

Human Performance

College of Allied Health & Nursing

Department of Human Performance

1400 Highland Center • 507-389-6313

Website: 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 ad

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 Shirley Murray, student relations coordinator, 1848 Highland Center, 507-389-5486.

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.

HEALTH AND PHYSICAL EDUCATION BS

The Health and Physical Education teaching program meets national and state standards for the preparation of school health educators and physical educators. This program prepares future teachers for what they should know and be able to do in order to help their students' develop health-related knowledge and skill to engage in healthy behaviors including life-long physical activity.

Required General Education

FCS	140	Introduction to Nutrition (3)
HLTH	212	Consumer Health (3)
HLTH	240	Drug Education (3)
HP	182	Aquatic Skills (1)
HP	291	Concepts of Fitness (2)
KSP	220W	Human Relations in a Multicultural Society (3)
PSYC	101	Introduction to Psychological Science (4)
(Choose 1 from below)		
CHEM	104	Introduction to Chemistry (3)
CHEM	106	Introduction to Chemistry (for Allied Health) (3)

Prerequisites to the Major

BIOL	220	Human Anatomy (4)
BIOL	310	Basic of Human Physiology (4)

Major Common Core

HLTH	210	First Aid & CPR (3)
HLTH	311	Family Life & Sex Education (3)
HLTH	320	School Health Education (3)
HLTH	410W	Current Health Issues (3)
HLTH	420	Health Teaching Methods (3)
HLTH	451	Emotional Health and Stress (3)
HLTH	454	Chronic and Infectious Diseases (3)
HP	202	Introduction to Teaching PE & Health (1)
HP	256	Teaching K-3 Physical Education (2)
HP	348	Structural Kinesiology and Biomechanics (3)
HP	387	Methods of Teaching PE K-12 (3)
HP	403	Measurement & Evaluation in Human Performance (3)
HP	411	Developmental/Adapted Physical Education (3)
HP	413	Lifespan Motor Development (2)
HP	414	Physiology of Exercise (3)

Other Graduation Requirements

Secondary Education: Refer to the list of required professional education courses. KSP 220W Human Relations in a Multicultural Society is included in the required general education section. Therefore, total professional education credits counted in this section will be 27 instead of 30.

AQUATICS MINOR

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)

DEVELOPMENTAL ADAPTED PHYSICAL EDUCATION, TEACHING MINOR (DAPE)

Most school districts in Minnesota now require physical education teachers to have licensure in Developmental Adapted Physical Education (DAPE) to obtain or retain their teaching positions. In addition to DAPE licensure to teach students with disabilities, a DAPE minor makes prospective teachers better equipped to teach students of all abilities in general physical education classes. Applicant for DAPE licensure must be a Physical Education Teacher Education Major as DAPE licensure is an add-on license to the K-12 physical education teaching license. Students in related disciplines who foresee teaching students and individuals with disabilities may pursue the DAPE minor; however, pursuant to Minnesota teacher licensure requirements, only physical education majors can be granted the DAPE teaching licensure. Prospective teachers will be eligible for DAPE licensure in the State of Minnesota when all competencies have been met. See this link for me information <http://ahn.mnsu.edu/hp/undergraduate/dape.html>.

All courses in minor must be taken for grade with the exception of HP 493 Internship in DAPE) which must be taken as P/NC. HP 493 may be taken concurrently with student teaching with prior approval. Cooperating teacher for HP 493 must be a licensed DAPE teacher.

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Candidates must pass the Minnesota Teacher Licensure Exam (MTLE) in Special Education: Core Skills to receive DAPE license.

Admission to Minor is granted by the department concurrent with or following admission to physical education major. Minimum department admissions requirements are:

- a minimum of 32 earned semester credit hours
- a minimum cumulative GPA of 2.5 or above

Required for Minor (Core, 19 credits)

HP 411	Developmental Adapted Physical Education (3)
HP 412	Assessment in Adapted Physical Education (2)
HP 413	Lifespan Motor Development (2)
HP 421	Teaching Sport to Individuals with Disabilities (2)
HP 422	Teaching Adapted Aquatics (2)
HP 445	Teaching Students with Cognitive & Emotional/Behavioral Disabilities (3)
HP 471	Consulting Techniques in Developmental Adapted Physical Education (3)
HP 493	Internship in Developmental Adapted Physical Education (2)

Required Support Courses for Minor (Special Education, 3 credits)

SPED 405	Individuals with Exceptional Needs (3)
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PHYSICAL EDUCATION MINOR (Non-Teaching)

Required for Minor (Human Performance, 4 credits)

(Choose four credits from the following)

HP 166	Team Game Skills (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 Techniques (1)
HP 182	Aquatic Skills (1)

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)

SPORT MEDICINE MINOR

Advisors: Patrick Sexton & Theresa Mackey

The Sports Medicine Minor at Minnesota State 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.

BIOL 220	Human Anatomy (4)
BIOL 330	Principles of Human Physiology (4)
HLTH 210	Advanced First Aid and CPR (3)
HLTH 321	Medical Terminology (3)
HP 160	Introduction to Human Performance Studies(2)
HP 291	Concepts of Fitness (2)
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.

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 102 (1) Individualized Exercise

This course provides small group personal training sessions (e.g., 1 to 4) ideal for sedentary students looking to begin a physical activity program in a non-competitive supportive environment. With the assistance of exercise science students enrolled in HP 486, participants will enhance their physical fitness and overall wellness.

Fall, Spring

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

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

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 ac-

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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 Activities 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 180 (1) Introduction to Handball

Acquaint student with basic skills, and rules of handball.
Fall, Spring
GE-11

HP 181 (1) Advanced Handball

Acquaint student with advanced skills, strategies, and rules of handball.
Fall, 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 202 (1) Introduction to Teaching PE and Health

Introduction to physical education and health teaching majors. An overview of history, physical education and health 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 (2) 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.
Spring

HP 256 (2) Teaching K-3 Physical Education

Designed to prepare teacher candidates to recognize, understand, apply, and analyze the skill theme approach to elementary children's physical education curriculum. The 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, breaststroke, sidestroke.
On Demand
GE-11

HUMAN PERFORMANCE

comply with 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 141 (2) Introduction to Sport Management

This course is designed to introduce students to the vast array of fields within the sport management industry and the different job opportunities that are available as well as basic knowledge and skill sets needed to be a sport manager.

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

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.

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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

HP 291 (2) Concepts of Fitness

Adult fitness, from theory to practice.

Fall, Spring

GE-11

HP 292 (2) Group Exercise Instruction

The student will gain knowledge and skills that will allow them to take and pass a reputable group exercise instruction certification, develop/instruct a wide variety of group exercise formats and monitor and modify the exercise of participants in group exercise.

Variable

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 325 (3) Sport Ethics and Professional Development

This course will enable students to gain a deeper understanding of the moral reasoning processes of sport management professionals. Students will develop the knowledge, skills, and abilities to apply moral reasoning in dealing with ethical dilemmas in sport management.

Fall

HP 340 (2) Prevention and Care

Basic recognition, prevention, and care of injuries/illnesses suffered by athletes and other physically active individuals. Designed for coaching, physical education, and sports medicine minor students.

Pre: BIOL 220, HLTH 210

Fall, Spring

HP 341 (3) Athletic Training Techniques

Recognition, prevention, and care of injuries/illnesses incurred by athletes and other physically active individuals. Also, the proper selection, care, fitting, and maintenance of protective equipment and braces are emphasized. Designed for athletic training students.

Pre: Consent and BIOL 220, HP 140

Spring

HP 342 (3) Evaluation Techniques I

Principles of the etiology, pathology, assessment, recognition, and management of lower body injuries/illnesses suffered by athletes and physically active individuals. Designed for athletic training students.

Pre: Consent and HP 341

Fall

HP 343 (3) Evaluation Techniques II

Principles of the etiology, pathology, assessment, recognition, and management of upper body injuries/illnesses suffered by athletes and physically active individuals. Designed for athletic training students.

Pre: Consent, HP 341, HP 342

Spring

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

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) Foundations of Sport Management

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, PHYS 101

On Demand

HP 372 (3) Exercise Science for Coaches

The purpose of this course is to acquaint the student with an understanding of basic scientific principles essential to working successfully with athletes as a coach.

Summer

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 387 (3) Methods of Teaching PE K-12

This course is designed for teacher candidates to apply, analyze, and evaluate developmentally appropriate content skills, develop lesson plans, and peer teaching. Teacher candidates will apply the standards of effective practice in teaching K-12 level students in physical education.

Fall

HP 398 (0) CPT: CO-Operative Experience

Curricular Practical Training: Co-Operative Experience is a zero-credit full-time practical training experience for one summer and on adjacent fall or spring term. Special rules apply to preserve full-time student status. Please contact an advisor in your program for complete information.

Pre: HP 140 or HP141 or HP 160 or HP 201. At least 60 credits earned; in good standing; instructor permission; co-op contract; Prerequisites may vary by pro-

gram: HP 140 (AT), HP 141 (SM), HP160 (ES), HP 201 (PE/HLTH).

Fall, Spring, Summer

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 pre-professionals 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 (2) Lifespan Motor Development

Study of lifespan motor development from prenatal 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 330. BIOL 230 or BIOL 310 may be substituted for BIOL 330.

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 or orthopaedic assessment techniques, application of therapeutic exercise and modalities, and rehabilitation techniques.

Pre: BIOL 220, HLTH 210, HP 340

Spring, Summer

HP 417 (3) Principles of Wellness Coaching

This course contains content associated with achieving entry-level certifications for wellness coaching. Health behavior change strategies are emphasized within the context of the health coaching theory, coaching relationship skills, well-being assessment, and goal setting.

Fall, Spring

HP 418 (3) Intercultural Competence for Allied Health Professionals

Studying abroad is a transformative experience that has the power to challenge our thinking and our perspective on the world. This experiential course will help you become a global citizen, develop intercultural competence, and enhance your abilities to work in health-related fields with diverse clients and patients. Specifically, we will be participating in intercultural activities before the study abroad and several cultural immersion activities while abroad (e.g., participating in a traditional cultural ceremony).

Spring

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

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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

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

HP 437 (3) Sport Media, Sponsorship & Sales

An in-depth study of sport management theories, policies, objectives, and strategies applied to sport marketing through the functions and areas of sport sponsorships, sales and media.

Fall, Summer

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 study of general medical concepts related to injuries/illnesses incurred by athletes and physically active individuals. The course also includes concepts of medical pathology and pharmacology. Designed for athletic training students.

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 the use of therapeutic modalities in the treatment of injury/illnesses suffered by athletes and physically active individuals. This also includes the principles of tissue healing, pain and pain control. Designed for athletic training students.

Pre: Consent and HP 341, HP 342

Fall

HP 444 (3) Rehabilitation Techniques

Principles of rehabilitation and reconditioning of injuries/illnesses incurred by athletes and physically active individuals. This course also includes strategies to safely and expeditiously return patients/clients to functional 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 448 (3) Applied Sport Business

This course is designed to provide a rigorous, comprehensive hands-on learning experience for students majoring in Sport Management. This more closely supervised field experience requires a rigorous time and energy commitment from students.

Variable

HP 451 (3) Principles of Coaching

Basic understanding of the theoretical and practical applications of the sport science areas of physical education related to coaching. Current issues and topics addressing the principles and problems of the prospective interscholastic coach.

Fall, Summer

HP 456 (2) Athletic Testing and Conditioning

Field testing, exercise instruction, and the periodization technique of exercise prescription for athletes and physically active individuals. Includes scientific strategies for enhancing strength, power, and endurance performance along with computer-aided program design.

Pre: HP 414

Fall, Spring

HP 459 (3) Financial Aspects of Sport

This course is designed to provide knowledge and understanding of the principles of economics, budgeting, and finance as it applies to the sport business industry.

Pre: ACCT 200 or consent of instructor

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 463 (3) Seminar in Sport Management

This course is designed to provide students with opportunities to apply the knowledge and skills obtained from sport management courses in order to solve problems that a sport manager is likely to encounter.

Spring, Summer

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 414

Fall, Spring

HP 467 (3) Worksite Wellness Program Development

Reviews the contextual issues and health policies in the workplace. Efficacy of best practices in worksite wellness strategies, employee engagement, program design and implementation, and program assessment are explored.

Spring

HUMAN PERFORMANCE

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 472 (3) Psychology of Sport and Athletic Injury

This course provides understanding and application of the psychology of sport and injury. Topics include psychological concerns, psycho-social antecedents of injury, psychological skills to implement with patients who are injured as a result of participation in athletics and physical activity.

Variable

HP 475 (3) International Sport Management

The purposes of this course are to expand students' awareness of global sport management principles and obtain firsthand experience in international sport through studying abroad. The course will address ethics, marketing, event management, finance, and challenges/issues in international sport management.

On-Demand

HP 480 (3) Senior Seminar

Principles of organization and administration of athletic training service programs. Includes principles of research and evidence-based practice in 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: HP 340, HP372, HP 451

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

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 486 (3) Small Group Personal Training

This course will prepare exercise science students to lead personal training sessions in a professional environment. Each student will serve as a personal trainer for HP 102 students applying skills from HP 456 and HP 466. Students will further their personal training techniques using a client-centered approach.

Pre: HLTH 210, HP 456, HP 466

Fall, 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: HP 414, 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.

Pre: HP 414, HP 466

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