Physical Ed, Health & Rec (HPER)

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.

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 106  Lifetime Sport: (1 Hour)
This course provides a basic knowledge of a lifetime sport which can be enjoyed throughout life and can enhance one's chances of well being and add to one's total fitness program. Students will learn fundamental skills for the lifetime sport as well as history, benefits, equipment, rules, etiquette, safety, scoring and strategy. This is a repeatable course and may be taken more than once for credit.

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.

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.

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.

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 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 178  Performance Fitness I (1 Hour)
This course is an introductory course designed to provide basic introductory training concepts in individual skill and performance-based fitness. Physical activity tracking will be utilized in this course.

HPER 179  Performance Fitness II* (1 Hour)
Prerequisites : HPER 178.
Students will have the opportunity to learn the fundamentals of general performance fitness. Introductory aspects of performance, nutrition, and psychological development are incorporated into this class. Power and advanced power, speed, muscular strength, hypertrophy and endurance, cardiorespiratory, motor skills, and agility drills are taught and practiced. The class will include general performance-based fitness. 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.

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 186  Fitness Assessment (2 Hours)
This course emphasizes the value of evidence-based fitness assessments to interpret overall personal and professional fitness. Assessments will be administered and evaluated to determine chronic risk factors and personal fitness levels. Goal setting, fitness tracking, and fitness programming will be introduced to help students discover and implement a healthy, sustainable lifestyle.

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 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 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.
Introduction to Sports Management

The sport industry has become a dominant influence in American society, and is evolving at a dramatic rate. Students will be introduced to the dynamic nature of sport management and the potential for successful and satisfying career opportunities in the sport industry, as well as sport principles as they apply to management, leadership style, communication, and motivation. This course serves as a foundation for students’ further studies in various subject areas. The primary focus of this course will be to provide an overview of the sport industry and cover basic fundamental knowledge and skill sets of the sports manager, as well as potential job employment and career choices in the field/profession of sport management, such as sport marketing, sport law, sport facility and event management, economics of sport, and sport finance. 3 hrs. lecture/wk.

Life Time Fitness I (1 Hour)

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.

Prerequisites or corequisites: BIOL 140 or BIOL 144.

This course is an overview of the skeletal system, muscular system, joints and nerves and how they produce human movement with an emphasis on bony landmarks, muscle origins, insertions, joint actions and innervations as it relates to proper exercise and human movement mechanics.

Physical Ed, Health & Rec (HPER)
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.

HPER 292  Special Topics: (1-3 Hour)
This course periodically offers specialized or advanced discipline-specific content related to health, physical education, wellness or exercise, not usually
taught in the curriculum, to interested and qualified students. Students may repeat Special Topics in Health and Wellness for credit but only on different
topics.