

# Health & Human Perform Courses

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## **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.