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

Chair: Garold Rushing
Suzannah Armentrout, Gretta Arveson, Philip Brauer, Brian Bell, Jennifer Blue, Adam Christ, Michael Cunningham, Lance Dalleck, Sherry Folsom-Meeke, Nigel Jenkins, Cindra Kamphoff, Joe Klanderman, Harry Krampf, Jon Lim, Theresa Mackey, Mathew Magers, Jim Makovsky, Peter McGahey, Lori Meyer, Gary Neist, Nathan Owens, Robert Pettitt, Ronald Planz, Amy Sander, Mike Schott, Luke Schleusner, Pat Sexton, Sarah Tracy, Mary Visser

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 pursuits through physical activities. The professional programs listed are designed to prepare students for leadership in human performance/physical education and related fields.

Admission to Major is granted by the department. Minimum university ad

Admission requirements are:
- a minimum of 32 earned semester credit hours.
- a minimum cumulative GPA of 2.5 (“C”) or above.

Students are encouraged to consult with appropriate advisors for additional departmental requirements.

Policies. Candidates of the physical education teaching degree and DAPE minor in the department must have a cumulative grade point average of 2.5 or above to be admitted to the Department of Human Performance and Professional Education. A grade of “C” or better is required in all courses in the major and minor. Candidates may not take any course in the major and minor from the department as independent studies.

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

POLICIES/INFORMATION

GPA Policy. A GPA of 2.00 is required.
P/N Grading Policy. Courses required in the major must be taken for a grade.

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 166 Team Game Skills (1)
HP 176 Lifetime Activities I (1)
HP 177 Lifetime Activities II (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 266 Teaching Dance in Physical Education (2)
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)
HP 411 Developmental Adapted Physical Education (3)
HP 414 Physiology of Exercise (3) (BIOL 220*, BIOL 230*)
HP 424 Methods of Elementary Physical Education (4)
HP 432 Elementary Teaching Field Experience (2)

(Choose one of the following)
HP 412 Assessment in Adapted Physical Education (2)
HP 413 Lifespan Motor Development (1-2)

(Choose one of the following)
HP 421 Teaching Sport to Individuals with Disabilities (2)
HP 422 Teaching Adapted Aquatics (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)
BIOL 220 Human Anatomy (4)
BIOL 230 Human Physiology (4) (BIOL 220*, CHEM Class*)
CHEM 104 Introduction to Chemistry (3)
HLTH 210 First Aid and CPR (3)
HLTH 240 Drug Education (3)
PHYS 101 Introductory Physics (3)
PSYC 101 Psychology (4)

Required Minor. None.

AQUATICS MINOR

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

Pre: HP 182 or consent

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

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

DEVELOPMENTAL ADAPTED PHYSICAL EDUCATION, TEACHING MINOR (DAPE)

Most school districts in Minnesota now require physical education teachers to have licensure in Developmental Adapted Physical Education (DAPE) to obtain or retain their teaching positions. In addition to DAPE licensure to teach students with disabilities, a DAPE minor makes prospective teachers better equipped to teach students of all abilities in general physical education classes. Applicant for DAPE licensure must be a Physical Education Teacher Education Major as DAPE licensure is an add-on license to the K-12 physical education teaching license. Students in related disciplines who foresee teaching students and individuals with disabilities may pursue the DAPE minor; however, pursuant to Minnesota teacher licensure requirements, only physical education majors can be granted the DAPE teaching licensure. Prospective teachers will be eligible for DAPE licensure in the State of Minnesota when all competencies have been met. See this link for more information http://ahn.mnsu.edu/hp/undergraduate/dape.html.
All courses in minor must be taken for grade with the exception of HP 493 Internship in DAPE which may 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 Praxis II exam Special Education: Core Knowledge to receive DAPE license.

Admission to Minor is granted by the department concurrent with or following admission to physical education major. Minimum department admissions requirements are:
- a minimum of 32 earned semester credit hours
- a minimum cumulative GPA of 2.5 or above

**Required for Minor (Core, 19 credits)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 411</td>
<td>Developmental Adapted Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>HP 412</td>
<td>Assessment in Adapted Physical Education</td>
<td>2</td>
</tr>
<tr>
<td>HP 413</td>
<td>Lifespan Motor Development</td>
<td>2</td>
</tr>
<tr>
<td>HP 421</td>
<td>Teaching Sport to Individuals with Disabilities</td>
<td>2</td>
</tr>
<tr>
<td>HP 422</td>
<td>Teaching Adapted Aquatics</td>
<td>2</td>
</tr>
<tr>
<td>HP 445</td>
<td>Teaching Students with Cognitive &amp; Emotional/Behavioral Disabilities</td>
<td>3</td>
</tr>
<tr>
<td>HP 471</td>
<td>Consulting Techniques in Developmental Adapted Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>HP 493</td>
<td>Internship in Developmental Adapted Physical Education</td>
<td>2</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPED 405</td>
<td>Individuals with Exceptional Needs</td>
<td>3</td>
</tr>
</tbody>
</table>

**PHYSICAL EDUCATION MINOR (Non-Teaching)**

**Required for Minor (Human Performance, 4 credits)**

(Choose four credits from the following)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 166</td>
<td>Team Game 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 Activities II</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>
</tbody>
</table>

**Required for Minor (Theory, 14 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 405</td>
<td>Adapted Physical Activity</td>
<td>3</td>
</tr>
</tbody>
</table>

**Required for Minor (Biology, 8 credits)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 100</td>
<td>Our Natural World</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 220</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
</tbody>
</table>

**SPORT MEDICINE MINOR**

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.

<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>4</td>
</tr>
<tr>
<td>HLTH 210</td>
<td>Advanced First Aid and CPR</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 321</td>
<td>Medical Terminology</td>
<td>3</td>
</tr>
<tr>
<td>HP 160</td>
<td>Introduction to Human Performance Studies</td>
<td>2</td>
</tr>
<tr>
<td>HP 291</td>
<td>Concepts of Fitness</td>
<td>2</td>
</tr>
<tr>
<td>HP 340</td>
<td>Prevention and Care</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 348</td>
<td>Structural Kinesiology and Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>HP 414</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>HP 415</td>
<td>Advanced Sports Medicine</td>
<td>2</td>
</tr>
</tbody>
</table>

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 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
### Human Performance

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Description</th>
<th>Prerequisites</th>
<th>Credits</th>
<th>Semester(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HP 139 (1)</td>
<td>Winter Survival</td>
<td>The winter survival (WS) seminar is designed to provide students 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.</td>
<td>On Demand</td>
<td>1</td>
<td>GE-11</td>
</tr>
<tr>
<td>HP 140 (2)</td>
<td>Introduction to Athletic Training</td>
<td>Orientation to the profession of athletic training. Designed for students majoring in athletic training.</td>
<td>Fall, Spring</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>HP 141 (2)</td>
<td>Introduction to Sport Management</td>
<td>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.</td>
<td>Fall, Spring</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>HP 142 (1)</td>
<td>Aqua Exercise</td>
<td>Development of cardiovascular fitness, strength, flexibility, and endurance through a variety of exercise formats in the water. Swimming ability not a prerequisite.</td>
<td>Fall, Spring</td>
<td>1</td>
<td>GE-11</td>
</tr>
<tr>
<td>HP 143 (1)</td>
<td>Aquatic Conditioning and Water Polo</td>
<td>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.</td>
<td>Swim 500 yards without stopping.</td>
<td>1</td>
<td>On Demand</td>
</tr>
<tr>
<td>HP 144 (1)</td>
<td>Intercollegiate Bowling</td>
<td>Pre: Bowling experience/averages.</td>
<td>On Demand</td>
<td>1</td>
<td>GE-11</td>
</tr>
<tr>
<td>HP 145 (1)</td>
<td>Intercollegiate Cross Country</td>
<td>Open for credit to those on the intercollegiate team.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Fall</td>
</tr>
<tr>
<td>HP 146 (1)</td>
<td>Intercollegiate Softball</td>
<td>Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 147 (1)</td>
<td>Intercollegiate Volleyball</td>
<td>Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Fall</td>
</tr>
<tr>
<td>HP 148 (1)</td>
<td>Intercollegiate Wrestling</td>
<td>Open for credit to those who make the wrestling team and complete the requirements.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 149 (1)</td>
<td>Intercollegiate Track and Field</td>
<td>Open for credit to those who make the Minnesota State Mankato team and who complete the requirements.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Fall</td>
</tr>
<tr>
<td>HP 150 (1)</td>
<td>Intercollegiate Swimming</td>
<td>Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Fall</td>
</tr>
<tr>
<td>HP 151 (1)</td>
<td>Intercollegiate Baseball</td>
<td>Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Fall</td>
</tr>
<tr>
<td>HP 152 (1)</td>
<td>Intercollegiate Track and Field</td>
<td>Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Fall</td>
</tr>
<tr>
<td>HP 153 (1)</td>
<td>Intercollegiate Golf</td>
<td>Must be on intercollegiate roster.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 154 (1)</td>
<td>Intercollegiate Hockey</td>
<td>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.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 155 (1)</td>
<td>Intercollegiate Soccer</td>
<td>Participation in NCAA II soccer.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 156 (1)</td>
<td>Intercollegiate Softball</td>
<td>Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 157 (1)</td>
<td>Intercollegiate Tennis</td>
<td>Open for credit to those who make the team and complete the requirements.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 158 (1)</td>
<td>Intercollegiate Hockey</td>
<td>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.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Spring</td>
</tr>
<tr>
<td>HP 160 (2)</td>
<td>Introduction to Human Performance Studies</td>
<td>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.</td>
<td>Fall, Spring</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>HP 161 (1)</td>
<td>Intercollegiate Soccer</td>
<td>Participation in NCAA II soccer.</td>
<td>Pre: Selection for team</td>
<td>1</td>
<td>Fall</td>
</tr>
<tr>
<td>Course Code</td>
<td>Course Title</td>
<td>Description</td>
<td>Prerequisite</td>
<td>Offering</td>
<td></td>
</tr>
<tr>
<td>-------------</td>
<td>--------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------</td>
<td>-----------------------------</td>
<td>----------------</td>
<td></td>
</tr>
<tr>
<td>HP 166 (1)</td>
<td>Team Game Skills</td>
<td>Flag/Touch Football, Softball (fast and slow pitch), Soccer, Speedball, Ultimate, Volleyball, Basketball, Team handball.</td>
<td></td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 174 (1)</td>
<td>Individual Dual Activities</td>
<td>Participation and increase skill knowledge through activity in track and field or gymnastics.</td>
<td></td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 175 (1)</td>
<td>Fitness Activities</td>
<td>Participation and increase skill knowledge through activity in body building, physical conditioning, and aerobics.</td>
<td></td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 176 (1)</td>
<td>Lifetime Activities I</td>
<td>Acquaint student with the basic skills, strategy and rules of badminton, tennis, or racquetball.</td>
<td></td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 177 (1)</td>
<td>Lifetime Activities II</td>
<td>Basic skills and knowledge of terminology, rules, and strategy in archery or golf.</td>
<td></td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 178 (1)</td>
<td>Social, Folk and Square Dance Techniques</td>
<td>Techniques of traditional folk dance, square dance and fundamentals of a variety of social dances.</td>
<td></td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 179 (1)</td>
<td>Winter Activities</td>
<td>Skiing, cross-country skiing, ice skating, or snowboarding.</td>
<td></td>
<td>Spring</td>
<td></td>
</tr>
<tr>
<td>HP 180 (1)</td>
<td>Introduction to Handball</td>
<td>Acquaint student with basic skills, and rules of handball.</td>
<td></td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 181 (1)</td>
<td>Advanced Handball</td>
<td>Acquaint student with advanced skills, strategies, and rules of handball.</td>
<td></td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 182 (1)</td>
<td>Aquatic Skills</td>
<td>Overview of aquatic skills and activities. Basic techniques and practical experience in teaching aquatic skills and activities.</td>
<td>Human Performance major or Aquatic emphasis. Ability to swim front crawl, back crawl, elementary backstroke, breaststroke, sidestroke. Developing teaching skills and curriculum.</td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 190 (1)</td>
<td>Sport Activities</td>
<td>Variable content based on demand.</td>
<td>Varies depending on activity</td>
<td>Fall, Spring</td>
<td></td>
</tr>
<tr>
<td>HP 201 (3)</td>
<td>Introduction to Teaching Physical Education</td>
<td>Introduction to physical education for teaching majors. An overview of history, physical education teaching profession, and opportunities and challenges in teaching.</td>
<td></td>
<td>Fall</td>
<td></td>
</tr>
<tr>
<td>HP 202 (1)</td>
<td>Introduction to Teaching PE and Health</td>
<td>Introduction to physical education and health teaching majors. An overview of history, physical education and health teaching profession, and opportunities and challenges in teaching.</td>
<td></td>
<td>Fall</td>
<td></td>
</tr>
<tr>
<td>HP 210 (2)</td>
<td>Global Aspects of Sport</td>
<td></td>
<td></td>
<td>On Demand</td>
<td></td>
</tr>
<tr>
<td>HP 241 (1)</td>
<td>Sailing</td>
<td>Students must furnish Coast Guard approved wearable life preserver. Beginning and intermediate sailing techniques. Sailboat racing.</td>
<td>Swimming ability</td>
<td>On Demand</td>
<td></td>
</tr>
<tr>
<td>HP 242 (1)</td>
<td>Canoeing</td>
<td>Paddling skills and safety/rescue techniques. Beginning white water skills. Students must provide their own personal flotation devices.</td>
<td>Swimming ability</td>
<td>On Demand</td>
<td></td>
</tr>
<tr>
<td>HP 250 (2)</td>
<td>Lifeguard Training</td>
<td>Explanations, demonstrations, practice, and review of skills required of lifeguards. Red Cross certification.</td>
<td>Swim 500 yards. Front crawl, breaststroke, elementary backstroke, sidestroke.</td>
<td>On Demand</td>
<td></td>
</tr>
<tr>
<td>HP 252 (1)</td>
<td>Officiating Theory</td>
<td>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.</td>
<td></td>
<td>On Demand</td>
<td></td>
</tr>
<tr>
<td>HP 255 (3)</td>
<td>Development Movement</td>
<td>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.</td>
<td></td>
<td>Spring</td>
<td></td>
</tr>
</tbody>
</table>
HP 256 (2) Teaching K-3 Physical Education
Designed to prepare teacher candidates to recognize, understand, apply, and analyze the skill theme approach to elementary children's physical education curriculum. The emphasis will be based on movement concepts, skill themes, rhythms and dance, and generic levels of skill proficiency.
Spring

HP 257 (2) Water Safety Instructor (WSI)
American Red Cross requirements for Water Safety Instructor (WSI) certification. Practical experiences included.
Pre: Swim 500 yards. Front crawl, back crawl, elementary backstroke, breaststroke, sidestroke.
On Demand

HP 265 (1) Orientation to Occupational and Physical Therapy
Academic direction for admission into a school of occupational or physical therapy. Information and experiences regarding roles and responsibilities of occupational and physical therapists.
Fall, Spring

HP 266 (2) Teaching Dance in Physical Education
Methods and materials for teaching creative dance/movement and dance technique to children K-12. Includes practicum experiences with varied age groups.
On Demand

HP 290 (3) Psycho-Social Aspects of Sport
Examines sport from a social-psychological perspective. To identify and discuss ways in which societal values affect the character of sport and the people involved.
Pre: SOC 101
Fall, Spring

HP 291 (2) Concepts of Fitness
Adult fitness, from theory to practice.
Fall, Spring

GE-11

HP 301 (1) Swimming Theory
Methods, procedures, and philosophy of coaching competitive swimming.
Pre: Competitive swimming experience.
On Demand

HP 302 (1) Wrestling Theory
Methods and procedures used in coaching.
Pre: Wrestling experience or wrestling class.
On Demand.

HP 303 (1) Volleyball Theory
Methods and procedures used in coaching volleyball.
Pre: Volleyball experience or consent.
On Demand

HP 304 (1) Track & Field Theory
Methods and procedures used in coaching.
On Demand

HP 305 (1) Baseball Theory
Methods and procedures used in coaching baseball.
On Demand

HP 306 (1) Football Theory
Course designed to teach the various techniques and philosophies of the game of football for prospective coaches. Open enrollment-male or female.
Fall

HP 308 (1) Hockey Coaching Theory
The course is designed for those interested in coaching hockey at the youth and high school level.
On Demand

HP 309 (1) Basketball Coaching Theory
Methods and procedures used in coaching.
Fall, Spring

HP 310 (1) Softball Theory
Methods and procedures used in coaching.
Pre: Softball experience or consent.
On Demand

HP 311 (1) Cross Country Theory
Methods and procedures used in coaching.
On Demand

HP 316 (1) Tennis Theory
Methods and procedures used in coaching.
On Demand

HP 317 (1) Golf Coaching Theory
Methods and procedures used in coaching.
On Demand

HP 318 (1) Soccer Theory
Methods and procedures used in coaching.
On Demand

HP 320 (3) Foundations of Motor Learning
Analysis variables which affect the learning, performance, and retention of motor skills.
Pre: PSYC 101
Fall, Spring

HP 323 (2) Elementary Physical Education Methods
Methods and materials for teaching physical education in the elementary school.
Fall, Spring

HP 325 (3) Sport Ethics and Professional Development
This course will enable students to gain a deeper understanding of the moral reasoning processes of sport management professionals. Students will develop the knowledge, skills, and abilities to apply moral reasoning in dealing with ethical dilemmas in sport management.
Fall

HP 340 (2) Prevention and Care
Basic recognition, prevention, and care of athletic injuries. Designed for coaching certificate candidates, coaching minors, and physical education majors.
Pre: BIOL 220, HLTH 210
Fall, Spring

HP 341 (3) Athletic Training Techniques
Recognition, prevention, and care of athletic injuries. Proper selection, care, and use of protective sports equipment. Designed for the athletic training major student.
Pre: Consent and BIOL 220, BIOL 230, HP 140
Spring

HP 342 (3) Evaluation Techniques I
Athletic training lecture and laboratory application of athletic training techniques and principles of the lower body.
Pre: Consent and HP 341
Fall
HUMAN PERFORMANCE

HP 343 (3) Evaluation Techniques II
Athletic training lecture and laboratory application of athletic training techniques and principles of the upper body. Designed for the athletic training student.
Pre: Consent, HP 341, HP 342
Spring

HP 344 (2) Aquatic Organization and Administration
Development of skills necessary to organize and administer aquatic programs (seasonal and yearly).
Pre: Lifeguard Training/WSI or consent.
On Demand

HP 346 (2) Evaluation Techniques I Clinical
The study and application of clinical assessment techniques used to evaluate lower body injuries incurred by physically active populations. The required clinical experience component will provide the student with the opportunity to apply these skills in the clinical environment.
Pre: HP 341 and HP 342 concurrent
Fall

HP 347 (2) Evaluation Techniques II Clinical
The study and application of clinical assessment techniques used to evaluate upper body injuries incurred by physically active populations. The required clinical experience component will provide the student with the opportunity to apply these skills in the clinical environment.
Pre: HP 341, HP 342, and HP 343 concurrent
Spring

HP 348 (3) Structural Kinesiology and Biomechanics
A study of the structural and biomechanical functions of the muscular system during physical activity, sport, and exercise.
Pre: BIOL 220
Fall, Spring

HP 354 (1) Coaches Physiology
The purpose of this course is to acquaint the student with the basic information regarding the physiological response of the human body to acute and chronic exercise. All material presented will be approached from a practical perspective with an emphasis on application for coaches.
On Demand

HP 360 (3) Leadership and Management in Sport Organizations
Physiological basis 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 372 (3) Exercise Science for Coaches
The purpose of this course is to acquaint the student with an understanding of basic scientific principles essential to working successfully with athletes as a coach.
Summer

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

HP 387 (3) Methods of Teaching PE K-12
This course is designed for teacher candidates to apply, analyze, and evaluate developmentally appropriate content skills, develop lesson plans, and peer teaching. Teacher candidates will apply the standards of effective practice in teaching K-12 level students in physical education.
Fall

HP 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
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 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

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

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
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 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 students 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.
Fall, Summer

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

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

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

HP 467 (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 472 (3) Psychology of Sport and Athletic Injury
This course will provide an understanding and application of the psychology of sport and athletic injury. Topics include: psycho-social antecedents of injury, psychological skills to implement with an injured athlete, and other psychological concerns.
Fall

HP 475 (3) International Sport Management
The purposes of this course are to expand students’ awareness of global sport management principles and obtain firsthand experience in international sport through studying abroad. The course will address ethics, marketing, event management, finance, and challenges/issues in international sport management.
On-Demand

HP 480 (3) Senior Seminar
Emphasis on research in sports medicine and 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, HP 372, 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