

HPER: HEALTH,PHYSICAL EDUC,REC (HPER)

HPER 160. Team Sports/Wellness. (1 Credit)

This course is designed to provide students with the development of basic skills and abilities needed to perform a variety of team sports and their relationship to personal health, wellness, and physical activity.

HPER 162. Team Sports II/Wellness. (1 Credit)

A continuation of HPER 160, this course is designed to provide students with the development of basic skills and abilities needed to perform a variety of team sports and their relationship to personal health, wellness, and physical activity.

HPER 165. Personal Fitness. (1 Credit)

Introductory level course designed to assist students with the development of lifetime fitness programs. Content includes the integration of personal health-related (flexibility, strength, aerobic endurance, body composition) and skill-related (coordination, agility, power, balance, speed) fitness components.

HPER 166. Beginning Swimming/Wellness. (1 Credit)

This course is designed for non-swimmers to equip students with basic water skills and knowledge needed to make them reasonably safe while in, on, or about the water. Satisfactory completion of this course enables the student to meet the requirements for the American Red Cross Beginner Swimming Certificate.

HPER 167. Intermediate Swimming/Wellness. (1 Credit)

Refine five basic strokes; development of endurance; drown proofing and water safety techniques; standing and running dives, and the relationship of swimming skills to personal health and fitness. This course is designed for the student who has passed beginning swimming or who already possesses beginner swimming skills.

HPER 169. Gymnastics Wellness. (1 Credit)

A basic course in gymnastics designed to assist students in acquiring fundamental skills in stunts, tumbling, and selected apparatus, and their relationship to personal health and fitness.

HPER 170. Health And Wellness. (2 Credits)

Health encompasses all aspects of an individual's wellbeing. School, work, relationships, social, and family responsibilities are all affected by the quality of health. This course is designed to help participants establish lifestyles that can lead to better health.

HPER 171. Lifetime Sports/Wellness. (1 Credit)

Development of fundamental skills and knowledge of rules needed to perform a variety of individual sports and their relationship to personal health and fitness.

HPER 172. Lifetime sports II Wellness. (1 Credit)

A continuation of HPER 171, this course is designed to provide a development of fundamental skills and knowledge of rules needed to perform a variety of individual sports and their relationship to personal health and wellness.

HPER 180. Fitness Walking. (1 Credit)

This course focuses on the fundamentals of walking and its benefits to increased health and wellness. Students will participate in walking activities and explore the physiological and psychological benefits of walking.

HPER 181. Golf. (1 Credit)

A practical course designed for students with little or no golf knowledge. The course involves activities to teach students the basic golf terms, rules, etiquette and techniques for the full swing, putting, chipping, and pitching, as well as playing on a golf course.

HPER 182. Skills/Field Experience Coach. (1 Credit)

The coaching practicum involves three separate practicum experiences (softball, baseball, basketball, soccer, tennis, etc.) and is designed to provide the student with a realistic experience in a setting and level similar to that in which he/she wishes to obtain employment. The practicum experience is a 50 hour learning opportunity in which the student assist in all phases of the operation of an athletic program. The student may not be the head coach, unless a direct supervisor is present.

HPER 183. Weight Training I. (1 Credit)

This course addresses the selection and implementation of strength, power, speed, agility, endurance, and hypertrophy training methods. Components include discussions of physiological principles and strength assessment as they relate to resistance training and safe training practices.

HPER 184. Weight Training II. (1 Credit)

This course addresses advanced exercise assessment techniques and integrated functional exercise modalities that can be used to enhance performance in sport. Components include discussions of biomechanical, neuromuscular, and physiological principles as they relate to functional exercise training for sport.

HPER 187. Soccer. (1 Credit)

This course reviews the basic elements of soccer including dribbling, kicking, passing, trapping, tactics, and strategy and prepares the player for competitive game. Applies skills-training to competitive and recreational play. Covers strategies of offense and defense and variation of different systems of play.

HPER 188. Beginning Tennis. (1 Credit)

An introductory course teaching the fundamental skills of tennis. Basic strokes; the forehand and the backhand drives, the flat serve, volley, lob, and smash; history, rules, scoring, and court etiquette. Basic singles and doubles court play and game strategies. In addition, warm-up and cool-down procedures, as well as conditioning and nutrition for sport participation are covered.

HPER 190. Aqua Aerobics. (1 Credit)

This course is designed to provide students with the knowledge, skills, and abilities needed to develop proper water aerobics form and techniques and to explore the benefits of water aerobic exercise. The proper use of water aerobics exercise equipment is also explored.

HPER 191. Flag/Touch Football. (1 Credit)

Teaches skills, content knowledge, and historical perspectives of flag football to include skill progression, strategies, officiating, and authentic assessment.

HPER 192. Basketball. (1 Credit)

Introduces the basic elements of basketball, including dribbling, passing, shooting, tactics, and strategy in game play.