

HEALTH AND HUMAN PERFORMANCE

Mission Statement

The mission of the Health and Human Performance Department (<https://www.uwsuper.edu/academics/academic-departments/health-and-human-performance/>) is to provide students with a knowledge base, creating a positive attitude and lifelong skills in the seven dimensions of wellness: physical, intellectual, emotional, spiritual, career, social and environmental (i.e. personal health) as part of the liberal arts educational foundation. Programs in the Health and Human Performance Department seek to serve all students in a caring educational environment toward liberal arts studies in physical education and health and/or pre-professional studies as physical education, health, early childhood, and special education teachers or non-teaching allied health professionals.

Faculty and Staff

Geidner, James - Professor

LaRue, Amy - Assistant Professor

Lebard-Rankila, Kim - Associate Professor

Lisdahl, Robin - Academic Department Associate

Course Descriptions

Coaching

COAC 341 Principles and Theory of Coaching 2.00

Analysis of the role of the coach, including the latest information concerning legal liability, administration/organizational responsibilities; various coaching philosophies, diverse personalities of athletes, developing team cohesion, psychology of coaching and teaching techniques.

Prerequisites:

Prerequisite for taking this course is Sophomore standing.

Typically Offered:

- On-campus: Fall & Spring;

COAC 456 Foundations of Sport and Exercise Psychology 2.00

Psychological and scientific principles as they pertain to understanding participants, sport and exercise environments, group processes, and performance, enhancing health and well-being and facilitating psychological growth and development.

Prerequisites:

Prerequisite for taking this course is Sophomore standing.

Typically Offered:

- On-Campus: Fall
- Online: Spring

COAC 689 Coach Elective 1.00-12.00

Transfer credits ONLY from another accredited institution not equivalent to a UW-Superior course.

Health and Human Performance

HHP 321 Introduction to Teaching Adapted Physical Education 2.00

Pre-student teaching clinical experience teaching students with disabilities from K-12 in school settings. Developing Individualized Educational Programs and lesson plans based on assessments. Understanding historical and legal perspectives related to physical activity for individuals with disabilities. Instructor consent required.

Prerequisites:

Prerequisite for HHP 321 student must be at Junior standing, Admissions to T ED for education licensure students, or Instructor Consent.

Typically Offered:

- On-campus: Spring;

HHP 521 Introduction to Teaching Adapted Physical Education 2.00

Pre-student teaching clinical experience teaching students with disabilities from K-12 in school settings. Developing Individualized Educational Programs and lesson plans based on assessments. Understanding historical and legal perspectives related to physical activity for individuals with disabilities. Instructor consent required.

Typically Offered:

- Fall Term Only

HHP 340 Organization and Administration of Human Performance, Health & Athletics 3.00

Techniques, procedures, and principles of organizing and administering human performance, allied health and athletic programs. Emphasizes administrative structure, legal liability, and facilities management.

Prerequisites:

Prerequisite for taking this course is Junior standing, and completion of 20 credits in major area.

Typically Offered:

- On-campus: Fall & Spring
- Online: Fall

HHP 540 Organization and Administration of Human Performance, Health & Athletics 3.00

Techniques, procedures, and principles of organizing and administering human performance, allied health and athletic programs. Emphasizes administrative structure, legal liability, and facilities management.

Typically Offered:

- Fall and Spring Terms

HHP 541 Principles and Theory of Coaching 2.00

Analysis of the role of the coach, including the latest information concerning legal liability, administration/organizational responsibilities; various coaching philosophies, diverse personalities of athletes, developing team cohesion, psychology of coaching and teaching techniques.

Typically Offered:

- Spring Term Only

HHP 362 Kinesiology 3.00

Review of materials associated with basic muscle identification, origin, insertion, and muscle function. Students will learn functional concepts associated with agonist and antagonist, the primary lever systems, how the upper and lower chains of the body assist with function from birth to the older age, and how basic biomechanics of daily function assists with or limits everyday activities and overall health. Virtual lab style activities are used to enhance the learning environment and link knowledge to practical application of skills.

Prerequisites:

Prerequisite for taking this course is completion of HLTH 264, HLTH 265 or BIOL 270 and BIOL 280.

Typically Offered:

- On-Campus: Fall
- Online: Spring

HHP 562 Kinesiology 3.00

Review of materials associated with basic muscle identification, origin, insertion, and muscle function. Students will learn functional concepts associated with agonist and antagonist, the primary lever systems, how the upper and lower chains of the body assist with function from birth to the older age, and how basic biomechanics of daily function assists with or limits everyday activities and overall health. Virtual lab style activities are used to enhance the learning environment and link knowledge to practical application of skills.

Typically Offered:

- Spring Term Only

HHP 363 Exercise Physiology 3.00

Introductory lecture and laboratory course examining the acute and chronic physiological responses to exercise. The lecture portion covers the sub-cellular and metabolic responses to exercise, followed by the systemic responses (neuromuscular, endocrine, cardiopulmonary) as well as body composition, environmental factors, gender, aging and training principles. The laboratory section allows students to accent the lecture portion with hands-on laboratory experiences.

Prerequisites:

Prerequisite for taking this course is completion of HHP 282 and HLTH 264 and HLTH 265 or BIOL 270 and BIOL 280.

Typically Offered:

- On-campus: Fall & Spring
- Online: Fall & Spring

HHP 563 Exercise Physiology 3.00

Introductory lecture and laboratory course examining the acute and chronic physiological responses to exercise. The lecture portion covers the sub-cellular and metabolic responses to exercise, followed by the systemic responses (neuromuscular, endocrine, cardiopulmonary) as well as body composition, environmental factors, gender, aging and training principles. The laboratory section allows students to accent the lecture portion with hands-on laboratory experiences.

Typically Offered:

- On-campus: Fall & Spring
- Online: Fall & Spring

HHP 372 Consumer Health 2.00

Principles of consumerism are discussed and analyzed with regard to health care products and interventions.

Typically Offered:

- Spring Term Only

HHP 422 Service Delivery Models in Adapted Physical Education 1.00-8.00

Understanding evidence-based adapted physical education teaching strategies and different service delivery models for individuals with disabilities in community based and clinical programs. Experience the areas of posture, motor development, physical fitness, recreation/leisure, and play related to individuals with disabilities. Instructor consent required.

Prerequisites:

Corequisite for taking this course is enrollment in HHP 421, Instructor Consent required.

Typically Offered:

- On-Campus: Fall;

HHP 622 Service Delivery Models in Adapted Physical Education 1.00-8.00

Understanding evidence-based adapted physical education teaching strategies and different service delivery models for individuals with disabilities in community based and clinical programs. Experience the areas of posture, motor development, physical fitness, recreation/leisure, and play related to individuals with disabilities. Instructor consent required.

Typically Offered:

- Spring Term Only

HHP 424 Adapted Lifetime Recreation and Sport 1.00-4.00

This course is designed for special educators, physical educators, therapists, and other relevant professionals pertaining to the areas of motor development, physical fitness, recreation/leisure, and sport related to individuals with serious disabilities. Instructor consent required.

Typically Offered:

- On-campus: Spring;

HHP 624 Adapted Lifetime Recreation and Sport 1.00-4.00

This course is designed for special educators, physical educators, therapists, and other relevant professionals pertaining to the areas of motor development, physical fitness, recreation/leisure, and sport related to individuals with serious disabilities. Instructor consent required.

Typically Offered:

- Fall Term Only

HHP 438 Measurement and Evaluation for Human Performance 2.00

Introduction to the field of measurement, evaluation and research in human performance. Students are required to complete an independent research project related to their intended profession. Basics of a research proposal, Institutional Review Board and power point presentations are covered.

Prerequisites:

Prerequisite for taking this course is Junior class standing in HHP major.

Typically Offered:

- On-Campus: Fall;

HHP 638 Measurement and Evaluation for Human Performance 2.00

Introduction to the field of measurement, evaluation and research in human performance. Students are required to complete an independent research project related to their intended profession. Basics of a research proposal, Institutional Review Board and power point presentations are covered.

Typically Offered:

- Spring Term Only

HHP 656 Foundations of Sport and Exercise Psychology 2.00

Psychological and scientific principles as they pertain to understanding participants, sport and exercise environments, group processes, and performance, enhancing health and well-being and facilitating psychological growth and development.

Typically Offered:

- Fall Term Only

HHP 460 Cardiovascular Diagnostics 3.00

Introductory survey of theoretical considerations and practical applications of electrocardiography and other cardiac interventions.

Prerequisites:

Prerequisite for taking this course is completion of HHP 363 (can be concurrent).

Typically Offered:

- Fall Term Only

HHP 660 Cardiovascular Diagnostics 3.00

Introductory survey of theoretical considerations and practical applications of electrocardiography and other cardiac interventions.

Typically Offered:

- Fall Term Only

HHP 471 Senior Seminar: Community Health Promotion 3.00

Development, implementation, and administration of community health promotion programs. Instructor consent is required.

Typically Offered:

- Occasional by Demand

HHP 671 Senior Seminar: Community Health Promotion 3.00

Development, implementation, and administration of community health promotion programs. Instructor consent is required.

Typically Offered:

- Occasional by Demand

HHP 490 Independent Study 1.00-6.00

Intensive investigation of various phases, trends and/or programs in health or human performance. Each student presents a thorough paper on a selected phase, trend or problem in human performance.

Prerequisites:

Junior Class Standing is a prerequisite for taking this course.

Typically Offered:

- On-campus: Fall & Spring
- Online: Fall, Spring, & Summer

HHP 690 Independent Study 1.00-6.00

Intensive investigation of various phases, trends and/or programs in health or human performance. Each student presents a thorough paper on a selected phase, trend or problem in human performance.

Typically Offered:

- Fall and Spring Terms

HHP 491 Fieldwork 1.00-12.00

Varied opportunities to work in field settings. Each credit equals approximately 36 hours of on-the-job experience outside the university. Normally open to juniors and seniors. Instructor consent is required to enroll in this course. Instructor consent is required.

Typically Offered:

- On-campus: Fall & Spring
- Online: Fall, Spring, & Summer

HHP 691 Fieldwork 1.00-12.00

Varied opportunities to work in field settings. Each credit equals approximately 36 hours of on-the-job experience outside the university. Normally open to juniors and seniors. Instructor consent is required to enroll in this course. Instructor consent is required.

Typically Offered:

- Fall and Spring Terms

HHP 492 Experiential Learning 2.00-12.00

Credit for certain non-classroom experiences on campus. Normally open to juniors and seniors. Credit for experience is normally sought prior to its occurrence. Instructor consent is required to enroll in this course. Instructor consent is required.

Typically Offered:

- Fall and Spring Terms

HHP 692 Experiential Learning 2.00-12.00

Credit for certain non-classroom experiences on campus. Normally open to juniors and seniors. Credit for experience is normally sought prior to its occurrence. Instructor consent is required to enroll in this course. Instructor consent is required.

Typically Offered:

- Fall and Spring Terms

HHP 494 Workshop 1.00-8.00

Short-term, activity/health oriented course in a specialized area. Instructor consent is required to enroll in this course. Instructor consent is required.

Typically Offered:

- On-campus: Fall & Spring
- Online: Fall, Spring, & Summer

HHP 694 Workshop 1.00-8.00

Short-term, activity/health oriented course in a specialized area. Instructor consent is required to enroll in this course. Instructor consent is required.

Typically Offered:

- Fall and Spring Terms

HHP 495 Current Topics Seminar 1.00-12.00

Advanced seminar on major contemporary developments in the area of human performance and athletics.

Typically Offered:

- Occasional by Demand

HHP 695 Current Topics Seminar 1.00-12.00

Advanced seminar on major contemporary developments in the area of human performance and athletics.

Typically Offered:

- Occasional by Demand

HHP 496 Internship 10.00-20.00

On-the-job experience with community agencies to provide students with realistic opportunities to apply their skills to practical problems. A student must work at a site a minimum of 450 hours to receive internship credit. Field Experiences Director's consent is required to enroll in this course.

Typically Offered:

- On-campus: Fall & Spring
- Online: Fall, Spring, & Summer

HHP 696 Internship 10.00-20.00

On-the-job experience with community agencies to provide students with realistic opportunities to apply their skills to practical problems. A student must work at a site a minimum of 450 hours to receive internship credit. Field Experiences Director's consent is required to enroll in this course.

Typically Offered:

- Fall and Spring Terms

HHP 700 Research Seminar 3.00

Advanced seminar to instruct students on the procedures and sources for obtaining the latest information in the field and to provide a forum for discussion of advances in the field. Emphasis on library research, bibliographic data retrieval, writing a seminar paper, and oral presentation of the seminar paper.

Prerequisites:

Consent of cooperating Instructor and Department Chair.

Typically Offered:

- Occasional by Demand

HHP 701 Legal Liability in Human Performance and Athletics 3.00

Case study approach to liabilities that may be encountered by schools and community agencies in their human performance, athletic, intramural and recreational programs. Interpretation of legal precedents and their implications for the organization and management of sports, including, equipment, facilities, supervision, transportation, and handling of injuries.

Prerequisites:

Consent of cooperating Instructor and Department Chair.

Typically Offered:

- Occasional by Demand

HHP 702 Administration of Athletics 3.00

Independent study of the administrative techniques, policies and procedures necessary to successfully administer athletic programs, including current administrative problems.

Typically Offered:

- Occasional by Demand

HHP 703 Supervision of Human Performance 3.00

History, philosophy, principles and techniques of supervising human performance in the elementary and secondary schools. Professional qualities and preparation of supervisors of student teachers in human performance will also be included.

Prerequisites:

Consent of cooperating Instructor and Department Chair.

Typically Offered:

- Occasional by Demand

HHP 704 Human Performance Curriculum Development 3.00

Current types of instructional programs in elementary, middle and senior high schools. Emphasizes techniques of planning functional human performance curricula considering facilities and staff.

Prerequisites:

Consent of cooperating Instructor and Department Chair.

Typically Offered:

- Occasional by Demand

Health

HLTH 368 Drugs, Health and Human Behavior 3.00

Current, accurate and documented information about drugs and their use and abuse. Attention will be given to understanding drug abuse, family, prevention, intervention, treatment, and drug-specific information.

Prerequisites:

Prerequisite for taking this course is completion of HLTH 264, HLTH 265 or BIOL 270 and BIOL 280.

Typically Offered:

- On-campus: Spring
- Online: Fall

HLTH 568 Drugs, Health and Human Behavior 3.00

Current, accurate and documented information about drugs and their use and abuse. Attention will be given to understanding drug abuse, family, prevention, intervention, treatment, and drug-specific information.

Typically Offered:

- Spring Term Only

HLTH 572 Consumer Health 2.00

Principles of consumerism are discussed and analyzed with regard to health care products and interventions.

Typically Offered:

- Spring Term Only

HLTH 589 Health Elective 1.00-9.00

Transfer credits ONLY from another accredited institution not equivalent to a UW-Superior course.

Contact Information

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