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

POLICIES/INFORMATION

Admission to Major is granted by the department. Minimum university admission requirements are:
- a minimum of 32 earned semester credit hours,
- a minimum cumulative GPA of 2.5 (“C”) or above.

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

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

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

Students planning to major in the College of Allied Health and Nursing have an advisor from their area of interest assigned to them. Questions and concerns pertaining to advising and the assignment of advisors can be answered by Shirley Murray, student relations coordinator, 124 Myers Field House, 507-389-6315.

HEALTH AND PHYSICAL EDUCATION BS

Degree completion = 120 credits

The Health and Physical Education teaching program meets national and state standards for the preparation of school health educators and physical educators. This program prepares future teachers for what they should know and be able to do in order to help their students' develop health-related knowledge and skill to engage in healthy behaviors including life-long physical activity.

Required General Education

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>CHEM 106</td>
<td>Chemistry of Life Process Part I (General)</td>
<td>3</td>
</tr>
<tr>
<td>FCS 140</td>
<td>Introduction to Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>HLTG 212</td>
<td>Consumer Health</td>
<td>3</td>
</tr>
<tr>
<td>HLTG 240</td>
<td>Drug Education</td>
<td>3</td>
</tr>
<tr>
<td>HP 182</td>
<td>Aquatic Skills</td>
<td>1</td>
</tr>
<tr>
<td>HP 291</td>
<td>Concepts of Fitness</td>
<td>2</td>
</tr>
<tr>
<td>KSP 220W</td>
<td>Human Relations in a Multicultural Society</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 101</td>
<td>Introduction to Psychological Science</td>
<td>4</td>
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Pre-requisites to the Major

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIOL 220</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 310</td>
<td>Basic of Human Physiology</td>
<td>4</td>
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Major Common Core

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>HLTG 210</td>
<td>First Aid &amp; CPR</td>
<td>3</td>
</tr>
<tr>
<td>HLTG 311</td>
<td>Family Life &amp; Sex Education</td>
<td>3</td>
</tr>
<tr>
<td>HLTG 320</td>
<td>School Health Education</td>
<td>3</td>
</tr>
<tr>
<td>HLTG 410</td>
<td>Current Health Issues</td>
<td>3</td>
</tr>
<tr>
<td>HLTG 420W</td>
<td>Health Teaching Methods</td>
<td>3</td>
</tr>
<tr>
<td>HLTG 451</td>
<td>Emotional Health and Stress</td>
<td>3</td>
</tr>
<tr>
<td>HLTG 454</td>
<td>Chronic and Infectious Diseases</td>
<td>3</td>
</tr>
<tr>
<td>HP 202</td>
<td>Introduction to Teaching PE &amp; Health</td>
<td>1</td>
</tr>
</tbody>
</table>

Required Courses

- HP 203 Fundamentals of Indoor and Outdoor Team Sports (2)
- HP 204 Fundamentals of Individual and Dual Sports (2)
- HP 205 Fundamentals of Rhythm and Dance (2)
- HP 348 Structural Kinesiology and Biomechanics (3)
- HP 356 Methods of Elementary Physical Education (3)
- HP 387 Methods of Secondary Physical Education (3)
- HP 411 Developmental/Adapted Physical Education (3)
- HP 413 Lifespan Motor Development (2)
- HP 414 Physiology of Exercise (3)

Other Graduation Requirements

Secondary Education: Refer to the list of required professional education courses. KSP 220W Human Relations in a Multicultural Society is included in the required general education section. Therefore, total professional education credits counted in this section will be 27 instead of 30.

DEVELOPMENTAL ADAPTED PHYSICAL EDUCATION, TEACHING MINOR (DAPE)

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

All courses in the minor must be taken for grade with the exception of HP 493 (Internship in DAPE) which must be taken as P/NC. HP 493 may be taken concurrently with student teaching with prior approval. Cooperating teacher for HP 493 must be a licensed DAPE teacher.

Candidates must pass the Minnesota Teacher Licensure Exam (MTLE) in Special Education: Core Skills to receive DAPE license.

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

Required for Minor

- HP 411 Developmental Adapted Physical Education (3)
- HP 412 Assessment in Adapted Physical Education (2)
- HP 413 Lifespan Motor Development (2)
- HP 421 Teaching Sport to Individuals with Disabilities (2)
- HP 422 Teaching Adapted Aquatics (2)
- HP 445 Teaching Students with Cognitive & Emotional/Behavioral Disabilities (3)
- HP 471 Consulting Techniques in Developmental Adapted Physical Education (3)
- HP 493 Internship in Developmental Adapted Physical Education (2)

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

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<tr>
<th>Course</th>
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<th>Credits</th>
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<tbody>
<tr>
<td>SPED 405</td>
<td>Individuals with Exceptional Needs</td>
<td>3</td>
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2015-2016 Undergraduate Catalog
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.

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.

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

HP 102 (1) Individualized Exercise
This course provides small group personal training sessions (e.g., 1 to 4) ideal for sedentary students looking to begin a physical activity program in a non-competitive supportive environment. With the assistance of exercise science students enrolled in HP 486, participants will enhance their physical fitness and overall wellness.
Fall, Spring
GE-11

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

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

HP 105 (1) Beginner and Advanced Beginner Swimming
Introduction to basic swimming skills; basic rescue and water safety skills and techniques; stroke instruction in front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke.
Fall
GE-11

HP 106 (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
GE-11

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

HP 136 (1) Beginning Horsemanship
Basic skills of horseback riding-western and English.
Fall, Spring
GE-11

HP 138 (1) Winter Survival
The winter survival (WS) seminar is designed to provide student with an introduction to winter survival techniques applicable to severe and varying weather conditions. Classroom lecture and outdoor hands-on training is utilized to accomplish course objectives. Winter survival is pass/fail.
On-Demand
GE-11

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

HP 141 (2) Introduction to Sport Management
This course is designed to introduce students to the vast array of fields within the sport management industry and the different job opportunities that are available as well as basic knowledge and skill sets needed to be a sport manager.
Fall, Spring

HP 143 (1) Aqua Exercise
Development of cardiovascular fitness, strength, flexibility, and endurance through a variety of exercise formats in the water. Swimming ability not a prerequisite.
Fall, Spring
GE-11

HP 145 (1) Aquatic Conditioning and Water Polo
Introduction to conditioning techniques for aquatic activities (swimming, triathlon, water polo, etc.). Development of cardiovascular fitness, strength, flexibility, and endurance. Individual/team skills and techniques of water polo.
Pre: Swim 500 yards without stopping.
On-Demand
GE-11

HP 146 (1) Intercollegiate Bowling
Pre: Bowling experience/averages.
On-Demand
GE-11

HP 147 (1) Intercollegiate Cross Country
Open for credit to those on the intercollegiate team.
Pre: Selection for team.
Fall
GE-11

HP 148 (1) Intercollegiate Softball
Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.
Pre: Selection for team.
Spring
GE-11

HP 149 (1) Intercollegiate Volleyball
Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.
Pre: Selection for team.
Fall
GE-11
HP 150 (1) Intercollegiate Wrestling
Open for credit to those who make the wrestling team and complete the requirements.
Pre: Selection for team
Spring
GE-11

HP 152 (1) Intercollegiate Track and Field
Open for credit to those who make the team and complete the requirements.
Pre: Selection for team
Spring
GE-11

HP 153 (1) Intercollegiate Swimming
Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.
Pre: Selection for team
Spring
GE-11

HP 154 (1) Intercollegiate Football
Open for credit only for those students who make the Minnesota State Mankato team and who complete the requirements.
Pre: Selection for team
Fall
GE-11

HP 155 (1) Intercollegiate Basketball
Must be on intercollegiate roster.
Pre: Selection for team
Spring
GE-11

HP 156 (1) Intercollegiate Baseball
Class for only students on the intercollegiate baseball team. Need permission to register.
Pre: Selection for team
Spring
GE-11

HP 157 (1) Intercollegiate Golf
Open for credit to those who make the team and complete the requirements.
Pre: Selection for team
Spring
GE-11

HP 158 (1) Intercollegiate Tennis
Open for credit to those who make the team and complete the requirements.
Pre: Selection for team
Spring
GE-11

HP 159 (1) Intercollegiate Hockey
This course is admission by permission only. The course is limited to male students who are members of the Minnesota State Mankato intercollegiate hockey team.
Pre: Selection for team
Spring
GE-11

HP 160 (2) Introduction to Human Performance Studies
Introduction to physical education and exercise science. Majors, minors, and concentrations in the field. To acquaint physical education majors and minors with an overview of the physical education and exercise science profession.
Fall, Spring

HP 161 (1) Intercollegiate Soccer
Participation in NCAA II soccer.
Pre: Selection for team
Fall
GE-11

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

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

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

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

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

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

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

HP 180 (1) Introduction to Handball
Acquaint student with basic skills, and rules of handball.
Fall, Spring
GE-11

HP 181 (1) Advanced Handball
Acquaint student with advanced skills, strategies, and rules of handball.
Fall, Spring
GE-11

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

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

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

HP 205 (2) Fundamentals of Rhythm and Dance
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 210 (2) Global Aspects of Sport
On-Demand

HP 211 (1) Golf Theory
Course designed to teach the various techniques and philosophies of the game of golf to prospective coaches. Open enrollment-male or female.
On-Demand

HP 212 (1) Baseball Theory
Methods and procedures used in coaching baseball.
On-Demand

HP 213 (1) Wrestling Theory
Methods and procedures used in coaching.
On-Demand

HP 214 (1) Track & Field Theory
Methods and procedures used in coaching.
On-Demand

HP 215 (1) Football Theory
Methods and procedures used in coaching football for prospective coaches. Open enrollment-male or female.
On-Demand

HP 216 (1) Swimming Theory
Methods, procedures, and philosophy of coaching competitive swimming.
Pre: Competitive swimming experience.
On-Demand

HP 217 (1) Volleyball Theory
Methods and procedures used in coaching volleyball.
Pre: Volleyball experience or consent.
On-Demand

HP 218 (1) Track & Field Theory
Methods and procedures used in coaching track and field.
On-Demand

HP 219 (1) Basketball Theory
Methods and procedures used in coaching basketball.
On-Demand

HP 220 (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 221 (2) Concepts of Fitness
Adult fitness, from theory to practice.
Fall, Spring

HP 222 (2) 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 223 (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 224 (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 225 (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, boosey ball).
On-Demand

HP 226 (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.
On-Demand

HP 227 (2) American Red Cross Lifeguard Training
Practical experiences included.
Pre: Swim 500 yards. Front crawl, back crawl, elementary backstroke, breaststroke, sidestroke.
On-Demand

HP 228 (2) Swimming Theory
Methods and procedures used in coaching competitive swimming.
Pre: Competitive swimming experience.
On-Demand

HP 229 (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 230 (1) Football Theory
Methods and procedures used in coaching football for prospective coaches. Open enrollment-male or female.
On-Demand

HP 231 (2) Baseball Theory
Methods and procedures used in coaching baseball.
On-Demand

HP 232 (2) Wrestling Theory
Methods and procedures used in coaching.
On-Demand

HP 233 (1) Track & Field Theory
Methods and procedures used in coaching track and field.
On-Demand

HP 234 (1) Basketball Theory
Methods and procedures used in coaching basketball.
On-Demand

HP 235 (1) Golf Theory
Methods and procedures used in coaching golf.
On-Demand

HP 236 (1) American Red Cross Lifeguard Training
Practical experiences included.
Pre: Swim 500 yards. Front crawl, back crawl, elementary backstroke, breaststroke, sidestroke.
On-Demand

HP 237 (2) American Red Cross Lifeguard Training
Practical experiences included.
Pre: Swim 500 yards. Front crawl, breaststroke, elementary backstroke.
On-Demand

HP 238 (2) Swimming Theory
Methods and procedures used in coaching competitive swimming.
Pre: Competitive swimming experience.
On-Demand

HP 239 (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 240 (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 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 243 (1) Intermediate Swimming
Pre: Front crawl, back crawl, elementary backstroke, sidestroke, breaststroke.
Spring
GE-11

HP 244 (2) Stroke Analysis
Pre: Ability to swim strokes.
On-Demand
GE-11

HP 245 (1) Lifeguard Guard Theory
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 308 (1) Hockey Coaching Theory
The course is designed for those interested in coaching hockey at the youth and high school level.
On-Demand

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

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

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

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

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

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

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

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

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

HP 340 (2) Prevention and Care
Basic recognition, prevention, and care of injuries/illnesses suffered by athletes and other physically active individuals. Designed for coaching, physical education, and sports medicine minor students.
Pre: BIOL 220, HLTH 210
Fall, Spring

HP 341 (3) Athletic Training Techniques
Recognition, prevention, and care of injuries/illnesses incurred by athletes and other physically active individuals. Also, the proper selection, care, fitting, and maintenance of protective equipment and braces are emphasized. Designed for athletic training students.
Pre: Consent and BIOL 220, HP 140
Spring

HP 342 (3) Evaluation Techniques I
Principles of the etiology, pathology, assessment, recognition, and management of lower body injuries/illnesses suffered by athletes and physically active individuals. Designed for athletic training students.
Pre: Consent and HP 341
Fall

HP 343 (3) Evaluation Techniques II
Principles of the etiology, pathology, assessment, recognition, and management of upper body injuries/illnesses suffered by athletes and physically active individuals. Designed for athletic training students.
Pre: Consent, HP 341, HP 342
Spring

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

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

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

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

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

HP 356 (3) Methods of Elementary Physical Education
Designed to prepare teacher candidates to recognize, understand, apply, and analyze the skill theme approach to elementary children’s physical education curriculum. The emphasis will be based on movement concepts, skill themes, rhythms and dance, and generic levels of skill proficiency.
Spring

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

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

HP 372 (3) Exercise Science for Coaches
The purpose of this course is to acquaint the student with an understanding of basic scientific principles essential to working successfully with athletes as a coach.
Summer

HP 386 (4) Methods of Middle & Secondary Physical Education
Designed for teacher candidates to analyze, apply, and evaluate developmentally appropriate content development skills, develop lesson plans, and peer teach. Teacher candidates will apply the standards of effective practice in teaching middle and secondary level students in physical education.
Pre: HP 201, HP 255, HP 266, all Performance Courses.
Spring
HP 387 (3) Methods of Secondary Physical Education
This course is designed for teacher candidates to apply, analyze, and evaluate developmentally appropriate content skills, develop lesson plans, and peer teaching. Teacher candidates will apply the standards of effective practice in teaching K-12 level students in physical education.
Pre: KSP 330
Coreq: KSP 330
Fall

HP 392 (3) Group Exercise Instruction
The student will gain knowledge and skills that will allow them to take and pass a reputable group exercise instruction certification, develop/instruct a wide variety of group exercise formats and monitor and modify the exercise of participants in group exercise.
Variable

HP 398 (0) CPT: Co-Operative Experience
Curricular Practical Training: Co-Operative Experience is a zero-credit full-time practical training experience for one summer and on adjacent fall or spring term. Special rules apply to preserve full-time student status. Please contact an advisor in your program for complete information.
Pre: HP 140 or HP141 or HP 160 or HP 201. At least 60 credits earned; in good standing; instructor permission; co-op contract; Prerequisites may vary by program: HP 140 (AT), HP 141 (SM), HP160 (ES), HP 201 (PE/HLTH).
Fall, Spring, Summer

HP 403 (3) Research Methods & Statistics in Exercise Science
Provides an introduction to measurement and evaluation commonly used in physical education and exercise science. This encompasses the administration of skills and performance tests, interpretation of results, basic statistical analysis, and grading/evaluating performance.
Pre: HP 290, HP 414
Fall, Spring

HP 403W (3) Research Methods & Statistics in Exercise Science
Provides an introduction to measurement and evaluation commonly used in physical education and exercise science. This encompasses the administration of skills and performance tests, interpretation of results, basic statistical analysis, and grading/evaluating performance.
Pre: HP 290, HP 414
Fall, Spring

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

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

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

HP 413 (2) Lifespan Motor Development
Study of lifespan motor development from prenatal through adulthood, including information on delayed development and the normal pattern of skill acquisition.
Fall

HP 414 (3) Physiology of Exercise
Introductory study of the effects of both acute and chronic exercise on structure and function of the human body across the life span.
Pre: BIOL 330. BIOL 230 or BIOL 310 may be substituted for BIOL 330.
Fall, Spring

HP 415 (2) Advanced Sports Medicine
This course is designed for individuals interested in advanced study in the field of sports medicine. The course will provide advanced study or orthopaedic assessment techniques, application of therapeutic exercise and modalities, and rehabilitation techniques.
Pre: BIOL 220, HLTH 210, HP 340
Spring, Summer

HP 417 (3) Principles of Wellness Coaching
This course contains content associated with achieving entry-level certifications for wellness coaching. Health behavior change strategies are emphasized within the context of the health coaching theory, coaching relationship skills, well-being assessment, and goal setting.
Fall, Spring

HP 418 (3) Intercultural Competence for Allied Health Professionals
Studying abroad is a transformative experience that has the power to challenge our thinking and our perspective on the world. This experiential course will help you become a global citizen, develop intercultural competence, and enhance your abilities to work in health-related fields with diverse clients and patients. Specifically, we will be participating in intercultural activities before the study abroad and several cultural immersion activities while abroad (e.g., participating in a traditional cultural ceremony).
Spring

HP 419 (2) Teaching Dance to Individuals with Exceptional Needs
Adaptation of dance materials to facilitate learning of individuals with special needs through simulated and hands-on teaching experiences.
On-Demand

HP 421 (2) Teaching Sport to Individuals with Disabilities
Contemporary sport opportunities for individuals with disabilities, with application to teaching and transition planning.
Pre: HP 411 or consent
Fall

HP 422 (2) Teaching Adapted Aquatics
Theory and practical experience in teaching swimming and other aquatic skills to individuals with disabilities.
Pre: HP 182 or HP 257
Spring

HP 424 (4) Methods of Elementary Physical Education
Designed for teacher candidates to analyze, apply, and evaluate developmentally appropriate content development skills, and develop lesson plans to teach elementary physical education.
Pre: HP 201, HP 255, HP 266, HP 386, All HP Performance
Fall

HP 432 (2) Elementary Teaching Field Experience
A field experience for teacher candidates to develop lesson plans and teach physical education to elementary students on-site prior to student teaching.
Fall, Spring

HP 435 (3) Planning Sport Facilities
This course provides students with information on the planning, development, and administration of sport facilities (i.e., physical education, athletics, recreation, fitness/wellness centers. etc.).
Spring, Summer

HP 437 (3) Sport Media, Sponsorship & Sales
An in-depth study of sport management theories, policies, objectives, and strategies applied to sport marketing through the functions and areas of sport sponsorships, sales and media.
Fall, Summer

HP 439 (3) Nutrition for Physical Activity and Sport
Provides in-depth exploration of the dietary needs of physically active individuals across the lifespan. Its laboratory component will focus on performance and interpretation of assessments commonly used to determine dietary and physiological status.
Fall, Spring
HP 440 (3) Medical Aspects of Athletic Training
Advanced study of general medical concepts related to injuries/illnesses incurred by athletes and physically active individuals. The course also includes concepts of medical pathology and pharmacology. Designed for athletic training students. Pre: Consent and HP 341, HP 348
Fall

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

HP 442 (3) Therapeutic Modalities in Athletic Training
Theory and application of the use of therapeutic modalities in the treatment of injury/illnesses suffered by athletes and physically active individuals. This also includes the principles of tissue healing, pain and pain control. Designed for athletic training students. Pre: Consent and HP 341, HP 342
Fall

HP 444 (3) Rehabilitation Techniques
Principles of rehabilitation and reconditioning of injuries/illnesses incurred by athletes and physically active individuals. This course also includes strategies to safely and expeditiously return patients/clients to functional activity. Pre: HP 342 and concurrent HP 343
Spring

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

HP 447 (3) Behavior Change Foundations and Strategies
Behavior Change Foundations and Strategies (3 semester credits) is a course that focuses upon the complexity of health behavior change and the skills necessary for a health promotion professional to assess, plan, and evaluate behavior change interventions for individuals and communities. Health behavior change theories and strategies will be discussed. Topics covered in class will include: behavior modification, goal setting, self-management, coping skills, and social support. Emphasis will also be given to the impact of policy and environmental influences on behavior. Pre: HP 290, HP 414
Fall, Spring

HP 448 (3) Applied Sport Business
This course is designed to provide a rigorous, comprehensive hands-on learning experience for students majoring in Sport Management. This more closely supervised field experience requires a rigorous time and energy commitment from students. Variable

HP 451 (3) Principles of Coaching
Basic understanding of the theoretical and practical applications of the sport science areas of physical education related to coaching. Current issues and topics addressing the principles and problems of the prospective interscholastic coach. Fall, Summer

HP 456 (2) Athletic Testing and Conditioning
Field testing, exercise instruction, and the periodization technique of exercise prescription for athletes and physically active individuals. Includes scientific strategies for enhancing strength, power, and endurance performance along with computer-aided program design. Pre: HP 414
Fall, Spring

HP 459 (3) Financial Aspects of Sport
This course is designed to provide knowledge and understanding of the principles of economics, budgeting, and finance as it applies to the sport business industry. Pre: ACCT 200 or consent of instructor
Spring

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

HP 463 (3) Seminar in Sport Management
This course is designed to provide students with opportunities to apply the knowledge and skills obtained from sport management courses in order to solve problems that a sport manager is likely to encounter. Spring, Summer

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

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

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

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

HP 467 (3) Worksite Wellness Program Development
Reviews the contextual issues and health policies in the workplace. Efficacy of best practices in worksite wellness strategies, employee engagement, program design and implementation, and program assessment are explored. Pre: HP 414 Spring

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

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

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

HP 471 (3) Consulting Techniques in Dev. Adapted Physical Education
Study of techniques of consulting in D/APE with the spectrum of individuals involved in the IEP process, including but not limited to: students with disabilities, general physical education teachers, other school professionals and support service personnel, families/parents, peer tutors, and community agencies to enhance the learning of students with disabilities both within and outside the classroom setting. Pre: HP 411, HP 412, HP 445 Spring
HP 472 (3) Psychology of Sport and Athletic Injury  
This course provides understanding and application of the psychology of sport and injury. Topics include psychological concerns, psycho-social antecedents of injury, psychological skills to implement with patients who are injured as a result of participation in athletics and physical activity.  
Variable

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

HP 480 (3) Senior Seminar  
Principles of organization and administration of athletic training service programs. Includes principles of research and evidence-based practice in athletic training.  
Pre: Consent, HP 343, HP 422  
Spring

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

HP 482 (1) Coaching Practicum  
Supervised experience in a public school varsity/junior varsity sport setting.  
Pre: HP 340, HP372, HP 451  
Fall, Spring

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

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

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

HP 486 (3) Small Group Personal Training  
This course will prepare exercise science students to lead personal training sessions in a professional environment. Each student will serve as a personal trainer for HP 102 students applying skills from HP 456 and HP 466. Students will further their personal training techniques using a client-centered approach.  
Pre: HLTH 210, HP 456, HP 466  
Fall, Spring

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

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

HP 492 (1-10) Internship: Corporate and Community Fitness  
This internship is designed to provide the student with practical experience in the area of corporate and community fitness.  
Pre: HP 414, HP 466  
Fall, Spring

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

HP 496 (1-10) Internship  
Designed as an intense practical experience in a selected area.  
Pre: HP 414, HP 466  
Fall, Spring

HP 499 (1-10) 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