

# 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.

### 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 187 CPAT (Candidate Physical Ability Test) Fitness Preparation (1 Hour)**

The job of a fire fighter is one of the most physically demanding jobs in North America. It requires high levels of cardiopulmonary endurance, muscular strength and muscular endurance. The Candidate Physical Ability Test (CPAT) consists of eight critical physical tasks that simulate actual job duties on the fireground. The CPAT test is physically demanding and requires that you be physically fit to be successful. This course is designed to assist you with physically preparing yourself for the CPAT test. Areas of focus will be on flexibility, cardiopulmonary endurance, muscular strength, and muscular endurance specific to the duties of a firefighter. Upon completion, the student will be prepared to complete the tasks needed for the CPAT exam. This course is repeatable for credit.

**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.

**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.

**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 209 Introduction to Kinesiology\* (3 Hours)**

**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.

**HPER 211 Foundation of Fitness Training (3 Hours)**

Foundations of Fitness Training covers the theory and practice of individualized exercise prescription for personal training. This course introduces the student to the fundamental scientific concepts applicable to exercise and physical fitness. The foundations for personal training include: exercise science review, health risk stratification, fitness assessment, fitness program, and session design, proper execution of exercises, cuing and error correction, lifestyle coaching skills and considerations for special populations. The acute and chronic effects of exercise will be addressed with practical applications to fitness programming and instruction.

**HPER 215 Introduction to Exercise Science (3 Hours)**

This course will introduce students to the evolution of exercise science, the various sub-disciplines, basic terminology, concepts, and research related to exercise. Students will examine resources, potential careers and certification options in the field of exercise science.

**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 225 Coaching Principles: Coaching Teams and Individuals for Success (3 Hours)**

Being a successful coach is an enormous challenge. In this course the student will acquire basic skills that will prepare a new coach to lead a community youth team. This course will also provide the quality principles to become an assistant high school or college coach. Combined with these basics and further coaching experience one would be qualified to successfully lead a High School or College team.

**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.

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

**Prerequisites :** HPER 241.

This course is a continuation and expansion of Lifetime Fitness II.

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

**Prerequisites :** HPER 242.

This course is a continuation and expansion of Lifetime Fitness III.

**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 250 Introduction to Sports Management (3 Hours)**

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.

**HPER 251 Sport and Society (3 Hours)**

The sociology of sport examines how culture and values influence sports. As a sports manager, it is crucial to understand the relationship between sport and society. Students will be asked to make the connections between sports and the family, education, economy, age, politics, mass media, religion, and cultural identities such as race, gender, or disability. Students will be encouraged to look at the viewpoints of others through the world of sports and gain an understanding of how sports can be viewed as a reflection of society.

**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.