring semester.)

## HHP 172 Introduction to Massage Therapy

3 hours

A general survey of techniques and principles used in massage therapy and related disciplines. An introductory laboratory experience with methods in Swedish and seated massage.

(Normally offered each fall semester.)

## HHP 173 Sport Marketing and Communication

3 hours

This course directs students to a better understanding of the theoretical backbone that makes sport marketing and communication such a unique subject to study. The ever-expanding field of sport management, sport marketing and communication provides a comprehensive treatment of public relations practice and marketing within sport. Rather than address public relations only as a means of supporting the marketing function or leveraging the media's interest in an event or organization, the student will recognize public relations as a function that is integral to many aspects of a sport organization's goals.

(Normally offered each fall semester.)

## HHP 175 Introduction to Sport Management and Leadership

3 hours

A course introducing students to the theoretical foundations in sport management and leadership. Students will not only be engaged in the historical concepts of sport management but also will address global perspectives, current research and development in the sport management and leadership field.

(Normally offered each semester.)

## HHP 178 Curriculum and Methodology for Elementary Health and Physical Education

3 hours

An examination of the objectives of an elementary health and physical education program and the development of a curriculum to meet these objectives. An introduction to teaching methods and class management skills are utilized in these programs. This course is designed for elementary education majors.

*Prerequisite(s): Sophomore standing.*

(Normally offered each fall semester.)

## HHP 180 Cardiac Rehabilitation

2 hours

A course designed to introduce students to clinical exercise. This course will involve learning basic cardiovascular physiology, the phases of cardiac rehabilitation, and appropriate exercise and testing procedures. Introduction to interpreting electrocardiograms and case-study analyses are also included.

*Prerequisite(s): BIO 009 Human Anatomy and Physiology and BIO 010 Human Anatomy and Physiology.*

(Normally offered each spring semester.)

## HHP 185 Motor Learning and Control

3 hours

A course that will introduce students to current understandings of how complex motor skills are initially learned, and how they are controlled and refined with practice, from a behavioral point of view. A variety of activities will provide students with practical examples to deepen understanding. This course has applications to general exercise science, physical therapy, and coaching.

*Prerequisite(s): Sophomore standing.*

(Normally offered each fall semester.)

## HHP 190 Selected Topics

1-5 hours

An intermediate-level course to treat subject matter not covered in other departmental courses. The title, content, and credit will be determined for each offering. This course may be used to meet major requirements only by approval of the department chair.

## HHP 197 Field Experience

1-8 hours

A course designed to provide students with on-the-job experience in their chosen career within the Department of Health and Human Performance. Students will visit locations that provide invaluable experience in the various professional tracks. Students will meet with the instructor at prearranged times during the semester. May be repeated for a maximum of 6 credit hours.

*Prerequisite(s): Approval of instructor.*

## HHP 200 Coaching Practicum

3-6 hours

Practical experience in coaching in interscholastic athletic programs. The student will work with an athletic team throughout a season and will be involved with all aspects of the program. This course requires a considerable amount of commitment from the student. May be repeated for a maximum of 6 credit hours.

Pass/Fail only.

*Prerequisite(s): Approval of the coaching advisor.*

## HHP 210 Worksite Health Promotion

3 hours

A course designed to introduce students to concepts and practices relating to worksite health promotion. Students will learn how to develop, implement, and evaluate wellness promotion programs. Students will complete a 20-hour field experience in an assigned worksite in the community to provide invaluable experience.

*Prerequisite(s): Junior standing.*

(Normally offered each fall semester.)

## HHP 211 Biomechanics and Kinesiology

4 hours

A course that integrates the fields of Kinesiology and Biomechanics to improve students' understanding of human movement from a qualitative perspective. Detailed analysis of human movement will be made.

*Prerequisite(s): BIO 009 Human Anatomy and Physiology and junior standing.*

(Normally offered each spring semester.)

## HHP 215 Physiology of Exercise

4 hours

A course dealing primarily with classification and analysis of exercise and with the physiological effects of exercise on the human organism. Practical application of these principles will be explored in the laboratory experience.

One 3-hour lab per week.

*Prerequisite(s): BIO 010 Human Anatomy and Physiology and junior standing.*

(Normally offered each fall semester.)

## HHP 220 Sport Facility and Event Management

3 hours

A comprehensive course in sport management focusing on specialization areas such as: theories and methods of administration of facilities including facility construction and facility operation. This course will include event management and legal ramifications involved in the operation of facilities.

*Prerequisite(s): Junior standing.*

(Normally offered each spring semester.)

## HHP 222 Sport Finance

3 hours

This course is designed to draw on contemporary examples from marketing, sponsorship, facility construction, and sport law to illustrate the crucial role that money plays in any sport business.

*Prerequisite(s): Junior standing.*

(Normally offered each spring semester.)

## HHP 223 Current Issues and Ethics in Sport

3 hours

This course is designed as an engaging, in-depth, and inspiring study that will help students understand the value of sport and its limitations and equip them to make ethical choices about the role sports will play in their life and profession.

*Prerequisite(s): Junior standing.*

(Normally offered each spring semester.)

## HHP 225 Exercise Testing and Programming

3 hours

A course designed to provide students with the opportunity for instruction in graded exercise testing as well as other modes of fitness assessment. Students will receive instruction in the art of exercise and wellness programming.

*Prerequisite(s): HHP 215 Physiology of Exercise.*

(Normally offered each spring semester.)

## HHP 240 Administration and Human Resource Management

3 hours

A course designed to provide students with the basic principles and applications of management and leadership as they relate to the sport industry. Topics include functions of management, organizational behavior, management theories, management style, human resource management, and theories and styles of leadership as they pertain to the sport industry.

*Prerequisite(s): Junior standing.*

(Normally offered each fall semester.)

## HHP 250 Planning and Implementing Elementary Physical Education Programs (K-6)

3 hours

A course designed for students interested in teaching elementary physical education and health. Topics include curriculum development, teaching goals and objectives, curriculum guide and lesson plans, constructing and using evaluation tools and measures, and methods and material (including technology) used in teaching elementary physical education. A 10-hour practicum experience in the elementary physical education class setting is required.

*Prerequisite(s): Acceptance into the Teacher Education Program or permission of the department chair, and junior standing.*

(Normally offered every odd fall semester.)

## HHP 255 Planning and Implementing Health Education Programs

3 hours

A course designed for students interested in teaching elementary, middle school and secondary health education. Topics include curriculum development, teaching goals and objectives, the study of health content, a framework for comprehensive school health education program, teaching strategies, curriculum guide development and lesson planning, constructing and using evaluation tools and measurements, methods and material (including technology) used in teaching health education. A 10-hour practicum experience in health education will be required.

*Prerequisite(s): Acceptance into the Teacher Education Program or permission of the department chair, and junior standing.*

(Normally offered every even spring semester.)

## HHP 260 Planning and Implementing Middle and Secondary Physical Education Programs (7-12)

3 hours

A course designed for students interested in teaching middle and/or secondary physical education. Topics include curriculum development, teaching goals and objectives, curriculum guide and lesson plans, constructing and using evaluation tools and measures, and methods and materials (including technology) used in teaching middle and/or secondary physical education. A 10-hour practicum experience in the middle and/or secondary physical education class setting is required.

*Prerequisite(s): Acceptance into the Teacher Education Program or permission of the department chair, and junior standing.*

(Normally offered every odd spring semester.)

## HHP 265 Planning and Implementing Adapted Physical Education Programs

3 hours

A course designed to include current research findings and the best practices to assist professionals in designing and implementing appropriate physical education programs for individuals with disabilities.

*Prerequisite(s): Acceptance into the Teacher Education Program or permission of the department chair, and junior standing.*

(Normally offered summers and each spring semester.)

## HHP 270 Curriculum and Assessment of Health and Physical Education Programs

3 hours

A course designed for students interested in teaching health and physical education. Topics include: philosophical and historical aspects of health and physical education affecting curriculum and assessment development, constructing curriculum and assessment techniques and tools, administering standardized health-related fitness, motor skill fitness and sports skills tests, and the use of technology in developing curricula and assessment strategies.

*Prerequisite(s): Acceptance into the Teacher Education Program and completion of HHP 260 Planning and Implementing Middle and Secondary Physical Education Programs (7-12) or HHP 265 Planning and Implementing Adapted Physical Education Programs.*

(Normally offered each even spring semester.)

## HHP 275 Sport and Exercise Psychology

2 hours

An in-depth look at the psychological factors relative to physical movement and competition. This course will examine the nature and scope of sport as an institutionalized game.

(Normally offered each spring semester.)

## HHP 276 Socio-Cultural Aspects of Sport

3 hours

This course provides an analysis of social and social-psychological patterns of sport as these are shaped and maintained in social contexts. Structures and dynamics of sport can be viewed as an institution that is closely linked with other institutions such as family, education, gender roles, and racial and socioeconomic patterns. This course will also cover various psychological principles associated with sport. This will include examinations of which psychological variables can hinder athletic performance as well as which variables can enhance performance. Class content will also illustrate numerous psychological techniques that can be used to enhance sport performance.

## HHP 280 Research and Statistical Methods - I

2 hours

A course designed to develop students' competencies in understanding the rationales and computational procedures required for basic behavioral statistics. The students identify, select, compute, and interpret basic statistical tests appropriate for exercise science and sport studies and use SPSS, a sophisticated, professional statistical software package. The students will explore potential topics, to evaluate the literature within the student's topic of choice, to identify appropriate measurement instruments for Research and Statistical Methods - II. The student will write a research proposal using APA style.

*Prerequisite(s): HHP 211 Biomechanics and Kinesiology and HHP 215 Physiology of Exercise or permission of instructor.*

(Normally offered each fall semester.)

## HHP 281 Research and Statistical Methods - II

2 hours

This is an empirical research investigation in which each student formulates his or her own research topic, collects and analyzes the data relevant to that topic, and prepares a formal report of the investigation consistent with the publication style of the American Psychological Association.

*Prerequisite(s): HHP 280 Research and Statistical Methods - I or permission of instructor.*

(Normally offered each spring semester.)

## HHP 290 Selected Topics

1-5 hours

An advanced-level course to treat subject matter not covered in other departmental courses. The title, content, and credit will be determined for each offering. This course may be used to meet major requirements only by approval of the department chair.

## HHP 295 Independent Study

1-3 hours

An opportunity for a student to engage in advanced, supervised, individual field, lab, or library research. Independent study may not duplicate courses described in the catalog. May be repeated for a maximum of up to 6 credit hours.

*Prerequisite(s): Junior standing and approval of the department chair.*

## HHP 297 Internship

1-8 hours

An on-the-job experience oriented toward the student's major interest. The student is to secure a position in an organization that satisfies the mutual interests of the instructor, the sponsor, and the student. May be repeated for a maximum of 6 credit hours.

*Prerequisite(s): Junior standing and approval of the supervising faculty member.*

## HHP 298 Capstone Seminar in Health and Human Performance

2 hours

A course designed as a capstone experience for students interested in the field of health and human performance. This will be an opportunity for students to examine previous coursework and discuss its practical application to their chosen career. Topics to be covered are: philosophy, cover letter and resume writing, personal statement writing, applications for graduate school and/or job applications, and interviewing. Students will also assess their undergraduate educational experience including general education major and minor.

*Prerequisite(s): Junior or senior standing and a departmental major, or permission of the instructor.*

(Normally offered each semester.)

## HHP 299 Senior Comprehensive Examination

0 hours

As partial fulfillment of a major in the Health and Human Performance Department, a student must take and pass, with a B or better, a comprehensive examination during his or her senior year. The comprehensive examination is designed to assess critical thinking, knowledge, and application of skills learned.

*Prerequisite(s): Senior standing and a departmental major, or permission of the instructor.*

(Normally offered each semester.)