

# Health, Physical Education and Recreation (HPER)

---

**HPER 110. Introduction to Health and Physical Education. 3 Credits.**

This course will acquaint students with historical insights and current trends in the fields of health and physical education. Students will also identify various career opportunities within their field of study and acquaint themselves with the professional field.

**HPER 112. Activity II. 1 Credit.**

Basic techniques and practice of individual and dual sports activities. May be repeated in different activities/subjects only.

**HPER 114. Racquetball. 1 Credit.**

Basic techniques and practice of racquetball.

**HPER 115. Bowling. 1 Credit.**

Basic techniques and practice of bowling.

**HPER 116. Billiards. 1 Credit.**

Basic technique and practice of billiards.

**HPER 117. Judo. 1 Credit.**

Basic techniques and practice of judo.

**HPER 124. Rugby. 1 Credit.**

Students who first take this class will learn the basic principles, rules, and practice of rugby. Students who repeat this class will build upon their foundation to become more advanced and proficient with the nuance of the sport. All students will complete a semester goals assignment/assessment and an activity from their Rugby Portfolio. Students may not repeat a Rugby Portfolio activity from a previous semester. May be repeated for credit.

**HPER 126. Social Dance. 1 Credit.**

Basic techniques and practice of social and ballroom dance forms such as foxtrot, waltz, jitterbug, polka, schottische, and Latin American dances.

**HPER 128. Golf. 1 Credit.**

Basic technique and practice of golf.

**HPER 130. Rock Climbing. 1 Credit.**

Basic technique and practice of rock climbing.

**HPER 131. Yoga. 1 Credit.**

Students who first take this class will learn the basic principles and practices of Yoga. Students who repeat this class will build upon their foundation to become more advanced and proficient with the nuance of Yoga. All students will complete a semester goals assignment/assessment and an activity from their Yoga Portfolio. Students may not repeat a Yoga Portfolio activity from a previous semester. May be repeated for credit.

**HPER 133. Volleyball. 1 Credit.**

In this course you will learn the basic principles, rules and practice of volleyball.

**HPER 134. Basketball. 1 Credit.**

Basic technique and practice of basketball.

**HPER 135. Badminton. 1 Credit.**

Basic technique and practice of badminton.

**HPER 139. Dodgeball. 1 Credit.**

Basic technique and practice of dodgeball.

**HPER 148. Team Sports. 1 Credit.**

Basic principles, rules, and practices of various team sports.

**HPER 211. Successful Coaching. 1 Credit.**

This course is designed to help potential coaches develop a successful coaching philosophy. Students will complete an examination through the American Sport Education Program that will certify them to coach in 35 states.

**HPER 217. Personal and Community Health. 3 Credits.**

Study of vital personal and community health issues. Particular attention to current health facts, habits, and attitudes as they relate to home, school, and community.

**HPER 231. Officiating Football. 1 Credit.**

Rules and techniques of officiating football.

**HPER 232. Officiating Basketball. 1 Credit.**

Rules and techniques of officiating basketball.

**HPER 254. Curriculum, Standards and Assessment in Physical Education. 3 Credits.**

This course bridges the gap between theory and practice by providing a practical approach to curriculum writing, standards development and assessment techniques used in K-12 physical education programs. Prereq: Physical Education major or Pre-Physical Education major.

**HPER 255. Professional Preparation in Middle School Physical Education. 3 Credits.**

Instruction of various fundamental movement for middle school students. Students will be exposed to such activities as team sports, intermediate movement skills, and games. Prereq: Physical Education major or Pre-Physical Education major.

**HPER 256. Professional Preparation in High School Physical Education. 3 Credits.**

Instruction in the fundamentals of teaching high school physical education activities. Co-req: HPER 254.

**HPER 257. Professional Preparation in Elementary School Activities. 3 Credits.**

Instruction of various fundamental movements for elementary aged students. Students will be exposed to such activities as dance, gymnastics, fundamental movement skills, and games. Prereq: HPER 254.

**HPER 301. Motor Learning and Performance. 3 Credits.**

Study of the principles of motor learning and development and how those principles apply in physical education and sport skill development. Prereq: Physical Education major or Pre-Physical Education major and Junior standing.

**HPER 341. Psychosocial Aspects of Health. 3 Credits.**

Study of the interaction of the person and his/her environment. Discussion of emotional states, physiological responses and behaviors influencing a person's health, and the health of those around them. Prereq: Health Education or Pre-Health Education major and sophomore standing.

**HPER 345. Materials and Concepts of Health Education. 3 Credits.**

Development and dissemination of health content helping community and school health educators place health instruction in a perspective that relates it to efforts aimed at protecting and promoting the health of children, youth and adults. Prereq: Health Education or Pre-Health Education major and junior standing.

**HPER 349. Advanced Coaching. 3 Credits.**

Provides advanced coaching information including practice and season planning, talent analysis and development, scouting, game preparation, and game execution. Prereq: HPER 336.

**HPER 350. Fitness Education Activities and Materials. 3 Credits.**

Topics related to teaching concepts-based fitness in high school physical education. Prereq: HNES 254.

**HPER 353. Adapted Physical Education. 3 Credits.**

Current concepts and trends in adapted physical education, including the planning and implementation of adapted physical education curriculum and lessons designed to meet the needs of individuals with disabilities. Prereq: Physical Education or Pre-Physical Education major and junior standing.

**HPER 367. Pedagogy of the Body for K-12. 3 Credits.**

Application of principles and techniques for teaching K-12 physical education standards related to physical conditioning. Prereq: Physical Education major, Pre-Physical Education major, Health Education major, or Pre-Health Education major and junior standing.

**HPER 445. Organization and Administration of Coordinated School Health Programs. 3 Credits.**

Examination of coordinated school health programs (CSHP). Analysis of the components of and approaches to development of CSHP. Emphasis on skills required for entry-level health educators. Prereq: HNES 345, senior standing. (Also available for graduate credit - See HNES 645.).

**HPER 461. Administrative and Social Aspects of Physical Education and Athletics. 3 Credits.**

Study of administrative principles and social aspects that influence the development of physical education and athletic programs. Coreq: EDUC 481.

**HPER 484. Coaching and Physical Activity Leadership Internship. 1-12 Credits.**

This course provides comprehensive learning experiences in sport coaching and physical activity leadership. It includes 43 hours per credit of on-site work experience with approved organizations and may be repeated for a total of 12 credits. May be repeated for credit. Prereq: HPER 255. Prereq or Coreq: Must be a Physical Education major and have instructor permission.

**HPER 491. Seminar. 1-5 Credits.**

**HPER 494. Individual Study. 1-5 Credits.**

**HPER 496. Field Experience. 1-15 Credits.**

**HPER 645. Organization and Administration of Coordinated School Health Programs. 3 Credits.**

Examination of coordinated school health programs (CSHP). Analysis of the components of and approaches to development of CSHP. Emphasis on skills required for entry-level health educators. Dual-listing: HPER 445.

**HPER 700. Research in Physical Education and Sport Coaching. 3 Credits.**

This course is designed to help teachers and coaches in the field better understand the process of conducting classroom/sport setting research through practitioner inquiry. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 701. Leadership and Supervision in Physical Education and Sport Coaching. 3 Credits.**

This course provides an introduction to leadership and supervision in physical education and sport settings. The course is designed to provide students with skills, techniques, and practices for successful leadership and supervision. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 704. Psychology of Sport and Physical Activity. 3 Credits.**

This course is designed to increase the knowledge of the student's understanding of the principles behind sport psychology. The student will have the opportunity to create and apply some of the concepts and techniques to sports as well as other areas of life outside of sports. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 705. Content Development and Instructional Practices in Physical Education and Coaching. 3 Credits.**

Content development and appropriate instructional practices within physical education and coaching settings with an emphasis on skill and strategy analysis. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 707. Social Issues in Sport, Physical Activity and Coaching. 3 Credits.**

This course examines the intersection of sport and American society. Implications of a variety of issues in youth, college, and professional sport structures and teaching contexts will be discussed, including social class, race, and gender-based social issues. Prereq: Must be enrolled in either the LPESC or have instructor permission.

**HPER 708. Positive Youth Development in Physical Activity and Sport. 3 Credits.**

This course explores the numerous ways in which participating in sport and physical activity can be beneficial for children and young people. Historical and theoretical contexts of positive youth development will be discussed, in addition to the potential of positive youth development in sport across different ages and abilities. Prereq or Coreq: Must be enrolled in either the LPESC or have instructor permission.

**HPER 709. Laws of Leadership in Physical Education and Sport Coaching. 3 Credits.**

This course is intended to increase student awareness and understanding of contemporary issues related to leadership in physical education teaching and sport coaching. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 711. Physical Education Curriculum. 3 Credits.**

This course aims to develop an understanding of the role and importance of physical education in today's society, steps involved in curriculum planning, trends and issues in physical education curriculum and familiarizes students with various ideas in physical education curriculum design. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 712. Principles of Management in Physical Education and Coaching Settings. 3 Credits.**

This course is designed to study the principles of management within teaching, coaching, and associated professional organizations. Students will develop a comprehensive foundation of management skills and apply these skills across these settings. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 714. Legal Liability in Health, Physical Education, & Recreation. 3 Credits.**

This course focuses on risk management and legal liability in health, physical education, and recreation (HPER). Overview of civil and criminal law as it relates to these areas is addressed. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 715. Teaching Concepts-Based Fitness. 3 Credits.**

This course will cover topics directly related to the teaching of concepts-based health-related fitness in K-12 physical education. The overall aim is to help students have a better theoretical and practical understanding of the role of fitness education in contemporary physical education. The main goal of this course is to prepare students to teach concepts-based health-related components to students in a school setting. Prereq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 731. Governance in Sport Coaching. 3 Credits.**

This course examines how high school, recreational, and youth sport organizations interact and coordinate with numerous policy actors from inside and outside the sport coaching realm to facilitate and coordinate the mechanisms of governance. The transition from high school to collegiate sports and collegiate to professional for some players will be explored as well. Prereq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 736. Ethical Leadership in Coaching Sports. 3 Credits.**

This course examines the various ethical situations coaches encounter within organizations and with other coaches and athletes. Students will gain an understanding of the ethical dimensions of sport and develop strategies to facilitate ethical coaching practices and encourage athletes to recognize and understand the importance of ethics in sport. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 737. School-wide Physical Activity Promotion. 3 Credits.**

Assessment, planning, and evaluation of physical activity programming within the K-12 setting. Understanding and implementation of school-wide physical activity program models and resources. Physical activity advocacy and stakeholder engagement strategies within K-12 physical activity programs. Prereq or Coreq: Must be enrolled in either the LPESC or Whole Child Approaches program or have instructor permission.

**HPER 738. Adapted Physical Education. 3 Credits.**

This course provides an overview of the etiological, physical, and psychological considerations of disabilities in education settings. This course contains methods of adapting activities in physical education for individuals with disabilities. Prereq or Coreq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 739. SEL via the Adventure Education Instructional Model. 3 Credits.**

The Adventure Education instructional model fosters learning through hands-on experiences and is framed by reflection and analysis. This course includes: a) a review of social-emotional learning (SEL) frameworks; b) an introduction to the Adventure Education instructional model; and c) strategies for facilitating SEL through Adventure Education experiences. Professionals will learn a variety of activities and debriefing strategies to promote SEL learning in their classrooms and other appropriate settings (before/after school programs, sports teams, etc.) This course is most applicable to those who teach or work with elementary (2nd grade and up), middle, and/or high school students. Prereq: Must be enrolled in the LPESC program or have instructor permission.

**HPER 745. Organization and Administration of Coordinated School Health Programs. 3 Credits.**

Examination of coordinated school health programs (CSHPs). Analysis of the components of and approaches to development of CSHPs. Emphasis on skills required of teachers and administrators implementing the Whole School, Whole Community, Whole Child (WSCC) model. Prereq or Coreq: Must be enrolled in either the LPESC or Whole Child Approaches program or have instructor permission.

**HPER 790. Graduate Seminar. 1-3 Credits.**

**HPER 795. Field Experience. 1-15 Credits.**