Human Performance
College of Allied Health & Nursing
Department of Human Performance
1400 Highland Center • 507-389-6313
Web site: www.mnsu.edu/dept/colahn/HPhp.html

Chair: Garold Rushing

Patrick Akuffo, Rayla Allison, Jennifer Blue, Philip Bauer, Brenda Carlson, Michael Cunningham, Ken Ecker, Sherry Folsom-Meek, Chad Garbau, Kendra Gordon, Austin Hansen, Kent Kalm, Lisa Kannegieter, Joe Klanderman, Soonhwan Lee, Theresa Mackey, Mathew Magers, Jim Makovsky, John Marston, Lori Meyer, Christine Miskec, Spence Nowinsky, Nathan Owens, Heidi Henschel Pellett, Bruce Pietz, Daniel Ragsdale, Mike Schott, Pat Sexton, Jeff Sims, Mary Visser, Joe Walsh

Physical education develops and maintains individuals for vocational and personal pursuits through physical activities. Students are taught conditioning activities and recreational skills for this purpose and for desirable mental attitudes and social behavior for university and post-university life. The professional programs listed are designed to prepare students for leadership in human performance/physical education and related fields.

Admission to Major is granted by the department. Minimum university admission requirements are:
- a minimum of 32 earned semester credit hours.
- a minimum cumulative GPA of 2.5 ("C") or above.
Students are encouraged to consult with appropriate advisors for additional departmental requirements.

Policies: Candidates of the physical education teaching degree and DAPE minor in the department must have a cumulative grade point average of 2.0 or higher and a grade of "C" or better is required in all courses in the major and minor. Candidates may not take any course in the major and minor from the department as independent studies.

Students planning to major in the College of Allied Health and Nursing have an advisor from their area of interest assigned to them. Questions and concerns pertaining to advising and the assignment of advisors can be answered by Mark Schuck, student relations coordinator, 1848 Highland Center, 507-389-5486.

PHYSICAL EDUCATION BS (Non-Teaching)
General or Exercise Science Option

Required for Major (Performance Core, 4 credits):
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 166</td>
<td>Team Games Skills</td>
<td>1</td>
</tr>
<tr>
<td>HP 174</td>
<td>Individual Dual Activities</td>
<td>1</td>
</tr>
<tr>
<td>HP 175</td>
<td>Fitness Activities</td>
<td>1</td>
</tr>
<tr>
<td>HP 176</td>
<td>Lifetime Activities I</td>
<td>1</td>
</tr>
<tr>
<td>HP 177</td>
<td>Lifetime Act II: Golf</td>
<td>1</td>
</tr>
<tr>
<td>HP 178</td>
<td>Social, Folk and Square Dance Techniques</td>
<td>1</td>
</tr>
<tr>
<td>HP 182</td>
<td>Aquatic Skills</td>
<td>1</td>
</tr>
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</table>

Required for Major (Theory Core, 20 credits):
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 160</td>
<td>Introduction to Human Performance Studies</td>
<td>2</td>
</tr>
<tr>
<td>HP 290</td>
<td>Psycho-Social Aspects of Sport</td>
<td>3</td>
</tr>
<tr>
<td>HP 320</td>
<td>Foundations of Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>HP 348</td>
<td>Structural Kinesiology and Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>HP 403</td>
<td>Measure and Evaluation in Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>HP 405</td>
<td>Adapted Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>HP 414</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
</tbody>
</table>

*Pre-requisites

Required for All Majors (Option):
Choose one of the following options.

GENERAL OPTION

Required (Option, 11 credits):
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 220</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 230</td>
<td>Human Physiology</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 100</td>
<td>Chemistry in Society</td>
<td>4</td>
</tr>
</tbody>
</table>

Minor Required: Yes. Any.

EXERCISE SCIENCE OPTION

Required General Education (13 credits):
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>IT 100</td>
<td>Introduction to Computing and Applications</td>
<td>4</td>
</tr>
<tr>
<td>MATH 112</td>
<td>College Algebra</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 201</td>
<td>General Chemistry II</td>
<td>5</td>
</tr>
</tbody>
</table>

Required Support Courses (16 credits):
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATH 113</td>
<td>Trigonometry</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 202</td>
<td>General Chemistry II</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 220</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 230</td>
<td>Human Physiology (BIOL 220*, CHEM Class*)</td>
<td>4</td>
</tr>
</tbody>
</table>

Required for Option (Core, 19 credits):
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 439</td>
<td>Nutrition for Physical Activity and Sport</td>
<td>3</td>
</tr>
<tr>
<td>HP 456</td>
<td>Athletic Testing and Conditioning</td>
<td>2</td>
</tr>
<tr>
<td>HP 465</td>
<td>Legal Aspects of Physical Education and Sport</td>
<td>3</td>
</tr>
<tr>
<td>HP 466</td>
<td>Graded Exercise Testing and Exercise Prescription</td>
<td>3</td>
</tr>
<tr>
<td>HP 467</td>
<td>Exercise Program Development and Administration</td>
<td>2</td>
</tr>
<tr>
<td>HP 496</td>
<td>Internship</td>
<td>6</td>
</tr>
</tbody>
</table>

*Pre-requisites

Required Electives for Option (15 credits):
15 credits of electives selected from list or recommended in consultation with advisor.

Required for Minor: None

PHYSICAL EDUCATION BS (Non-Teaching)
SPORT MANAGEMENT OPTION

Required for Major (Theory Core, 5 credits):
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 160</td>
<td>Introduction to Human Performance Studies</td>
<td>2</td>
</tr>
<tr>
<td>HP 290</td>
<td>Psycho-Social Aspects of Sport</td>
<td>3</td>
</tr>
</tbody>
</table>

Sport Management Core (29 credits):
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 360</td>
<td>Foundations of Sport Management</td>
<td>3</td>
</tr>
<tr>
<td>HP 435</td>
<td>Planning Sport Facilities</td>
<td>3</td>
</tr>
<tr>
<td>HP 462</td>
<td>Sports Administration</td>
<td>3</td>
</tr>
<tr>
<td>HP 464</td>
<td>Analysis of Sport Data</td>
<td>3</td>
</tr>
<tr>
<td>HP 465</td>
<td>Legal Aspects of Physical Education and Sport</td>
<td>3</td>
</tr>
<tr>
<td>HP 468</td>
<td>Sport Marketing</td>
<td>3</td>
</tr>
<tr>
<td>HP 469</td>
<td>Event Management in Sport</td>
<td>3</td>
</tr>
<tr>
<td>HP 496</td>
<td>Internship</td>
<td>6</td>
</tr>
</tbody>
</table>

Required Support Courses (21-22 credits):
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>IT 100</td>
<td>Introduction to Computing and Applications</td>
<td>4</td>
</tr>
<tr>
<td>ISYS 101</td>
<td>Personal Productivity with Information Systems</td>
<td>3</td>
</tr>
<tr>
<td>ACCT 200</td>
<td>Financial Accounting</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 210</td>
<td>First Aid and CPR</td>
<td>3</td>
</tr>
<tr>
<td>BLAW 131</td>
<td>Consumer Law and Ethics</td>
<td>3</td>
</tr>
<tr>
<td>BLAW 200</td>
<td>Business Law</td>
<td>3</td>
</tr>
<tr>
<td>ECON 201</td>
<td>Principles of Macroeconomics</td>
<td>3</td>
</tr>
<tr>
<td>ECON 202</td>
<td>Principles of Microeconomics</td>
<td>3</td>
</tr>
<tr>
<td>MRKT 100</td>
<td>Global Business Concepts</td>
<td>3</td>
</tr>
<tr>
<td>MRKT 310</td>
<td>Principles of Marketing</td>
<td>3</td>
</tr>
<tr>
<td>SPEE 102</td>
<td>Public Speaking</td>
<td>3</td>
</tr>
</tbody>
</table>

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

Required for Major (11 credits):
- BIOL 220 Human Anatomy (4)
- BIOL 230 Human Physiology (4) (BIOL 220*, CHEM Class*)
- HLTH 210 First Aid and CPR (3)

Required for Major (Performance Core, 7 credits):
- HP 103 Fitness for Living (1)
- HP 104 Adult Fitness (1-2)
- HP 166 Team Game Skills (1)
- HP 176 Lifetime Activities I: Tennis (1)
- HP 176 Lifetime Activities I: Badminton (1)
- HP 177 Lifetime Activities II: Golf (1)
- HP 179 Winter Activities (1)
- HP 182 Aquatic Skills (1)

Required for Major (Theory Core, 39 credits):
- HP 201 Introduction to Teaching Physical Education (3)
- HP 255 Developmental Movement (3)
- HP 257 Lifeguard Training (2) or current ARC Lifeguard certification
- HP 257 Water Safety Instructor (2) or current ARC WSI certification
- HP 320 Foundations of Motor Learning (3)
- HP 340 Prevention and Care (2)
- HP 348 Structural Kinesiology and Biomechanics (3)
- HP 386 Methods of Middle & Secondary Physical Education (4)
- HP 403 Measurement and Evaluation in Human Performance (3)

Choose one of the following:
- HP 412 Assessment in Adapted Physical Education (2)
- HP 413 Lifespan Motor Development (1-2)
- HP 414 Physiology of Exercise (3) (BIOL 220*, BIOL 230*)

Choose one of the following:
- HP 421 Teaching Sport to Individuals with Disabilities (2)
- HP 422 Teaching Adapted Aquatics (2)
- HP 424 Methods of Elementary Physical Education (4)
- HP 432 Elementary Teaching Field Experience (2)

*Pre-requisites

Professional Education Core (30 credits):
See the SECONDARY EDUCATION section for admission requirements to Professional Education and a list of required professional education courses.

Required General Education Courses: (24 credits)
- HLTH 310 Drug Education (3)
- PHYS 101 Introductory Physics (3)
- BIOL 220 Human Anatomy (4)
- BIOL 230 Human Physiology (4) (BIOL 220*, CHEM Class*)
- PSYC 101 Psychology (4)
- HLTH 210 First Aid and CPR (3)
- CHEM 104 Introduction to Chemistry (3)

Required Minor. None.

PHYSICAL EDUCATION MINOR (Non-Teaching)

Required for Minor (Human Performance, 4 credits):
Choose four credits from the following:
- HP 166 HP 174 HP 175 HP 176 HP 177 HP 178 HP 182

Required for Minor (Theory, 14 credits):
- HP 160 Introduction to Human Performance Studies (2)
- HP 290 Psycho-Social Aspects of Sport (3)
- HP 320 Foundations of Motor Learning (3)
- HP 348 Structural Kinesiology and Biomechanics (3)
- HP 405 Adapted Physical Activity (3)

Required for Minor (Biology, 8 credits):
- BIOL 100 Our Natural World (4)
- BIOL 220 Human Anatomy (4)

AQUATICS
This cluster of courses, associated with the Physical Education major, may be elected by majors or non-majors and is designed to prepare qualified aquatic leaders.

Pre: HP 182 or consent

Required (Core, 11 credits):
- HP 182 Aquatic Skills (1)
- HP 250 Lifeguard Training (2) or current ARC Lifeguard certification
- HP 257 Water Safety Instructor (2) or current ARC WSI certification
- HP 344 Aquatic Organization and Administration (2)
- HP 491 In-Service (1)
- HP 496 Internship (3)

Required Electives (4 credits):
- HP 143 Aqua Exercise (1)
- HP 145 Aquatic Conditioning and Water Polo (1)
- HP 248 Stroke Analysis (1)
- HP 301 Swimming Theory (1)

POLICIES/INFORMATION

GPA Policy. A GPA of 2.00 is required.

P/N Grading Policy. Courses required in the major must be taken for a grade.

COURSE DESCRIPTIONS

HP 101 (1) Adapted Exercise
For students with disabilities who will benefit from a guided program of individualized exercise.
Fall, Spring
GE-11

HP 103 (1) Fitness for Living
Concepts and development of lifelong healthy exercise and nutritional habits.
Fall, Spring
GE-11

HP 104 (1) Adult Fitness
This course is designed to provide specific information and strategies to allow adults to develop or maintain life-long healthy exercise habits that impact physical fitness in one or more of the following areas: cardiovascular and muscular endurance, muscular strength, flexibility, and body composition.
On Demand
GE-11

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
GE-11

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
**HP 130 (1) Self-Defense for Women**  
Includes street fighting techniques and personal safety tips.  
Fall, Spring  
GE-11 CD-Core

**HP 138 (1) Beginning Horsemanship**  
Basic skills of horseback riding-western and English.  
Fall, Spring  
GE-11

**HP 139 (1) Winter Survival**  
The winter survival (WS) seminar is designed to provide student with an introduction to winter survival techniques applicable to severe and varying weather conditions. Classroom lecture and outdoor hands-on training is utilized to accomplish course objectives. Winter survival is pass/fail.  
On Demand  
GE-11

**HP 140 (2) Introduction to Athletic Training**  
Orientation to the profession of athletic training. Designed for students majoring in athletic training.  
Fall, Spring  
GE-11

**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

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HP 166 (1) Team Game Skills
Flag/Touch Football, Softball (fast and slow pitch), Soccer, Speedball, Ultimate, Volleyball, Basketball, Team handball.
Fall, Spring
GE-11

HP 174 (1) Individual Dual Activities
Participation and increase skill knowledge through activity in track and field or gymnastics.
Fall, Spring
GE-11

HP 175 (1) Fitness Activities
Participation and increase skill knowledge through activity in body building, physical conditioning, and aerobics.
Fall, Spring
GE-11

HP 176 (1) Lifetime Activities I
Acquaint student with the basic skills, strategy and rules of badminton, tennis, or racquetball.
Fall, Spring
GE-11

HP 177 (1) Lifetime Act II
Basic skills and knowledge of terminology, rules, and strategy in archery or golf.
Fall, Spring
GE-11

HP 178 (1) Social, Folk and Square Dance Techniques
Techniques of traditional folk dance, square dance and fundamentals of a variety of social dances.
Fall, Spring
GE-11

HP 179 (1) Winter Activities
Skiing, cross-country skiing, ice skating, or snowboarding.
Spring
GE-11

HP 182 (1) Aquatic Skills
Overview of aquatic skills and activities. Basic techniques and practical experience in teaching aquatic skills and activities.
Pre: Human Performance major or Aquatic emphasis. Ability to swim front crawl, back crawl, elementary backstroke, breaststroke, sidestroke. Developing teaching skills and curriculum.
Fall, Spring
GE-11

HP 190 (1) Sport Activities
Variable content based on demand.
Pre: Varies depending on activity
Fall, Spring
GE-11

HP 201 (3) Introduction to Teaching Physical Education
Introduction to physical education for teaching majors. An overview of history, physical education teaching profession, and opportunities and challenges in teaching.
Fall

HP 210 (2) Global Aspects of Sport
On Demand

HP 241 (1) Sailing
Students must furnish Coast Guard approved wearable life preserver. Beginning and intermediate sailing techniques. Sailboat racing.
Pre: Swimming ability
On Demand
GE-11

HP 242 (1) Canoeing
Paddling skills and safety/rescue techniques. Beginning white water skills. Students must provide their own personal flotation devices.
Pre: Swimming ability
On Demand
GE-11

HP 245 (1) Intermediate Swimming
Pre: Front crawl, back crawl, elementary backstroke, sidestroke, breaststroke.
Spring
GE-11

HP 248 (1) Stroke Analysis
Pre: Ability to swim strokes.
On Demand
GE-11

HP 250 (2) Lifeguard Training
Explanations, demonstrations, practice, and review of skills required of lifeguards. Red Cross certification.
Pre: Swim 500 yards. Front crawl, breaststroke, elementary backstroke, sidestroke.
On Demand
GE-11

HP 252 (1) Officiating Theory
The course is designed to give an overview of approximately five sports. Emphasis is placed on the philosophy behind sport officiating. Discussion involves how to get started, organization helpful to officials, learning materials, stipends to be earned, types of equipment and cost.
On Demand
GE-11

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 (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
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Description</th>
<th>Pre-Requisites</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 290 (3)</td>
<td>Psycho-Social Aspects of Sport</td>
<td>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.</td>
<td>Pre: SOC 101</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>HP 291 (2)</td>
<td>Concepts of Fitness</td>
<td>Adult fitness, from theory to practice.</td>
<td></td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>HP 301 (1)</td>
<td>Swimming Theory</td>
<td>Methods, procedures, and philosophy of coaching competitive swimming.</td>
<td>Pre: Competitive swimming experience.</td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 302 (1)</td>
<td>Wrestling Theory</td>
<td>Methods and procedures used in coaching.</td>
<td>Pre: Wrestling experience or wrestling class.</td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 303 (1)</td>
<td>Volleyball Theory</td>
<td>Methods and procedures used in coaching volleyball.</td>
<td>Pre: Volleyball experience or consent.</td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 304 (1)</td>
<td>Track &amp; Field Theory</td>
<td>Methods and procedures used in coaching.</td>
<td></td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 305 (1)</td>
<td>Baseball Theory</td>
<td>Methods and procedures used in coaching baseball.</td>
<td></td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 306 (1)</td>
<td>Football Theory</td>
<td>Course designed to teach the various techniques and philosophies of the game of football for prospective coaches. Open enrollment-male or female.</td>
<td></td>
<td>Fall</td>
</tr>
<tr>
<td>HP 308 (1)</td>
<td>Hockey Coaching Theory</td>
<td>The course is designed for those interested in coaching hockey at the youth and high school level.</td>
<td></td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 309 (1)</td>
<td>Basketball Coaching Theory</td>
<td>Methods and procedures used in coaching.</td>
<td></td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>HP 310 (1)</td>
<td>Softball Theory</td>
<td>Methods and procedures used in coaching.</td>
<td>Pre: Softball experience or consent.</td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 311 (1)</td>
<td>Cross Country Theory</td>
<td>Methods and procedures used in coaching.</td>
<td></td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 316 (1)</td>
<td>Tennis Theory</td>
<td>Methods and procedures used in coaching.</td>
<td></td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 317 (1)</td>
<td>Golf Coaching Theory</td>
<td>Methods and procedures used in coaching.</td>
<td></td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 318 (1)</td>
<td>Soccer Theory</td>
<td></td>
<td></td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 320 (3)</td>
<td>Foundations of Motor Learning</td>
<td>Analysis variables which affect the learning, performance, and retention of motor skills.</td>
<td>Pre: PSYC 101</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>HP 323 (2)</td>
<td>Elementary Physical Education Methods</td>
<td>Methods and materials for teaching physical education in the elementary school.</td>
<td></td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>HP 340 (2)</td>
<td>Prevention and Care</td>
<td>Basic recognition, prevention, and care of athletic injuries. Designed for coaching certificate candidates, coaching minors, and physical education majors.</td>
<td>Pre: BIOL 220, HLTH 210</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>HP 341 (3)</td>
<td>Athletic Training Techniques</td>
<td>Recognition, prevention, and care of athletic injuries. Proper selection, care, and use of protective sports equipment. Designed for the athletic training major student.</td>
<td>Pre: Consent and BIOL 220, BIOL 230, HP 140</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 342 (3)</td>
<td>Evaluation Techniques I</td>
<td>Athletic training lecture and laboratory application of athletic training techniques and principles of the lower body.</td>
<td>Pre: Consent and HP 341</td>
<td>Fall</td>
</tr>
<tr>
<td>HP 343 (3)</td>
<td>Evaluation Techniques II</td>
<td>Athletic training lecture and laboratory application of athletic training techniques and principles of the upper body. Designed for the athletic training student.</td>
<td>Pre: Consent, HP 341, HP 342</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 344 (2)</td>
<td>Aquatic Organization and Administration</td>
<td>Development of skills necessary to organize and administer aquatic programs (seasonal and yearly).</td>
<td>Pre: Lifeguard Training/WSI or consent.</td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 346 (2)</td>
<td>Evaluation Techniques I Clinical</td>
<td>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.</td>
<td>Pre: HP 341 and HP 342 concurrent</td>
<td>Fall</td>
</tr>
<tr>
<td>HP 347 (2)</td>
<td>Evaluation Techniques II Clinical</td>
<td>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.</td>
<td>Pre: HP 341, HP 342, and HP 343 concurrent</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 348 (3)</td>
<td>Structural Kinesiology and Biomechanics</td>
<td>A study of the structural and biomechanical functions of the muscular system during physical activity, sport, and exercise.</td>
<td>Pre: BIOL 220, BIOL 230, PHYS 101</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>HP 354 (1)</td>
<td>Coaches Physiology</td>
<td>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</td>
<td></td>
<td>On Demand</td>
</tr>
</tbody>
</table>
exercise. All material presented will be approached from a practical perspective with an emphasis on application for coaches.

On Demand

**HP 360 (3) Leadership and Management in Sport Organizations**
Physiological base for testing process, interpretation of results and the conditioning process as used with the athlete. Methodologies of nutritional assessment and the integration of sound nutritional principles in an athletic environment.
Fall

**HP 371 (2) Scientific Principles of Sport**
This course is designed to acquaint the coaching licensure student with the basic principles of structural kinesiology and biomechanics.
Pre: BIOL 220, BIOL 230, PHYS 101
On Demand

**HP 386 (4) Methods of Middle & Secondary Physical Education**
Designed for teacher candidates to analyze, apply, and evaluate developmentally appropriate content development skills, develop lesson plans, and peer teach. Teacher candidates will apply the standards of effective practice in teaching middle and secondary level students in physical education.
Pre: HP 201, HP 255, HP 266, all Performance Courses.
Spring

**HP 403 (3) Measurement & Evaluation in Human Performance**
Provides an introduction to measurement and evaluation commonly used in physical education and exercise science. This encompasses the administration of skills and performance tests, interpretation of results, basic statistical analysis, and grading/evaluating performance.
Fall, Spring

**HP 405 (3) Adapted Physical Activity**
Course is designed for preprofessionals who will be working in adapted physical activity outside the school setting. The course is for students with physical education majors in the Exercise Science, Sport Management, and Athletic Training tracks, and students with majors from other departments who are interested in adapted physical activity for adult populations.
Fall

**HP 411 (3) Developmental Adapted Physical Education**
Legal and theoretical bases for teaching physical education to students with disabilities. First course in DAPE sequence.
Fall, Spring

**HP 412 (2) Assessment in Adapted Physical Education**
Evaluation of motor skills and fitness of students with disabilities.
Spring

**HP 413 (1-2) Lifespan Motor Development**
Study of early childhood motor development from infancy through adulthood, including information on delayed development and the normal pattern of skill acquisition.
Fall

**HP 414 (3) Physiology of Exercise**
Introductory study of the effects of both acute and chronic exercise on structure and function of the human body across the life span.
Pre: BIOL 220, BIOL 230, HP 175
Fall, Spring

**HP 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 439 (3) Nutrition for Physical Activity and Sport**
Provides in-depth exploration of the dietary needs of physically active individuals across the lifespan. Its laboratory component will focus on performance and interpretation of assessments commonly used to determine dietary and physiological status.
Fall, Spring

**HP 440 (3) Medical Aspects of Athletic Training**
Advanced medical lectures on various athletic injuries, surgical procedures, illnesses, and conditions. Designed for the athletic training student.
Pre: Consent and HP 341, HP 348
Fall

**HP 441 (2) Organize & Administer**
Planning, organizing, controlling, resource allocation, communication, marketing, public relations, and legal aspects of physical education and sport.
Fall, Spring

**HP 442 (3) Therapeutic Modalities in Athletic Training**
Theory and application of medical equipment and rehabilitation exercises prescribed for treatment and management of athletic injuries. Designed for the athletic training student.
Pre: Consent and HP 341, HP 342
Fall

**HP 444 (3) Rehabilitation Techniques**
Techniques to integrate the knowledge base of strengthening and conditioning in rehabilitation with application to specific injuries received in sports participation. Rehabilitation strategies are designed to utilize strength and conditioning principles and functional range of motion techniques, to prepare athletes for safe return to full activity.
Pre: HP 342 and concurrent HP 343
Spring

**HP 445 (3) Teaching Students with Cognitive & Emotional/Behavioral Disabilities**
Theory, strategies and best practices for teaching physical education to students with cognitive disabilities (including mental retardation, autism, and multiple disabilities accompanying mental retardation) and emotional/behavioral disorders.
Spring
**Human Performance**

**HP 456 (2) Athletic Testing and Conditioning**
Physiological base for testing process, interpretation of results and the conditioning process as used with the athlete. Methodologies of nutritional assessment and the integration of sound nutritional principles in an athletic environment.
Pre: HP 414
Fall, Spring

**HP 462 (3) Sports Administration**
This course provides student with fundamental theoretical and practical knowledge in management principles and techniques. Philosophy, leadership, communications, public relations, marketing, ethical and legal issues, finances and facilities are also studied.
Fall, Spring

**HP 464 (3) Analysis of Sport Data**
The introduction of basic principles and procedures of measurement skills used by sport manager in applying and analyzing sport-related data such as sport marketing, operational, or financial data in a sport organizational setting.
Spring

**HP 465 (3) Legal Aspects of Physical Education and Sport**
To provide legal and safety aspects in physical activity. Legal liability, civil rights, and contract law are emphasized.
Fall, Spring

**HP 466 (3) Graded Exercise Testing and Exercise Prescription**
An introduction to basic graded exercise tests and exercise prescription commonly used in clinical as well as health/wellness appraisal settings.
Pre: HP 175, HP 414
Fall, Spring

**HP 467 (2) Exercise Program Development and Administration**
This course will review the various physiological, psychological, and administrative components involved in a comprehensive health/fitness program.
Spring

**HP 468 (3) Sport Marketing**
The study of marketing theory, research, strategies, and techniques in the areas of market segmentation, sport products, licensing and merchandising, market research, pricing, promotions, sales, public relations, electronic media, sponsorship and consumer behavior as it applies to the marketing sport or marketing products through sport.
Fall

**HP 469 (3) Event Management in Sport**
Techniques/principles of planning, funding and managing sport events. Collegiate championships, non-profit events, benefits, professional events.
Fall

**HP 470 (3) Psychology of Coaching**
To introduce interested students, professionals, and coaching licensure candidates to the psychological literature and latest techniques associated with coaching in an athletic setting.
Pre: PSYC 101 or equivalent
Fall, Spring

**HP 471 (3) Consulting Techniques in Dev. Adapted Physical Education**
Study of techniques of consulting in D/APE with the spectrum of individuals involved in the IEP process, including but not limited to: students with disabilities, general physical education teachers, other school professionals and support service personnel, families/parents, peer tutors, and community agencies to enhance the learning of students with disabilities both within and outside the classroom setting.
Pre: HP 411, HP 412, HP 445
Spring

**HP 480 (3) Senior Seminar**
Emphasis on research in sports medicine and athletic training.

**HP 481 (1–4) Practicum in Athletic Training**
Practicum in athletic training is designed to provide the athletic training student with supervised clinical experience outside of the traditional athletic training setting, in affiliated high school and clinical settings.
Pre: Consent
Fall, Spring

**HP 482 (1) Coaching Practicum**
Supervised experience in a public school varsity/junior varsity sport setting.
Pre: First aid and coaching theory and HP 340
Fall, Spring

**HP 483 (3) Cardiac Rehabilitation**
A course designed to provide experience for persons seeking leadership roles in institutions housing programs of rehabilitative cardiovascular exercise and risk factor intervention.
Pre: HP 414 and HP 467 or equivalent
Fall, Spring

**HP 484 (2) Clinical Techniques in Athletic Training I**
The study and application of clinical techniques utilized in the care of patients suffering from injuries incurred through physically activity. The required clinical experience component will provide the student with the opportunity to apply these skills in the clinical environment.
Pre: HP 343, HP 442, HP 444, concurrent HP 456
Fall

**HP 485 (2) Clinical Techniques in Athletic Training II**
The study and application of clinical techniques utilized in the care of patients suffering from injuries incurred through physically activity. The required clinical experience component will provide the student with the opportunity to apply these skills in the clinical environment.
Pre: HP 343, HP 442, HP 444, and HP 484
Spring

**HP 490 (1–4) Workshop**
Content is variable and based on special topic.
On Demand

**HP 491 (1–4) In-Service**
Broad spectrum of foci available. Designed in consultation with requesting group.
On Demand

**HP 492 (1–10) Internship: Corporate and Community Fitness**
This internship is designed to provide the student with practical experience in the area of corporate and community fitness.
Pre: Completion of required core CCF courses: HP 348, HP 414, HP 436, HP 465, and HP 466.
Fall, Spring

**HP 493 (2) Internship in Developmental Adapted Physical Education**
Supervised hands-on experience teaching physical education to students with disabilities.
Pre: HP 411 and HP 445
Fall, Spring

**HP 496 (1–10) Internship**
Designed as an intense practical experience in a selected area.
Fall, Spring

**HP 499 (1–5) Individual Study**
Topics for reading and/or research in human performance to be arranged between student and faculty. This must be done prior to registration.
Fall, Spring

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