

# Physical Ed, Health & Rec (HPER)

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## Courses

### **HPER 100 Basketball (Beginning) (1 Hour)**

Students will have an opportunity to learn fundamental basketball skills through demonstration and discussion of strategies for team play. Emphasis is on individual participation. 2 hrs./wk.

### **HPER 101 Basketball (Intermediate)\* (1 Hour)**

**Prerequisites:** HPER 100.

Students will have an opportunity to learn intermediate basketball skills through demonstration and discussion of strategies for team play. This course will advance the skills of the student who successfully completed the beginning basketball course. Emphasis is on individual participation and competition team play. 2 hrs./wk.

### **HPER 104 Yoga (1 Hour)**

This class will utilize techniques from yoga which aim to provide mind/body benefits including better posture and increased body awareness. Muscular strength and flexibility will be developed through poses and positions. This class will be geared toward all students, both beginners as well as those who have previous training. 2 hrs./wk.

### **HPER 115 Soccer (1 Hour)**

The fundamentals of soccer will be introduced as well as strategies necessary for team play. 2 hrs./wk.

### **HPER 117 Power Volleyball (Beginning) (1 Hour)**

The basic skills of volleyball taught in this class include the forearm pass, overhead set, serve, block and spike (attacking). Elementary offense and defense along with volleyball rules, scoring and officiating will be covered. 2 hrs./wk.

### **HPER 118 Power Volleyball (Intermediate)\* (1 Hour)**

**Prerequisites:** HPER 117.

Students will have the opportunity to build upon the basic fundamentals of the Power Volleyball (Beginning) class. Intermediate skills, strategies, offensive and defensive systems and rules will be covered for six-player, four-player, three-player, and two-player volleyball. 2 hrs./wk.

### **HPER 124 Tai Chi I (1 Hour)**

The class will introduce students to the practice of tai chi. Students will learn the basic structure, footwork and breathing involved in the execution of routines consisting of a variety of postures. 2 hrs./wk.

### **HPER 130 Running Awareness and Exercise (1 Hour)**

The course will introduce the student to aerobic fitness through the activity of running. The training principles for running and competitive racing will be covered, and the individual will complete a personal running and/or racing training program. 2 hrs./wk.

### **HPER 134 Weight Training (Beginning) (1 Hour)**

In this class, muscular strength and endurance will be developed through weight training activity. A workout program will be implemented for each student. The muscular system, basic terminology of weight training and weight training theory will be discussed. 2 hrs./wk.

### **HPER 135 Weight Training (Intermediate)\* (1 Hour)**

**Prerequisites:** HPER 134.

In this class, muscular strength and endurance will be developed. A self-designed and directed resistance workout program will be implemented. The proper use of a training log and personal fitness evaluation techniques will be discussed. 2 hrs./wk.

### **HPER 137 Tennis (Beginning) (1 Hour)**

Students will get individualized instruction in this course on the rules, terminology and history of tennis. The student will receive instruction on the basic strokes of tennis, as well as the strategies of singles and doubles play. 2 hrs./wk.

### **HPER 138 Tennis (Intermediate)\* (1 Hour)**

**Prerequisites:** HPER 137.

Students will review the rules, terminology and history of tennis. The student will receive instruction on the strokes of tennis, as well as the strategies of singles and doubles play in a competitive format. Emphasis will be on the mental and physical conditioning of the game. 2 hrs./wk.

### **HPER 139 Pickleball (1 Hour)**

Students will review the rules, terminology and history of pickleball. The student will receive instruction on the strokes of pickleball, as well as the strategies of singles and doubles play in a competitive format. Emphasis will be on the mental and physical conditioning of the game.

### **HPER 140 Modern Dance (Beginning) (1 Hour)**

This course emphasizes the movement between positions rather than the picture-perfect poses of ballet and other dance styles. Moving through space off of and onto the floor, breathing and improvisational movement will be explored. 2 hrs./wk.

**HPER 150 Aerobics (Beginning) (1 Hour)**

Motor skills, jogging and dance steps are combined in this exercise program to improve muscle tone and cardiovascular fitness. 2 hrs./wk.

**HPER 155 Ballet (Beginning) (1 Hour)**

This progressive ballet system is designed to produce muscular strength and flexibility and a working knowledge of anatomy, plus the aesthetic satisfaction of expressing yourself through a classical art form. Offered to students of all ages and experience, both beginners as well as those who have had some training. 2 hrs./wk.

**HPER 158 Jazz Dance (Beginning) (1 Hour)**

An introduction to the concepts and motor skills involved with jazz dance. Basic body position will be introduced as well as basic terminology, jazz history, various jazz styles and the basic techniques involved, isolations, combinations, choreography and rhythmic influences. 2 hrs./wk.

**HPER 165 Karate I (1 Hour)**

The student will receive instruction in the basic fundamentals of karate, including stances, blocks, kicks, strikes and self-defense techniques. 2 hrs./wk.

**HPER 166 Karate II\* (1 Hour)**

**Prerequisites:** HPER 165.

The student will review the skills from the prerequisite course of Karate I. Students will demonstrate techniques that include the moving block, kicks and positions for karate. The course will also cover combination moves as well as the defensive technique. 2 hrs./wk.

**HPER 167 Karate III\* (1 Hour)**

**Prerequisites:** HPER 166.

Students will have the opportunity to achieve higher levels of proficiency, routines, kumite (sport/free fighting) and self-defense. 2 hrs./wk.

**HPER 168 Karate IV\* (1 Hour)**

**Prerequisites:** HPER 167; Note: Beginning Japanese is a suggested prerequisite.

Students in this course will have the opportunity to achieve the advanced level of karate in the following: taiao (exercise), kata (forms), kumite (sport/free fighting) and self-defense application. 2 hrs./wk.

**HPER 172 Track and Field (Beginning) (1 Hour)**

This course will introduce the student to the sport of track and field. Through activity and discussion the student will improve his or her motor ability to perform track and field events. 2 hrs./wk.

**HPER 174 Coaching and Officiating of Track and Field (2 Hours)**

Students will have the opportunity to learn the fundamentals of coaching and officiating track and field events. Upon successful completion of the course, students will be prepared for USATF Level 1 certification. 2 hrs. lecture/wk.

**HPER 175 Fencing (1 Hour)**

Beginning foil fencing will provide the student with the fundamental rules and techniques of foil fencing. The student will utilize these skills in a fencing bout. The student will also be instructed in the rules and procedures of officiating foil fencing. 2 hrs./wk.

**HPER 176 Self Defense I (1 Hour)**

The class will present students with a variety of techniques for escaping a physical attack. Students will receive an introduction to the four ranges of self-defense: ground, grappling, striking and weapons. Students will learn the principles that apply in any self-defense situation and the basic positions and structure of each range. The class is appropriate for beginners as well as those with previous self-defense or martial arts training. 2 hrs./wk.

**HPER 177 Self Defense II\* (1 Hour)**

**Prerequisites:** HPER 176.

This class will build on techniques introduced in Self Defense I, adding new techniques, combining techniques and applying the techniques in a variety of scenarios. Emphasis remains on the principles that apply at any range as well as drills to develop proper structure and mechanics. 2 hrs./wk.

**HPER 185 Archery (1 Hour)**

Students will receive individualized instruction in the basic skills of archery as a recreational sport lending itself as a lifetime leisure interest. Safety, fundamental care and usage of archery tackle, and beginning archery skills will be taught, along with a survey of the history of archery. 2 hrs./wk.

**HPER 192 Wellness for Life (1 Hour)**

This course introduces students to the theory and principles upon which the concepts of lifetime fitness and wellness are based. Students will examine the relationship that exists between wellness and lifestyle behaviors. Individual self-assessments will be used to establish current health and fitness levels. 1 hr. lecture/wk.

**HPER 194 Sports Conditioning (Beginning) (1 Hour)**

Students will have the opportunity to learn the fundamentals of general and sports-specific conditioning. All aspects of physical and psychological development are incorporated in this class. Strength, power, speed, acceleration, muscular hypertrophy and endurance, cardiovascular endurance, motor skills and agility drills are taught and practiced. The class will include general physical preparation sport fitness, plyometrics, agility drills and sport-related specific conditioning. The students will learn about the principle of year-round conditioning, including conditioning appropriate to the off-season, preparatory period, pre-competition period and competition period. 2 hrs./wk.

**HPER 195 Introduction to Sports Medicine (3 Hours)**

The purpose of this class is to introduce the basic concepts of sports medicine, specifically Athletic Training. It will address the fundamentals of the human musculoskeletal system, sports-related injuries, injury treatment and other sports medicine-related topics. This class is designed for beginning athletic training students and other students interested in the subject. 3 hrs. lecture/wk.

**HPER 197 Sports Conditioning (Intermediate)\* (1 Hour)**

**Prerequisites:** HPER 194.

Students will have the opportunity to build upon principles and practices of general and sports-specific conditioning learned in Beginning Sports Conditioning. All aspects of physical and psychological development are incorporated in this class. Strength, power, speed, acceleration, muscular hypertrophy and endurance, cardiovascular endurance, motor skills and agility drills are taught and practiced. The class will include general physical preparation, sport fitness and conditioning. Students will continue to learn about the principle of year-round conditioning, including conditioning appropriate to the off-season, preparatory period, pre-competition period and competition period. 2 hrs./wk.

**HPER 198 Athletic Training Practicum I\* (1 Hour)**

**Corequisites:** HPER 195.

At the conclusion of this practicum, the student will be able to explain and demonstrate a variety of basic principles and practices in athletic training, including the essentials of record keeping, athletic injury taping and strapping techniques, an introduction to the supervised use of and safety procedures for therapeutic modalities and therapeutic exercise equipment. Major anatomical landmarks and basic anatomy of the major joints of the human body will be identified and palpated. This practicum, intended for athletic training and other allied health students, will be hands-on and conducted under the direct supervision of a certified/licensed athletic trainer. 16 hrs. lecture, 112 hrs. practicum.

**HPER 200 First Aid and CPR (2 Hours)**

After completing this course, students should be able to perform the basic skills of first aid. The course will cover cause, prevention and first aid care of common emergencies. Certification may be earned in first aid, cardiopulmonary resuscitation and automated external defibrillators (AED). 2 hrs. lecture/wk.

**HPER 202 Personal Community Health (3 Hours)**

This course is designed to provide the student with the knowledge and understanding to make positive, healthy lifestyle choices. In addition, students will learn about issues within the community that affect their daily health, both directly and indirectly. 3 hrs. lecture/wk.

**HPER 204 Care and Prevention of Athletic Injury (3 Hours)**

Care and Prevention of Athletic Injuries will focus on recognition, evaluation, treatment and recording of common athletic injuries. Human anatomy will be emphasized through the understanding of athletic movements and physical testing. Additional topics include legal and ethical practices for the athletic trainer and the psychology of today's competitive athlete. Care and Prevention of Athletic Injuries is the basic sports medicine class required by most exercise science and coaching degree programs. 3 hrs. lecture/wk.

**HPER 207 Athletic Training Practicum II\* (2 Hours)**

**Prerequisites:** HPER 195 and HPER 198 and BIOL 140 and BIOL 225.

**Corequisites:** HPER 204.

At the conclusion of this practicum, the student will be able to explain and demonstrate the basic theories supporting the uses of therapeutic modalities and therapeutic exercise, and the evaluation/assessment of injuries to athletes. The student will demonstrate a functional understanding of the major muscle groups of the human body. The student will be able to discuss and explain the duties and responsibilities of a certified athletic trainer (ATC). Direct work with specific athletic teams will facilitate the practicum. This practicum will be hands-on, and conducted under the direct supervision of a certified/licensed athletic trainer. This class is intended for athletic training and other allied health students. 16 hrs. lecture and 304 hrs. practicum.

**HPER 208 Introduction to Exercise Physiology (3 Hours)**

This introduction to exercise physiology will introduce the effects of exercise on the muscular system, the cardiovascular system and the metabolic system. The course will prepare the student in the design of and principles for an individual exercise program. 3 hrs. lecture/wk.

**HPER 220 Sports Officiating (3 Hours)**

The rules and practical application of officiating will be covered for the following sports: volleyball, football, basketball, baseball and softball. 3 hrs. lecture/wk.

**HPER 224 Outdoor Recreation (3 Hours)**

This course introduces the student to activities that create interaction between the individual and elements of the outdoor recreational setting. Outdoor Recreation students study the fundamental basics of governmental, private and public control of recreational lands. Outdoor recreation projects include a variety of outdoor activities, such as camping, hiking, nature observation, biking, rock climbing, canoeing, skiing, map and compass, outdoor safety, and how to dress and pack for outdoor adventures. 3 hrs. lecture/wk.

**HPER 240 Lifetime Fitness I (1 Hour)**

Lifetime Fitness introduces the student to basic fitness principles, physical activity and the relationship to a healthy lifestyle. This class is designed to provide a variety of physical activity experiences. Students will gain an understanding of the necessary skills needed to develop and implement personal lifestyle improvements related to cardiovascular fitness, muscular strength, muscular endurance, flexibility and body composition. Physical activity tracking will be utilized in this course.

**HPER 241 Lifetime Fitness II\* (1 Hour)**

**Prerequisites:** HPER 240.

This course is a continuation and expansion of Lifetime Fitness I. 2 hrs./wk.

**HPER 242 Lifetime Fitness III\* (1 Hour)**

**Prerequisites:** HPER 241.

This course is a continuation and expansion of Lifetime Fitness II. 2 hrs./wk.

**HPER 243 Lifetime Fitness IV\* (1 Hour)**

**Prerequisites:** HPER 242.

This course is a continuation and expansion of Lifetime Fitness III. 2 hrs./wk.

**HPER 245 Elementary Physical Education (3 Hours)**

This course is designed to meet the needs of students who wish to teach in the area of elementary physical education and/or elementary education. This course will provide the students with knowledge and background in planning, classroom management techniques, teaching methodology, legal liability, evaluation, wellness, special students, sports, activities and games related to elementary physical education. The course will include observation and teaching. 3 hrs.lecture/wk.

**HPER 255 Introduction to Physical Education (3 Hours)**

This course will introduce the student to the field of physical education and sport. This course will discuss the historical, biomechanical, physiological and psychological foundations of physical education and sport. It will examine the role of physical activity as a means to help individuals acquire the skills, fitness levels and knowledge that contribute to the arena of physical development and organized competition. It will also discuss the role physical education and sports play in our society. Each individual will develop a personal philosophy for physical education and sports. 3 hrs. lecture/wk.

**HPER 291 Independent Study\* (1-7 Hour)**

**Prerequisites:** 2.0 GPA minimum and department approval.

Independent study is a directed, structured learning experience offered as an extension of the regular curriculum. It is intended to allow individual students to broaden their comprehension of the principles of and competencies associated with the discipline or program. Its purpose is to supplement existing courses with individualized, in-depth learning experiences. Such learning experiences may be undertaken independent of the traditional classroom setting, but will be appropriately directed and supervised by regular instructional staff. Total contact hours vary based on the learning experience.