

# HEALTH & PE (HPE)

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## HPE 102 Introduction to Public Health (2)

(Professional) This course addresses the core question of public health as a science and introduces fundamental principles related to the field. It is an investigation into the major health challenges students in public health will face today. Students will familiarize themselves with ideas, theories, and methods of assessing needs, resources, and capacity for the promotion of public health along with planning, implementing, and evaluating such programs.

## HPE 103 Foundations of Health and Physical Education (3)

(Professional) An introduction to the profession including physical activities, health education and wellness concepts. The purpose of this course is to identify and describe historical, philosophical, and theoretical foundations and social perspectives of PE and Health behavior and standards. Candidates will be required to take and pass a fitness assessment. HPE 103 is a prerequisite to HPE 355, 356 and 357. Successful completion of HPE 103 is required prior to teacher education eligibility. A Pre-test Fitness Assessment for HPE candidates will be given in the course.

## HPE 104 Aerobics and Fitness (3)

(General Service) The course is designed to provide students with various aerobically based activities for overall fitness and health of the body.

## HPE 108 Pound (2)

(General Service) A basic introduction to drumming skills used for improving cardiovascular fitness.

## HPE 109 Concepts of Wellness (3)

(General Service) Study of basic concepts of wellness including: nutrition, cancer prevention, addictions, STDs, and physical fitness including principles of exercise, stress management, weight control, and the management of emergencies, accidents, and injuries.

## HPE 110 Barre Pilates (2)

(General Service) An introduction to the basics of ballet, fitness, strength, and pilates.

## HPE 111 Beginning Hiking (1)

(General Service) Basic skills in hiking including planning, clothing, map reading, safety, types of hikes and hiking trips (TBA).

## HPE 113 Mountain Biking (1)

(General Service) Basic skills in off-road cycling.

## HPE 114 Bicycling (1)

(General Service) An introductory course in the lifetime activity of cycling. A 10 hour lab is required. The safety, repair, riding, and value are covered.

## HPE 115 Beginning Fitness (1)

(General Service) Introduction to basic physical fitness activities.

## HPE 116 Body Shaping (3)

(General Service) An introduction to the basic principles of fitness as they relate to fatty weight loss and muscular development.

## HPE 117 Introduction to Yoga (1)

(General Service) An introduction course in the ancient system of mind-body exercise that offers benefits including increased flexibility, greater strength, and improved concentration.

## HPE 118 Beginning Bowling (1)

(General Service) Basic skills in bowling. Elective credit only, cannot be used to satisfy HPER requirements.

## HPE 119 Beginning Fencing (1)

(General Service) Basic skills in foil fencing. Elective credit only, cannot be used to satisfy HPER requirements.

## HPE 120 Introduction to Pilates (1)

(General Service) The purpose of this course is to provide an introduction to Pilates consisting of safety considerations, breathing techniques, and exercises for upper and lower body strength and endurance, core strength and endurance, and flexibility.

## HPE 121 Beginning Weight Training (2)

(General Service) Basic skills in weight training.

## HPE 122 Beginning Tennis (1)

(General Service) Basic skills in tennis.

## HPE 123 Beginning Racquetball (1)

(General Service) Basic skills in racquetball.

## HPE 124 Beginning Golf (1)

(General Service) Basic skills in golf.

## HPE 125 Beginning Archery (1)

(General Service) Basic skills in archery. Elective credit only, cannot be used to satisfy HPER requirement.

## HPE 126 Beginning Volleyball (1)

(General Service) Basic skills in volleyball. Elective credit only, cannot be used to satisfy HPER requirement.

## HPE 127 Net Games (1)

(General Service) Basic skills in badminton, pickle ball, and deck tennis.

## HPE 128 Table Games (1)

(General Service) Basic skills in table tennis and billiards. Elective credit only, cannot be used to satisfy HPER requirements.

## HPE 130 Tap and Clogging Dance (1)

(General Service) Basic skills in tap and clogging dancing.

## HPE 131 Yogi Motion (1)

This class combines the intensity of dance cardio movement, alignment foundation, and a dynamic power yoga flow all while on the mat. No previous yoga experience required.

## HPE 132 Folk and Square Dance (1)

(General Service) Basic skills in folk and square dancing.

## HPE 134 Social and Ballroom Dance (1)

(General Service) Basic skills in social and ballroom dancing.

## HPE 136 Ballroom and Fox Trot (1)

(General Service) Introduction to Foxtrot, Slow Waltz, Viennese Waltz, and American Tango dances.

## HPE 137 Ballroom and Latin (1)

(General Service) Introduction to Latin dance steps, such as merengue and salsa.

## HPE 138 Swing (1)

(General Service) Instruction in "swing" dance steps, such as swing, jitterbug, rock and roll.

## HPE 139 Line Dancing (1)

(General Service) Performing dance movements in unison to music and consists of patterned foot measurements that are performed to a number of counts in sequence. Several popular tunes will be used. Also, two-step will be introduced.

## HPE 140 Alpine Skiing (1)

(General Service) Basic skills in alpine skiing. Six hours of dry-land instruction and three days (20 hours) of on-snow instruction. Students pay all expenses.

**HPE 141 Alpine Skiing II (1)**

Prerequisite(s): PE 140 or approval of instructor.  
(General Service) Advanced skills in alpine skiing. Four hours of dry-land instruction and three days (20 hours) of on-snow instruction. Students pay all expenses.

**HPE 142 Zumba (2)**

(General Service) The purpose of this course is to provide an introduction to Zumba consisting of safety considerations, techniques, and Zumba exercises for health related fitness.

**HPE 143 Beach Volleyball (1)**

(General Service) Basic instruction in beach volleyball. Elective credit only, cannot be used to satisfy HPER requirements.

**HPE 144 Fitness Boot Camp (2)**

(General Service) This course offers an intense workout that will greatly improve your cardiovascular and muscular fitness. This military-style fitness class will include jogging, running, core strength exercises, obstacle courses, plyometrics, resistance training, and fat-blasting games.

**HPE 145 Team Sport Skills (2)**

(General Service) The purpose of this course is to provide experiences that will lead to the development of team sports skills. In addition to skill acquisition, the course will focus on the development of the knowledge and positive dispositions associated with team sports activities. Students will be expected to achieve an intermediate level of skill in specified team sports.

**HPE 146 Individual and Dual Sports Skills (2)**

(General Service) The purpose of this course is to provide experiences that will lead to the development of individual and dual sports skills. In addition to skills acquisition, the course will focus on the development of the knowledge and positive dispositions associated with individual and dual sports activities. Students will be expected to achieve an intermediate level of skill in specified individual and dual sports. Practice outside of classtime may be required for students to achieve the expected performance level.

**HPE 147 CrossFit Functional Fitness I (2)**

(General Service) Basic core strength and conditioning associated with the development and maintenance of general physical fitness. Activities may include, but are not limited to, strength training and endurance exercises.

**HPE 148 CrossFit Functional Fitness II (2)**

Prerequisite(s): HPE 147.  
(General Service) Advanced core strength and conditioning associated with the development and maintenance of general physical fitness. Activities may include, but are not limited to strength training and endurance exercises.

**HPE 149 Aqua Zumba (3)**

(General Service) Aqua Zumba combines the high-energy, fitness dance formula and philosophy of Zumba with traditional aqua fitness disciplines. The Aqua Zumba class blends the two together in a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating.

**HPE 150 Beginning Swimming (1)**

(General Service) The adaptation of the water and basic strokes of swimming. Non-swimmers only.

**HPE 151 Aqua Aerobics (3)**

(General Service) Low impact exercises performed in the medium of water.

**HPE 152 Angling (1)**

(General Service) Basic fundamentals of fishing.

**HPE 153 Life Guarding (2)**

(General Service) Elementary and advanced forms of rescue including: approaches, escapes, carries, removal from water, and preventive life guarding. ARC lifeguard certification awarded if CPR and first aid requirements have previously been met. (See instructor for specific details.)

**HPE 154 Lifeguard Instructor (2)**

Prerequisite(s): Instructor certification in CPR and first aid (ARC) and current lifeguard certification.  
(General Service) Preparation to become certification instructor in Lifeguarding.

**HPE 155 Community Water Safety (1)**

(General Service) The course covers emergency procedures, spinal injuries, and other aquatic activities.

**HPE 156 Swimming for Fitness (1)**

(General Service) This course is designed for students with intermediate swimming skills interested in learning and applying conditioning and training to swimming. Individual workloads are determined and self-paced programs are centered on those workloads.

**HPE 157 Water Safety Instructor (2)**

Prerequisite(s): current lifeguard instructor certification.  
(General Service) Water safety instructor certification. A 10 hour laboratory is required.

**HPE 158 Canoe and Rafting (2)**

(General Service) Essential skills for river canoeing and whitewater rafting.

**HPE 159 Scuba Diving (3)**

(General Service) Knowledge and skill development in scuba diving. Eight hours pool work, five hours open water diving. Experienced swimmers only. Student pays all expenses.

**HPE 160 Introduction to Judo (2)**

(General Service) Introduction to Judo.

**HPE 161 Martial Arts (2)**

(General Service) Basic skills in aikido including: etiquette, warm-up activities, falls, throws, principles of movement and self defense.

**HPE 162 Beginning Tai Chi (1)**

(General Service) A study of the 24 basic forms of Tai Chi, a martial art. Elective credit only, cannot be used to satisfy HPER requirements.

**HPE 164 Rock Climbing and Rappelling (2)**

(General Service) Students will participate in on-campus skill sessions and two weekends of natural rock climbing and cliff rappelling.

**HPE 165 Introduction Exercise Science and Wellness (1)**

(Professional) An introduction to careers and opportunities in the field of exercise science and wellness. Students majoring in ESW are required to complete this course prior to their junior year. Practicum required.

**HPE 170 Basic Skills in Jazz Dance (1)**

(General Service) Basic skills in Jazz Dance. Elective only, cannot be used to satisfy HPER requirement.

**HPE 189 Academic Success for Student Athletes (1)**

(General Service) A course for freshmen student-athletes to enhance a successful transition from high school to college life. Orientation to the JSU athletics program and NCAA rules and regulations are included. Special emphasis is placed on academic excellence, athletic excellence, personal and career development, and a commitment of service to the campus and community.

**HPE 191 Varsity Sports (1)**

(General Service) Successful participation in major varsity sports (Male and Female). May be duplicated for credit to a maximum of eight semesters.

**HPE 209 Essentials of Human Performance (3)**

Prerequisite(s): HPE 109.

(Professional) An introduction to the scientific principles of the human body/organ systems as related to human performance. This course is recommended prior to BY 263 for ESW majors.

**HPE 212 Personal and Community Health (3)**

(Professional) The development of habits, attitudes, and knowledge concerning health, and the professional preparation of individuals for work in the community health field.

**HPE 232 Sports Safety and First Aid Training (2)**

(Professional) This course is designed for in-depth study of emergency medical treatment in case of accidents or serious illness. The study of body functions, body framework and all types of injuries are considered.

**HPE 260 Motor Development (3)**

Theoretical and practical principles of motor development, with special emphasis on identification and assessment. A student practicum will be required.

**HPE 262 Health Behavior Theory, Research, & Practice (WI) (3)**

Prerequisite(s): HPE 102 and EH 101.

(Professional) This course examines theoretical, scientific, historical, and philosophical foundations that serve as the basis of public health education and health promotion. Models and theories of health behaviors are emphasized and explored. (Writing Intensive Course)

**HPE 272 Basic Athletic Training (3)**

Corequisite(s): HPE 209 or BY 263.

Prerequisite or (Professional) Introduction to the athletic training profession. Prevention, etiology, and management of athletic injuries will be stressed. Basic anatomy and first aid will be reviewed.

**HPE 275 Advanced Athletic Training (3)**

Prerequisite(s): HPE 272 or permission of instructor.

(Professional) Advanced athletic training fundamentals including prevention, evaluation, care and etiology of athletic injuries. Legal, professional, and ethical considerations will be discussed.

**HPE 284 Beginning Practicum in Athletic Training (1)**

Prerequisite(s): Consent of Instructor.

(Professional) An introduction to the basic principles of athletic training in the college environment. May be repeated a total of 4 times for credit.

**HPE 285 Beginning Practicum in Strength and Conditioning (1)**

Prerequisite(s): Consent of Instructor.

(Professional) An introduction to the basic principles of strength and conditioning in the college environment. May be repeated a total of 4 times for credit.

**HPE 286 Beginning Practicum in Personal Training (1)**

Prerequisite(s): Consent of instructor.

(Professional) An introduction to the basic principles of personal training in the university wellness setting. May be repeated a total of 4 times for credit.

**HPE 300 Practicum in Physical Education (3)**

Prerequisite(s): Nine hours in physical education including HPE 101.

(Professional) Directed experience in observations and participation in physical education classes. Seminars will be held in conjunction with this course.

**HPE 301 Industry Management (3)**

(Professional) The purpose of this course is to introduce students to the fundamental concepts, principles, and best practices associated with managing a business within the industry of their major. This course was developed with the intent of providing students with a general overview of the management issues facing fitness professionals in their careers.

**HPE 302 Practicum in Coaching (3)**

Field experience in coaching.

**HPE 312 Health Problems and Disease Prevention (3)**

(Professional) An overview of health problems and disease prevention in today's society. An analysis of a variety of personal, social and environmental factors is explored.

**HPE 315 Community and Public Health (3)**

Prerequisite(s): HPE 102 and HPE 109.

(Professional) This course is designed to offer science-based facts and guidelines to assess needs, resources, and capacity for public health planning within the community.

**HPE 316 Current Issues and Trends in Public Health (WI) (3)**

This course is an intense study of specific health issues and trends affecting today's society. (Writing Intensive Course)

**HPE 318 Public Health for Special Populations (3)**

Prerequisite(s): HPE 102.

(Professional) This course examines primary, secondary, and tertiary levels of prevention, and applies them to health promotion/disease prevention at various developmental stages across special populations.

**HPE 320 Seminar in Coaching Baseball (1)**

(Professional) This course is intended to introduce prospective baseball coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to the game of baseball.

**HPE 321 Seminar in Coaching Basketball (1)**

(Professional) This course is intended to introduce prospective basketball coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to the game of basketball.

**HPE 322 Seminar in Coaching Cheerleading (1)**

(Professional) This course is intended to introduce prospective cheerleading coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into organization, and administrative details relative to cheerleading.

**HPE 323 Seminar in Coaching Defensive Football (1)**

(Professional) This course is intended to introduce prospective defensive football coaches to techniques, strategies, team management, motivation, conditioning, and equipment selection/fitting. It offers an introduction into rules, organization, and administrative details relative to coaching defensive football.

**HPE 324 Seminar in Coaching Offensive Football (1)**

(Professional) Strategies and techniques for coaching offensive football.

**HPE 325 Seminar in Coaching Golf (1)**

(Professional) This course is intended to introduce prospective golf coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to the game of golf.

**HPE 326 Seminar in Coaching Rifle (1)**

(Professional) This course is intended to introduce prospective rifle coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to the sport of rifle.

**HPE 327 Seminar in Coaching Soccer (1)**

(Professional) This course is intended to introduce prospective soccer coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to the game of soccer.

**HPE 328 Seminar in Coaching Softball (1)**

(Professional) This course is intended to introduce prospective softball coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to the game of softball.

**HPE 329 Seminar in Coaching Tennis (1)**

(Professional) This course is intended to introduce prospective tennis coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to the game of tennis.

**HPE 330 Seminar in Coaching Track and Field (1)**

(Professional) This course is intended to introduce prospective track and field coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to track and field.

**HPE 331 Seminar in Coaching Volleyball (1)**

(Professional) This course is intended to introduce prospective volleyball coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to the game of volleyball.

**HPE 332 Seminar in Coaching Wrestling (1)**

(Professional) This course is intended to introduce prospective wrestling coaches to techniques, strategies, team management, motivation, conditioning, equipment selection/fitting, and scheduling. It offers an introduction into rules, organization, and administrative details relative to the sport of wrestling. Grades: Pass/Fail.

**HPE 334 Seminar in Coaching Fishing (1)**

(Professional) This course is intended to introduce prospective fishing coaches to techniques, strategies, team management, motivation, equipment, and scheduling. It offers an introduction into the basics of the sport.

**HPE 335 Seminar in Coaching Archery (1)**

(Professional) This course is intended to introduce prospective archery coaches to techniques, strategies, team management, motivation, equipment, safety, and scheduling. It offers an introduction into the basics of the sport.

**HPE 350 Introduction to Personal Training (3)**

Prerequisite(s): Junior Standing.

(Professional) The purpose of this course is to prepare the student to take a valid personal trainer certification exam. At the completion of the course, the student will have a basic understanding of the design and delivery of exercise programs for clients with varying levels of health with different needs and goals.

**HPE 355 Introductory Methods of Elementary HPE (3)**

Prerequisite(s): HPE 103.

Corequisite(s): HPE 356 and 357.

(Professional) A practicum is required. Course designed to teach correction and analysis of elementary physical education motor skill performance, personal competence of motor and performance skills, implement long and short term plans linked to instructional goals and aligned with standards and objectives, plan lessons for diverse learners, demonstrate competent verbal and non-verbal communication, and effectively manage, adapt, and modify of a lesson based on student performance in Health and PE.

**HPE 356 Introductory Methods of Secondary HPE (3)**

Prerequisite(s): HPE 103.

Corequisites: HPE 355 and 357. (Professional) A practicum is required.

Course is designed to teach correction and analyzation of secondary physical education motor skill performance, personal competence of various motor and performance skills. In the Health and PE setting, candidates will learn to implement long and short-term plans linked to instructional goals and aligned with standards and objectives, plan lessons for diverse learners, demonstrate competent verbal and non-verbal communication while instructing students, and effectively manage, adapt and modify of a lesson based on student performance at the secondary level.

**HPE 357 21st Century Technology in HPE (3)**

Prerequisite(s): HPE 103.

Corequisite(s): HPE 355 and 356.

(Professional) A practicum is required. Ed 302 and HPE 355, 356, and 367 must be successfully completed prior to teacher education eligibility. Course is designed to allow candidates to demonstrate knowledge of current technology by planning and implementing learning experiences that require students to appropriately use technology to meet lesson objectives in Health Education and Physical Education.

**HPE 360 Child and Adolescent Health and Wellness (3)**

(Professional) This course deals with child and adolescent health and wellness. Specifically, it deals with assisting children adolescents develop positive health habits.

**HPE 361 Health and Physical Education in Elementary School (3)**

Basic knowledge of Health and PE in elementary school. Emphasis on health topics and PE activities. Intended to satisfy ECE and EED certification requirements.



**HPE 362 Kinesiology (3)**

Prerequisite(s): BY 263 or HPE 209.

(Professional) A science of human motion, and analysis of body movements and action of muscles in human activities.

**HPE 363 Nutrition for Sports Performance (3)**

This is an introductory course in Sports Nutrition designed to provide students with a basic understanding of nutrition as it relates to general physical activity and sport. Specific focus will be given to understanding how nutritional choices can affect exercise performance, as well as how one can effectively train and structure their diet to improve body composition and performance.

**HPE 364 Nutrition for Sports Performance (II) (3)**

Prerequisite(s): HPE 363.

This advanced-level course overviews the key concepts of sports nutrition and their practical application to those with an active lifestyle/recreational athlete. Students will learn about the impact of training and competition on energy and macronutrient, micronutrient needs, fluid requirements, and supplement guidance according to specific sporting groups. Students will be expected to study the role of diet in boosting exercise performance for individuals while also meeting general health needs.

**HPE 370 School Health Programs (3)**

This course deals with child and adolescent health and wellness in school settings. Candidates will be able to describe theoretical foundations of health behavior using the National Health Education Standards, and health literacy skills of an informed consumer by accessing, collecting, and inferring a variety of reliable health related data from comprehensive and coordinated school health programs.

**HPE 372 Assessment of Athletic Injuries (3)**

Prerequisite(s): HPE 275 or permission of instructor.

(Professional) Evaluation of injuries which occur in athletics. Special attention will be given to the orthopedic assessment of joint injuries.

**HPE 375 Therapeutic Exercise and Modalities (3)**

Prerequisite(s): HPE 209, BY 263, and HPE 272.

(Professional) Theory and use of therapeutic modalities and rehabilitative exercise. Students will have the opportunity to learn through special experience.

**HPE 381 Inclusive Physical Education (3)**

(Professional) Introductory course in the field of Inclusive Physical Education that provides an understanding of the nature, behavioral characteristics and motor limitations of various disabilities and basic skills necessary to prepare meaningful individualized movement experiences of individuals with special needs functioning in an integrated, segregated, community or home environment. A student practicum will be required.

**HPE 385 Practicum in Special Physical Education and Recreation (3)**

(Professional) Directed practical experiences in physical education and recreation with exceptional individuals. A student practicum will be required.

**HPE 391 Methods and Principles in Coaching (3)**

(Professional) Theory and technique of coaching. Psychological aspects and scientific principles of movement are considered.

**HPE 394 Coaching Skills Practicum (3)**

(Professional) Reflective field experience in coaching.

**HPE 397 Independent Study in Health, Physical Education and Recreation (1)**

(Professional) Opportunity for undergraduate students to explore a particular area of personal interest in HPER. Approval of instructor and department head required.

**HPE 398 Independent Study in Health, Physical Education and Recreation (2)**

(Professional) Opportunity for undergraduate students to explore a particular area of personal interest in HPER. Approval of instructor and department head required.

**HPE 399 Independent Study in Health, Physical Education and Recreation (3)**

(Professional) Opportunity for undergraduate students to explore a particular area of personal interest in HPER. Approval of instructor and department head required.

**HPE 400 Exercise Physiology (3)**

Prerequisite(s): BY 263.

(Professional) The study of the effects of exercise on the various human physiological systems. Special attention will be given to energy metabolism, cardiovascular parameters, pulmonary function, muscle structure and function, neuromuscular integration, and environmental factors.

**HPE 401 Physical Education for Exceptional Children (3)**

Emphasis will be on activities of a recreational nature which may be used with the exceptional child. A student practicum will be required.

**HPE 402 Epidemiology (3)**

Prerequisite(s): HPE 102, HPE 262, and MS 204.

(Professional) This introductory course covers the main principles, background, and methods of public health epidemiology. The course emphasizes understanding the biological, behavioral, sociocultural, and environmental factors associated with the etiology and distribution of health and disease.

**HPE 403 Special Olympics and Athletics for Special Populations (3)**

(Professional) Historical and current trends overview of sports for the handicapped. All types of handicapping conditions will be considered. Special attention will be on Special Olympics activities. Active involvement in the Special Olympics will be required.

**HPE 404 Test and Measurements in HPE (3)**

Techniques of test evaluation, administration, and interpretations in Health and PE. Emphasis will be on physical fitness, health related data, body mechanics, sports skills, and knowledge tests. Candidates will learn to use appropriate assessments to evaluate student learning before, during, and after instruction and utilize the reflective cycle to implement change in teacher performance, student learning, and/or instructional goals and decisions in Health and PE.

**HPE 405 Scientific Principles of Conditioning (3)**

Prerequisite(s): Junior standing.

(Professional) Application of scientific principles to the training and conditioning of athletics are taught. Emphasis will be directed toward strength, endurance, and speed acquisition, ergogenic aids, and nutrition.

**HPE 406 Physical Fitness Techniques (3)**

Prerequisite(s): HPE 209, 362, 400.

(Professional) Detailed analysis of techniques associated with instruction in aerobic and anaerobic exercise. Special emphasis is placed on weight training, dance aerobics, and aqua aerobics.

**HPE 409 Methods of Teaching Physical Education, P-5 (3)**

Prerequisite(s): ED 302, HPE 355, HPE 356, and HPE 357.

Corequisite(s): To be taken concurrently with HPE 410 and HPE 411.

(Professional) Course is designed to teach developmentally appropriate elementary physical education instruction of motor skill performance in long and short term standards based plans, verbal and non-verbal communication, effective management, adaptation, and modifications of a lesson based on student performance.

**HPE 410 Methods of Teaching PE, 6-12 (3)**

Prerequisite(s): HPE 355, HPE 356, and HPE 357.

Corequisite(s): To be taken concurrently with HPE 409 and HPE 411.

(Professional) Methods and techniques of teaching 6-12 physical education instruction are taught. Candidates apply physiological and biomechanical concepts, motor learning, behavioral, and motor development theory to implement standards-based instruction and assessments. Candidates will demonstrate verbal and non-verbal communication, supports, differentiation, and management through the reflective cycle and apply professional ethics and collaboration as it relates to effective teaching.

**HPE 411 Practicum in Physical Education, P-12 (2)**

Prerequisite(s): ED 302, HPE 355, HPE 356, and HPE 357.

Corequisite(s): To be taken concurrently with HPE 409 and HPE 410.

(Professional) This is a field experience course specific to the application of methods and materials for P-12 physical education. Candidates utilize the reflective cycle to implement change in performance, learning and instructional goals, participate in collaborative growth activities, responsible personal and social behaviors in a productive learning environment.

**HPE 412 Special Projects in Public Health Education (3)**

Prerequisite(s): HPE 102 and HPE 316.

(Professional) Student participation in solving actual problems related to health.

**HPE 413 Exercise Physiology Lab (1)**

This course provides experiential lab experiences to enhance knowledge acquired in HPE 400 - Exercise Physiology. This course emphasized understanding, measuring, and interpreting the systemic physiologic responses to exercise.

**HPE 415 Biomechanics (WI) (3)**

Prerequisite(s): HPE 362.

(Professional) This course is a study of human movement with emphasis on biomechanical principles and their application to sport and exercise. (Writing Intensive Course)

**HPE 416 Methods of Teaching Health Education (3)**

(Professional) Effective teaching practices, multiple instructional strategies, and implementation of developmentally appropriate health education instruction to accommodate all students are taught in this course. Candidates will learn how to assess needs to determine priorities for school health education, plan and implement effective NHE standards aligned comprehensive school health education curricula through effective instruction and assessment of student learning. Using technology to develop school health programs, advocate for and serve as a resource person in health education.

**HPE 417 Practicum in Health Education (1)**

Prerequisite(s): HPE 355, HPE 356, and HPE 357.

(Professional) This is a field experience course specific to the application of administration, curriculum, planning, instruction, and assessment for health education. Candidates will be able to apply what they have learned concerning classroom management, professionalism, advocacy, needs assessment data, administration and coordination of a comprehensive school health program.

**HPE 420 Health Aspects of Aging (3)**

(Professional) The physical, social, emotional, and mental aspects of healthy aging will be explored.

**HPE 430 Exercise Prescription (3)**

Prerequisite(s): HPE 400.

This course provides skills and methodology in exercise prescription for healthy and special populations with special emphasis placed on the investigation of pathophysiological characteristics, epidemiological considerations, fitness assessment, evaluation procedures, and individualized exercise prescription.

**HPE 440 Fitness Testing (3)**

Prerequisite(s): HPE 362, 400 and assessment into the Exercise Science and Wellness Program.

(Professional) Detailed analysis of different fitness tests. Particular attention to cardiovascular tests, interpretation of results and prescription of exercise and activities.

**HPE 441 Design of Wellness Programs (3)**

Prerequisite(s): HPE 362, 400, 440, Senior Status and assessment into the Exercise Science and Wellness Program.

(Professional) Study of the different areas in wellness programming such as smoking cessation, nutrition, stress awareness, and various fitness programs. This class includes directed practical activities as well as a comprehensive semester project.

**HPE 450 ESW Research Seminar (WI) (3)**

Prerequisite(s): MS 204 or ST 260, HPE 400, and assessment into the Exercise Science and Wellness Program.

(Professional) This class is designed to expose undergraduate students to research in the field of exercise science and wellness. Particular attention will be paid to developing a research idea, applying to the institutional review board for ethics approval, data collection, data analysis and manuscript preparation. (Writing Intensive Course)

**HPE 462 Effective Teaching in HPE (3)**

(Professional) This course will cover the study of and reflective cycle of curriculum, instructional strategies, classroom management, and the organizational/administration of health education and PE programs. Candidates will use historical, philosophical, and social perspectives of Health and PE issues to plan for and manage resources to providing active, fair, and equitable student learning experiences while advocating for PE and school health education.

**HPE 465 Practicum in Exercise Science and Wellness (6)**

Prerequisite(s): HPE 441, Senior Standing, assessment into the Exercise Science and Wellness Program and successful completion of an advisor approved national certification from the American College of Sports Medicine or National Strength and Conditioning Association.

(Professional) Practicum experiences in rehabilitative and/or preventative medicine with respect to ESW programming.

**HPE 482 Seminar in HPE (3)**

Corequisite(s): ED 495 and ED 496.

(Professional) Requires teacher education program admission. This course contributes to the preparation and meaningfulness of the student internship.

**HPE 484 Advanced Practicum in Athletic Training (1)**

Prerequisite(s): Consent of instructor.

(Professional) An introduction to the advanced principles of athletic training in the college environment. May be repeated a total of 4 times for credit.

**HPE 485 Advanced Practicum in Strength and Conditioning (1)**

Prerequisite(s): Consent of instructor.

(Professional) An introduction to the advanced principles of strength and conditioning in the college environment. May be repeated a total of 4 times for credit.

**HPE 486 Advanced Practicum in Personal Training (1)**

Prerequisite(s): Consent of instructor.

(Professional) An introduction to the advanced principles of personal training in the university wellness setting. May be repeated a total of 4 times for credit.

**HPE 490 Internship in Public Health (6)**

Prerequisite(s): HPE 402, Senior standing, and preferred to be taken in final semester.

This course offers students the opportunity to apply knowledge and skills learned in other public health courses. Students will translate theory into practice through field observations and experiences in Public Health agencies or organizations that provide health education and promotion. A minimum of 400 clock hours at an approved internship site is required.