

## HPE: Courses in Health and Physical Education

### Department of Education: Health, Physical and Teacher

#### HPE 101-102 Physical Education Activities 1-2 Cr Each

These courses will emphasize a variety of individual, dual, and group fitness activities for wellness. These courses are offered on a pass/fail grading system. A maximum of two (2) 101-102 courses may be counted toward graduation credits.

#### HPE 103 Foundations of Health and Physical Education 3 Cr

A foundations course designed to acquaint the student with the philosophy, history, present status, and future role of health and physical education. The focus is on careers in health and physical education. Spring semester.

#### HPE 109 Techniques of Basic Skills in Physical Education 3 Cr

An introduction to basic motor skill development and its sequential application to specific movement patterns, including locomotor, non-locomotor, manipulative, rhythm and dance, and movement exploration. Included in this basic skill class is the teaching of knowledge and skills appropriate for the elementary health and physical education curriculum. The student will also learn how to select developmentally appropriate games and activities for elementary school children. Each semester.

#### HPE 126 Lifeguard Training, CPR, and First Aid 2 Cr

Students who enroll in and successfully meet the requirements of this course as mandated by the American Red Cross will become certified in Lifeguard Training, training that is required to be hired as a professional lifeguard. Additionally, the student will be certified in Community First Aid and CPR for the Professional Rescuer. These certification requirements include skills that are also required by swimming pools for employment. Spring semester.

#### HPE 128 Water Safety Instructor 2 Cr

Students enrolled in this course have an opportunity to become certified as an American Red Cross Water Safety Instructor (WSI). Nationwide, there is a shortage of qualified swimming instructors. The student does not need to be a certified Lifeguard to either enroll in this course or become a Water Safety Instructor. Fall semester.

#### HPE 135 Introduction to Wellness 3 Cr

An overview of the many facets of a healthy life-style; investigates the importance of responsibility for one's own health and discusses the application of fundamental tools to establish a life-style that promotes wellness. Fall semester.

#### HPE 150 Responding to Emergencies 2 Cr

This course provides a unique common sense approach that enables a person to provide appropriate emergency first aid care regardless of the situation. The course stresses the basic steps to follow in an emergency while waiting for more highly trained personnel to arrive on the scene. Students who successfully meet the requirements of the American Red Cross will become certified in Responding to Emergencies as a first-aid responder along with becoming certified in Community CPR. Spring semester.

#### HPE 200 Field Experience in HPE 1-3 Cr

Health and Physical Education majors pursuing concentrations in either sport management or community health will be assigned a field placement in an appropriate setting. During the semester, students will be required to spend three (3) hours per week in the assigned setting. Prerequisites: HPE 103, sophomore standing

and consent of the instructor. Students must attend a placement meeting in the first week of classes as listed in the class schedule. Each semester.

#### HPE 205 Coaching of Soccer 2 Cr

The fundamentals of coaching soccer. Reviews basic skills and rules of soccer, methods and techniques used to coach teams at various age levels, and other strategies necessary for successful coaching. Fall 2005; Spring 2007 and then Spring semester, odd-numbered years.

#### HPE 207 Coaching of Football 2 Cr

The study of modern offensive and defensive football systems and the strategies involved in successful coaching. Includes both 11-man and eight-man football. Spring semester; odd-numbered years.

#### HPE 209 Coaching of Basketball 2 Cr

The study of modern offensive and defensive basketball systems and the strategies involved in successful coaching. Fall semester; even numbered years.

#### HPE 210 Coaching of Wrestling 2 Cr

The study of modern offensive and defensive wrestling holds and techniques and the strategies involved in successful coaching. Spring semester; even-numbered years.

#### HPE 211 Coaching of Volleyball 2 Cr

The study of the fundamentals and techniques of power volleyball and the strategies involved in successful coaching. Fall semester; even-numbered years.

#### HPE 212 Coaching of Track and Field 2 Cr

The study of the fundamentals and techniques of track and field events and the strategies involved in successful coaching. Spring semester; odd-numbered years.

#### HPE 214 The School Health Program 2-3 Cr

Study of school personnel's role in the promotion of health and prevention of disease; focus on the teacher's responsibility in the comprehensive school health program. Presentation of health problems of school-aged children and youth; includes CPR and first aid certification. This course can be taken with CPR/First Aid Certification for 3 credits or without CPR/First Aid Certification for 2 credits. Students majoring in a teacher licensure area must take the course for 3 credits. Each semester.

#### HPE 216 Methods of Teaching Health 3 Cr

A study of the principles, methods, materials, and resources involved in teaching health education. Spring semester; even-numbered years.

#### HPE 224 Comprehensive Experience in Athletics 2 Cr

Allows students to experience aspects of an athletic program in a more in-depth approach. The student will propose a comprehensive experience related to athletic programs, such as film exchange, budget issues, scheduling, practice/game preparation, training regimens, travel planning, or other approved projects, which will give the student a more comprehensive experience in athletics. Each semester.

#### HPE 234 Sports Nutrition and Conditioning 3 Cr

This course introduces the student to the study of the nutritional needs of physically active people. It explores fluid needs for exercise and guidelines to maintain optimal hydration, and it will describe weight management guidelines for health, physical fitness, and athletic performance. Students will learn to evaluate sports nutrition

information, nutritional supplements, and ergogenic aids, as well as recognize signs of eating disorders and ways to prevent such problems. This course will also explore the fundamentals and special considerations of physical training and exercise. Fall semester.

**HPE 301-302 Methods and Techniques of Teaching 6 Cr**  
**Fall/Spring Activities**

This course provides the knowledge, theory and practical application of physical education within the secondary school setting. Students will learn about the various components of a secondary education and the methods and techniques used to teach and evaluate those components. Students will learn how to observe skill performance for analysis and correction of incorrect skill performance and skill progressions. Students will learn how to design and implement course lesson plans, set up appropriate skill practice sessions and evaluate cognitive knowledge of activities taught in the fall/winter and spring. HPE 301 is offered fall semester; even-numbered years. HPE 302 is offered spring semester; odd-numbered years. Prerequisite: Junior/senior status or consent of instructor.

**HPE 314 Physical Education—Elementary School 3 Cr**

This course provides the knowledge, theory, and some practical applications of physical education within the Elementary school setting. Students will learn about the various components of an elementary physical education program and will learn how to develop a year-long elementary physical education curriculum. Students will learn games and activities appropriate to the developmental level of elementary children, health promotion concepts, teaching methodology, evaluation techniques, and the importance of physical education as an integral part of general education. Prerequisite: HPE 109, junior/senior status, and admission to the Department of Education: Health, Physical, and Teacher. Each semester.

**HPE 325 Applied Anatomical Kinesiology 3 Cr**

Course includes the study of the anatomical locations, insertions, and actions of the major skeletal muscles, the structure and function of the major joints of the body, and a review of the skeleton. It will emphasize basic myology and osteology and their relationship to the science of body movement. Prerequisite: BI 102 and junior/senior status. Fall semester; odd-numbered years.

**HPE 330 Introduction to Community Health 3 Cr**

The course will discuss the history, evolution, and current status of health programs and services in the United States. It will also present the philosophical perspectives of the various health disciplines and the rules of health education, health promotion, and community health in contemporary society. Prerequisite: HPE 135 & HPE 214. Spring semester; odd-numbered years.

**HPE 340 Coaching Certification (ASEP) and 2 Cr**  
**Sport Management Techniques**

This course is designed to help prospective coaches as well as those coaches already employed to do the following: Develop a positive coaching philosophy, better communicate with and motivate athletes, teach athletes the techniques and tactics of a sport, establish safe and effective training regimens, manage risks, schedule and manage athletic seasons and events, and aid students in securing A.S.E.P. Coaching Principles Certification. Spring semester; even numbered years.

**HPE 365 Psychosocial Aspects of Exercise & Sport 3 Cr**

Investigates the psychological and social implications of exercise and sports pertaining to both the participant and the coach or instructor. Emphasizes methods used to motivate and the types and causes of response. Fall semester; odd-numbered years.

**HPE 402 Prevention and Treatment of Athletic Injuries 3 Cr**

Includes the study of physical conditioning, bandaging and taping, physiotherapy and hydrotherapy, and diet in relation to athletics and physical education. Prevention of injuries, emergency first aid and rehabilitative methods, and training room procedures are covered. Spring semester; even-numbered years.

**HPE 405 Senior Seminar 1 cr.**

The purpose of this seminar is to provide senior level health and physical education majors information that will assist them in preparing for life after graduation. It will serve as a writing forum for the preparation of professional portfolios and provide discussion for problems and experiences that arise during the internship. Each semester. Prerequisite: Senior standing, concurrent enrollment in HPE 415, admission to the internship program and consent of the instructor. Fulfills writing intensive requirement.

**HPE 410 Organization/Administration of Health 3 Cr**  
**and Physical Education Programs**

The study of methods of organization and means of administration of health and physical education programs. Prerequisite: Junior/Senior standing. Spring semester, even-numbered years.

**HPE 413 Exercise Physiology & Human 3 Cr**  
**Performance Testing**

The study of basic physiological functions of the body and their response to exercise. Topics include muscle structure and function, responses and adaptations to exercise, energy metabolism, effects of exercise and training on body composition, aerobic and anaerobic fitness, and nutrition and other aids to performance. Prerequisites: BI 102 and junior/senior status. Spring semester; even-numbered years.

**HPE 415 Internship 3-9 Cr**

Health and physical education majors pursuing options in either sport management or community health will be assigned an internship placement in an appropriate setting. During the semester, students will be required to spend nine to twenty-seven (9-27) hours per week in the assigned setting. Prerequisites: Senior standing, concurrent enrollment in HPE 405, admission to the Internship Program, consent of the department chairperson, and consent of the faculty supervisor. Applications for internships must be made by April 1 of the preceding year. Each semester.