

## HUMAN PERFORMANCE

### 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](http://www.mnsu.edu/dept/colahn/hp.html)

Chair: Robert Pettitt

Suzannah Armentrout, Jedediah Blanton, Matthew Buns, Cindra Kamphoff, Jon Lim, Theresa Mackey, Cherie Pettitt, Bryan Romsa, Patrick Sexton, Mary Visser

#### POLICIES/INFORMATION

**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.

Candidates of the Health and 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 in the School Health and Physical Education program are required to complete 40 credits of General Education courses in 11 Goal Areas for graduation.

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, 124 Myers Field House, 507-389-6315.

#### HEALTH AND PHYSICAL EDUCATION BS

Degree completion = 120 credits

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

CHEM	106	Chemistry of Life Process Part I (General) (3)
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)

#### Pre-requisites 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	410	Current Health Issues (3)
HLTH	420W	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	203	Fundamentals of Indoor and Outdoor Team Sports (2)
HP	204	Fundamentals of Individual and Dual Sports (2)
HP	205	Fundamentals of Rhythm and Dance (2)
HP	348	Structural Kinesiology and Biomechanics (3)
HP	356	Methods of Elementary Physical Education (3)
HP	387	Methods of Secondary Physical Education (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.

#### 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 Health & Physical Education Teacher Education Major as DAPE licensure is an add-on license to the K-12 Health and 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 more information <http://ahn.mnsu.edu/hp/undergraduate/dape.html>.

All courses in the 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.

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

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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## HUMAN PERFORMANCE CONTINUED

### 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)
HP	291	Concepts of Fitness (2)
HP	340	Prevention and Care (2)
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  
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

#### 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 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 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

## HUMAN PERFORMANCE CONTINUED

### **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.  
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

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## HUMAN PERFORMANCE CONTINUED

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### **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.

Spring

### **HP 203 (2) Fundamentals of Indoor and Outdoor Team Sports**

This class is intended for students in Physical Education to learn the fundamentals of teaching indoor and outdoor team sports. Students will use current teaching models to learn and evaluate age appropriate teaching progressions and assessment techniques. Students will become proficient in both performing and teaching specific skills related to team sport (flag football, basketball, volleyball, soccer, ultimate Frisbee, team handball).

Fall

On-Demand

### **HP 204 (2) Fundamentals of Individual and Dual Sports**

This class is intended for students in Physical Education to learn the fundamentals of teaching individual and dual sports. Students will use current teaching models to learn and evaluate age appropriate teaching progressions and assessment techniques. Students will become proficient in performance and analysis of fundamental movements and skills in individual and dual sports (bowling, golf, tennis, pickle ball, badminton) and leisure activities (disc golf, bocce ball).

On-Demand

### **HP 205 (2) Fundamentals of Rhythm and Dance**

This class is intended for students in Physical Education to learn the fundamentals of teaching rhythm and dance. Students will use current teaching models to learn and evaluate age appropriate teaching progressions and assessment techniques. Students will become proficient in performance and analysis of fundamental movements and skills in rhythmic activities and dance (folk, square, line, and social).

On-Demand

### **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 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 (2) 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 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

## HUMAN PERFORMANCE CONTINUED

### **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 356 (3) Methods of Elementary 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 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



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## HUMAN PERFORMANCE CONTINUED

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### **HP 387 (3) Methods of Secondary Physical Education**

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.

Pre: KSP 330

Coreq: KSP 330

Fall

### **HP 392 (3) 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 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 program: HP 140 (AT), HP 141 (SM), HP160 (ES), HP 201 (PE/HLTH).

Fall, Spring, Summer

### **HP 403 (3) Research Methods & Statistics in Exercise Science**

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.

Pre: HP 290, HP 414

Fall, Spring

### **HP 403W (3) Research Methods & Statistics in Exercise Science**

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.

Pre: HP 290, HP 414

WI

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

### **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

## HUMAN PERFORMANCE CONTINUED

### **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 477 (3) Behavior Change Foundations and Strategies**

Behavior Change Foundations and Strategies (3 semester credits) is a course that focuses upon the complexity of health behavior change and the skills necessary for a health promotion professional to assess, plan, and evaluate behavior change interventions for individuals and communities. Health behavior change theories and strategies will be discussed. Topics covered in class will include: behavior modification, goal setting, self-management, coping skills, and social support. Emphasis will also be given to the impact of policy and environmental influences on behavior.

Pre: HP 290, HP 414  
Fall, 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 466W (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

WI

### **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.

Pre: HP 414

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, nonprofit 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

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## HUMAN PERFORMANCE CONTINUED

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### **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 is to expand students' awareness of global sport management principles and obtain first-hand 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