

## Human Performance

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

Chair: Garold Rushing

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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 2.5 (C) or above.

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

Policies: Candidates of the physical education teaching degree and DAPE minor in the department must have a cumulative grade point average of 2.5 or above to be admitted to the Department of Human Performance and Professional Education. A grade of "C" or better is required in all courses in the major and minor. Candidates may not take any course in the major and minor from the department as independent studies.

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 (1)                        |
| HP | 174 | Individual Dual Activities (1)               |
| HP | 175 | Fitness Activities (1)                       |
| HP | 176 | Lifetime Activities I (1)                    |
| HP | 177 | Lifetime Act II: Golf (1)                    |
| HP | 178 | Social, Folk and Square Dance Techniques (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) (BIOL 220*, BIOL 230*) |

\*Pre-requisites

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 (4)                      |

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 for Physical Activity and Sport (3)                   |
| 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 | Exercise Program Development and Administration (2)             |
| 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.

Required for Minor: None

#### 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)                       |
| 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 Communication (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,

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Economics, and International Business.

### PHYSICAL EDUCATION BS TEACHING

Required for Major (11 credits):

|      |     |                                               |
|------|-----|-----------------------------------------------|
| BIOL | 220 | Human Anatomy (4)                             |
| BIOL | 230 | Human Physiology (4) (BIOL 220*, CHEM Class*) |
| HLTH | 210 | First Aid and CPR (3)                         |

Required for Major (Performance Core, 7 credits):

|    |     |                                             |
|----|-----|---------------------------------------------|
| HP | 103 | Fitness for Living (1)                      |
| HP | 166 | Team Game Skills (1)                        |
| HP | 176 | Lifetime Activities I: <u>Tennis</u> (1)    |
| HP | 176 | Lifetime Activities I: <u>Badminton</u> (1) |
| HP | 177 | Lifetime Activities II: <u>Golf</u> (1)     |
| HP | 179 | Winter Activities (1)                       |
| HP | 182 | Aquatic Skills (1)                          |

Required for Major (Theory Core, 39 credits):

|    |     |                                                      |
|----|-----|------------------------------------------------------|
| HP | 201 | Introduction to Teaching Physical Education (3)      |
| HP | 255 | Developmental Movement (3)                           |
| HP | 266 | Teaching Dance in Physical Education (2)             |
| HP | 320 | Foundations of Motor Learning (3)                    |
| HP | 340 | Prevention and Care (2)                              |
| HP | 348 | Structural Kinesiology and Biomechanics (3)          |
| HP | 386 | Methods of Middle & Secondary Physical Education (4) |
| HP | 403 | Measurement and Evaluation in Human Performance (3)  |

Choose one of the following:

|    |     |                                              |
|----|-----|----------------------------------------------|
| HP | 412 | Assessment in Adapted Physical Education (2) |
| HP | 413 | Lifespan Motor Development (2)               |

|    |     |                                                  |
|----|-----|--------------------------------------------------|
| HP | 411 | Developmental/Adapted Physical Education (3)     |
| HP | 414 | Physiology of Exercise (3) (BIOL 22*, BIOL 230*) |

Choose one of the following:

|    |     |                                                     |
|----|-----|-----------------------------------------------------|
| HP | 421 | Teaching Sport to Individuals with Disabilities (2) |
| HP | 422 | Adapted Aquatics (2)                                |

|    |     |                                              |
|----|-----|----------------------------------------------|
| HP | 424 | Methods of Elementary Physical Education (4) |
| HP | 432 | Elementary Teaching Field Experience (2)     |

\*Pre-requisites

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 General Education Courses: (24 credits)

|      |     |                                               |
|------|-----|-----------------------------------------------|
| HLTH | 310 | Drug Education (3)                            |
| PHYS | 101 | Introductory Physics (3)                      |
| BIOL | 220 | Human Anatomy (4)                             |
| BIOL | 230 | Human Physiology (4) (BIOL 220*, CHEM Class*) |
| PSYC | 101 | Psychology (4)                                |
| HLTH | 210 | First Aid and CPR (3)                         |
| CHEM | 104 | Introduction to Chemistry (3)                 |

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-11 CD-Core

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 Minnesota State Mankato 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 Minnesota State Mankato 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 Minnesota State Mankato 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 Minnesota State Mankato 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 Minnesota State Mankato 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) Individual Dual Activities: Gymnastics

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

F, S

GE-11

HP 175 (1) Fitness Activities

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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 201 (3) Introduction to Teaching Physical Education

Introduction to physical education for teaching majors. An overview of history, physical education teaching profession, and opportunities and challenges in teaching. F

### 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 255 (3) Development Movement

Designed to prepare teacher candidates to recognize, understand, apply, and analyze the skill theme approach to elementary children's physical education curriculum. Emphasis will be based on movement concepts, skill themes, rhythms and dance, and generic levels of skill proficiency.

S

### 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 (2) 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

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 (2) Evaluation Techniques I Clinical  
The study and application of clinical assessment techniques used to evaluate lower body injuries incurred by physically active populations. The required clinical experience component will provide the student with the opportunity to apply these skills in the clinical environment.  
Pre: HP 341 and HP 342 concurrent F

HP 347 (2) Evaluation Techniques II Clinical  
The study and application of clinical assessment techniques used to evaluate upper body injuries incurred by physically active populations. The required clinical experience component will provide the student with the opportunity to apply these skills in the clinical 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 386 (4) Methods of Middle & Secondary Physical Education  
Designed for teacher candidates to analyze, apply, and evaluate developmentally appropriate content development skills, develop lesson plans, and peer teach. Teacher candidates will apply the standards of effective practice in teaching middle and secondary level students in physical education.  
Pre: HP 201, HP 255, HP 266, all Performance Courses.  
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

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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.

Pre: HP 182 or HP 257 S

### HP 424 (4) Methods of Elementary Physical Education

Designed for teacher candidates to analyze, apply, and evaluate developmentally appropriate content development skills, and develop lesson plans to teach elementary physical education.

Pre: HP 201, HP 255, HP 266, HP 386, All HP Performance

F

### HP 432 (2) Elementary Teaching Field Experience

A field experience for teacher candidates to develop lesson plans and teach physical education to elementary students on-site prior to student teaching.

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, market-

ing, 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) Teaching Students with Cognitive & Emotional/Behavioral Disabilities

Theory, strategies and best practices for teaching physical education to students with cognitive disabilities (including mental retardation, autism, and multiple disabilities accompanying mental retardation) and emotional/behavioral disorders.

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

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 (2) Clinical Techniques in Athletic Training I

The study and application of clinical techniques utilized in the care of patients suffering from injuries incurred through physically activity. The required clinical experience component will provide the student with the opportunity to apply these skills in the clinical environment.

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

#### HP 485 (2) Clinical Techniques in Athletic Training II

The study and application of clinical techniques utilized in the care of patients suffering from injuries incurred through physically activity. The required clinical experience component will provide the student with the opportunity to apply these skills in the clinical environment.

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