

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/hp.html

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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 four 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):

IT	100	Introduction to Computing and Applications (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

SPORT MANAGEMENT BS

Required for Major (34 credits):

HP	160	Introduction to Human Performance Studies (2)
HP	290	Psycho-Social Aspects of Sport (3)
HP	360	Foundations of Sport Management (3)
HP	435	Planning Sport Facilities (3)
HP	462	Sports Administration (3)
HP	464	Analysis of Sport Data (3)
HP	465	Legal Aspects of Physical Education and Sport (3)
HP	468	Sport Marketing (3)
HP	469	Event Management in Sport (3)
HP	496	Internship (8)

Required Support Courses (21 credits):

IT	100	Introduction to Computing and Applications (4) OR
ISYS	101	Introduction to Information Systems (3)
ACCT	200	Financial Accounting (3)
HLTH	210	First Aid and CPR (3)
BLAW	131	Consumer Law and Ethics (3) OR
BLAW	200	Business Law (3)
ECON	201	Principles of Macroeconomics (3) OR
ECON	202	Principles of Microeconomics (3)

MRKT	100	Global Business Concepts (3) OR
MRKT	310	Principles of Marketing (3)
SPEE	102	Public Speaking (3)

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

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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 (1-2)
HP	411	Developmental Adapted Physical Education (3)
HP	414	Physiology of Exercise (3) (BIOL 220*, BIOL 230*)

Choose one of the following:

HP	421	Teaching Sport to Individuals with Disabilities (2)
HP	422	Teaching 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 four 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	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)

SPORT MEDICINE MINOR

The Sports Medicine Minor at Minnesota State University, Mankato is intended for the non-athletic training major student who is interested in the broad field of Sports Medicine. It is intended for students in the following academic disciplines: exercise science, physical education, coaching, pre-physical therapy, psychology, pre-medicine, pre-chiropractic, nutrition, nursing, and pre-athletic training entry-level graduate education.

HP	160	Introduction to Human Performance Studies(2)
HP	291	Concepts of Fitness (2)
HLTH	210	Advanced First Aid and CPR (3)
BIOL	220	Human Anatomy (4)
BIOL	230	Human Physiology (4)
HLTH	321	Medical Terminology (3)
HP	340	Prevention and Care (2)
HP	348	Structural Kinesiology and Biomechanics (3)
HP	414	Physiology of Exercise (3)
HP	415	Advanced Sports Medicine (2)

Note: This minor is not accredited by the Commission on Accreditation of Athletic Training Education (CAATE) and is not intended for Athletic Training Majors. The minor will not prepare students for the Athletic Training Board of Certification (BOC) examination.

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) Adapted Exercise

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

Fall, Spring

GE-11

HP 103 (1) Fitness for Living

Concepts and development of lifelong healthy exercise and nutritional habits.

Fall, Spring

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

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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.

Fall
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.

Fall, Spring
GE-11

HP 117 (1) Aerobic Conditioning

Theory and practice of aerobic conditioning.

Fall, Spring
GE-11

HP 130 (1) Self-Defense for Women

Includes street fighting techniques and personal safety tips.

Fall, Spring
GE-11 CD-Core

HP 138 (1) Beginning Horsemanship

Basic skills of horseback riding-western and English.

Fall, Spring
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.

Fall, Spring

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.

Fall, Spring
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

Fall
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

Spring
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

Fall
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

Spring
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

Spring
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

Spring
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

Fall
GE-11

HP 155 (1) Intercollegiate Basketball

Must be on intercollegiate roster.

Pre: Selection for team

Spring
GE-11

HP 156 (1) Intercollegiate Baseball

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

Pre: Selection for team

Spring
GE-11

HP 157 (1) Intercollegiate Golf

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

Pre: Selection for team

Spring
GE-11

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HP 158 (1) Intercollegiate Tennis

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

Pre: Selection for team

Spring

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

Spring

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.

Fall, Spring

HP 161 (1) Intercollegiate Soccer

Participation in NCAA II soccer.

Pre: Selection for team

Fall

GE-11

HP 166 (1) Team Game Skills

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

Fall, Spring

GE-11

HP 174 (1) Individual Dual Activities

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

Fall, Spring

GE-11

HP 175 (1) Fitness Activities

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

Fall, Spring

GE-11

HP 176 (1) Lifetime Activities I

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

Fall, Spring

GE-11

HP 177 (1) Lifetime Act II

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

Fall, Spring

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.

Fall, Spring

GE-11

HP 179 (1) Winter Activities

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

Spring

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.

Fall, Spring

GE-11

HP 190 (1) Sport Activities

Variable content based on demand.

Pre: Varies depending on activity

Fall, Spring

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.

Fall

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 flotation devices.

Pre: Swimming ability

On Demand

GE-11

HP 245 (1) Intermediate Swimming

Advanced strokes: butterfly, overarm sidestroke, trudgen, 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.

Spring

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

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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.

Spring

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, breast-stroke, 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.

Fall, Spring

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

Fall, Spring

CD-Related

HP 291 (2) Concepts of Fitness

Adult fitness, from theory to practice.

Fall, Spring

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.

Fall

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.

Fall, Spring

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

Fall, Spring

HP 323 (2) Elementary Physical Education Methods

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

Fall, Spring

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

Fall, Spring

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

Spring

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

Fall

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

Spring

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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

Fall

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

Spring

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

Fall, Spring

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 360 (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.

Fall

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.

Spring

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.

Fall, Spring

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.

Fall

HP 411 (3) Developmental Adapted Physical Education

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

Fall, Spring

HP 412 (2) Assessment in Adapted Physical Education

Evaluation of motor skills and fitness of students with disabilities.

Spring

HP 413 (1-2) 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.

Fall

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, BIOL 230, HP 175

Fall, Spring

HP 415 (2) Advanced Sports Medicine

This course is designed for individuals interested in advanced study in the field of sports medicine. The course will provide advanced study of orthopaedic assessment techniques, application of therapeutic exercise and modalities, and rehabilitation techniques.

Pre: BIOL 220, HLTH 210, HP 340

Spring, Summer

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

Fall

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

Spring

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

Fall

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.

Fall, Spring

HP 435 (3) Planning Sport Facilities

This course provides students with information on the planning, development, and administration of sport facilities (i.e., physical education, athletics, recreation, fitness/wellness centers, etc.).

Spring, Summer

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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.

Fall, Spring

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, HP 348

Fall

HP 441 (2) Organize & Administer

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

Fall, Spring

HP 442 (3) 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, HP 342

Fall

HP 444 (3) 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

Spring

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.

Spring

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

Fall, Spring

HP 462 (3) Sports Administration

This course provides student with fundamental theoretical and practical knowledge in management principles and techniques. Philosophy, leadership, communications, public relations, marketing, ethical and legal issues, finances and facilities are also studied.

Fall, Spring

HP 464 (3) Analysis of Sport Data

The introduction of basic principles and procedures of measurement skills used by sport manager in applying and analyzing sport-related data such as sport marketing, operational, or financial data in a sport organizational setting.

Spring

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.

Fall, Spring

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

Fall, Spring

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.

Spring

HP 468 (3) Sport 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.

Fall

HP 469 (3) Event Management in Sport

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

Fall

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

Fall, Spring

HP 471 (3) Consulting Techniques in Dev. Adapted Physical Education

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, HP 412, HP 445

Spring

HP 480 (3) Senior Seminar

Emphasis on research in sports medicine and athletic training.

Pre: Consent, HP 343, HP 422

Spring

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

Fall, Spring

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

Fall, Spring

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 HP 467 or equivalent

Fall, Spring

HUMAN PERFORMANCE

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

Fall

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, HP 442, HP 444, and HP 484

Spring

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.

Fall, Spring

HP 493 (2) Internship in Developmental Adapted Physical Education

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

Pre: HP 411 and HP 445

Fall, Spring

HP 496 (1-10) Internship

Designed as an intense practical experience in a selected area.

Fall, Spring

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.

Fall, Spring