

# 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 in physical education, health, early childhood, or non-teaching allied health professions.

## Health and Human Performance Department Contact Information

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## Majors

- Health and Wellness Management Major (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/health-wellness-management/health-wellness-management-major/>)
- Physical Education Major - Exercise Science Concentration (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/physical-education/physical-education-major-exercise-science-concentration/>)
- Physical Education Major - Physical Education K-12 Teacher Certification (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/physical-education/physical-education-major-k-12-teacher-certification/>)
- Physical Education Major - Public Health Concentration (Comprehensive) (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/physical-education/physical-education-major-public-health-concentration/>)

## Minors

- Coaching Minor (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/physical-education/coaching-minor/>)
- Health Education Minor - K-12 Teacher Certification (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/physical-education/health-education-minor-k-12-teacher-certification/>)
- Health Minor (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/physical-education/health-minor/>)

- Sports Management Minor (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/physical-education/sports-management-minor/>)

## Certificates

- Adaptive Physical Education Certification: Physical Education K-12 Certification (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/physical-education/adaptive-physical-education-certification-k-12/>)
- Substance Abuse Counseling (<http://catalog.uwsuper.edu/undergraduate/academic-departments/health-human-performance/physical-education/substance-abuse-counseling/>)

## Course Descriptions

### Coaching

**COAC 189 Coach Elective 1.00-12.00**

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

**COAC 241 Coaching of Specific Sport-Volleyball 2.00**

Theory and techniques, safety, strategy, training schedules, coaching methods and conditioning of volleyball.

**COAC 242 Coaching of Specific Sport-Football 2.00**

Theory and techniques, safety, strategy, training schedules, coaching methods and conditioning of football.

**COAC 243 Coaching of Specific Sport-Basketball 2.00**

Theory and techniques, safety, strategy, training schedules, coaching methods and conditioning of basketball.

**COAC 244 Coaching of Specific Sports: Track & Field/Cross-Country 2.00**

Theory and techniques, safety, strategy, training schedules, coaching methods and conditioning for all aspects of track and field plus cross country.

**COAC 245 Coaching of Specific Sports-Baseball/Softball 2.00**

Theory and techniques, safety, strategy, training schedules, coaching methods and conditioning.

**COAC 246 Coach Of Spec Spts-Soccer 2.00**

Theory and techniques, safety, strategy, training schedules, coaching methods and conditioning.

**COAC 249 Coaching of Specific Sports: Ice Hockey 2.00**

Theory and techniques, safety, strategy, training schedules, coaching methods and conditioning of ice hockey.

**COAC 250 Coaching Fieldwork 1.00-5.00**

Experience in coaching sports activities. Each credit equals approximately 36 hours of on-the-job coaching. Consent of instructor is required to register for this course. Pre-student Teaching Clinical Experiences in elementary/middle and high school settings required for education licensure students.

**Prerequisites:**

Admit to T ED for education licensure students

**COAC 289 Coach Elective 1.00-12.00**

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

**COAC 389 Coach Elective 1.00-12.00**

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

**COAC 489 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 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.

**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.

**HHP 102 Health and Wellness 3.00**

Basic knowledge and understanding of health and critical thinking that provides students with the opportunity to develop and implement a plan for reaching their optimal level of functioning physically, emotionally, socially, mentally, spiritually, environmentally and occupationally. Does not count toward a major or minor in Health and Human Performance. Note: Students with medical restrictions should contact the lab coordinator of HHP 102 before the first lab session. Physical Education majors and minors must earn a grade of C or better in HHP 102.

**University Studies Requirements:**

- Health & Human Performance

**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.

**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.

**HHP 110 Introduction to HHP Majors/Minors 1.00**

Summary of the catalog course schedules, careers, and professional opportunities available to the HHP majors/minors. Advisors will be assigned and a tentative four year plan will be developed. Scientific and professional organizations, professional journals, certifications, resumes and the job search process will be given consideration. Selected guest presenters will provide insight into career options.

**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.

**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.

**University Studies Requirements:**

- Fine Arts - Aesthetic Experience

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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 1.00-9.00**

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.

**HHP 204 Aqua Dynamics 1.00**

Individual fitness through specific aquatic activities

**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.

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

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

**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.

**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 1.00**

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

**HHP 289 Physical Education Elective 0.50-9.00**

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

**HHP 289AE Health & Human Performance Elective Aesthetic Experience 1.00-12.00**

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

**HHP 289DV Health & Human Performance Diversity 1.00-12.00**

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

**HHP 289ES Health & Human Performance Elective Environmental Science 1.00-12.00**

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

**HHP 289HP Health & Human Performance Elective Health/Human Performance 1.00-12.00**

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

**HHP 289NW Health & Human Performance Elective Non-Western 1.00-12.00**

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

**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.

**HHP 301 Varsity Sports II 1.00**

Skill, strategy, 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.

**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.

**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.

**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.

**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 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.

**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**

This course is designed to allow the student to apply knowledge and skills acquired in prior coursework by working with apparently healthy adults in an applied setting.

**Prerequisites:**

Prerequisite for taking this course is completion of HHP 282, HHP 363, and HLTH 264 and HLTH 265, or BIOL 270 and BIOL 280.

**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:**

Prerequisite: admission to the Teacher Education Program.

**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

**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 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.

**HHP 567 Human Sexuality 3.00**

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

**HHP 376 Advanced Individual Sports 1.00-6.00**

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

**HHP 389 Physical Education Elective 1.00-9.00**

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

**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.

**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.

**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.

**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 & 3-5 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

**HHP 437 Practicum in Health 1.00-16.00**

Experience under direct supervision in teaching human performance activities.

**HHP 458 Certification/Certificate Preparation 1.00-12.00**

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.

**HHP 463 Practicum in Fitness Lab 1.00-2.00**

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

**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.

**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.

**HHP 489 Physical Education Elective 1.00-9.00**

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

**HHP 489AE Health & Human Performance Elective Aesthetic Experience 1.00-12.00**

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

**HHP 489DV Health & Human Performance Elective Diversity 1.00-12.00**

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

**HHP 489ES Health & Human Performance Elective Environmental Science 1.00-12.00**

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

**HHP 489HP Health & Human Performance Elective Health/Human Performance 1.00-12.00**

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

**HHP 489NW Health & Human Performance Elective Non-Western 1.00-12.00**

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

**HHP 493 Special/Student Initiated Seminar 1.00-6.00**

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

**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.

**Health and Human Performance Education****HHPED 343 Physical Education Methods/Curriculum for Classroom Teachers 3.00**

Content areas in human performance for the elementary, middle and secondary schools including rhythms, stunts and tumbling, simple games, fitness and manipulative activities. Teaching methods, instructional materials and evaluation techniques for each content area in a well-balanced integrated activity based curriculum for classroom teachers. Mini-teaching in the various areas emphasized. Admissions to the Teacher Education Program. S16, S17.

**Prerequisites:**

Prerequisite for taking this course is Junior class standing and admission to the Teacher Education Program.

**HHPED 344 Health Methods/Curriculum for Classroom Teachers 3.00**

Content areas in health education for the elementary, middle and secondary schools, including personal health, disease, mental health, nutrition, safety and first aid, drugs, sexuality, consumer health, community health, and environmental health. Teaching methods, instructional materials and evaluation techniques for each content area in a comprehensive school health education program. Students develop unit and lesson plans for the selected grade levels. Opportunities provided for practice teaching/fieldwork experience. Admissions to the Teacher Education Program. F15, F 16.

**Prerequisites:**

Prerequisite for taking this course is Junior class standing and admission to the Teacher Education Program.

**Health****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.

**HLTH 160 Introduction to Health Science and Terminology 2.00**

Interdisciplinary review of content areas of health and allied health terminology.

**HLTH 189 Health Elective 1.00-9.00**

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

**HLTH 264 Human Structure & Function 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.

**HLTH 265 Human Structure & Function 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.

**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.

**HLTH 289 Health Elective 1.00-9.00**

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

**HLTH 289GA Health Elective Global Awareness 1.00-12.00**

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

**University Studies Requirements:**

- Global Awareness

**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.

**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.

**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.

**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.

**HLTH 389 Health Elective 1.00-9.00**

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.

**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.

**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.

**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.

**HLTH 489 Health Elective 1.00-9.00**

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

**HLTH 489GA Health Elective Global Awareness 1.00-12.00**

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

**University Studies Requirements:**

- Global Awareness

**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.

**Health & Wellness Management****HWM 300 Introduction to Human Health 3.00**

Designed to provide students with general background knowledge on many of the issues impacting our health today. Topics of study will include issues in mental, physical and social health such as stress, nutrition and fitness, alcohol, tobacco and other drugs, relationships and sexuality and diseases and disorders. An introduction to behavior change theories and the factors contributing to overall wellness will also be included.

**Prerequisites:**

Prerequisite for taking this course is having completed BIOL 115, 123, 130, or 270 & 280.

**HWM 305 The Wellness Profession 3.00**

This course explores the definition of health, health promotion and holistic wellness. You will learn the professional role and personal commitment required to implement life-style wellness programs. The course includes an overview of the history and philosophy contributing to the success of wellness and health promotion professionals. You will be introduced to experiential and self learning of a personal wellness program that facilitates improved health in the seven-dimensions including: Social, Physical, Emotional, Career, Intellectual, Environmental and Spiritual.

**Prerequisites:**

Prerequisite for taking this course is having completed PSYC 101.

**HWM 310 Changes Across the Life Span 3.00**

This course explores research and theory regarding the nature and processes of human development from early adulthood through old age and death. Key topics include biological theories of aging; the changing body; disorders of the brain, personality development; changing memory and thinking skills; relationship issues, careers and retirement, and death/dying.

**Prerequisites:**

Prerequisite for taking this course is having completed BIOL 115, 123, 130, or 270 & 280.

**HWM 315 Workplace Wellness Program Management 3.00**

This course examines the tenets of developing a successful worksite wellness program, introducing key concepts, resources and tools. Students will be introduced to worksite wellness, working with management, creating wellness teams, collecting data, strategic planning, incentives, budgets, legal issues, and creating supportive environments.

**Prerequisites:**

Prerequisite for taking this course is PSYC 101

**HWM 320 Health and Medical Terminology 3.00**

The purpose of this course is to introduce the student to the basic terminology. Since health care uses a unique blend of prefixes, suffixes and terms related to both preventative and clinical care, it is important that the wellness profession has the knowledge and abilities to decipher this information.

**HWM 325 Health Literacy 3.00**

This course will explore the current understandings and work in health literacy research, advocacy, and outreach efforts across the various health education and related fields. It will include readings, discussions, and competencies in evaluation health information for quality and credibility; locating health information and determining quality resources; identifying and assessing population health literacy; and understanding the networks of agencies working in the health settings to address literacy in the health field.

**Prerequisites:**

Prerequisite for taking this course is PSYC 101

**HWM 335 Worksite Health Environment 3.00**

This course examines the workplace environment's influence on daily health decisions and focuses on practical, contextual levers of behavioral change. Novel insights from the fields of behavioral economics and consumer marketing will be reviewed to help students understand the cognitive barriers to health behavior change and the environmental "nudges" that can be leveraged to overcome these barriers at work. Students will explore environmental assessment tools, active design principles, workplace policies, supportive research and real world examples.

**HWM 345 Physical Activity and Nutrition for Wellness Managers 3.00**

This course presents professional recommendations and guidelines for physical activity and nutrition. Students will design workplace strategies that will meet recommendations and guidelines to support employees.

**Prerequisites:**

Having completed BIOL 115, 123, 130, or 270/280 is prerequisite for taking this course.

**HWM 350 Research Statistics for Wellness Managers 3.00**

This course is designed to familiarize students with research nomenclature, procedures for the design and evaluation of research, and interpretation of statistical analysis in the health field. This course will also provide the tools for critically evaluating the validity of health research.

**HWM 360 Stress and Dependencies and Addictions 3.00**

This course examines common behavioral strategies with regard to stress and its management and the use of alternative remedies for physical and emotional dependencies and addictions.

**Prerequisites:**

Prerequisite for taking this course is having completed PSYC 101 and BIOL 115, 123, 130, or 270 & 280.

**HWM 370 Understand and Effecting Health Behavior Change 3.00**

This course provides the basic knowledge of foundational change theories, including the Transtheoretical Stages of Change model, in order to help students understand how health behavior change happens. Included in the course is a self-reflection on personal wellness and strategies for implementing health behavior change.

**Prerequisites:**

Prerequisite for taking this course is having completed PSYC 101 and HWM 300.

**HWM 385 Marketing and Communication for Wellness Managers 3.00**

Students will develop basic marketing and promotional skills, grounded in the disciplines of social marketing, health communication and business marketing that address consumer health "needs" and customer "wants". Students will be able to assess market opportunities in wellness services, programs and facilities, and create marketing strategies and tactics. Emphases will be placed on best practices for behavior change, instead of cost savings for employers, improved customer/employee participation and/or revenues for wellness programs, services and facilities.

**Prerequisites:**

Prerequisite is HWM 325.



**HWM 399 Special Topics in Health and Wellness Management 3.00****HWM 405 Survey of Information Technology in Wellness 3.00**

This course is designed to provide students with: 1) An overview of various information technology products and mediums impacting the wellness industry, such as (but not limited to) web portals, online health risk assessments, interactive health tools, trackers, videos/podcasts, telephone and digital health coaching, online challenges, social networking, electronic medical records, personal health records, electronic health (eHealth), mobile health (mHealth), mobile applications, and portable tracking devices (e.g., pedometers, glucose monitors, etc.) 2) The information and resources needed to assess, create, and/or select appropriate technologies and vendors.

**Prerequisites:**

Prerequisite is HWM 315

**HWM 430 Population Health for Wellness Managers 3.00**

This course introduces the evolution of health problems and services and will examine the methods designed to capture a community and workplace health profile. The participant will apply concepts involved in measuring and understanding the health of individuals and populations in order to enhance quality of life. The key social determinants of wellness and their interactions will be considered.

**Prerequisites:**

Successful completion of HWM 300 & 350.

**HWM 460 Leadership and Change Management in Health 3.00**

This course will examine the various leadership and management styles, including business models of leadership. Organizational behavior, decision-making, and attributes of effective leadership will be reviewed in this course. Understanding the impact of changes in healthcare, wellness and fitness programs on various organizations is an objective of this course.

**Prerequisites:**

Prerequisite for taking this course is completion of HWM 315 (previously HWM 400)

**HWM 470 Assessment and Evaluation for Wellness Managers 3.00**

This course surveys general approaches to assessment, programming and evaluation in health and wellness settings. Participants will explore individual, group, and organizational approaches to assessment, programming, and evaluating planned and organized efforts to promote both health and wellness.

**Prerequisites:**

Prerequisite for taking this course is completion of HWM 335 (or HWM 380) and HWM 430.

**HWM 480 Health Benefits for Wellness Managers 3.00**

The design and administration of a health care plan plays a key role in attracting and retaining employees and employers cost savings. This course is designed to provide you with a solid introduction to the basic issues of health care benefits and how to integrate successful return on investment, ROI, strategies for adopting preventive health benefits that enhance employee's well being.

**Prerequisites:**

Prerequisite for taking this course is having completed HWM 315 (previously HWM 400)

**HWM 485 Health Coaching for Wellness Managers 3.00**

The course will assist in developing a strong, useful theoretical viewpoint for health coaching as well as to understand those of therapists and how differential treatment therapeutic goals are set. Definition of coaching and diverse methodologies will be taught, practiced, compared and contrasted. Students will specifically gain an understanding of "What treatment, by whom, is most effective for individuals displaying specific problems and under what set of circumstances? As a result you will learn a variety of treatment modalities, and learn to respect vastly differing worldviews.

**Prerequisites:**

Prerequisite for taking this course is having completed HWM 305/340 & HWM 370.

**HWM 492 Independent Study in Health & Wellness Management 1.00-6.00**

This course is designed as a supplement to the required course work in HWM to meet special interests and/or needs of the student. Prerequisite: Consent of HWM Academic Director.

**HWM 493 Health and Wellness Management Fieldwork Prep 1.00**

This course requires students to identify and secure fieldwork placement for completion the following semester. The fieldwork experience develops skills in program planning, implementation, promotion and evaluation, oral and written communication, collaboration and networking.

**HWM 494 Health and Wellness Management Fieldwork 3.00**

Students engage in practical fieldwork experience as a pre-professional in a health/wellness setting to utilize skills and knowledge acquired in previous courses. This fieldwork experience is designed to further develop skills in some, but not necessarily all, of the following areas: program planning, implementation, promotion and evaluation, oral and written communication, collaboration and networking.

**Prerequisites:**

HWM 460, 470, 480, 493

**HWM 496 Health and Wellness Management Capstone 3.00**

This course requires the application of knowledge and skills acquired through successful completion of all HWM courses taken prior to or concurrent with this course. Using a case study, students demonstrate competence in health and wellness management by completing assignments and participating in discussion that results in the logical, sequential building of a strategic plan for a comprehensive corporate wellness program. Students demonstrate interviewing, professional networking and resume writing skills along with formally presenting their final strategic plan.

**Prerequisites:**

Prerequisite for taking this course is HWM 460, 470, 475/490 and 480/440.

**HWM 499 Special Topics in Health and Wellness Management 3.00**

## Faculty and Staff

Geidner, James - Professor

Johnson, Jay - Associate Professor

Karvonen, Danielle - Senior Lecturer

LaRue, Amy - Assistant Professor

Lebard-Rankila, Kim - Assistant Professor, Department Chair

Lee, Seo Hee - Assistant Professor

Lisdahl, Robin - Academic Dept. Associate

MacKay, Jennifer - Senior Lecturer

Vanderveen-Borrayo, Sydney - Assistant Teaching Professor