
HUMAN PERFORMANCE (HP) COURSE DESCRIPTIONS

Human Performance

College of Allied Health & Nursing

Department of Human Performance
1400 Highland Center • 507-389-6313
Website: ahn.mnsu.edu/hp/

Chair: Lynnette Engeswick
Jessica Albers, Suzannah Armentrout, Cindra Kamphoff, Jon Lim, Theresa Mackey, Michelle McAlarnen, Vicki Schull, Ben Schwamberger, Patrick Sexton, Sue Tarr, Mary Visser,

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/INFORMATION

Candidates of the Health and Physical Education majors 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.

COURSE DESCRIPTIONS

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 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 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. Prerequisite: Swim 500 yards without stopping.

On-Demand
GE-11

HP 146 (1) Intercollegiate Bowling

Prerequisite: Bowling experience/averages.

On-Demand
GE-11

HP 147 (1) Intercollegiate Cross Country

Open for credit to those on the intercollegiate team.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: Selection for team

Fall
GE-11

HP 155 (1) Intercollegiate Basketball

Must be on intercollegiate roster.

Prerequisite: Selection for team

Spring
GE-11

HP 156 (1) Intercollegiate Baseball

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

Prerequisite: Selection for team

Spring
GE-11

HP 157 (1) Intercollegiate Golf

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

Prerequisite: Selection for team

Spring
GE-11

HP 158 (1) Intercollegiate Tennis

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

Prerequisite: 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.

Prerequisite: Selection for team

Spring
GE-11

HP 160 (2) Introduction to Exercise Science

Introduction to the discipline of exercise science. Course is designed to acquaint exercise science majors with opportunities within the major, recommended minors, and an overview of the exercise science profession and career options.

Fall, Spring

HP 161 (1) Intercollegiate Soccer

Participation in NCAA II soccer.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: 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.

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.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: Swim 500 yards. Front crawl, back crawl, elementary backstroke, breaststroke, sidestroke.

On-Demand

GE-11

HP 265 (2) Orientation to PT, OT, and AT

Orientation to existing and emerging careers in the allied health professions such as occupational therapy, physical therapy, and athletic training. Strategies for gaining admission to allied health graduate studies programs will be emphasized.

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.

Prerequisite: 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.

Prerequisite: Competitive swimming experience.

On-Demand

HP 302 (1) Wrestling Theory

Methods and procedures used in coaching.

Prerequisite: Wrestling experience or wrestling class.

On-Demand

HP 303 (1) Volleyball Theory

Methods and procedures used in coaching volleyball.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: 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, Spring

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.

Prerequisite: BIOL 220, HLTH 210

Fall, Spring

HP 344 (2) Aquatic Organization and Administration

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

Prerequisite: Lifeguard Training/VWSI 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.

Prerequisite: HP 341 and HP 342 concurrent

Fall

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.

Prerequisite: 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

This course will provide an overview of the academic and professional sport management industry. Topics and challenges specific to the industry will be examined. Students will learn basic professional career paths, tasks, and duties of sport managers with a focus on practical examples of sport management skills and strategies, as well as relevant theoretical concepts.

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.

Prerequisite: 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.

Prerequisite: HP 201, HP 255, HP 266, all Performance Courses.

Spring

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.

Prerequisite: KSP 330

Co-requisite: 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.

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.

Prerequisite: 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 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.

Prerequisite: HP 290, HP 414

VI

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 (3) Assessment in Adapted Physical Education

Evaluation of motor skills and fitness of students with disabilities.

Prerequisite: HP 411

Summer

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.

Prerequisite: 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.

Prerequisite: 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 423 (3) Teaching Strategies in Secondary Developmental Adapted Physical Education

Develop teaching strategies, curricular programming, and adaptations/modifications for students with disabilities in secondary physical education settings. Application of these strategies in fieldwork experiences with students with disabilities in physical education/DAPE settings.

Prerequisite: HP 411

Summer

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.

Prerequisite: 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.).

Fall, Spring

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.

Prerequisite: HP 414

Fall, Spring

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 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 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.

Prerequisite: 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.

Prerequisite: ACCT 200 or consent of instructor

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, Summer

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.

On Demand: Summer

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, Summer

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.

Prerequisite: 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.

Prerequisite: HP 414

Fall, Spring

WVI

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.

Prerequisite: 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, Spring

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.

Prerequisite: 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.

Prerequisite: 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 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 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.

Prerequisite: HP 290

Fall, Spring

HP 482 (1) Coaching Practicum

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

Prerequisite: 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.

Prerequisite: HP 414 and HP 467 or equivalent

Fall, 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.

Prerequisite: HLTH 210, HP 456, HP 466

Fall, Spring

HP 487 (3) Applied Exercise Science

This course is designed to provide an applied, comprehensive experience for exercise science students to develop skills and dispositions to succeed in careers in health/fitness and sport performance.

Prerequisite: HP 414

Co-requisite: HP 496

Fall, Spring

HP 488 (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.

Fall, Spring, Summer

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.

Prerequisite: HP 414, HP 466

Fall, Spring

HP 493 (1) Internship in Developmental Adapted Physical Education

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

Prerequisite: HP 411 and HP 445

Fall, Spring

HP 496 (1-10) Internship

Designed as an intense practical experience in a selected area.

Prerequisite: 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