

## Health and Physical Education (HPE)

### Activities Courses

The following physical activity classes are designed to provide knowledge and application of fundamental movements and skills that may facilitate participation in activity at the recreation level.

**Note:** Classes meet two hours weekly during the fall and spring semesters and four hours weekly during the summer session.

**HPE 101 Soccer (I).**

**HPE 102 Softball (I).**

**HPE 103A Racquetball I (I).** Student must furnish racquet. (F, S)

**HPE 103B Racquetball II (I).** Student must furnish racquet. Prerequisite: HPE 103A.

**HPE 107 Adaptive Physical Education (I).** Designed to aid students with special developmental needs. (May be repeated for credit with permission of instructor.) (F, S)

**HPE 110 Concepts in Fitness (I).** Designed for students desiring individualized programs based on indicated needs for health related fitness.

**HPE 111 Walking/Jogging (I).** Techniques of walking and jogging. Exercise program individualized for appropriate level of activity.

**HPE 112 Contemporary Activities/Topics (I).** Varying activities as indicated by topics titles (for example, Contemporary Activities/Yoga).

**HPE 114 Badminton (I).**

**HPE 115 Self-Defense (I).** Introduction to a practical system of weaponless self-defense techniques appropriate for both genders and all ages. (F, S)

**HPE 116 Volleyball (I).** (F, S)

**HPE 117A Basketball I (I).** (F, S)

**HPE 117B Basketball II (I).** Prerequisite: HPE 117A.

**HPE 118 Marching Band (I).** Prerequisite: consent of instructor. (F)

**HPE 119A Swimming I (I).** (F, S)

**HPE 119B Swimming II (I).** Prerequisite: HPE 119A.

**HPE 122 Aerobics/Topics (I).** Aerobic conditioning activities; vary as indicated by topic titles. For example: Aerobics/Aqua, Hi-Lo, Kickboxing, Step. (F, S)

**HPE 124A Weight Training I (I).** (F, S)

**HPE 124B Weight Training II (I).** Advanced techniques and programs for resistance training. Prerequisite: HPE 124A.

**HPE 125 Social Dance (I).**

**HPE 132A Golf I (I).** (F, S)

**HPE 132B Golf II (I).** Student must furnish golf clubs. Prerequisite: HPE 132A.

**HPE 138A Tennis I (I).** Student must furnish tennis racquet. (F, S)

**HPE 138B Tennis II (I).** Student must furnish tennis racquet. Prerequisite: HPE 138A.

**HPE 140 Varsity Spirit Squad (I).** Prerequisite: consent of instructor. (F)

**HPE 150M Men's Varsity Football (I).** Prerequisite: consent of instructor. (F)

**HPE 152M Men's Varsity Basketball (I).** Prerequisite: consent of instructor. (S)

**HPE 152W Women's Varsity Basketball (I).** Prerequisite: consent of instructor. (S)

**HPE 153M Men's Varsity Cross-Country (I).** Prerequisite: consent of instructor. (F)

**HPE 153W Women's Varsity Cross-Country (I).** Prerequisite: consent of instructor. (F)

**HPE 154M Men's Varsity Baseball (I).** Prerequisite: consent of instructor. (S)

**HPE 154W Women's Varsity Softball (I).** Prerequisite: consent of instructor. (S)

**HPE 156W Women's Varsity Tennis (I).** Prerequisite: consent of instructor. (S)

**HPE 157 Varsity Soccer (I).** Prerequisite: consent of instructor. (F)

**HPE 158 Varsity Track and Field (I).** Prerequisite: consent of instructor. (S)

**HPE 166W Women's Varsity Volleyball (I).** Prerequisite: consent of instructor. (F)

**HPE 250M Men's Varsity Football (I).** Prerequisite: consent of instructor. (F)

**HPE 252M Men's Varsity Basketball (I).** Prerequisite: consent of instructor. (S)

**HPE 252W Women's Varsity Basketball (I).** Prerequisite: consent of instructor. (S)

**HPE 253M Men's Varsity Cross-Country (I).** Prerequisite: consent of instructor. (F)

**HPE 253W Women's Varsity Cross-Country (I).** Prerequisite: consent of instructor. (F)

**HPE 254M Men's Varsity Baseball (I).** Prerequisite: consent of instructor. (S)

**HPE 254W Women's Varsity Softball (I).** Prerequisite: consent of instructor. (S)

**HPE 256W Women's Varsity Tennis (I).** Prerequisite: consent of instructor. (S)

**HPE 257 Varsity Soccer (I).** Prerequisite: consent of instructor. (S)

**HPE 258 Varsity Track and Field (I).** Prerequisite: consent of instructor. (F)

**HPE 266W Women's Varsity Volleyball (I).** Prerequisite: consent of instructor. (F)

**HPE 350M Men's Varsity Football (I).** Prerequisite: consent of instructor. (F)

**HPE 352M Men's Varsity Basketball (I).** Prerequisite: consent of instructor. (S)

**HPE 352W Women's Varsity Basketball (I).** Prerequisite: consent of instructor. (S)

**HPE 353M Men's Varsity Cross-Country (I).** Prerequisite: consent of instructor. (F)

**HPE 353W Women's Varsity Cross-Country (I).** Prerequisite: consent of instructor. (F)

**HPE 354M Men's Varsity Baseball (I).** Prerequisite: consent of instructor. (S)

**HPE 354W Women's Varsity Softball (I).** Prerequisite: consent of instructor. (S)

**HPE 356W Women's Varsity Tennis (I).** Prerequisite: consent of instructor. (S)

**HPE 357 Varsity Soccer (I).** Prerequisite: consent of instructor. (F)

**HPE 358 Varsity Track and Field (I).** Prerequisite: consent of instructor. (S)

**HPE 366W Women's Varsity Volleyball (I).** Prerequisite: consent of instructor. (F)

**HPE 450M Men's Varsity Football (I).** Prerequisite: consent of instructor. (F)

**HPE 452M Men's Varsity Basketball (I).** Prerequisite: consent of instructor. (S)

**HPE 452W Women's Varsity Basketball (I).** Prerequisite: consent of instructor. (S)

**HPE 453M Men's Varsity Cross-Country (I).** Prerequisite: consent of instructor. (F)

**HPE 453W Women's Varsity Cross-Country (I).** Prerequisite: consent of instructor. (F)

**HPE 454M Men's Varsity Baseball (I).** Prerequisite: consent of instructor. (S)

**HPE 454W Women's Varsity Softball (I).** Prerequisite: consent of instructor. (S)

**HPE 456W Women's Varsity Tennis (I).** Prerequisite: consent of instructor. (S)

**HPE 457 Varsity Soccer (1).** Prerequisite: consent of instructor. (F)

**HPE 458 Varsity Track and Field (1).** Prerequisite: consent of instructor. (S)

**HPE 466W Women's Varsity Volleyball (1).** Prerequisite: consent of instructor. (F)

### Strategies Courses

**HPE 299 Strategies: Topics (2).** Strategies courses are designed to prepare physical educators for teaching skills related to physical activity. Classes cover rules of and fundamental skills for activity, techniques for teaching skills, strategies for practicing skills, and assessment methods appropriate to the activity. (May be repeated for credit when topics vary.) Topics: Aquatics, Badminton, Basic Movement, Basketball, Conditioning, Dance for PE, Flag Football, Golf, Health Fitness Instruction, Life Guard Training, Low Organized Games, Racquetball, Recreational Activities, Softball/Baseball, Soccer, Stress Management, Tennis, Track/Field, Volleyball, Water Safety Instruction, Weight Training. Prerequisite: appropriate activity class or consent of instructor. (F, S)

### Theory Courses

**HPE 121 Concepts of Health/Wellness (3).** Concepts of physical, mental/psychological and social health; implications for lifelong health and wellness as influenced by personal behavior choices. (F, S)

**HPE 142 Fundamentals of Physical Well-being (1).** Concepts of physical well-being: components of physical fitness, nutrition, stress management, disease prevention and other health-related topics. (F, S, Su)

**HPE 145 Concepts in Physical Education (3).** A foundation in the historical development; the physiological, psychological, and sociological components; current trends; contemporary issues; and the professional elements of physical education. (F)

**HPE 206 Medical Terminology (2).** A course designed to teach prefixes, suffixes, and root words of Greek and/or Latin origin frequently used in medical terminology. Word part combination practices, pronunciation, spelling, and common medical abbreviations is presented.

**HPE 209 Basic Care/Prevention: Athletic Injuries (3).** Identifies injury/illness risk factors associated with participation in competitive athletics; plans and implements all components of comprehensive athletic injury/illness prevention program. Prerequisite: HPE 220 or current basic first aid/CPR certification. (S)

**HPE 211 Foundations/Theories of Health (3).** Addresses the theoretical base for developing behaviors conducive to well-being or a change in behaviors conducive to health. Includes an introduction to comprehensive school health programs as well as community and public health programs. (Alt F)

**HPE 220 First Aid (2).** Required for Red Cross certification. (F, S)

**HPE 240 Pharmacology and Sports (3).** Examines classifications, therapeutic use, misuse, and effects of drugs related to sports activities. Includes protocols for therapeutic use as well as legal concerns. (S)

**HPE 245 Theory of Coaching (3).** Philosophy of coaching and leadership, current trends in sports and coaching, contemporary issues, legal aspects and the professional elements of coaching. (S)

**HPE 268 Workshop in Health and Physical Education (1-3).** As announced. (May be repeated for a maximum of 6 hours.)

**HPE 293 Topics in Health and Physical Education (1-3).** As announced. (May be repeated for credit.) (TBA)

**HPE 302 Curriculum/Program Planning in Health (3).** Elements of planning, developing, implementing, and evaluating health promotion programs, including needs assessment, the writing of goals and objectives, lesson plans/delivery of intervention, and construction of evaluation instruments. (Alt F)

**HPE 308 Therapeutic Modalities (3).** Theories, applications and methods of various modalities consisting of cryotherapy, electrotherapy, hydrotherapy and thermotherapy, using modern protocols. Principles of contemporary therapeutic modality units of compression, traction and massage. Concurrent enrollment: HPE 308L. (S)

**HPE 308L Therapeutic Modalities Lab (1).** Concurrent enrollment: HPE 308.

**HPE 309 Therapeutic Exercise (3).** Implementing a comprehensive rehabilitation/reconditioning program for injuries/illnesses sustained by the competitive athlete. Techniques of flexibility, muscular strength and cardiovascular training. Concurrent enrollment: HPE 309L. (F)

**HPE 309L Therapeutic Exercise Lab (1).** Concurrent enrollment: HPE 309.

**HPE 310 Facilities Management (3).** Study of facilities for athletics, physical education and recreation. Includes appropriate concerns of planning, designs and construction and of management, operations, and event marketing. (Alt S)

**HPE 312 Biomechanics (3).** Mechanical principles of human motion and analysis of basic sport skills. Prerequisite: a 4-credit human anatomy and physiology course with lab. Concurrent enrollment: HPE 312L. (S)

**HPE 312L Biomechanics Lab (1).** Hands-on experience in units pertaining to neurophysiology/structural kinesiology, planes and axes, movement description, linear and angular kinetics, and linear and angular kinematics and motion analysis. Concurrent enrollment: HPE 312.

**HPE 313 Physiology of Exercise (3).** Physiological basis of conditioning; muscle, nervous, and cardio-respiratory systems, metabolism, strength, endurance, and flexibility — how to improve performance using scientific information and processes. Prerequisite: a 4-credit human anatomy and physiology course with lab. Concurrent enrollment: HPE 313L. (F)

**HPE 313L Physiology of Exercise Lab (1).** Demonstrations, hand-on experiences, and virtual lab experiences related to the functioning of the body's physiological systems during acute exercise and as a result of training. Concurrent enrollment: HPE 313.

**HPE 315 Psychology of Exercise and Sport (3).** The study of the influence of psychological variables and social environment on exercise behavior and sport performance. Applies these principles to the behavior of individuals and to interventions designed to change exercise and sport participation. (Alt S)

**HPE 321 Wellness: Individual and Global (3).** Concepts and components of holistic wellness and interrelationships among components; theories and strategies for enhancing wellness individually and through public health interventions with attention to cultural and global influences and consequences. (Alt S)

**HPE 330 Human Sexuality (3).** Concepts in human sexuality: reproduction, sexual response, sex roles, relationships, family living and communication; includes contemporary issues — the moral, ethical and legal aspects surrounding sexuality and sex education. (F, S)

**HPE 331 Coaching of Football (3).** Methods of coaching; teaching individual fundamentals, offensive and defensive team play, strategy and conditioning athletes. (S)

- HPE 333 Coaching of Basketball (3).** Methods of coaching; teaching individual fundamentals, systems of defense and offense. (F)
- HPE 335 Measurement/Evaluation of Human Movement (3).** Theory of measurements in health, physical education and sport; selection and administration of appropriate tests; and interpretation of test results by fundamental statistical procedures. (Lecture and laboratory) (S)
- HPE 337 Coaching of Tennis (3).** Method and philosophies of coaching tennis. Fundamental stroke production techniques; advanced footwork and stroke production; and strategies for singles and doubles. Prerequisites: HPE 138A or HPE 138B or permission of instructor. (Alt F)
- HPE 338 Coaching of Soccer (3).** Methods and philosophies of coaching soccer. Development of strategies for teaching soccer fundamentals, designing safe and age-appropriate soccer practice activities, designing appropriate training sessions and progressions. (Alt S)
- HPE 340 Recreation and Intramural Programming (3).** Organization and supervision of intramural and community-based sport and leisure programs. (S)
- HPE 341 Coaching of Volleyball (3).** Methods of coaching volleyball; teaching individual fundamentals, drills and offensive/defensive strategies and psychological aspects. (Lectures and laboratory.) (S)
- HPE 342 Coaching of Track and Field (3).** Various track and field events and methods of teaching each. (Alt S)
- HPE 345 Legal Aspects: Physical Education (3).** Laws and policies pertaining to physical education, intramural and athletics in the United States. (F)
- HPE 348 Evaluation of Upper Extremity Injuries (3).** Knowledge and techniques of a thorough initial clinical evaluation of upper body injuries/illnesses sustained by the competitive athlete and formulating an impression of the injury/illness. Concurrent enrollment: HPE 348L.
- HPE 348L Upper Extremity Injuries Lab (1).** Application of knowledge and techniques of an initial clinical evaluation of upper body injuries. Concurrent enrollment: HPE 348.
- HPE 349 Evaluation of Lower Extremity Injuries (3).** Knowledge and techniques of a thorough initial clinical evaluation of lower body injuries/illnesses sustained by the competitive athlete and formulating an impression of the injury/illness. Concurrent enrollment: HPE 349L.
- HPE 349L Lower Extremity Injuries Lab (1).** Application of knowledge and techniques of an initial clinical evaluation of lower body injuries. Concurrent enrollment: HPE 349.
- HPE 381 Officiating of Sports (3).** Rules and mechanics for officiating sports, includes theory and practice. (F, S)
- HPE 382 Coaching of Softball and Baseball (3).** Methods of coaching; team development and individual skills. (F)
- HPE 389 Internship in Athletic Training (3–6).** Practical work in athletic training as required by the National Athletic Trainer's Association. (May be repeated for a maximum of 6 hours.) Prerequisites: HPE 209 and consent of head athletic trainer.
- HPE 411 Motor Learning (3).** Study of the theory, principles, and factors involved in the learning and performance of motor skills. Prerequisite: a 4-credit human anatomy and physiology course with lab. Concurrent enrollment: HPE 411L. (F)
- HPE 411L Motor Learning Lab (1).** Hands-on experience in units pertaining to neurophysiology, information processing, arousal, attention, memory, learning models and motor programs, feedback and maturational development. Concurrent enrollment: HPE 411.
- HPE 433 Methods/Curriculum in Physical Education (2).** Methods for teaching physical activities for various age groups; development of curriculum/training programs; and supervising activity. (F, S)
- HPE 421 Advocating for Healthy Lifestyles (3).** Peer education focused on healthy lifestyles. Includes such concepts as interpersonal relationships, health and wellness issues, and behavior change models. Development of skills in leadership, resource building, communication, and program development.
- HPE 468 Workshop in Health and Physical Education (1–3).** As announced. (May be repeated for a maximum 6 hours.)
- HPE 473 Health Education Methods/Materials (3).** Methods and materials for teaching health education in elementary and secondary school programs. (Alt S)
- HPE 477 Advanced Athletic Training (3).** Knowledge and skills necessary for comprehensive evaluation of athletic injury and illness. Recognition and management of medical conditions affecting athletic participants. Ascertaining medical history, the use of evaluative tools, knowledge of various conditions and diseases, and clinical evaluation techniques for neurological and musculoskeletal disorders.
- HPE 480 Administration in Physical Education and Athletics (3).** Theory and practices in organization and administration of physical education, sport and athletic training programs as related to finances, facilities, equipment, legal aspects, health care services, personnel and public relations. (F)
- HPE 483 Field Experiences: Topics (1).** Supervised field experiences are intended to provide opportunities for Health and Physical Education majors to participate in hands-on experiences related to their emphasis area. Topics will include PE K-12, Adapted PE K-12, Fitness Training, etc. Prerequisite: HPE 433.
- HPE 489 Internship in HPE (1–3).** Practical work experience (50 work hours for each credit; maximum 150 hours for 3 credits) in a specific organization (on-campus or off-campus) under the supervision of qualified personnel. Cannot be part of student's current job duties. Prerequisites: approval of agency; consent of advisor. (F, S, Su)
- HPE 490 Professional Review (3).** Development of professional portfolio; professional ethics; demonstration and application of scientific principles of movement within lesson plans or program plans; involvement with community and professional entities. To be taken the semester immediately prior to graduation or student teaching. (F, S)
- HPE 491 Directed Study (1–3).** Independent study. (May be repeated for a maximum of 4 hours.) Prerequisite: consent of instructor.
- HPE 493 Topics in Health and Physical Education (1–3).** As announced. (May be repeated for credit.)

## Hebrew Courses (HEB)

- HEB 201 Beginning Hebrew (4).** Fundamentals of Biblical Hebrew. (Alt F)
- HEB 202 Continuation of Beginning Hebrew (4).** Fundamentals of Biblical Hebrew with simple passages from the Hebrew Bible. Prerequisite: HEB 201. (Alt S)
- HEB 268 Workshop in Hebrew (1–3).** As announced. (May be repeated for a maximum of 6 hours.)
- HEB 293 Topics in Hebrew (1–3).** As announced. (May be repeated for credit.)
- HEB 301 Intermediate Hebrew (3).** Biblical Hebrew prose with reference to selected passages. Prerequisite: HEB 202. (Alt F)