

HEALTH AND HUMAN PERFORMANCE (HHP)

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 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

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/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.

Typically Offered:

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

Typically Offered:

- Occasional by Demand

HHP 117 Alpine Skiing 1.00

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

Typically Offered:

- Occasional by Demand

HHP 119 Skating 0.50

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

Typically Offered:

- Occasional by Demand

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.

Typically Offered:

- Fall Term Only

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.

Typically Offered:

- Fall Term Only

HHP 127 Soccer 0.50

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

Typically Offered:

- Fall Term Only

HHP 128 Softball 0.50

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

Typically Offered:

- Spring Term Only

HHP 130 Volleyball 0.50

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

Typically Offered:

- Fall Term Only

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

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.

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.

Typically Offered:

- Fall and Spring Terms

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.

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.

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.

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.

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.

Typically Offered:

- Occasional by Demand

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.

Typically Offered:

- Occasional by Demand

HHP 186 Shooting Sports:Riflery 1.00

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

Typically Offered:

- Occasional by Demand

HHP 187 Shooting Sports: Pistols 1.00

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

Typically Offered:

- Occasional by Demand

HHP 188 Riding 1.00

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

Typically Offered:

- Occasional by Demand

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.

Typically Offered:

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

HHP 204 Aqua Dynamics 1.00

Individual fitness through specific aquatic activities

Typically Offered:

- Occasional by Demand

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.

Typically Offered:

- Fall Term Only

HHP 217 Curling-Broomball 0.50

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

Typically Offered:

- Fall Term Only

HHP 218 Cross Country Ski-Snowshoe 0.50

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

Typically Offered:

- Spring Term Only

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.

Typically Offered:

- Fall Term Only

HHP 276 Archery 0.50

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

Typically Offered:

- Fall Term Only

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.

Typically Offered:

- Spring Term Only

HHP 278 Golf 0.50

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

Typically Offered:

- Spring Term Only

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.

Typically Offered:

- Spring Term Only

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

Typically Offered:

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

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.

Typically Offered:

- On-campus: Fall & Spring;

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.

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.

Typically Offered:

- Occasional by Demand

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.

Typically Offered:

- Occasional by Demand

HHP 314 Scuba 2.00

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

Typically Offered:

- Occasional by Demand

HHP 317 Advanced Winter Sports 1.00

Instruction and participation in advanced levels of winter sport activities.

Typically Offered:

- Occasional by Demand

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.

Typically Offered:

- Occasional by Demand

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.

Typically Offered:

- Occasional by Demand

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.

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:

Prerequisite: 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 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.

Typically Offered:

- Occasional by Demand

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 376 Advanced Individual Sports 1.00-6.00

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

Typically Offered:

- Occasional by Demand

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.

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.

Typically Offered:

- Occasional by Demand

HHP 413 Water Safety Instructor (WSI) 2.00

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

Typically Offered:

- Spring Term Only

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.

Typically Offered:

- Occasional by Demand

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

Program of certification by National Organization for Winter Sports.

Typically Offered:

- Occasional by Demand

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 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 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

Typically Offered:

- On-campus: Spring;

HHP 437 Practicum in Health 1.00-16.00

Experience under direct supervision in teaching human performance activities.

Typically Offered:

- Occasional by Demand

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.

Typically Offered:

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

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.

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 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.

Typically Offered:

- Occasional by Demand

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