

# HEALTH AND HUMAN PERFORMANCE (HHP)

## 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 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 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 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 566 Principles Of Nutrition 3.00

Lecture-discussion course covering the basics of human nutrition including the macro and micro nutrients, the role of nutrition in health, weight loss and weight gain practices, ergogenic aids and supplements. Also addresses nutrition through the lifespan and global implications. Students required to complete a comprehensive research paper.

### Typically Offered:

- Fall Term Only

## HHP 567 Human Sexuality 3.00

Covers the biological, sociological, and psychological dimensions of human sexuality. Special emphasis on the education aspects.

### Typically Offered:

- Spring Term Only

## 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 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 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 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 669 Pathophysiology of Disease\Prevention and Control 3.00**

Introductory course of basic pathophysiology including epidemiological basics, infectious and non-infectious diseases, systemic responses, and an in-depth study of the leading causes of death in the United States and Canada (coronary heart disease, cancer, pulmonary disease), as well as common disorders (muscular, skeletal, neurological, gastrointestinal, urological and reproductive systems.) Students are required to complete a comprehensive research paper.

**Typically Offered:**

- Spring Term Only

**HHP 670 Community and Environmental Health 3.00**

Survey of health and environmental issues as they relate to the global community. The organizations, resources and personnel involved in promotion and maintenance of the health of a community. Also examines health education theories as they relate to creating a professional health promotion plan.

**Typically Offered:**

- Fall Term Only

**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 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 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 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 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 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 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