

HUMAN PERFORMANCE

Human Performance

College of Allied Health & Nursing
Department of Human Performance
1400 Highland Center • 507-389-6313
Web site: www.mnsu.edu/dept/colahn/HPhp.html

Chair: Harry Krampf

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Physical education develops and maintains individuals for vocational and personal pursuits through physical activities. Students are taught conditioning activities and recreational skills for this purpose and for desirable mental attitudes and social behavior for university and post-university life. The professional programs listed are designed to prepare students for leadership in human performance/physical education and related fields.

Admission to Major is granted by the department. Minimum university admission requirements are:

- a minimum of 32 earned semester credit hours.

- a minimum cumulative GPA of 2.00 (C).

Students are encouraged to consult with appropriate advisors for additional departmental requirements.

Students planning to major in the College of Allied Health and Nursing have an advisor from their area of interest assigned to them. Questions and concerns pertaining to advising and the assignment of advisors can be answered by Mark Schuck, student relations coordinator, 1848 Highland Center, 507-389-5486.

PHYSICAL EDUCATION BS (Non-Teaching)

General or Exercise Science Option

Required for Major (Performance Core, 4 credits):

Choose 4 credits from the following courses:

- HP 166 Team Games Skills I (1)
- HP 174 Individual Dual Activities (1)
- HP 175 Fitness Activities (1)
- HP 176 Lifetime Activities I (1)
- HP 177 Lifetime Activities II (1)
- HP 178 Social, Folk and Square Dance Technique (1)
- HP 182 Aquatic Skills (1)

Required for Major (Theory Core, 20 credits):

- HP 160 Introduction to Human Performance Studies (2)
- HP 290 Psycho-Social Aspects of Sport (3)
- HP 320 Foundations of Motor Learning (3)
- HP 348 Structural Kinesiology and Biomechanics (3)
- HP 403 Measure and Evaluation in Human Performance (3)
- HP 405 Adapted Physical Activity (3)
- HP 414 Physiology of Exercise (3)

Required for All Majors (Option):

Choose one of the following options.

GENERAL OPTION

Required (Option, 11 credits):

- BIOL 220 Human Anatomy (4)
- BIOL 230 Human Physiology (4) (BIOL 220*, CHEM Class*)
- CHEM 100 Chemistry in Society (3)

Minor Required: Yes. Any.

EXERCISE SCIENCE OPTION

Required General Education (13 credits):

- COMS 100 Introduction to Computer Science (4)
- MATH 112 College Algebra (4)

- CHEM 201 General Chemistry I (5)

Required Support Courses (16 credits):

- MATH 113 Trigonometry (3)
- CHEM 202 General Chemistry II (5)
- BIOL 220 Human Anatomy (4)
- BIOL 230 Human Physiology (4) (BIOL 220*, CHEM Class*)

Required for Option (Core, 19 credits):

- HP 439 Nutrition in Exercise and Sport (3) (HP 414*)
- HP 456 Athletic Testing and Conditioning (2) (HP 414*)
- HP 465 Legal Aspects of Physical Education and Sport (3)
- HP 466 Graded Exercise Testing and Exercise Prescription (3) (HP 414*)
- HP 467 Wellness Program Development and Administration (2) (HP 414*)
- HP 496 Internship (6) (HP 414*, HP 466*)

*Pre-requisites

Required Electives for Option (15 credits):

15 credits of electives selected from list or recommended in consultation with advisor.

PHYSICAL EDUCATION BS (Non-Teaching)

SPORT MANAGEMENT OPTION

Required for Option (Human Performance, choose 4 credits):

- HP 103 Fitness for Living (1)
- HP 117 Aerobic Conditioning (1)
- HP 175 Fitness Activities (1)
- HP 176 Lifetime Activities I – Tennis or Racquetball (1)
- HP 177 Lifetime Activities II – Golf (1)

Required for Major (Theory Core, 8 credits):

- HP 160 Introduction to Human Performance Studies (2)
- HP 290 Psycho-Social Aspects of Sport (3)
- HP 405 Adapted Physical Activity (3)

Sport Management Core (25 credits):

- HP 460 Leadership and Management in Sport Organizations (3)
- HP 462 Sports Administration (2)
- HP 465 Legal Aspects of Physical Education and Sport (3)
- HP 468 Sport Promotion and Marketing (3)
- HP 469 Event Management in Sport (3)
- HP 496 Internship (8)
- HP 499 Individual Study: Planning/Management of Sport Facilities (3)

Required Support Courses (28 credits):

- COMS 100 Introduction to Computer Science (4)
- HLTH 210 First Aid and CPR (3)
- ACCT 110 Accounting for Non-Business Majors (3)
- BLAW 131 Consumer Law and Ethics (3)
- ECON 201 Principles of Macroeconomics (3) OR
- ECON 202 Principles of Microeconomics (3)
- MRKT 100 Global Business Concepts (3)
- SPEE 100 Fundamentals of Speech (3) OR
- SPEE 102 Public Speaking (3)
- RPLS 277 Recreation Leadership (3)
- RPLS 377 Public Relations (3)

Required Minor: Yes. Minor must be in one of the following areas: Community and Community Fitness, Management, Accounting, Business Law, Marketing, Economics, and International Business.

PHYSICAL EDUCATION BS TEACHING

Required General Education (11 credits):

- BIOL 100 Our Natural World (4)
- PSYC 101 Psychology (4)
- Choose one of the following:
- CHEM 105 Introduction to Chemistry (3)
- PHYS 101 Introductory Physics (3)

Required for Major (11 credits):

BIOL 220 Human Anatomy (4)
 BIOL 230 Human Physiology (4)
 HLTH 210 First Aid and CPR (3)

Required for Major (Performance Core, 12 credits):

HP 117 Aerobic Conditioning (1)
 HP 166 Team Games (1)
 HP 174 Individual Dual Activities: Gymnastics (1)
 HP 174 Individual Dual Activities: Track and Field (1)
 HP 175 Fitness Activities (1)
 HP 176 Lifetime Activities I: Tennis (1)
 HP 176 Lifetime Activities I: Badminton (1)
 HP 177 Lifetime Activities II: Archery (1)
 HP 177 Lifetime Activities II: Golf (1)
 HP 178 Social, Folk and Square Dance Techniques (1)
 HP 179 Winter Activities (1)
 HP 182 Aquatic Skills (1)

Required for Major (Theory Core, 33 credits):

HP 160 Introduction to Human Performance Studies (2)
 HP 266 Teaching Dance in Physical Education (1)
 HP 290 Psycho-Social Aspects of Sport (3)
 HP 320 Foundations of Motor Learning (3)
 HP 323 Elementary Physical Education Methods (2)
 HP 340 Prevention and Care (2)
 HP 348 Structural Kinesiology and Biomechanics (3)
 HP 380 Developing Teaching Skills (3)
 HP 386 Physical Education Teaching Techniques (2)
 HP 403 Measurement and Evaluation in Human Performance (3)
 HP 411 Developmental/Adapted Physical Education (3)
 HP 414 Physiology of Exercise (3)
 HP 432 Practicum in Teaching Physical Education (1)
 HP 441 Organization and Administration of Physical Education and Sport (2)

Professional Education Core (30 credits):

See the SECONDARY EDUCATION section for admission requirements to Professional Education and a list of required professional education courses.

Required Minor: None.

PHYSICAL EDUCATION MINOR (Non-Teaching)

Required for Minor (Human Performance, 4 credits):

Choose 4 credits from the following:

HP 166 HP 174 HP 175 HP 176 HP 177 HP 178 HP 182

Required for Minor (Theory, 14 credits):

HP 160 Introduction to Human Performance Studies (2)
 HP 290 Psycho-Social Aspects of Sport (3)
 HP 320 Foundations of Motor Learning (3)
 HP 348 Structural Kinesiology and Biomechanics (3)
 HP 405 Adapted Physical Activity (3)

Required for Minor (Biology, 8 credits):

BIOL 100 Our Natural World (4)
 BIOL 220 Human Anatomy (4)

AQUATICS

This cluster of courses, associated with the Physical Education major, may be elected by majors or non-majors and is designed to prepare qualified aquatic leaders.

Pre: HP 182 or consent

Required (Core, 11 credits):

HP 182 Aquatic Skills (1)
 HP 250 Lifeguard Training (2) or current ARC Lifeguard certification
 HP 257 Water Safety Instructor (2) or current ARC WSI certification
 HP 344 Aquatic Organization and Administration (2)
 HP 491 In-Service (1)
 HP 496-02 Internship (3)

Required Electives (4 credits):

HP 143 Aqua Exercise (1)
 HP 145 Aquatic Conditioning and Water Polo (1)
 HP 248 Stroke Analysis (1)
 HP 301 Swimming Theory (1)

POLICIES/INFORMATION

GPA Policy. A GPA of 2.00 is required.

P/N Grading Policy. Courses required in the major must be taken for a grade.

COURSE DESCRIPTIONS

HP 101 (1) Developmental/Adapted Exercise

For students with disabilities who will benefit from a guided program of individualized exercise.

F, S

GE-11

HP 103 (1) Fitness for Living

Concepts and development of lifelong healthy exercise and nutritional habits.

F, S

GE-11

HP 104 (1) Adult Fitness

This course is designed to provide specific information and strategies to allow adults to develop or maintain life-long healthy exercise habits that impact physical fitness in one or more of the following areas: cardiovascular and muscular endurance, muscular strength, flexibility, and body composition.

On Demand

GE-11

HP 105 (1) Beginner and Advanced Beginner Swimming

Introduction to basic swimming skills; basic rescue and water safety skills and techniques; stroke instruction in front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke.

F

GE-11

HP 107 (1) Orienteering

This course is designed to introduce the student to the basics of orienteering and land navigation. Through 15 weeks of classes and instruction, the student will be able to understand the basic principles of navigation. The class will be 50% classroom instruction and 50% outdoor activity.

On Demand

HP 114 (1) Billiards and Bowling

Theory and practice of billiards or bowling.

F, S

GE-11

HP 117 (1) Aerobic Conditioning

Theory and practice of aerobic conditioning.

F, S

GE-11

HP 130 (1) Self-Defense for Women

Includes street fighting techniques and personal safety tips.

F, S

GE-11CD-Core

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HP 138 (1) Beginning Horsemanship

Basic skills of horseback riding-western and English.

F, S

GE-11

HP 139 (1) Winter Survival

The winter survival (WS) seminar is designed to provide student with an introduction to winter survival techniques applicable to severe and varying weather conditions. Classroom lecture and outdoor hands-on training is utilized to accomplish course objectives. Winter survival is pass/fail.

On Demand

GE-11

HP 140 (2) Introduction to Athletic Training

Orientation to the profession of athletic training. Designed for students majoring in athletic training.

F, S

HP 143 (1) Aqua Exercise

Development of cardiovascular fitness, strength, flexibility, and endurance through a variety of exercise formats in the water. Swimming ability not a prerequisite.

F, S

GE-11

HP 145 (1) Aquatic Conditioning and Water Polo

Introduction to conditioning techniques for aquatic activities (swimming, triathlon, water polo, etc.). Development of cardiovascular fitness, strength, flexibility, and endurance. Individual/team skills and techniques of water polo.

Pre: Swim 500 yards without stopping.

On Demand

GE-11

HP 146 (1) Intercollegiate Bowling

Pre: Bowling experience/averages.

On Demand

GE-11

HP 147 (1) Intercollegiate Cross Country

Open for credit to those on the intercollegiate team.

Pre: Selection for team F

GE-11

HP 148 (1) Intercollegiate Softball

Open for credit only for those students who make the MSU team and who complete the requirements.

Pre: Selection for team S

GE-11

HP 149 (1) Intercollegiate Volleyball

Open for credit only for those students who make the MSU team and who complete the requirements.

Pre: Selection for team F

GE-11

HP 150 (1) Intercollegiate Wrestling

Open for credit to those who make the wrestling team and complete the requirements.

Pre: Selection for team S

GE-11

HP 152 (1) Intercollegiate Track and Field

Open for credit to those who make the team and complete the requirements.

Pre: Selection for team S

GE-11

HP 153 (1) Intercollegiate Swimming

Open for credit only for those students who make the MSU team and who complete the requirements.

Pre: Selection for team S

GE-11

HP 154 (1) Intercollegiate Football

Open for credit only for those students who make the MSU team and who complete the requirements.

Pre: Selection for team F

GE-11

HP 155 (1) Intercollegiate Basketball

Must be on intercollegiate roster.

Pre: Selection for team S

GE-11

HP 156 (1) Intercollegiate Baseball

Class for only students on the intercollegiate baseball team. Need permission to register.

Pre: Selection for team S

GE-11

HP 157 (1) Intercollegiate Golf

Open for credit to those who make the team and complete the requirements.

Pre: Selection for team S

GE-11

HP 158 (1) Intercollegiate Tennis

Open for credit to those who make the team and complete the requirements.

Pre: Selection for team S

GE-11

HP 159 (1) Intercollegiate Hockey

This course is admission by permission only. The course is limited to male students who are members of the MSU intercollegiate hockey team.

Pre: Selection for team S

GE-11

HP 160 (2) Introduction to Human Performance Studies

Introduction to physical education and exercise science. Majors, minors, and concentrations in the field. To acquaint physical education majors and minors with an overview of the physical education and exercise science profession.

F, S

HP 161 (1) Intercollegiate Soccer

Participation in NCAA II soccer.

Pre: Selection for team F

GE-11

HP 166 (1) Team Game Skills

Flag/Touch Football, Softball (fast and slow pitch), Soccer, Speedball, Ultimate, Volleyball, Basketball, Team handball.

F, S

GE-11

HP 174 (1) IDA: Gymnastics

Participation and increase skill knowledge through activity in track and field or gymnastics.

F, S

GE-11

HP 175 (1) Fitness Activities

Participation and increase skill knowledge through activity in body building, physical conditioning, and aerobics.

F, S

GE-11

HP 176 (1) Lifetime Activities I

Acquaint student with the basic skills, strategy and rules of badminton, tennis, or racquetball.

F, S
GE-11

HP 177 (1) Lifetime Act II: Golf

Basic skills and knowledge of terminology, rules, and strategy in archery or golf.

F, S
GE-11

HP 178 (1) Social, Folk and Square Dance Techniques

Techniques of traditional folk dance, square dance and fundamentals of a variety of social dances.

F, S
GE-11

HP 179 (1) Winter Activities

Skiing, cross-country skiing, ice skating, or snowboarding.

S
GE-11

HP 182 (1) Aquatic Skills

Overview of aquatic skills and activities. Basic techniques and practical experience in teaching aquatic skills and activities.

Pre: Human Performance major or Aquatic emphasis. Ability to swim front crawl, back crawl, elementary backstroke, breaststroke, sidestroke. Developing teaching skills and curriculum. F, S

GE-11

HP 190 (1) Sport Activities

Variable content based on demand.

Pre: Varies depending on activity F, S

GE-11

HP 210 (2) Global Aspects of Sport

On Demand

HP 241 (1) Sailing

Students must furnish Coast Guard approved wearable life preserver. Beginning and intermediate sailing techniques. Sailboat racing.

Pre: Swimming ability On Demand

GE-11

HP 242 (1) Canoeing

Paddling skills and safety/rescue techniques. Beginning white water skills. Students must provide their own personal floatation devices.

Pre: Swimming ability On Demand

GE-11

HP 245 (1) Intermediate Swimming

Advanced strokes: butterfly, overarm sidestroke, trudgeon, inverted breaststroke. Competitive strokes and turns. Springboard diving. Aquatic Art. Mask and snorkel skills. Safety/rescue skills. Water exercise. Water polo.

Pre: Front crawl, back crawl, elementary backstroke, sidestroke, breaststroke.

S

GE-11

HP 248 (1) Stroke Analysis

Stroke technique and theory in front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, butterfly. Individual stroke analysis/video taping. Development of cardiovascular fitness, strength, flexibility, and endurance.

Pre: Ability to swim strokes. On Demand

GE-11

HP 250 (2) Lifeguard Training

Explanations, demonstrations, practice, and review of skills required of lifeguards. Red Cross certification.

Pre: Swim 500 yards. Front crawl, breaststroke, elementary backstroke, sidestroke. On Demand

GE-11

HP 252 (1) Officiating Theory

The course is designed to give an overview of approximately five sports. Emphasis is placed on the philosophy behind sport officiating. Discussion involves how to get started, organization helpful to officials, learning materials, stipends to be earned, types of equipment and cost.

On Demand

GE-11

HP 257 (2) Water Safety Instructor (WSI)

American Red Cross requirements for Water Safety Instructor (WSI) certification. Practical experiences included.

Pre: Swim 500 yards. Front crawl, back crawl, elementary backstroke, breaststroke, sidestroke On Demand

GE-11

HP 265 (1) Orientation to Occupational and Physical Therapy

Academic direction for admission into a school of occupational or physical therapy. Information and experiences regarding roles and responsibilities of occupational and physical therapists.

F, S

HP 266 (1) Teaching Dance in Physical Education

Methods and materials for teaching creative dance/movement and dance technique to children K-12. Includes practicum experiences with varied age groups.

On Demand

HP 290 (3) Psycho-Social Aspects of Sport

Examines sport from a social-psychological perspective. To identify and discuss ways in which societal values affect the character of sport and the people involved.

Pre: SOC 101 F, S

CD-Related

HP 291 (2) Concepts of Fitness

Adult fitness, from theory to practice.

F, S

GE-11

HP 301 (1) Swimming Theory

Methods, procedures, and philosophy of coaching competitive swimming.

Pre: Competitive swimming experience. On Demand

HP 302 (1) Wrestling Theory

Methods and procedures used in coaching.

Pre: Wrestling experience or wrestling class. On Demand.

HP 303 (1) Volleyball Theory

Methods and procedures used in coaching volleyball.

Pre: Volleyball experience or consent. On Demand

HP 304 (1) Track & Field Theory

Methods and procedures used in coaching.

On Demand

HP 305 (1) Baseball Theory

Methods and procedures used in coaching baseball.

On Demand

HP 306 (1) Football Theory

Course designed to teach the various techniques and philosophies of the game of football for prospective coaches. Open enrollment-male or female.

F

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HP 308 (1) Hockey Coaching Theory

The course is designed for those interested in coaching hockey at the youth and high school level.

On Demand

HP 309 (1) Basketball Coaching Theory

Methods and procedures used in coaching.

F, S

HP 310 (1) Softball Theory

Methods and procedures used in coaching.

Pre: Softball experience or consent. On Demand

HP 311 (1) Cross Country Theory

Methods and procedures used in coaching.

On Demand

HP 316 (1) Tennis Theory

Methods and procedures used in coaching.

On Demand

HP 317 (1) Golf Coaching Theory

Methods and procedures used in coaching.

On Demand

HP 318 (1) Soccer Theory

Methods and procedures used in coaching.

On Demand

HP 320 (3) Foundations of Motor Learning

Analysis variables which affect the learning, performance, and retention of motor skills.

Pre: PSYC 101 F, S

HP 323 (2) Elementary Physical Education Methods

Methods and materials for teaching physical education in the elementary school.

F, S

HP 340 (2) Prevention and Care

Basic recognition, prevention, and care of athletic injuries. Designed for coaching certificate candidates, coaching minors, and physical education majors.

Pre: BIOL 220, HLTH 210 F, S

HP 341 (3) Athletic Training Techniques

Recognition, prevention, and care of athletic injuries. Proper selection, care, and use of protective sports equipment. Designed for the athletic training major student.

Pre: Consent and BIOL 220, BIOL 230, HP 140 S

HP 342 (3) Evaluation Techniques I

Athletic training lecture and laboratory application of athletic training techniques and principles of the lower body.

Pre: Consent and HP 341 F

HP 343 (3) Evaluation Techniques II

Athletic training lecture and laboratory application of athletic training techniques and principles of the upper body. Designed for the athletic training student.

Pre: Consent, HP 341, HP 342 S

HP 344 (2) Aquatic Organization and Administration

Development of skills necessary to organize and administer aquatic programs (seasonal and yearly).

Pre: Lifeguard Training/WSI or consent. On Demand

HP 346 (1) Evaluation Techniques I Clinical

The focus of this clinical course is on the subjective and objective clinical assessment of injury/illness to the lowback and lower extremities of physically

active populations. The clinical education component will involve the acquisition and practice of clinical skills required for a comprehensive injury assessment of the lower body. The field experience component will provide them with the opportunity to apply these skills in the clinical (i.e., the athletic training room, practice/game coverage) environment.

Pre: HP 341 and HP 342 concurrent F

HP 347 (1) Evaluation Techniques II Clinical

The focus of this clinical course is on the subjective and objective clinical assessment of injury/illness to the upper body and extremities of physically active populations. The clinical education component will involve the acquisition and practice of clinical skills required for a comprehensive injury assessment of the upper body. The field experience component will provide them with the opportunity to apply these skills in the clinical (i.e., the athletic training room, practice/game coverage) environment.

Pre: HP 341, HP 342, and HP 343 concurrent S

HP 348 (3) Structural Kinesiology and Biomechanics

A study of the structural and biomechanical functions of the muscular system during physical activity, sport, and exercise.

Pre: BIOL 220, BIOL 230, PHYS 101 F, S

HP 354 (1) Coaches Physiology

The purpose of this course is to acquaint the student with the basic information regarding the physiological response of the human body to acute and chronic exercise. All material presented will be approached from a practical perspective with an emphasis on application for coaches.

On Demand

HP 371 (2) Scientific Principles of Sport

This course is designed to acquaint the coaching licensure student with the basic principles of structural kinesiology and biomechanics.

Pre: BIOL 220, BIOL 230, PHYS 101 On Demand

HP 380 (3) Developing Teaching Skills

Designed to prepare preservice physical education teacher with instructional skills necessary for effective teaching in physical education.

F, S

HP 386 (2) Physical Education Teaching Techniques

Theory and practice, class organization and methods of teaching team sports and games, individual sports and games, fitness activities, gymnastics, wrestling and track and field.

F, S

HP 403 (3) Measurement & Evaluation in Human Performance

Provides an introduction to measurement and evaluation commonly used in physical education and exercise science. This encompasses the administration of skills and performance tests, interpretation of results, basic statistical analysis, and grading/evaluating performance.

F, S

HP 405 (3) Adapted Physical Activity

Course is designed for preprofessionals who will be working in adapted physical activity outside the school setting. The course is for students with physical education majors in the Exercise Science, Sport Management, and Athletic Training tracks, and students with majors from other departments who are interested in adapted physical activity for adult populations.

F

HP 411 (3) Developmental/Adapted Physical Education

Legal and theoretical bases for teaching physical education to students with disabilities. First course in DAPE sequence.

F, S

HP 412 (2) Assessment in Adapted Physical Education

Evaluation of motor skills and fitness of students with disabilities.

S

HP 413 (2) Lifespan Motor Development

Study of early childhood motor development from infancy through adulthood, including information on delayed development and the normal pattern of skill acquisition.

F

HP 414 (3) Physiology of Exercise

Introductory study of the effects of both acute and chronic exercise on structure and function of the human body across the life span.

Pre: BIOL 220, 230, HP 175 F, S

HP 419 (2) Teaching Dance to Individuals with Exceptional Needs

Adaptation of dance materials to facilitate learning of individuals with special needs through simulated and hands-on teaching experiences.

On Demand

HP 421 (2) Teaching Sport to Individuals with Disabilities

Contemporary sport opportunities for individuals with disabilities, with application to teaching and transition planning.

Pre: HP 411 or consent F

CD-Core

HP 422 (2) Teaching Adapted Aquatics

Theory and practical experience in teaching swimming and other aquatic skills to individuals with disabilities.

S

HP 432 (1) Practicum in Teaching Physical Education

Student practicum experience in a teaching situation prior to student teaching.

Pre: HP 320, 323 and 413 F, S

HP 439 (3) Nutrition for Physical Activity and Sport

Provides in-depth exploration of the dietary needs of physically active individuals across the lifespan. Its laboratory component will focus on performance and interpretation of assessments commonly used to determine dietary and physiological status.

F, S

HP 440 (3) Medical Aspects of Athletic Training

Advanced medical lectures on various athletic injuries, surgical procedures, illnesses, and conditions. Designed for the athletic training student.

Pre: Consent and HP 341, 348 F

HP 441 (2) Organize & Administer

Planning, organizing, controlling, resource allocation, communication, marketing, public relations, and legal aspects of physical education and sport.

F, S

HP 442 (2) Therapeutic Modalities in Athletic Training

Theory and application of medical equipment and rehabilitation exercises prescribed for treatment and management of athletic injuries. Designed for the athletic training student.

Pre: Consent and HP 341, 342 F

HP 444 (2) Rehabilitation Techniques

Techniques to integrate the knowledge base of strengthening and conditioning in rehabilitation with application to specific injuries received in sports participation. Rehabilitation strategies are designed to utilize strength and conditioning principles and functional range of motion techniques, to prepare athletes for safe return to full activity.

Pre: HP 342 and concurrent HP 343 S

HP 445 (3) Physical Education for Students with Mental and Emotional Disabilities

Theory, strategies and best practices for teaching physical education to students with mental retardation, emotional/behavioral disorders, autism, attention deficit disorder, and multiple disabilities accompanying mental retardation.

S

HP 456 (2) Athletic Testing and Conditioning

Physiological base for testing process, interpretation of results and the conditioning process as used with the athlete. Methodologies of nutritional assessment and the integration of sound nutritional principles in an athletic environment.

Pre: HP 414 F, S

HP 460 (3) Leadership and Management in Sport Organizations

Physiological base for testing process, interpretation of results and the conditioning process as used with the athlete. Methodologies of nutritional assessment and the integration of sound nutritional principles in an athletic environment.

F

HP 462 (2) Sports Administration

Planning, organizing and conducting extra curricular sports activities in the secondary school setting.

F, S

HP 465 (3) Legal Aspects of Physical Education and Sport

To provide legal and safety aspects in physical activity. Legal liability, civil rights, and contract law are emphasized.

F, S

HP 466 (3) Graded Exercise Testing and Exercise Prescription

An introduction to basic graded exercise tests and exercise prescription commonly used in clinical as well as health/wellness appraisal settings.

Pre: HP 175, HP 414 F, S

HP 467 (2) Exercise Program Development and Administration

This course will review the various physiological, psychological, and administrative components involved in a comprehensive health/fitness program.

S

HP 468 (3) Sport Promotion and Marketing

The study of marketing theory, research, strategies, and techniques in the areas of market segmentation, sport products, licensing and merchandising, market research, pricing, promotions, sales, public relations, electronic media, sponsorship and consumer behavior as it applies to the marketing sport or marketing products through sport.

F

HP 469 (3) Event Management in Sport

Techniques/principles of planning, funding and managing sport events. Collegiate championships, non-profit events, benefits, professional events.

F

HP 470 (3) Psychology of Coaching

To introduce interested students, professionals, and coaching licensure candidates to the psychological literature and latest techniques associated with coaching in an athletic setting.

Pre: PSYC 101 or equivalent F, S

HP 471 (3) Consulting Techniques in D/APE

Study of techniques of consulting in D/APE with the spectrum of individuals involved in the IEP process, including but not limited to: students with disabilities, general physical education teachers, other school professionals and support service personnel, families/parents, peer tutors, and community agencies to enhance the learning of students with disabilities both within and outside the classroom setting.

Pre: HP 411, 412, 445 S

HP 480 (3) Senior Seminar

Emphasis on research in sports medicine and athletic training.

Pre: Consent, HP 343, 422 S

HP 481 (1-4) Practicum in Athletic Training

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Practicum in athletic training is designed to provide the athletic training student with supervised clinical experience outside of the traditional athletic training setting, in affiliated high school and clinical settings.

Pre: Consent F, S

HP 482 (1) Coaching Practicum

Supervised experience in a public school varsity/junior varsity sport setting.

Pre: First aid and coaching theory and HP 340 F, S

HP 483 (3) Cardiac Rehabilitation

A course designed to provide experience for persons seeking leadership roles in institutions housing programs of rehabilitative cardiovascular exercise and risk factor intervention.

Pre: HP 414 and 467 or equivalent F, S

HP 484 (1) Clinical Techniques in Athletic Training I

This course is designed to provide the athletic training student with supervised clinical instruction and supervised clinical experience outside of the traditional athletic training setting, in affiliated high school and clinical settings. It is also intended to provide the student with clinical instruction and continuing evaluation in athletic training techniques in accordance with accreditation guidelines.

Pre: HP 343, HP 442, HP 444, concurrent HP 456 F

HP 485 (1) Clinical Techniques in Athletic Training II

This course is designed to provide the athletic training student with supervised clinical instruction in the athletic training laboratory. It is also intended to provide the student with clinical instruction and continuing evaluation in athletic training techniques.

Pre: HP 343, 442, 444, and 484 S

HP 490 (1-4) Workshop

Content is variable and based on special topic.

On Demand

HP 491 (1-4) In-Service

Broad spectrum of foci available. Designed in consultation with requesting group.

On Demand

HP 492 (1-10) Internship: Corporate and Community Fitness

This internship is designed to provide the student with practical experience in the area of corporate and community fitness.

Pre: Completion of required core CCF courses: HP 348, HP 414, HP 436, HP 465, and HP 466. F, S

HP 493 (2) Internship in Developmental/Adapted Physical Education

Supervised hands-on experience teaching physical education to students with disabilities.

Pre: HP 411 and 445 F, S

HP 496 (1-10) Internship

Designed as an intense practical experience in a selected area.

F, S

HP 499 (1-5) Individual Study

Topics for reading and/or research in human performance to be arranged between student and faculty. This must be done prior to registration.

F, S