

Health and Human Performance

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Health and Human Performance Web Site (<http://www.tamuc.edu/academics/colleges/educationHumanServices/departments/healthHumanPerformance/default.aspx>)

The Department of Health and Human Performance offers the Bachelor of Science degree with majors in public health, sport and recreation management, kinesiology and sports studies, and nutrition.

Athletic Training Minor (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/health-and-human-performance/athletic-training-minor/>)

Coaching Athletics Minor (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/health-and-human-performance/coaching-athletics-minor/>)

Health Minor (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/health-and-human-performance/health-minor/>)

Human Performance Minor (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/health-and-human-performance/human-performance-minor/>)

Kinesiology and Sports Studies (accelerated B.S.-M.S) (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/health-and-human-performance/kinesiology-and-sports-studies-accelerated-bs-ms/>)

Kinesiology and Sports Studies B.S. (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/school-of-nursing/health-and-human-performance/kinesiology-sports-studies-ba-bs-all-level-teacher-certification/>)

Nutrition B.S. (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/nutrition/>)

Public Health B.S. (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/health-and-human-performance/public-health-bs/>)

Sport and Recreation Management B.S. (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/health-and-human-performance/sport-and-recreation-managements-bs/>)

Sport and Recreation Management Minor (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/health-and-human-performance/sport-and-recreation-management-minor/>)

E-Sport Minor (<https://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/health-and-human-performance/e-sport-minor/>)

HESM 100 - Introduction to E-Sport Management

Hours: 3

This course provides an introduction to e-sports, the history of the e-sport industry, and the motivations of players and spectators. Students will also begin to discuss the acknowledgement of video gaming as a sport and whether it can be accepted as part of the Olympic program. This course provides a starting point for other classes in this minor.

HESM 105 - E-Sport Game Design

Hours: 3

This course is an introduction to the primary concepts of gaming, and an exploration of how these basic concepts affect the way gamers interact with our games. In this course, students will understand what defines a "game" and the mechanics and rules behind different types of games. Students will learn ways to create and describe a game concept, and specifically what makes a compelling game. This course focuses on the conceptual underpinnings of games.

HESM 200 - The Psychology of E-Sports

Hours: 3

The course will provide an overview of the mental side of E-Sports, which involves applying psychology topics to e-sports and e-sports competitions. Topics will cover confidence issues, inadequate coping strategies, past achievements and mistakes, harassment, team development /cohesion, separating gaming and life. Health psychology will be addressed as a complement to training and competition as well-being and performance are compatible.

HESM 205 - The Serious Business of Game Play

Hours: 3

This course provides an introductory overview of the fundamental mechanics of the business of e-sports. It will provide students with the tools necessary to critically evaluate and analyze existing and potential opportunities within the industry as well as provide the framework for students to identify and articulate a disruptive or evolutionary business opportunity within e-sports.

HESM 300 - E-Sports: Convention, Event and Trade Show Planning

Hours: 3

This course (as well as HESM 301) focuses on the essential components needed for planning, building, managing, and closing of live events and projects. The student will gain general knowledge of techniques and strategies used for successful planning and promotion of live e-sports events. Opportunities for practical experience will be provided.

HESM 301 - E-Sports Event Management

Hours: 3

This course, building on HESM 300, focuses on the essential components needed for planning, building, managing, and closing of live events and projects. The student will gain general knowledge of techniques and strategies used for successful implementation and evaluation of live e-sports events. Opportunities for practical experience will be provided. Prerequisites: HESM 300.

HHPA 140 - Concepts of Athletic Training

Hours: 1

An introduction to prevention and acute care of activity related injuries and illnesses. Specific topics will include injury prevention strategies; emergency first aid and acute care; and environmental considerations.

HHPA 214 - Preventive Techniques in Athletic Training

Hours: 1

Students will learn taping, wrapping, and padding techniques used to support and prevent athletic injuries. Techniques for making and applying special preventative pads and splints as well as fitting of protective equipment will be taught. Course fees and lab fees are listed in the current course schedule.

HHPA 259 - Lower Extremity Injury Assessment

Hours: 3

A study of the knowledge, skills, and values an athletic trainer must possess to assess and evaluate injured athletes and other physically active individuals. Content areas to include the following: pathology and on and off-field assessment procedures for the foot, ankle, knee, thigh/hip, and lumbar spine. Prerequisites: Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval.

HHPA 260 - Lower Extremity Injury Assessment Lab

Hours: 1

This lab course is designed to teach general and specific assessment and evaluation techniques for the foot, ankle, knee, thigh/hip, and lumbar spine. Pathology and on-field assessment procedures will also be taught. Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval. Corequisites: HHPA 259.

HHPA 339 - Therapeutic Rehabilitation

Hours: 3

A study of knowledge, skills and values an athletic trainer or health care provider must possess to plan, apply, document and evaluate the efficacy of therapeutic exercises and rehabilitation programs. Scientific theories and application principles will be discussed. Content areas include: basic rehab concepts, therapeutic exercise parameters, general and specific therapeutic rehabilitation applications. Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval.

HHPA 340 - Therapeutic Rehabilitation Lab

Hours: 1

Students will learn the application of therapeutic exercises and rehab equipment. Indications, contraindications and legal implications of applying therapeutic rehabilitation programs will be taught. Course fees and lab fees are listed in the current course schedule. Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval. Corequisites: HHPA 339.

HHPA 369 - Upper Extremity Injury Assessment

Hours: 3

A study of the knowledge, skills and values an athletic trainer must possess to assess and evaluate injured athletes and other physically active individuals. Content areas to include: pathology, on and off-field assessment procedures for the head, neck, spine, shoulder, elbow, forearm, hand, and wrist. Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval.

HHPA 370 - Upper Extremity Injury Assessment Lab

Hours: 1

This lab course will teach the general and specific assessment and evaluation techniques for the head, neck, spine, shoulder, elbow, forearm, hand, and wrist. Pathology and on-field assessment procedures will also be taught. Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval. Corequisites: HHPA 369.

HHPA 441 - Therapeutic Modalities

Hours: 3

A study of knowledge, skills and values an athletic trainer or health care provider must possess to plan, apply, document and evaluate the efficacy of therapeutic modalities. Scientific theories and application principles will be discussed. Content areas include: cold, heat, ultrasound, electrical stimulation, traction, and manual therapy techniques.

HHPA 442 - Therapeutic Modalities Lab

Hours: 1

A study of application of therapeutic physical modalities and other therapeutic agents applied to treat injuries. Indications, contraindications, and legal implication will be taught. Course fees and lab fees are listed in the current course schedule. Corequisites: HHPA 441.

HHPA 489 - INDEPENDENT STUDY

Hours: 1-4

Independent Study. One to four semester hours. Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. May be repeated when the topics vary. Prerequisite: consent of athletic training program director.

HHPA 497 - SPECIAL TOPICS

Hours: 1-4

HHPH 1304 - Introduction to Personal and Community Health

Hours: 3

An introduction to personal and community health, this course will acquaint students with basic principles of health. Studies include community health problems, programs, agencies, and health careers. Attention will also be given to cultural diversity in matters pertaining to health.

HHPH 1364 - Substance Use & Abuse

Hours: 3

Substance Use and Abuse. Three semester hours. An examination of the physiological, psychological, and social effects of drugs and other harmful substances. Legal and ethical implications are considered.

HHPH 172 - Systems of the Human Body

Hours: 3

A study of the structure and function of selected body systems and their integration into personal health. Designed to be a foundation for other health and human performance courses.

HHPH 210 - ENVIRONMENTAL HEALTH

Hours: 3

Environmental Health. Three semester hours. This course covers environmental health topics of importance to the health promotion practitioner. Environment is approached as one of the determinants of health for individuals and human populations.

HHPH 220 - FOUNDATION OF MENTAL HEALTH PROMOTION

Hours: 3

This course provides an introduction to the field of mental health promotion, emphasizing approaches at both individual and population levels for addressing mental health concerns. Through a multidimensional lens, students will gain a comprehensive understanding of the diverse perspectives shaping mental health practices and policies in public health

HHPH 250 - CONSUMER HEALTH

Hours: 3

Consumer Health. Three semester hours. Attention will be given to current health problems and issues dealing with consumerism. The course will involve students establishing concepts of self-protection in sales promotion of health products and services.

HHPH 330 - Sport Nutrition

Hours: 3

This course presents the scientific basis for sports nutrition emphasizing the energy needs of activity and effect of dietary intake on performance. Special dietary requirements of specific sports and athletic activities will be taught. Topics will also include dietary ergogenic aids, nutritional supplements, weight control, dietary fads and myths, interaction of alcohol, caffeine and tobacco on an athlete's nutrition status. The class will also stress information for competitive athletes and people of all ages wishing to incorporate nutrition into a physically active lifestyle.

HHPH 331 - Nutrition

Hours: 3

Basic facts and principles of human nutrition are presented. Study includes the physiological and psychological factors of food intake and utilization with emphasis on nutrition education for dietary improvements of groups and individuals. Prerequisites: 2.5 GPA and Sophomore Standing.

HHPH 333 - Nutrition for Health and Fitness

Hours: 3

This course is designed to help students understand the importance of exercise and healthy eating habits presently and for a lifetime. Students will participate in a wide variety of exercise activities, as well as cook, and prepare healthy and delicious food. This course will enhance students' understanding of their fitness needs and guide them in making wise decisions to improve their health and wellness. Students will analyze and compare healthy food choices, as well as, analyze their health risk, fitness levels, nutritional habits, lifestyles and attitude toward wellness. A personal wellness plan will be developed and implemented by the students during this yearlong class. The individualized wellness plan accompanied with time spent working hands-on in the laboratory preparing nutritional food will help the students understand how exercise and health behavior management will assist them to attain personal goals

HHPH 334 - Nutrition Through the Life Cycle

Hours: 3

This course covers the nutritional needs and concerns throughout the life cycle beginning from preconception through the aging process. Emphasizes the role of nutrition in normal growth and development and methods for ensuring adequate nutrition throughout the life span. Prerequisites: HHPH 331 - Nutrition.

HHPH 335 - Women's Nutrition

Hours: 3

Exploration of the biology, physiology, and nutritional concepts unique to women. Covers the nutritional needs of women throughout the lifecycle and emphasizes the importance of nutrition in disease risk reduction, management, and treatment. Emphasizes social, economic, environmental, political, and epidemiological issues associated with women's health.

HHPH 336 - Nutritional Physiology

Hours: 3

This course expands on foundational nutritional concepts of physiological and metabolic processes involved in processing nutrients. Topics range from gaining understanding of the organs involved in digestion, to the biochemical processes that transform nutrients for cellular utilization. Furthermore the course discusses nomenclature methodology for major macronutrients. Lastly, the course introduces students to pathophysiological pathways of metabolism and nutritional interactions. The student learns to interpret data, incorporate knowledge into practical applications, and make inferences regarding cause and effect relationships within nutrition. Prerequisites: HHPH 331.

HHPH 339 - Food and Culture

Hours: 3

Overview of traditional food habits, eating patterns and food practices of various cultures and backgrounds. Discuss nutrition-related health problems of various ethnic and racial groups. Encompasses intercultural communication skills, realization of cultural differences, and concepts to help individuals be successful when communicating with other cultures and backgrounds.

HHPH 360 - Health Psychology and Behavioral Strategies

Hours: 3

This course covers the effects of physical activity and exercise on psychology, mood, and mental health within the broader contexts of cognitive, social, and environmental influences, as well as theories of behavior change for exercise adoption and adherence. Prerequisites: GPA 2.5 or higher.

HHPH 362 - Survey of Human Diseases

Hours: 3

A study of communicable and non-communicable diseases. Emphasis is placed on causative factors of various diseases, means of transmission, and prevention. Prerequisites: HHPH 172 or HHPK 172 or BSC 251, or consent of instructor. 2.5 GPA.

HHPH 382 - Social Justice and Health

Hours: 3

Social justice aims to assure that every person has equal opportunity to reach the highest level of health. This course will introduce students to social justice as a public health issue and assist them in discovering their ability to create positive change in their own world. Social justice will provide a foundation for students to explore concepts, issues, and remedies, thereby developing the necessary analytical tools and information to see inequality and injustice and address historical and contemporary issues relevant to students' present day lives. Prerequisites: Junior standing or senior standing. 2.5 GPA.

HHPH 385 - Current Issues in Health

Hours: 3

This course will examine emerging issues and trends relevant to health and the application of health decisions. Prerequisites: junior or senior standing. 2.5 GPA.

HHPH 395 - Health Sciences Internship

Hours: 3

This course is taken during the senior year and designed to give students an immersive learning experience in various allied health settings so as to gain practical skills and knowledge essential for entry and success in their chosen allied health field. Note senior standing. Prerequisites: senior standing, & instructor approval.

HHPH 400 - Health Promotion Program Planning

Hours: 3

This course focuses on the breadth of health promotion planning, including: community assessment, prioritization, goal and objective-setting, planning content and deliver methods and evaluation of an implemented program. Prerequisites: Intended for junior/senior level; must have completed all prerequisites to HS major.

HHPH 401 - Research Methods & Ethical Considerations in Health Science

Hours: 3

This seminar focuses on the qualitative and quantitative research methods specific to the field of health science, as well as the ethical considerations for conducting research with human participants. Prerequisites: Senior Standing and Instructor Approval.

HHPH 404 - Health Sciences Practicum I

Hours: 3

The purpose of the seminar is to provide both advisor and peer support for students as they manage their internship responsibilities and gain on-the-job skills in health science. Coursework includes best practice models, professional writing projects, individual and group reflection and support in identifying the topic for the final practicum project, to be completed during Practicum II. Students will complete up to 180 hours of supervised practicum. Prerequisites: Senior Standing and Instructor Approval.

HHPH 405 - Health Sciences Practicum II

Hours: 4

This seminar is a complement to the student's internship experience. The purpose of the seminar is to provide both advisor and peer support for students as they manage their internship responsibilities and gain on-the-job skills in health science. Coursework includes peer review of student's final project development and submission and presentation of their final project at the end of the term Prerequisites: HHPH 404: Health Sciences Practicum I.

HHPH 410 - Program Planning in Public Health

Hours: 3

This course provides a comprehensive exploration of program planning within the context of public health, equipping students with the skills and knowledge needed to design, implement, and evaluate effective public health interventions. Through a combination of theoretical foundations and practical applications, students will gain a deep understanding of the program planning process. Prerequisites: HHPH 1304, junior or senior standing. 2.5 GPA.

HHPH 415 - Global Foods

Hours: 3

Students will examine the issues and conditions that affect the availability and quality of food in the global market. This course also reviews the landscape of both food and farming, in both rich and underdeveloped countries. Nutrition circumstances differ as well, as persistent hunger is still a deadly challenge in many tropical countries, while in rich countries, particularly the United States, excessive food consumption and obesity are now a more prominent diet linked challenge to health Prerequisites: 2.5 GPA.

HHPH 416 - Epidemiology

Hours: 3

This course covers the basic principles of Epidemiology, with applications to investigations of chronic and infectious diseases. Explores various study designs appropriate for disease surveillance and studies of etiology and prevention. Prerequisites: HHPH 1304. HHPH 362.

HHPH 417 - Health Behavior

Hours: 3

This course introduces behavioral and social theories that are relevant to health promotion and disease prevention efforts. Emphasis is placed on how health behavior theory can explain health behavior and assist in program design.

HHPH 420 - Program Implementation and Evaluation in Public Health

Hours: 3

This course builds on the foundations of program planning, shifting the focus towards stages of program implementation and evaluation in the field of public health. Through a combination of theoretical insights and practical applications, students will gain the skills and knowledge necessary to effectively execute and assess public health interventions Prerequisites: HHPH 410. 2.5 GPA.

HHPH 430 - Health and Healthcare Disparities

Hours: 3

This course provides an interdisciplinary perspective on key challenges and proposed solutions to health disparities that impact health and wellbeing. The course covers the relevance of politics, economics, health systems, culture and society, and the health beliefs and practices that global health disparities. Prerequisites: junior or senior standing, 2.5 GPA.

HHPH 431 - Advanced Nutrition I – Macronutrients

Hours: 3

This course expands on understanding the regulation and tissue-specific utilization of the macronutrients, e.g., carbohydrates, proteins and lipids. Macronutrient digestion, absorption, transport, and homeostatic mechanisms will be covered. Additionally, physiological and biochemical pathways of metabolism in health and disease will be emphasized. Prerequisites: HHPH 331; HHPH 336.

HHPH 432 - Advanced Nutrition II - Micronutrients

Hours: 3

This course expands on understanding vitamins and minerals are essential for health throughout the life span. This course explores the metabolism of vitamins and minerals in human development from infancy, childhood, adolescence, adulthood, reproduction, and through to aging. Additionally, the course explores understanding the role of vitamins and minerals in disease prevention and pathogenesis. Prerequisites: HHPH 331- Nutrition and HHPH 336 - Nutritional Physiology.

HHPH 472 - Stress Management

Hours: 3

This course includes a study of the nature and psychology of stress with particular emphasis placed on coping strategies and relaxation techniques. Conflict resolution and interpersonal relationships will also be discussed. Prerequisites: 2.5 GPA.

HHPH 489 - INDEPENDENT STUDY

Hours: 1-4

Independent Study. One to four semester hours. Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. May be repeated when the topic varies. Prerequisite: Consent of department head.

HHPH 490 - H Honor Thesis

Hours: 3

H Honors Thesis Hours: 6 Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisite Consent of head. Note May be repeated when the topic varies.

HHPH 491 - H IND HONORS READINGS

Hours: 3

H Ind Honors Readings Hours: 3 Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisite Consent of head. Note May be repeated when the topic varies.

HHPH 492 - Health Policy

Hours: 3

This course presents an introduction to health policy and how government plays a role in health and in the provision of health care. Health policies can have a profound effect on quality of life. It introduces the policy-making and legal system of the United States, offers brief comparisons to health policies in certain other countries, provides knowledge about the organization of the health care system in the U.S., and highlights issues in health policy. Prerequisites: HHPH 1304, Junior or Senior Standing, 2.5 GPA.

HHPH 495 - Applied Practice Experience

Hours: 3

The Applied Practicum Experience (APEX) is completed during the senior year and offers students an opportunity to apply theoretical knowledge in real-world public health settings. This fosters the development of essential skills and competencies as students engage in community-driven initiatives, actively collaborating with public health professionals to address pressing public health challenges and contribute meaningfully to community well-being. Note senior standing. Prerequisites: 2.5 GPA, senior standing, & instructor approval.

HHPH 497 - Special Topics

Hours: 0-4

Special Topics

HHPK 1301 - Foundations of Kinesiology

Hours: 3

A survey course in human movement that includes the historical development of movement and sport from ancient through contemporary cultures. Physiological, sociological, and psychological principles affecting human movement and sport are also studied.

HHPK 1306 - First Aid and Safety

Hours: 3

This course is designed to develop the knowledge and skills necessary to be effective in providing safe environments and as a first responder to accidents and/or sudden illness. Life saving skills, accident prevention principles, and the proper use of Automated External Defibrillators (AED) will also be included.

HHPK 1338 - Concepts of Physical Activity

Hours: 3

This course is designed to provide information related to the need for continuing physical activity and its contribution to human well-being. Units of instruction will include procedures for assessing fitness levels in the various components of physical fitness and techniques used in developing physical fitness among students.

HHPK 2356 - Prevention & Care of Athletic Injuries

Hours: 3

A course designed to provide entry-level knowledge in the field of sport related injuries. This course includes units dealing with the history of athletic training, basic anatomy of common injuries, evaluation techniques, preventive measures to reduce the incidences of injuries and knowledge of basic treatment procedures to be used after injuries occur. Legal and ethical issues will also be discussed. Prerequisites: BSC 251 with a minimum grade of C or BSC 2401 with a minimum grade of C or HHPK 290 with a minimum grade of C, or consent of instructor.

HHPK 172 - Systems of the Human Body

Hours: 3

(Same as HHPH 172). A study of the structure and function of selected body systems and their integration into personal health. Designed to be a foundation for other health and kinesiology courses.

HHPK 200 - Concepts of Lifetime Wellness

Hours: 3

This course is designed to provide information related to the need for healthy lifestyles and their contribution to human well-being. Units of instruction will include procedures for assessing wellness levels in the various components of health and strategies used in developing lifetime wellness among students.

HHPK 212 - Introduction to Physical Education Teaching

Hours: 3

This course explores the history, philosophy and principles of physical education. Students will study the aims and objectives of modern physical education with emphasis on the development of basic philosophy and background for professional development. Prerequisites: Grade of C or higher in HHPK 1301.

HHPK 250 - Physical Activity Skill I: Conditioning, Individual and Dual Sports

Hours: 3

The purpose of this course is to develop the techniques for sports conditioning and fundamental skills used in teaching individual/dual sports. This course will also focus on the various stages of games skill development for a variety of activities.

HHPK 251 - Physical Activity Skills II: Team Sports.

Hours: 3

The purpose of this course is to develop the techniques utilized in fundamental skills for team sports. This course will also focus on the various stages of games skill development. An emphasis will be placed on designing a variety of learning experiences for grade appropriate team sports.

HHPK 253 - Lifetime Sports and Activities

Hours: 3

The purpose of this course is to develop the techniques for fundamental skills used in a variety of lifetime sports and activities.

HHPK 280 - Dance Intensive I: Techniques of Ballet, Jazz & Contemporary Dance

Hours: 3

This course is a lecture/studio course in the techniques of Ballet, Jazz, and Contemporary dance designed for health, music and theater performance majors, and others who are interested in dance. The course is designed to give students a working knowledge of ballet, jazz and contemporary dance for the purpose of using dance as a foundation for somatic bodywork and stage movement.

HHPK 285 - Dance Intensive II: Techniques of Modern, Social/Ballroom, World/Folk Dance

Hours: 3

This course is a lecture/studio course in the techniques of Modern, Social/Ballroom, and World/Folk Dance designed for health, music, and theater performance majors, and others who are interested in dance. The course is designed to give students a working knowledge of modern, social and ballroom dance, as well as world/folk dance for the purpose of using dance as a foundation for somatic bodywork and stage movement.

HHPK 290 - Structural Kinesiology

Hours: 3

This course provides in-depth coverage of musculoskeletal anatomy as a foundation for learning components of simple and complex motor tasks and emphasizes proper execution and analysis of joint movement and common exercises. The student learns to interpret data, incorporate knowledge into practical applications, and make inferences regarding cause and effect relationships within nutrition.

HHPK 291 - Physiology in Kinesiology

Hours: 3

There is increasing awareness in this country of the importance of physical activity for overall health. In this course students will gain insight into the physiology behind exercise science looking specifically at how the musculoskeletal, cardiovascular, respiratory, and nervous systems respond to physical activity. Additionally students will examine how the body reacts differently depending on activity type, environmental condition, and participant age. Prerequisites: HHPK 290 with a minimum grade of C.

HHPK 302 - Adapted Physical Education

Hours: 3

A course designed to provide knowledge related to individuals with disabilities and the effects of these disabilities upon motor development and the performance of motor activities. Categories of disabilities include orthopedic difficulties, learning challenges, cardio-respiratory disorders, behavior disorders, sensory impairments, and other permanent and temporary disabilities. Prerequisites: 2.5 GPA and junior/senior status.

HHPK 304 - Motor Development

Hours: 3

This course examines basic concepts and contemporary issues associated with physical growth and motor behavior (perception to action) across the lifespan. Topics include physical and neurological growth, perception, motor control, and environmental influence. Prerequisites: HHPK 154 with a minimum grade of C or HHPK 1338 with a minimum grade of C, 2.5 GPA.

HHPK 308 - Integrated Adventure Education

Hours: 3

Philosophy of outdoor education in a physical education program; designing and implementing outdoor adventure activities in an experiential and interdisciplinary manner for reinforcing the Texas Essential Knowledge and Skills. Prerequisites: Instructor approval and 2.5 overall GPA.

HHPK 309 - Fundamental Rhythms and Dance

Hours: 3

This course fosters appreciation of rhythms and dance movements in a cultural context, includes analysis of dance performance, and develops basic understanding of the various dance components. Prerequisites: Junior or senior classification, instructor approval, and 2.5 overall GPA.

HHPK 311 - Introduction to Coaching

Hours: 3

This course is designed to increase awareness and basic knowledge of coaching principles. This class is intended to foster new ideas and promote personal growth within each individual. Emphasis will be placed on both the science and art of coaching. Students will be challenged to develop personal coaching philosophies that complement their individual attributes. Prerequisites: 2.5 GPA.

HHPK 314 - Teaching Methods in Physical Education I

Hours: 3

Principles and practices related to the learning of children's movement skills, fitness, and active lifestyles will be investigated. This course includes the scientific basis for motor performance, curricular organization, and pedagogical methodology related to the elementary school physical education program. Prerequisite: HHPK 1338 with a minimum grade of C, and junior/senior standing. 2.5 GPA.

HHPK 315 - Teaching Methods in Physical Education II

Hours: 3

A course designed to enable the student to learn the processes of movements and skill acquisition of students in middle/secondary schools. Using state standards, it provides information related to curriculum selection and implementation of middle/secondary public school physical education programs. Students will demonstrate competencies in presentations utilizing various instructional strategies. Prerequisites: HHPK 1338 with a minimum grade of C, and junior/senior standing. 2.5 GPA.

HHPK 316 - Resistance Training

Hours: 3

Students will maximize their development with a progressive approach to weight training, whether using either free weights or weight machines. Students will learn which exercises target which muscles and how to perform each exercise correctly and safely. Students will master techniques with lighter loads, will move on to heavier loads and more challenging exercises, including eight new exercises for this edition that use versatile equipment such as stability balls and kettlebells. Gain insight on the importance of nutrition and follow the step-by-step directions to calculate safe training loads and design an overall training program that fits your interests and training preferences.

HHPK 317 - Applied Dance Kinesiology

Hours: 3

This course is an introduction to the musculoskeletal system and basic health information as applied to dance and somatic bodywork. Students will study the anatomy and kinesiology related to dance and movement, injury prevention, and healthy lifestyle choices. The kinesiological concepts presented will be applied using the context of dance movement.

HHPK 319 - Tactical Strength and Conditioning

Hours: 3

This course is designed to introduce students to the concept of tactical strength and conditioning for tactical professions (law enforcement, fire/ems, military). A basic understanding of fitness and wellness, training methodology, and aspects of performance will increase your understanding of course material. Students will 1. Experience an overview of the NSCA TSAC-F curriculum, 2. Observe career paths of TSAC practitioners, 3. Evaluate a variety of fitness programs and standards currently in place by professions, 4. Acquire education on funding resources for future practices, and 5. Explore potential mentorship or internship opportunities working with the tactical population.

HHPK 322 - Principles of Strength and Conditioning

Hours: 3

Examination of the theoretical knowledge and practical skills in preparation for national certification in personal training. Participants will practically apply classroom knowledge during interactive training sessions including performing fitness assessments and creating exercise prescriptions.

HHPK 324 - Health and Kinesiology for Children

Hours: 3

A course designed to acquaint elementary education majors with current health information and activities appropriate for the pre-kindergarten through fourth grade child. Principles of kinesiology, analysis of motor skills, and age appropriate interdisciplinary activities will be explored one-half of the semester.

HHPK 335 - Kinesiology

Hours: 4

A study of human musculoskeletal anatomy and function. Prerequisite: BSC 251 OR BSC 2401 OR HHPK 290 with a minimum grade of C. 2.5 GPA.

HHPK 350 - Motor Learning and Motor Control

Hours: 3

The study of the acquisition of psychomotor skill and neuromuscular function in the control of movement. Prerequisites: BSC 251 OR BSC 2401 OR HHPK 290 with a minimum grade of C. 2.5 GPA.

HHPK 355 - Evidence Based Practice in Exercise Science

Hours: 3

This course introduces the principles of Evidence-Based Practice (EBP) and prepares students to use clinical outcomes, available research, and data to enhance patient/client care. Topics include formulating a research question, searching for evidence, and critical appraisal of the literature. Prerequisites: GPA 2.5 or higher.

HHPK 366 - Dance Improvisation and Creative Expression

Hours: 3

A studio course in creative movement and improvisation. Students will experience contact and structured improvisational problems, interaction between dancers and study the elements of time, space, and force while interacting with other movers.

HHPK 380 - Choreography and Stage Movement

Hours: 3

A studio/lecture course in the techniques of creating and arranging dances and movement compositions, and the use of the body on stage to communicate character and action. Activities will instill self-awareness, spatial awareness, and tools and techniques for planning and performing effective forms of physical expression.

HHPK 386 - Somatic Theory and Practice for Health Professionals

Hours: 3

This course is designed to provide prospective health professionals with the techniques that maximize movement potential and movement practice, through readings, exercises, and assignments that support the building of core strength, flexibility and efficient action.

HHPK 387 - Somatic Practices in Theater and Music Performance

Hours: 3

The students in this course will apply the content of dance, Laban/Bartenieff, improvisational techniques, choreography, and stage movement for performers. It is a culminating course for the somatic bodywork and dance interdisciplinary minor. This course is reserved for students in the minor program. Prerequisites: HHPK 280 or 285; HHPK 366; HHPK 380, HHPK 317; HHPK 425.

HHPK 397 - SPECIAL TOPICS

Hours: 1-4

Special Topics. One to four semester hours. Organized class. May be repeated when topics vary.

HHPK 415 - School & Com. Recreation

Hours: 3

HHPK 417 - Measurement and Evaluation

Hours: 3

This course is intended to address the current practices in conducting data-based measurement and evaluation processes. Specifically, this course will examine statistical techniques necessary for manipulation and interpretation of various performance data. Prerequisites: MATH 1314 (with a minimum grade of C) or 141 (with a minimum grade of C) or 175 (with a minimum grade of C) or 179 (with a minimum grade of C) or MATH 1332 (with a minimum grade of C) and junior or senior standing, 2.5 GPA.

HHPK 424 - Technology and Assessment in Physical Education

Hours: 3

This course includes the use of technology in physical education and physical activity programming. Current methods and activities for assessment in physical education will also be included. Specifically, this course will examine statistical techniques necessary for manipulation and interpretation of various performance data. Prerequisites: MATH 1314 (with a minimum grade of C) or 141 (with a minimum grade of C) or 175 (with a minimum grade of C) or 179 (with a minimum grade of C) and junior or senior standing, 2.5 GPA.

HHPK 425 - Introduction to Laban Movement Analysis

Hours: 3

This course is an introduction to the principles of movement analysis by Laban including effort, shape, space, and body using the Bartenieff approach.

HHPK 437 - Internship in Kinesiology

Hours: 3-6

Internships are off-campus or on-campus experiential learning activities designed to provide students with opportunities to make connections between the theory and practice of academic study and the practical application of that study in a professional work environment. Internships offer the opportunity to "try out" a career in corporate, clinical, and or community health, wellness, and conditioning, while gaining relevant experience and professional connections. Internships are completed under the guidance of an on-site supervisor and a faculty sponsor, who in combination with the student will create a framework for learning and reflection. Prerequisites: Senior standing; instructor approval required.

HHPK 440 - Field-Based Teaching and Instructional Strategies

Hours: 3

This course provides supervised experiences in the elementary and secondary school physical education classroom and is designed for students who are participating in a partnering one-year physical education internship/residency program. It requires that students accumulate the equivalent of 40 days in the classroom, as designed and supervised by the HHP faculty member. Prerequisites: 2.75 GPA, instructor approval, senior standing.

HHPK 444 - Administration of Kinesiology and Sports Programs

Hours: 3

An integrated study of the administration of traditional and contemporary kinesiology and sports programs. Philosophies and principles of the administration of kinesiology and sports programs will be applied to various areas of concern such as personnel policies, leadership, facilities, equipment, record keeping, finance, legal implications, and program promotion. Prerequisites: junior or senior standing, 2.5 GPA.

HHPK 445 - Administration and Leadership

Hours: 3

This course includes the study and application of administration tasks and leadership within exercise science professions. Topics include facilities, program assessment and planning, legal/ethical issues, policies and procedures, personnel, marketing, and risk management. Prerequisites: Junior or senior standing, GPA 2.5 or higher.

HHPK 450 - Exercise Physiology

Hours: 4

Topics will include aerobic and anaerobic energy sources for muscular activity, physiology of muscle contraction; strength, and flexibility; the role of nervous system control of muscular activity; pulmonary and circulatory physiology; gas exchange and transport; body composition and weight control; pediatric exercise physiology. Prerequisites: BSC 251 OR BSC 2401 OR HHPK 290 with a minimum grade of C. 2.5 GPA.

HHPK 451 - Topics in Exercise Science

Hours: 4

Advanced topics in exercise science to include biomechanics, exercise physiology, and/or motor learning. Prerequisites: Prerequisites: BSC 251 with a minimum grade of C or BSC 2401 with a minimum grade of C and BSC 252 with a minimum grade of C or BSC 2402 with a minimum grade of C, 2.5 GPA. Senior standing.

HHPK 460 - Fitness Assessment

Hours: 4

Introduction to a variety of laboratory and field tests utilized in the assessment of body composition, aerobic, and anaerobic fitness. The course will provide lab-based experiences for applying theory to assessment and evaluation of human performance with an emphasis on practical application.

Prerequisites: HHPK 290 with a minimum of C. GPA 2.5 or higher.

HHPK 461 - Exercise Prescription

Hours: 3

Theory, principles, and practice of exercise prescription for aerobic and resistance exercise programs for health, fitness and performance. Prerequisites: HHPK 460 and GPA 2.5 or higher.

HHPK 462 - Exercise Prescription for Varied Populations

Hours: 3

An introduction to the basic skills and knowledge required to safely prescribe and administer health and fitness programs in special populations.

An overview of each unique physiology, effects of the condition on the exercise response, effects of exercise training on the condition, and recommendations for exercise testing and programming is presented in a selected topics format. Examples of populations covered include those with cardiovascular, pulmonary, and metabolic diseases, as well as pregnant women, youth, and the elderly. Prerequisites: HHPK 461 and GPA 2.5 or higher.

HHPK 463 - Senior Capstone in Exercise Science

Hours: 3

Capstone course for Exercise Science that integrates theory, research, and practical experience in the field with career exploration and preparation.

Prerequisites: HHPK 462, senior standing, and GPA 2.5 or higher.

HHPK 470 - Program Design in Strength & Conditioning I

Hours: 3

Students will learn, discuss, and apply the skills necessary for integration of advanced components of muscular strength training and endurance conditioning for the Kinesiology professional. This course applies sport and exercise science to explain the fundamental concepts of the strength and conditioning of athletes. Special attention is given to exercise technique, program design and interpreting strength and conditioning research in resistance training and aerobic endurance modalities.

HHPK 473 - Program Design in Strength & Conditioning II

Hours: 3

Students will learn, discuss, and apply the skills necessary for integration of advanced components of resistance training and programming for the Kinesiology professional. This course applies sport and exercise science to explain the fundamental concepts of the strength and conditioning of athletes. Special attention is given to exercise technique, program design and interpreting strength and conditioning research in plyometric and speed/agility conditioning programs. Prerequisites: HHPK 470.

HHPK 489 - Independent Study

Hours: 1-4

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. May be repeated when the topic varies. Prerequisites: Consent of department head.

HHPK 490 - H Honors Thesis

Hours: 1-6

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisites: Consent of department head. Note: May be repeated when the topic varies.

HHPK 491 - Individual Honors Reading

Hours: 3

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisites: Consent of department head. Note May be repeated when the topic varies.

HHPK 497 - Special Topics

Hours: 0-4

Special Topics. One to four semester hours. Organized class. May be repeated when topics vary.

HHPS 100 - Foundations of Sport & Recreation Management

Hours: 3

Foundations of Sport and Recreation Management. An introductory course that includes the history, philosophy, principles, issues, challenges and opportunities in the sport and recreation industry, both in the private and public sectors.

HHPS 110 - Introduction to Sport Analytics in Sport Management

Hours: 3

Provides students with a basic understanding of how data is used in decision making in a variety of sports contexts. Topics include data management, data visualization, and the use of data analysis within decision making in sports management and sport recreation.

HHPS 205 - Governance & Ethics in Sport & Recreation

Hours: 3

This course focuses on the study of ethical problems in the sport and recreation industry and the governance structures in place that a) perpetuate these problems and b) can be used to address them. Students will improve their problem solving skills, developing strategies to manage the impact of ethical issues in sport and recreation.

HHPS 210 - Sport Psychology

Hours: 3

Sport Psychology. An overview of the principles of psychology as applied to sport or recreational activity for enhanced interactions and performance.

HHPS 301 - Therapeutic Recreation

Hours: 3

The history, purpose, and trends of therapeutic recreation. (Blended/W)

HHPS 302 - Sport Tourism Management

Hours: 3

Comprehensive study of the sport travel and tourism industry. Covers all aspects of sport tourism including economics, finance, and marketing

HHPS 305 - Programming and Events in Sport and Recreation

Hours: 3

Exploration and examination of the foundations and basic sport programming skills, methods, and techniques necessary to deliver sport and recreational activities within a variety of settings, agencies, and/or organizations.

HHPS 310 - Facility and Venue Management

Hours: 3

An examination of the history of sport and recreation facilities, along with appropriate procedures for the planning and operating of current and future sport and recreation facilities. Planning, organizing, coordinating, and managing of sport and recreation venues and facilities will be the focus.

Prerequisites: HHPS 100, 110. Junior/Senior Standing.

HHPS 316 - Organizational Strategy & Implementation in Sport Management

Hours: 3

This course provides Sport & Recreation Management students with hands-on experience in applying organizational strategy within sport and recreation contexts. Each year, students will collaborate with a selected sport organization on campus to identify and address specific issues or initiatives, such as enhancing campus culture, increasing attendance at events, or boosting community engagement. The course emphasizes rapid problem identification, strategic planning, and implementation to deliver actionable solutions within the semester. Prerequisites: HHPS 100, 110, and 305. Junior/Senior Standing.

HHPS 317 - Group Exercise Instruction

Hours: 3

Examination of the theoretical knowledge and practical skills in preparation for national certification in group exercise training. Participants will practically apply classroom knowledge during interactive teaching sessions for group exercise. Prerequisites: 2.5 GPA.

HHPS 318 - Individual Exercise Instruction

Hours: 3

Examination of the theoretical knowledge and practical skills in preparation for national certification in personal training. Participants will practically apply classroom knowledge during interactive training sessions including performing fitness assessments and creating exercise prescriptions. Prerequisites: 2.5 GPA.

HHPS 319 - Introduction to Tactical Strength and Conditioning

Hours: 3

Students will explore concepts of biomechanics, muscle anatomy, adaptations to exercise, bioenergetics, and nutrition as it applies to the tactical athlete. Prerequisites: 2.5 GPA.

HHPS 320 - Legal & Ethical Issues in Sport and Recreation Management

Hours: 3

Examining of legal and ethical concepts related to sport and recreation management. Topics will include athletic participation and eligibility, public facility use issues, constitutional due process, and contracts and tort law as applied to participants and spectators. Concepts, models, and techniques to use in managing ethical dilemmas will be explored. Prerequisites: HHPS 100, 110. Junior/Senior Standing.

HHPS 330 - Athletic Fundraising

Hours: 3

This course provides an introduction to the principles and strategies of fundraising within the sports industry. Students will explore key topics such as donor relations, sponsorships, event planning, and revenue generation, with a focus on practical applications in collegiate, professional, and community sports organizations. The course also emphasizes the development of effective fundraising campaigns and the ethical considerations involved in sports fundraising.

HHPS 350 - Social Issues in Global Sport Economy

Hours: 3

An examination of social and ethical issues which affect sports, the sport industry, and sport managers in today's global marketplace. Topics include a survey of the cultural, economic, and political structures which compose, and contribute to, an ever-changing and expanding international sport industry. Sport and recreation organizations and the production and consumption of sport products and events will be examined related to their roles in global sport commerce. Prerequisites: Junior/Senior Standing.

HHPS 397 - Special Topics

Hours: 0-4

Organized class. May be repeated when topics vary

HHPS 400 - Management of Sport & Recreation Organizations

Hours: 3

An examination of the management and operational techniques and strategies for sport and recreation programs. Functions related to the administration and management of sport and recreation organizations will be examined, including planning, leading, organizing, and evaluating sport organizations. Topics include the determination of strategic direction for sport and recreation organizations and effective implementation of strategies. Prerequisites: HHPS 100, 110. Junior/Senior Standing.

HHPS 402 - Coaching Psychology

Hours: 3

This course examines the psychological principles and techniques that enhance coaching effectiveness and athlete performance. Topics include motivation, leadership, communication, team dynamics, and mental skills training. Students will learn how to apply psychological strategies to improve individual and team outcomes in various sports settings.

HHPS 403 - Advanced Topics in Applied Sport Psychology

Hours: 3

This course builds on foundational concepts from introductory sport psychology, offering an in-depth examination of advanced psychological strategies to enhance athletic performance and well-being. Topics include advanced mental skills training, coping with pressure, injury rehabilitation, and the psychological aspects of elite performance. Students will apply theory to practice through case studies and research, preparing them for roles in performance enhancement and athlete support. Prerequisites: HHPS 210.

HHPS 404 - Recreation and Fitness Services

Hours: 3

The study of the recreation and Fitness entertainment industry. Emphasis fitness, wellness, sporting and entertainment venues, tourism attractions, and other public and private sector special events that fitness and wellness providers should plan and manage.

HHPS 410 - Economics & Finance of Sport & Recreation

Hours: 3

An examination of the principles of finance as applied to budgeting, operations, and business decisions in recreation and sport organizations. Topics include financial indicators for strategic planning, strategies for generating income, and the allocation of resources. Prerequisites: HHPS 100, 110. Junior/Senior Standing.

HHPS 420 - Marketing for Sport & Recreation

Hours: 3

A survey of marketing concepts, advertising, consumer behavior, market research, strategic planning and the marketing of sport or recreation as a consumer product. Prerequisites: HHPS 100. Junior/Senior Standing.

HHPS 448 - Practicum I in Sport & Recreation Management

Hours: 3

This course is designed to give students practical work experience and supervised mentorship with a sport or recreation organization. Current job-related topics, networking, and job procurement techniques will be discussed. Site must be approved by the department and internship coordinator.

HHPS 449 - Practicum II in Sport & Recreation Management

Hours: 3

This course is designed to give students practical work experience and supervised mentorship with a sport or recreation organization. Current job-related topics, networking, and job procurement techniques will be discussed. Site must be approved by the department and internship coordinator.

HHPS 450 - Internship in Sport & Recreation Management.

Hours: 6

This course is designed to give students practical work experience and supervised mentorship with a sport or recreation organization. Current job-related topics, networking, and job procurement techniques will be discussed. Site must be approved by the department and internship coordinator. Must complete all Sport & Recreation Management coursework prior to internship. Prerequisites: HHPS 100, 110, 210, 305, 310, 316, 320, 350, 400, 410, 420. Senior Standing.

HHPS 489 - INDEPENDENT STUDIES

Hours: 1-4

Independent Study. One to four semester hours. Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. May be repeated when the topic varies. Prerequisite: Consent of department head.

HHPS 490 - H - Honors Thesis

Hours: 3

H Honors Thesis. Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisite: Consent of head. Note: May be repeated when the topic varies.

HHPS 491 - H Honors Readings

Hours: 3

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member.

HHPS 497 - Special Topics

Hours: 0-4

Organized class. May be repeated when topics vary