

# KINESIOLOGY (HPE)

## HPE 5100 Foundations of Health and Physical Education (3)

Designed to inform the physical education teacher and others about the foundation of physical education and sports. Emphasis will be on philosophy, objectives, movement, history, fitness, and the psychological and sociological foundations.

## HPE 5120 Readings in HPE (3)

Identification and analysis of current issues and trends; recent developments in physical education, curriculum, and practices in physical education.

## HPE 5201 Sport History (3)

Development of sport in the U.S. and other countries.

## HPE 5202 Sociology of Sport (3)

Analysis and study of human behavior patterns as they relate to participation in sports and games.

## HPE 5227 Compliance in Athletics (3)

This course focuses on the structure and operations of interscholastic and intercollegiate athletic governing bodies. The class will discuss the role compliance serves in the management of athletic administration and how rules and regulations impact practices and procedures of athletic administration.

## HPE 5240 Law and Ethics in Wellness and Sports Studies (3)

This course will investigate legal implications of those involved with physical education, recreation, and athletic programs. This course may only be taken at the undergraduate level upon approval for participation in the Master's program.

## HPE 5268 Administration of Athletics (3)

Place of interscholastic athletics in the program, organization and administration of program, budget, equipment, facilities, public relations, and legal liability.

## HPE 5320 Physical Fitness and Wellness (3)

Research evidence of relationships of physical exercise to the following: longevity, weight control, cardiovascular disease, low back pain, mental health, and aging.

## HPE 5322 Stress Management (3)

This course is intended to help the HPE teacher develop knowledge and skills relative to stress management. Emphasis is placed on stress responses and relaxation technique strategies.

## HPE 5331 Advanced Anaerobic Physiology (3)

Effectiveness of different training methods on the performance of the anaerobic athlete.

## HPE 5332 Advanced Aerobic Physiology (3)

Exercise physiology examines the physiological responses of the human body to acute and chronic physical activity. This course will provide a more in-depth study of aerobic metabolism, energy balance, and muscle structure and function.

## HPE 5334 Clinical Cardiopulmonary Physiology (3)

Advanced course in clinical exercise physiology. Study of the anatomy, physiology, and pathophysiology of the cardiac, vascular and pulmonary systems.

## HPE 5336 Diet and Performance (3)

Study of the basic nutrients and different types of diets, and their effects on health related and sports related fitness.

## HPE 5337 Applied Exercise Physiology I (3)

The purpose of this course is to review undergraduate exercise physiology and provide the knowledge for a student to understand, plan, and implement exercise programs for health, fitness and human performance.

## HPE 5338 Applied Exercise Physiology II (3)

The purpose of this course is to provide the knowledge for a student to understand, plan, and implement advanced training programs for maximizing fitness and human performance.

## HPE 5340 Perceptual Motor Development (3)

Development of perceptual-motor skills through physical activities; including locomotor skills, laterality and direction ability; investigations of theories, programs, activities, and evaluation.

## HPE 5410 Adapted Physical Education (3)

Comprehensive study to develop ability to deal successfully with handicapped children, youth, and adults in a variety of settings.

## HPE 5420 Best Practices in PE (3)

This advanced on-line course examines techniques and methodologies that have been shown to reliably produce desired outcomes in physical education.

## HPE 5422 Physical Education Methods I (3)

Prerequisite(s): Teacher Education Program eligibility.  
An advanced study of the developmental approach to teaching elementary physical education in the schools. Beginning movement concepts and fundamental motor skills are discussed in relation to developmentally appropriate physical education including educational dance, educational gymnastics, games and fitness activities. Students will continue to study the theories and research that serve as the foundation for student learning in quality physical education programs. Particular attention is given to planning and management.

## HPE 5423 Physical Education Methods II (3)

Prerequisite(s): Teacher Education Program eligibility.  
An advanced study of the developmental approach to teaching physical education in the schools. Beginning and intermediate sport specific skill concepts and positive physical activity dispositions in relation to developmentally appropriate secondary physical education including sport, recreation and leisure activities, and fitness activities. Students will continue to study the theories and research that serve as the foundation for student learning in quality physical education programs. Special attention is given to curriculum and assessment.

## HPE 5440 Health and Physical Education Curriculum (3)

This advanced online course examines the underlying philosophies and foundations of the physical education curriculum in the educational setting. Replaces EFD 5502, Curriculum Development.

## HPE 5450 Assessment in Health and Physical Education (3)

Advanced study of assessment techniques and tools with an emphasis on assessment in school based physical education settings.

## HPE 5451 Tests and Measurements in PE (3)

Prerequisite(s): Teacher Education Program eligibility.  
Techniques of test evaluation, administration, and interpretations. Emphasis on physical fitness, body mechanics, sports skills, and knowledge tests.

## HPE 5452 Skill Analysis (3)

Basic skills involved in several individual and team sports; special attention will be given to body movement.

**HPE 5700 Research Seminar in Special Physical Education (3)**

Critical analysis and evaluation of current research and practical application in the field of special physical education.

**HPE 5702 Research in Wellness and Sports Studies (3)**

The purpose of this course is to provide the foundation for the interpretation and conceptualization of research in HPER. This course will provide instruction on the variety of research methodologies and strategies and how to incorporate such strategies into personal research goals.

**HPE 5860 Advanced Practicum in Special Physical Education (3)**

Supervised field experience in applying skills, knowledge, and concepts in special physical education; supervised work with the handicapped.

**HPE 5880 Directed Studies in Wellness and Sports Studies (3)**

Prerequisite(s): Approval of instructor and approval of the department head.

Students will collaborate with a faculty member to complete a specific research/literature review project. May be repeated once for a total of six (6) credit hours.

**HPE 5882 Independent Study in HPE (1-3)**

Prerequisite(s): Approval of the instructor and approval of the department head.

Opportunity to explore in detail an area or issue in HPE. May be duplicated for credit for a total of 6 semester hours.

**HPE 5891 Issues and Trends in Athletics (3)**

This course examines issues and trends encountered by secondary and collegiate coaches in the administration of sport programs. The concepts will be explored from a theoretical and applied perspective. Also examines possible courses of action to meet such issues and trends that occur in athletics. Includes in-depth study and problem solving approaches. This course may only be taken at the undergraduate level upon approval for participation in the Master's program.

**HPE 5892 Diversity Issues and Trends in Wellness and Sport Studies (3)**

Examination of current trends and issues in HPE with an emphasis on multicultural education through a focus on best practices for promotion of a physically active lifestyle. Special attention will be given to the role of race, gender, and language barriers in a physical education, wellness, and sport studies settings. The course includes best practices for effectively teaching all students in the 21st century. Students will also explore the use of technology and/or ways to promote physical activity in a variety of settings.

**HPE 5950 Graduate Internship in PE, P-12 (3)**

Prerequisite(s): Admission to Alternative Fifth-Year Teacher Certification Program.

Student teaching in grades P-12 under the supervision of a cooperating teacher and a university supervisor; full-time assignment for a minimum of 15 weeks which includes at least 450 clock hours in a public school. Scheduled at end of program. Fall and Spring only. (Grades: Pass/Fail).