

# EXERCISE SCIENCE

## Program Description

The Exercise Science concentration is an entry-level professional preparation program that prepares students to enter into the exercise professions including health/wellness and clinical areas. It also prepares those students wishing to pursue graduate education in the exercise professions as well as related careers such as athletic training, physical therapy and the medical professions. Course work includes basic and applied sciences, nutrition, exercise physiology, electrocardiography, exercise assessment/testing and prescription, research and hands on experiences. This major requires a minor that supports the student's individual needs.

- Exercise Science Major (Non-Comprehensive)

### HHP 100 Sports Conditioning I 1.00

Physical skills and stamina needed to participate in varsity sports. Not applicable toward a major or minor in Human Performance and Health Promotion. Consent of instructor is required to enroll in this course.

#### Typically Offered:

- On-campus: Fall & Spring;

### HHP 101 Sports Conditioning II 1.00

Provides skill development and conditioning necessary to participate in varsity sports. Not applicable toward a major or minor in Health and Human Performance. Consent of instructor is required to enroll in this course.

#### Typically Offered:

- On-campus: Fall & Spring;

### HHP 102 Foundations for Wellness and Success 3.00

Foundational knowledge and understanding of critical thinking and resources pertinent to academic and social success at UWS. Students will participate in group activities that enhance belonging and community. Students will learn content in health and wellness areas including emotional, social, mental, spiritual, physical, environmental, and occupational. Does not count toward a major or minor in health and Human Performance. This is an undergraduate course. This course meets the requirements for the University Studies Core Category: Health and Human Performance, HHP 102.

#### Core General Education Requirements:

- NSW - Natural Science & Wellness
- NSW-W - Natural Science & Wellness - Wellness

#### Typically Offered:

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

### HHP 105 Sports Conditioning III 1.00

This course will pay special attention to the physical training and conditioning necessary to participate in varsity sports. Not applicable toward a major or minor in Health and Human Performance. Instructor consent is required to enroll in this course. Consent of instructor is required to enroll in this course.

#### Typically Offered:

- On-campus: Fall & Spring;

### HHP 106 Sports Conditioning IV 1.00

Physical training and conditioning necessary to participate in varsity sports in the primary objective of this course. Not applicable toward a major or minor in Health and Human Performance. Consent of instructor is required to enroll in this course.

#### Typically Offered:

- On-campus: Fall & Spring;

### HHP 110 Introduction to HHP Majors 2.00

This course introduces first-year students to academic HHP majors and minors, health sciences career exploration, and foundational professional skills. Students develop an individualized academic plan toward graduation, explore experiential learning opportunities, create professional employment materials, and build information literacy skills including APA formatting and use of peer-reviewed sources.

#### Typically Offered:

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

### HHP 112 Introduction to Sport & Recreation Management 1.00

This course will cover the cultural, financial, and operational basics of sport and recreation management. It will demonstrate the most effective skills used by current professionals for the management of recreational programs. It will provide an overview of the impact of recreational programs at the local, regional, and national level while providing students with the ability to develop a readiness for a career in sport and recreation management.

#### Typically Offered:

- On-Campus: Fall
- Online: Spring

### HHP 113 Level II & Level III Swimming Certification (Beginning and Advanced Beginning) 1.00

Level II covers primary skills for the beginner. Level III introduces stroke readiness.

### HHP 117 Alpine Skiing 1.00

Basic skills, techniques, conditioning, strategy, safety and rules of alpine skiing.

### HHP 119 Skating 0.50

Basic skills, techniques, conditioning, strategy, safety and rules of ice skating.

**HHP 120 Introduction to Mindfulness 3.00**

In this introduction to Mindfulness course students will learn the principles of practice, develop their own meditation practice, and apply principles to daily life. They will learn strategies to skillfully work with thoughts, emotions, and sensations, while developing their capacity to enhance mind-body awareness of present-moment experience. They will study theory and research in the field of mindfulness and the emerging science that shows promising, beneficial effects for physical and mental health and well-being. This course is designed for beginners and is also suitable for those with experience who want to refine their practice. This experiential course consists of a combination of lecture, practice, and discussion, and will follow the PERMANENT Model of Well-Being's Process: Learn. Experience. Reflect. Repeat.

**Core General Education Requirement:**

- SBS - Social & Behavioral Science

**Typically Offered:**

- On-campus: Fall & Spring;

**HHP 125 Basketball 0.50**

Basic skills, techniques, safety, conditioning, strategy, and rules of basketball emphasizing the competencies needed in teaching.

**HHP 126 Field Sports, Team Handball and Flag Football 0.50**

Basic skills, techniques, safety, conditioning, strategy, and rules of team sports and team handball emphasizing the competencies needed in teaching.

**HHP 127 Soccer 0.50**

Basic skills, techniques, safety, conditioning, strategy, and rules of soccer emphasizing the competencies needed in teaching.

**HHP 128 Softball 0.50**

Basic skills, techniques, safety, conditioning, strategy, and rules of softball emphasizing the competencies needed in teaching.

**HHP 130 Volleyball 0.50**

Basic skills, techniques, safety, conditioning, strategy, and rules of volleyball emphasizing the competencies needed in teaching.

**HHP 133 Social and Square Dance 3.00**

Fundamentals of various styles and techniques of movement and dance.

**Core General Education Requirements:**

- HA - Humanities & Arts
- HA-A - Humanities & Arts - Arts

**Typically Offered:**

- On-campus: Fall & Spring;

**HHP 141 Outdoor Education Climbing 1.00**

This course is a basic skills of climbing that includes knowledge and skill development in the following areas: equipment and equipment checks, knots, belay technique, safety checks and climbing techniques in a variety of situations and environments.

**Typically Offered:**

- On-campus: Select Semesters;

**HHP 142 Paddling 1.00**

This course is a basic skills of paddling course that includes knowledge and skill development in the following areas: equipment and equipment checks, knots, paddling technique, safety protocol and paddling techniques in a variety of situations and environments using a variety of watercraft including canoes and kayaks.

**HHP 150 Invasion, Striking and Field Activities in PE 2.00**

A content course addressing teaching strategies, movements, skill development and knowledge, rules and tactics of selected activities in Physical Education. Students will gain practice in planning, teaching, and assessment related to Physical Education. Possible activities may include: basketball, floor hockey, golf, lacrosse, soccer.

**Typically Offered:**

- On-Campus: Fall;

**HHP 151 Target, Net and Wall Activities in PE 2.00**

A content course addressing teaching strategies, movements, skill development and knowledge, rules and tactics of selected activities in Physical Education. Students will gain practice in planning, teaching, and assessment related to Physical Education. Possible activities may include: archery, curling, tennis and/or pickleball, track and field, volleyball.

**Typically Offered:**

- On-campus: Spring;

**HHP 152 Invasion, Striking and Field Activities in PE II 2.00**

A content course addressing teaching strategies, movements, skill development and knowledge, rules and tactics of selected activities in Physical Education. Students will gain practice in planning, teaching, and assessment related to Physical Education. Possible activities may include: softball, floor broomball, football, handball, ultimate frisbee.

**Typically Offered:**

- On-Campus: Fall;

**HHP 153 Target, Net and Wall Activities in PE II 2.00**

A content course addressing teaching strategies, movements, skill development and knowledge, rules and tactics of selected activities in Physical Education. Students will gain practice in planning, teaching, and assessment related to Physical Education. Possible activities may include: badminton, broomball, pickleball and/or tennis, racquetball, XC-skiing.

**Typically Offered:**

- On-campus: Spring;

**HHP 180 Walking for Fitness 1.00**

An introduction to aerobic style activity. Students will learn concepts associated with walking while participating in an 8-9 week walking program. The practical application will allow students to learn and demonstrate their understanding of concepts in an applied format.

**Typically Offered:**

- Online: Fall

**HHP 181 Self Defense 1.00**

Basic skills, techniques, safety, conditioning, strategy, and rules of self defense.

**HHP 182 Weight Training 1.00**

Basic knowledge and skills of weight training; terms, resistance, techniques, programs, safety concepts, with practical application of these concepts being the primary outcome.

**Typically Offered:**

- Online: Spring

**HHP 185 Racquetball 1.00**

Basic skills, techniques, safety, conditioning, strategy, and rules of racquetball.

**HHP 186 Shooting Sports: Riflery 1.00**

Shooting Sports: Riflery - Basic skills, techniques, safety, conditioning, strategy, and rules of riflery.

**HHP 187 Shooting Sports: Pistols 1.00**

Basic skills, techniques, safety, conditioning, strategy, and rules of pistol shooting.

**HHP 188 Riding 1.00**

Basic skills, techniques, safety, conditioning, strategy, and rules of riding.

**HHP 189 Physical Education Elective 1.00**

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

**HHP 203 Group Fitness 1.00**

Active participation in group exercises that promote cardiovascular endurance, muscle strength and flexibility.

**Typically Offered:**

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

**HHP 204 Aqua Dynamics 1.00**

Individual fitness through specific aquatic activities

**HHP 205 Intro to Strength & Flexibility Instruction 1.00**

This course focuses on the principles and practices of weight training and flexibility to support lifelong physical fitness. Students will learn proper resistance training techniques, foundational strength training concepts, and flexibility methods designed to improve mobility, posture, and injury prevention. Emphasis is placed on safe and effective exercise execution, program design basics, and adapting training to individual fitness levels.

**Typically Offered:**

- On-Campus: Fall
- Online: Spring

**HHP 213 Level IV & V (Intermediate) American Red Cross Certification & Basic Water Safety 1.00**

Level IV covers stroke development and increases swimmer endurance. Level V involves refinement and coordination of key strokes. Also introduces basic water safety skills.

**HHP 217 Curling-Broomball 0.50**

Basic skills, techniques, safety, conditioning, strategy, and rules of curling and broomball for teaching.

**HHP 218 Cross Country Ski-Snowshoe 0.50**

Basic skills, techniques, safety, conditioning, strategy, and rules of cross country, skiing/snowshoeing for teaching.

**HHP 233 Elementary School Human Performance Activities-Children's Games 3.00**

Various activities pertinent to elementary school children, with emphasis on teaching and class management.

**Typically Offered:**

- On-Campus: Fall;

**HHP 235 Children's Rhythms & Tumbling 3.00**

Various activities pertinent to elementary school children, with emphasis on teaching and class management.

**Typically Offered:**

- On-campus: Spring;

**HHP 252 Introduction into Sports and Exercise Medicine 2.00**

An introduction into the prevention and basic care of sports injuries. A theory and laboratory experience providing knowledge and understanding of the many aspects of health care for the recreational and competitive athlete.

**Typically Offered:**

- On-campus: Fall & Spring;

**HHP 275 Tennis-Racquetball 1.00**

Basic skills, techniques, safety, conditioning, strategy and rules of tennis/racquetball emphasizing individual competencies for teaching purposes.

**HHP 276 Archery 0.50**

Basic skills, techniques, safety, conditioning, strategy and rules of archery emphasizing individual competencies for teaching purposes.

**HHP 277 Badminton and Recreational Net Games 0.50**

Basic skills, techniques, safety, conditioning, strategy and rules of badminton and recreational net games emphasizing individual competencies for teaching purposes.

**HHP 278 Golf 0.50**

Basic skills, techniques, safety, conditioning, strategy and rules of golf emphasizing individual competencies for teaching purposes.

**HHP 279 Tennis 1.00**

Basic skills, techniques, safety, conditioning, strategy and rules of tennis emphasizing individual competencies for teaching purposes.

**HHP 280 Track and Field 1.00**

Theory and techniques, safety, strategy, training schedules, coaching methods, conditioning, psychology, and other aspects of all levels of track and cross country.

**HHP 282 Introduction to Physical Assessment and Exercise Evaluation 2.00**

Basic laboratory, clinical, and field evaluation skills used in health and fitness, exercise physiology and physical education. Skills include health and risk assessment, cardiopulmonary evaluation, body composition, muscular strength and endurance, flexibility and general anthropometrics. Also covers metabolic equations and an introduction to common medications encountered by exercise professionals. This is a hands-on class which prepares the student for the exercise physiology class

**Typically Offered:**

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

**HHP 289 Physical Education Elective 0.50**

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

**HHP 289AE Health & Human Performance Elective Aesthetic Experience 1.00**

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

**HHP 289DV Health & Human Performance Diversity 1.00**

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

**HHP 289ES Health & Human Performance Elective Environmental Science 1.00**

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

**HHP 289HP Health & Human Performance Elective Health/Human Performance 1.00**

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

**HHP 289NW Health & Human Performance Elective Non-Western 1.00**

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

**HHP 289WE Transfer credits ONLY from another accredited institution not equivalent to a UW-S course. 1.00**

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

**Core General Education Requirements:**

- NSW - Natural Science & Wellness
- NSW-W - Natural Science & Wellness - Wellness

**HHP 300 Varsity Sports I 1.00**

Intensive study and practice of fundamentals and team play in varsity sports. Will not count toward Health and Human Performance major or minor. Instructor consent is required to enroll in this course.

**Typically Offered:**

- On-campus: Fall & Spring;

**HHP 301 Varsity Sports II 1.00**

Skill, strategy, and conditioning refinement for team play in varsity sports. Not applicable toward a major or minor in Health and Human Performance. Instructor consent is required to enroll in this course.

**Typically Offered:**

- On-campus: Fall & Spring;

**HHP 304 Principles of Aqua-Dynamics 2.00**

Practical applications of the principles of directing aerobic activities, including components of fitness, physiological-psychological benefits of aerobic activity, training methods and teaching techniques.

**HHP 305 Varsity Sports III 1.00**

Advanced skill/strategy refinement for team play in varsity sports. Not applicable toward a major or minor in Health and Human Performance. Instructor consent is required to enroll in this course.

**Typically Offered:**

- On-campus: Fall & Spring;

**HHP 306 Varsity Sports IV 1.00**

Advanced preparation in conditioning/skills/strategies for participation in varsity sports. Not applicable toward a major or minor in Health and Human Performance. Instructor consent is required to enroll in this course.

**Typically Offered:**

- On-campus: Fall & Spring;

**HHP 312 Aquatic Safety/Lifeguard Training 1.00**

Provides knowledge and skill regarding patron safety and enjoyment in and around aquatic facilities. Course content and activities prepare participants to recognize and respond quickly and effectively to aquatic emergencies. A swimming and diving pretest is required. Successful completion of this course and requirements established by the American Red Cross will provide the participant with a certificate for Lifeguarding or Shallow Water Lifeguard.

**Prerequisites:**

HLTH 158 is prerequisite for enrolling in this course.

**Typically Offered:**

- On-campus: Fall & Spring;

**HHP 313 Level VI,VII Advanced Swimming (ARC) and Emergency Water Safety 1.00**

Refining strokes to enable swimming efficiency and long-distance swimming. Students also engage in a variety of aquatic activities and water safety techniques.

**HHP 314 Scuba 2.00**

Classroom work and water training required for taking open-water dive.

**HHP 317 Advanced Winter Sports 1.00**

Instruction and participation in advanced levels of winter sport activities.

**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 322 Media & Public Relations in Sport & Recreation 3.00**

Examine the role of media and public relations in the sport and recreation industry. Students explore how traditional media, digital platforms, and emerging technologies shape public perception, fan engagement, and organizational branding. Emphasis is placed on strategic communication, content creation, social media management, crisis communication, and media relations within professional, collegiate, and community sport and recreation settings. The course also introduces media rights contracts and broadcast agreements, highlighting their economic, legal, and strategic implications for sport and recreation organizations.

**Prerequisites:**

Pre-requisite for taking this course is Junior standing.

**Typically Offered:**

- On-Campus: Fall
- Online: Spring

**HHP 325 Leadership in Health & Human Performance 3.00**

This course introduces leadership theories and styles and their application. Students will examine how effective leadership influences team dynamics, organizational success, and ethical decision-making while developing practical leadership skills for the future.

**Prerequisites:**

Pre-requisite for taking this course is Sophomore standing.

**Typically Offered:**

- On-Campus: Fall
- Online: Spring

**HHP 332 Motor Learning 3.00**

Perceptual and motor learning concepts associated with skill development.

**Prerequisites:**

Completion of HLTH 264 and HLTH 265, or BIOL 270 and 280 are prerequisite for enrolling in this course.

**Typically Offered:**

- On-campus: Spring
- Online: Fall

**HHP 335 Sports Medicine Laboratory I 3.00**

In depth study of prevention, evaluation, care, treatment and rehabilitation of injuries pertaining to physical activity. Special emphasis on evaluation and rehabilitation of specific body regions in conjunction with the healing process.

**Prerequisites:**

Prerequisite for taking this course is completion of HHP 252.

**HHP 336 Sports Medicine Laboratory II 3.00**

Continuation course in prevention, evaluation, care and treatment of injuries as they pertain to physical activity. Special emphasis on the role of evaluation and the use of physical agents in conjunction with the healing process.

**Prerequisites:**

Prerequisite for taking this course is completion of HHP 335.

**HHP 337 Practicum in HHP 102 Lab 2.00**

HHP 337 is a supervised practicum course designed to prepare students for pre-professional roles in allied health and health science fields. The course provides applied learning experiences emphasizing professionalism, ethical conduct, supervision, and hands-on practice in conducting fitness assessments and facilitating physical activity programs for apparently healthy individuals. Students apply previously acquired knowledge and skills in real-world settings while adhering to standards of safety, confidentiality, and professional behavior. A grade of B or higher in HHP 337 is required for enrollment in HHP 443.

**Prerequisites:**

Prerequisite for taking this course is completion of HHP 282, HLTH 158, as well as HLTH 264, and HLTH 265, or BIOL 270 and BIOL 280.

**Typically Offered:**

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

**HHP 338 Methods and Curriculum in Teaching Health Education 3.00**

Teaching methods, materials, and fundamental principles in curriculum development for K-12 health education programs. Pre-Student Teaching Clinical Experience in elementary and middle school is required. Additional Pre-Student Teach Clinical Experience in grades 9-12 for students seeking health education licensure without physical education licensure. Admission to Teacher Education Program required.

**Prerequisites:**

Admission to the Teacher Education Program

**Typically Offered:**

- On-Campus: Fall;

**HHP 339 Methods and Curriculum In Teaching Secondary Physical Education 3.00**

Teaching methods, materials and fundamental principles in curriculum development for middle through high school physical education programs. Pre-Student Teaching Clinical Experience in grades 6-8 & 9-12 is required. Additional Pre-Student Teaching Clinical Experience in grades 9-12 health for students seeking both health education licensure and physical education licensure.

**Prerequisites:**

Prerequisite for this course is completion of HHP 233 and HHP 235 and admission to Teacher Education Program, or Instructor Consent

**Typically Offered:**

- On-Campus: Fall;

**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 completing a minimum of 60 credits.

**Typically Offered:**

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

**HHP 345 Introduction to Adaptive Physical Education 3.00**

An introduction into Adapted Physical Education learning to understand children and adults with various disabilities as well as learning about testing, assessing, planning, implementing, and evaluating methods. Students will also learn evidence-based adapted physical education teaching strategies and different service delivery models for individuals with disabilities in community based programs. They will experience the areas of posture, motor development, physical fitness, recreation/leisure, and play related to individuals with disabilities. Instructor consent required. Experiential learning in HHP 345 occurs through case studies, collaborative learning with partners, discussion, research projects, and fieldwork, including placement in the community.

**Prerequisites:**

Enrollment in TED Program/Junior Standing/Instructor Consent

**Typically Offered:**

- On-campus: Fall, Odd Years;

**HHP 352 Principles of Athletic Training 2.00**

Advanced investigation into the care and prevention of injuries that occur with physical activity. A sports medicine approach into the areas of recognition, management, treatment and rehabilitation of injuries related to athletic, recreational and occupational activity.

**Prerequisites:**

Prerequisite for taking this course is completion of HHP 252.

**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 HHP 282 as well as HLTH 264, HLTH 265 or BIOL 270 and BIOL 280.

**Typically Offered:**

- On-Campus: Fall
- Online: Spring

**HHP 363 Exercise Physiology I 3.00**

This combined lecture and laboratory course examines acute and chronic physiological responses and adaptations to exercise. Topics include metabolic, neuromuscular, endocrine, cardiovascular, and respiratory responses to physical activity. The laboratory component reinforces lecture material through hands-on data collection and analysis, allowing students to apply exercise physiology principles in settings relevant to exercise science and allied health professions. A grade of a C or higher is required in both the lecture and lab sections for HHP 363.

**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 364 Exercise Physiology II 3.00**

This combined lecture and laboratory course examines physiological responses and adaptations to exercise. Topics include the responses to exercise, as well as the effects of body composition, environmental factors, gender, aging, and training principles. The laboratory component reinforces lecture material through hands-on data collection and analysis, allowing students to apply exercise physiology principles in settings relevant to exercise science and allied health professions. A grade of a C or higher is required in both the lecture and lab sections for HHP 364.

**Prerequisites:**

Completion of HHP 363 with a 'C' or better.

**Typically Offered:**

- On-campus: Spring
- Online: Fall

**HHP 372 Consumer Health 2.00**

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

**HHP 376 Advanced Individual Sports 1.00**

Instruction and participation in advanced levels of individual and dual sports.

**HHP 389 Physical Education Elective 1.00**

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

**HHP 389WE Transfer credits ONLY from another accredited institution not equivalent to a UW-S course. 1.00**

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

**Core General Education Requirements:**

- NSW - Natural Science & Wellness
- NSW-W - Natural Science & Wellness - Wellness

**HHP 403 Health Coach 3.00**

The content covered in this course will address a wide spectrum of health and behavioral concepts with focus areas in: behavioral science, nutrition, kinesiology, exercise science, screening and fitness assessments, client program design, and legal and ethical concerns related to allied health professions. Special consideration for children and seniors will be covered along with other special needs populations. Students will understand how to design and coach both healthy populations and special needs populations through nutritional and fitness behavioral change and exercise programming. Students will gain the knowledge required of an entry level health coach and will also be eligible to sit for an approved certification upon completion.

**Prerequisites:**

Successful completion of HHP 282, HHP 362, HLTH 366, or consent of Instructor.

**Typically Offered:**

- On-campus: Spring
- Online: Summer

**HHP 412 Lifeguard Training Instructor 1.00**

American Red Cross program to qualify an individual to teach the American Red Cross Water Safety course.

**HHP 413 Water Safety Instructor (WSI) 2.00**

American Red Cross program to qualify an individual to teach the ARC Swimming courses.

**HHP 414 Scuba-Open Water Certification 2.00**

Open water dive requirements for certification.

**Prerequisites:**

Prerequisite for taking this course is completion of HHP 314 or its equivalent.

**HHP 417 Programs of Certification in Winter Sports Activities-Instructor's Training-Skiing 2.00**

Program of certification by National Organization for Winter Sports.

**HHP 421 Adapted Physical Activity 2.00**

An introduction into adapted physical activity. Understanding children and adults with various disabilities as well as learning about testing, assessing, planning, implementing, and evaluating methods. Instructor consent required.

**Prerequisites:**

Co-requisite for taking this course is HHP 422 and Instructor Consent.

**Typically Offered:**

- On-Campus: Fall;

**HHP 422 Service Delivery Models in Adapted Physical Education 1.00**

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 423 Adapted Aquatics Instructional Lab 0.50**

Experience developing, implementing, and teaching in an aquatic program for individual with disabilities. The course will focus on testing, assessing, planning, implementing, and evaluating aquatic programs. Instructor consent required.

**Typically Offered:**

- On-campus: Spring;

**HHP 424 Adapted Lifetime Recreation and Sport 1.00**

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 435 Methods and Curriculum in Teaching Elementary Physical Education 3.00**

Teaching methods, materials and fundamental principles in curriculum development for elementary physical education programs. Pre-Student Teaching Clinical Experience in Grades K-2 is required. Pre-requisite HHP 233 & 235 or Instructor consent. Admission to Teacher Education Program is required to enroll in this course.

**Prerequisites:**

Prerequisite for this course is completion of HHP 233 and HHP 235 and admission to Teacher Education Program, or Instructor Consent

**Typically Offered:**

- On-campus: Spring;

**HHP 437 Practicum in Health 1.00**

Experience under direct supervision in teaching human performance activities.

**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 442 Economics & Finance in Sport & Recreation 3.00**

Examine the economic and financial principles that shape the sport and recreation industry. Students explore how markets and financial decision-making influence professional, collegiate, and community-based sport and recreation organizations. Topics include revenue generation, cost structures, budgeting, facility financing, labor markets, and the economic impact of sport and recreation. Emphasis is placed on applying economic theory and financial analysis to real-world sport and recreation management decisions.

**Prerequisites:**

Successful competition of BUS 370, BUS 380

**Typically Offered:**

- On-campus: Spring
- Online: Fall

**HHP 443 Research Methods in HHP 1.00**

HHP 443 is a capstone research methods course that prepares students for professional and graduate-level work in allied health and health science fields. Students apply prior practicum experiences to complete a comprehensive research project that emphasizes ethical research practices, data analysis, and the professional communication of findings, supporting HHP 497. A grade of a B or higher in HHP 443 is required for completion of the HHP 497 Senior Capstone project.

**Prerequisites:**

Completion of HHP 337 with a 'B' or better.

**Typically Offered:**

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

**HHP 445 Teaching Adaptive Physical Education 2.00**

An introduction into adapted physical activity. Understanding children and adults with various disabilities as well as learning about testing, assessing, planning, implementing, and evaluating methods. Enrollment into the TED program and Junior standing required. Experiential learning in HHP 445 occurs through case studies, collaborative discussion posts, lesson plans, assessments, data reports, evaluations, reflections, and hours in the schools.

**Prerequisites:**

Admitted to the TED Program and successful competition of HHP 345 and Instructor Consent

**Typically Offered:**

- On-campus: Spring, Even Years;

**HHP 455 Adaptive Aquatics, Lifetime Recreation, & Sport 3.00**

This course is designed for students seeking the Adaptive Physical Education Certification. Students will be exploring fieldwork opportunities to work with individuals with disabilities in an Adaptive Aquatics & Recreational Sports setting. Students will develop lesson plans, complete quizzes, and engage in online discussion posts with peers that pertain to Adaptive Aquatics & Recreational Sports. Students are required to complete 10 hands-on observation hours; 5 hours in an Adaptive Aquatics environment & 5 hours in a Recreational Sports environment. Instructor consent is required.

**Prerequisites:**

Admitted to the TED Program and Junior Standing and Instructor Consent

**Typically Offered:**

- On-campus: Select Semesters;

**HHP 458 Certification/Certificate Preparation 1.00**

Students are given mentoring towards sitting for credential: Certificate or Certification that enhances their professional pursuits. Assistance with study guides, preparatory courses such as webinars will be required for completion of this course. Instructor consent required.

**Typically Offered:**

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

**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).

**HHP 463 Practicum in Fitness Lab 1.00**

Practical and professional application relevant to organization, equipment maintenance, test administration, and interpretation of fitness programs in corporate, community, school settings.

**HHP 471 Senior Seminar: Community Health Promotion 3.00**

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

**HHP 489 Physical Education Elective 1.00**

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

**HHP 489AE Health & Human Performance Elective Aesthetic Experience 1.00**

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

**HHP 489DV Health & Human Performance Elective Diversity 1.00**

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

**HHP 489ES Health & Human Performance Elective Environmental Science 1.00**

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

**HHP 489HP Health & Human Performance Elective Health/Human Performance 1.00**

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

**HHP 489NW Health & Human Performance Elective Non-Western 1.00**

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

**HHP 490 Independent Study 1.00**

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 491 Fieldwork 1.00**

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 492 Experiential Learning 2.00**

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:**

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

**HHP 493 Special/Student Initiated Seminar 1.00**

Specially designed seminar or student-initiated seminar when there is sufficient student interest.

**HHP 494 Workshop 1.00**

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 495 Current Topics Seminar 1.00**

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

**HHP 496 Internship 6.00**

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 497 Senior Capstone Experience 0.00**

Required culminating senior year project that integrates and synthesizes the student's coursework (theories, concepts, skill competencies) into a formal project and experience. This experience is to be negotiated with the student's major advisor and instructor for final consent and approval prior to the student's last semester of coursework before graduation. Senior capstone is paired with another course in the major. See Health and Human Performance major descriptions for paired courses in the Exercise Science program. Student must participate in a public presentation; i.e., Poster Session, Power Point presentation. Pass-Fail. Arranged. Instructor Consent is required.

**Typically Offered:**

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

**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 I 3.00**

This combined lecture and laboratory course examines acute and chronic physiological responses and adaptations to exercise. Topics include metabolic, neuromuscular, endocrine, cardiovascular, and respiratory responses to physical activity. The laboratory component reinforces lecture material through hands-on data collection and analysis, allowing students to apply exercise physiology principles in settings relevant to exercise science and allied health professions. A grade of a C or higher is required in both the lecture and lab sections for HHP 363.

**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**

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**

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**

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**

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**

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**

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**

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

**Typically Offered:**

- Occasional by Demand

**HLTH 158 Responding To Emergencies and Safety Education 2.00**

Provides the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives. Emphasis also given to the prevention of injuries and illness, with a focus on personal health and safety. American Red Cross certification for CPR and Advanced First Aid will be awarded at the successful completion of the American Red Cross requirements.

**Typically Offered:**

- On-campus: Fall & Spring;

**HLTH 160 Introduction to Health Science and Terminology 2.00**  
Interdisciplinary review of content areas of health and allied health terminology.

**Typically Offered:**

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

**HLTH 189 Health Elective 1.00**

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

**HLTH 264 Human Structure & Function I 3.00**

Applied physiological and applied anatomical facts and concepts are reviewed, including basic principles, chemistry, the cell, tissues, the integumentary, skeletal, nervous, and muscular systems. A virtual laboratory is used to link classroom activities and lectures to anatomical examples and functional application of knowledge.

**Prerequisites:**

Prerequisite or corequisite for enrolling in this course is HHP 110 or HHP 112.

**Typically Offered:**

- On-Campus: Fall
- Online: Spring & Summer

**HLTH 265 Human Structure & Function II 3.00**

Applied physiological and applied anatomical facts and concepts are reviewed, including the blood, endocrine, cardiovascular, digestive, respiratory, lymphatic, and urinary systems, immunity, water, and acid-base balance. A virtual laboratory is used to link classroom activities and lectures to anatomical examples and functional application of knowledge.

**Prerequisites:**

Prerequisite or corequisite for enrolling in this course is HHP 110 or HHP 112.

**Typically Offered:**

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

**HLTH 267 Introduction to Mental Health and Stress Management 3.00**

Exploration of the mind-body link in mental health and individual wellness. Subject areas include emotional well-being, mental illness, life crises, stress, and healthy stress management.

**Typically Offered:**

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

**HLTH 289 Health Elective 1.00**

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

**HLTH 289GA Health Elective Global Awareness 1.00**

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

**HLTH 300 Maternal Child Health 3.00**

Public health issues affecting the health and well-being of women, children, and families. A multidisciplinary perspective that integrates the demographic, epidemiological, economic, behavioral, biological, social, cultural and environmental aspects.

**Typically Offered:**

- Online: Select Semesters

**HLTH 301 Infant Health and Development 3.00**

Applications of the seven dimensions of Health and Wellness (e.g, physical, intellectual, emotional, social, economic and environmental) to infancy. Students explore the foundations of infant health and development. Covers common infant health problems.

**Typically Offered:**

- Online: Select Semesters

**HLTH 302 Child Development and Maternal Health 3.00**

Applications of the Dimensions of Health and Wellness (physical, intellectual, emotional, social, economic and environmental) to child development and maternal health. Students explore the foundations of child health and development from conception through adolescence. This course covers common themes in maternal health affecting the health and well-being of women, children, and families.

**Typically Offered:**

- On-Campus: Fall
- Online: Spring

**HLTH 303 Health in the Second Part of Life 3.00**

Gerontology is the interdisciplinary study of aging that examines the physiological, psychological, social, and environmental factors influencing individuals across the second half of the lifespan. The intended outcome is to broaden individuals' knowledge, awareness and understanding related to the field of gerontology and the multiple facets of aging.

**Prerequisites:**

Junior Standing or Instructor Consent

**Typically Offered:**

- On-campus: Spring
- Online: Fall

**HLTH 366 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.

**Prerequisites:**

Completion of HLTH 264 and 265, or BIOL 270 and 280 are prerequisite for taking this course.

**Typically Offered:**

- On-campus: Spring
- Online: Fall

**HLTH 367 Human Sexuality 3.00**

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

**Prerequisites:**

Completion of HLTH 264 and 265, or BIOL 270 and 280 are prerequisite for taking this course.

**Typically Offered:**

- On-campus: Spring
- Online: Fall

**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 HHP 282 as well as HLTH 264, HLTH 265 or BIOL 270 and BIOL 280.

**Typically Offered:**

- On-campus: Spring
- Online: Fall

**HLTH 389 Health Elective 1.00**

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

**HLTH 400 Substance Abuse Counseling 3.00**

This course reviews key concepts used in substance abuse treatment from both a historical and current perspective, including theoretical models of understanding and treating chemically dependent clients. Various screening and assessment tools, drug history, and interviewing skills are reviewed to help the student assess the severity of addiction and develop an initial treatment plan. Treatment settings and interventions commonly used with chemically dependent clients are also reviewed from different theoretical orientations. The concept of comorbidity and the interface between substances and psychopathology are closely examined. Additionally, substance use is examined as it relates to issues of diversity.

**Typically Offered:**

- Online: Fall & Spring

**HLTH 469 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.

**Prerequisites:**

Completion of HLTH 264 and 265, or BIOL 270 and 280 are prerequisite for taking this course.

**Typically Offered:**

- On-Campus: Fall
- Online: Spring

**HLTH 470 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.

**Prerequisites:**

Prerequisite for enrolling in this course is Junior Standing or Instructor Consent.

**Typically Offered:**

- On-Campus: Fall
- Online: Spring

**HLTH 471 Principles of Health Promotion 3.00**

This course examines the principles and practices of health promotion with an emphasis on theory-driven, evidence-based approaches to improving population health. Students explore major health behavior theories, social and ecological determinants of health, and strategies for addressing health inequities across diverse populations. The course emphasizes community-based program planning, needs and asset assessment, implementation strategies, and evaluation methods. Through applied assignments and collaborative projects, students develop skills in designing, communicating, and evaluating health promotion interventions consistent with professional standards and CHES Areas of Responsibility.

**Prerequisites:**

Junior Standing or Instructor Consent

**Typically Offered:**

- On-campus: Spring, Even Years
- Online: Spring, Odd Years

**HLTH 472 Epidemiology 3.00**

The design and content of this course is specific to students seeking careers in public health, community health, allied health, or other professions that require an understanding of the bacteria and viruses in our community that can lead to disease and other ailments. Epidemiology is a unique branch of the public health perspective that strives towards the prevention of disease. This course will outline how microbes play a significant role in our daily lives as agents of infectious disease, how they are a major public health concern, and how certain microbes are necessary for the sustenance of life on earth.

**Prerequisites:**

Prerequisite for taking this course is Junior standing or Instructor consent.

**Typically Offered:**

- On-campus: Spring
- Online: Fall

**HLTH 489 Health Elective 1.00**

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

**HLTH 489GA Health Elective Global Awareness 1.00**

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

**HLTH 495 Healthy Families 3.00**

Applications of the seven dimensions of Health and Wellness (physical, intellectual, emotional, social, vocational, economic and environmental) to families. The study of the ecological approach to family functioning. Includes field experience in programs serving families.

**Typically Offered:**

- Online: Select Semesters

**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