

HEALTH & HUMAN PERFORMANCE (HHP)

HHP 100. Stewardship of the Body. (1 Credit)

This course is an exposure to a variety of lecture and laboratory programs designed to give the student insights into the nutritional, physical activity and physiological values of activity.

HHP 104. Mindful Movement. (1 Credit)

This course provides students the opportunity to improve flexibility, build strength, and relieve stress using yoga-like movement. Core strengthening, weight bearing on hands, and connecting movement with breath will be introduced with the goal of linking mind with body.

HHP 116. Health Profession Medical Terminology. (1 Credit)

This course is designed for students interested in health professions. This course will focus on medical terms, definitions, and abbreviations commonly associated with anatomy and the health professions. Basic medical terminology, health and disease, and diagnostic procedures will be covered. In addition, the following human body systems will be introduced: skeletal, muscular, cardiovascular, lymphatic, immune, respiratory, digestive, urinary, nervous, special senses, integumentary, endocrine, and reproductive.

HHP 120. Weight Training. (1 Credit)

This course is designed to introduce the student to the principles and techniques of weight training through the use of weight machines and free weights.

HHP 122. Badminton. (1 Credit)

This course introduces the student to singles and doubles strategies along with developing serving style and basic strokes.

HHP 124. Aerobics. (1 Credit)

This course is designed to expose the student to a variety of different aerobic activities, help the student understand how to structure these activities to meet personal fitness goals, and assist the student in becoming more aware of the experiential nature of aerobic activity.

HHP 129. Bowling. (1 Credit)

This course introduces the approach, release, and delivery for satisfactory participation in the recreational sport of bowling. Scoring, strike adjustment systems, and spare conversion techniques are also presented.

HHP 130. Advanced Weight Training. (2 Credits)

This course analyzes the techniques and skills of weight training to achieve individual goals. The course will go over various core lifts, Olympic lifts, and repetition strength testing.

HHP 149. Wellness Boot Camp. (1 Credit)

This course introduces the student to nutritional, physical, and mental activities for lifetime wellness and fitness.

HHP 160. Walking For Wellness. (1 Credit)

This course is designed to utilize walking for fitness development, stress reduction, and personal wellness. Recommended prerequisite: HHP 100.

HHP 161. Outdoor Adventure: Kayak/Canoe. (1 Credit)

This course is designed to give students the basic skills and information needed to successfully and safely participate in the sport of kayaking or canoeing.

HHP 166. Hiking. (1 Credit)

This course introduces the student to the basic skills, nutritional demands, and safety aspects of hiking. Prerequisite: Ability to drive to an off campus location.

HHP 168. Pickleball. (1 Credit)

This course provides students the opportunity to improve fitness and learn basic skills, techniques and rules of Pickleball.

HHP 171. Introduction to Exercise Science. (1 Credit)

This course will introduce students to the field of exercise science, the department of Health and Human Performance, and the Health Science programs at Concordia University Wisconsin.

HHP 192. Basic Taping & Wrapping Techniques. (1 Credit)

This course provides the fundamental taping and wrapping techniques used in the prevention and care of athletic injuries.

HHP 199. University Athletics. (1 Credit)

HHP 202. Introduction to Kinesiology. (3 Credits)

This course allows students to explore the principles, scientific foundations, philosophy, and scope of physical activity as it relates to human movement.

HHP 209. First Aid and CPR. (2 Credits)

This course follows the requirements and methodology of the American Red Cross. The program is designed to give students the knowledge and skills to prevent, recognize, and provide basic care for injuries and sudden illnesses of adults, children or infants until medical professionals arrive and take over. The skills covered are essential for everyone; however, successful completion of the course will not qualify one as a health care professional. AED instruction is included.

HHP 210. Health Care Delivery. (2 Credits)

This course is designed to introduce the student to the basic elements of athletic training patient care. This will be accomplished by exposing the student to the foundational behaviors of professional practice, clinical examination, diagnosis skills, cultural competence, communication skills, and healthcare administration.

HHP 212. First Aid and Emergency Procedures w/Lab. (3 Credits)

This course will prepare students to make appropriate decisions regarding first aid care and to act skillfully on those decisions. Students will be given the opportunity to take the American Heart Association Heartsaver Examination for First Aid, CPR, and AED. Students will also address special concerns in the athletic population such as equipment removal, stabilization, and airway management. First Aid and Emergency Procedures Lab will allow students the opportunity to practice first aid and CPR skills in a controlled environment and to make life-saving decisions on practice manikins. Students will also perform carries and transportation techniques on suspected spine-injured victims.

HHP 215. Fit & Well. (2 Credits)

This course explores the importance that physical activity and nutrition play in maintaining wellness in our lives.

HHP 260. School and Community Health. (3 Credits)

This course seeks to provide participants with a greater understanding of the factors that contribute to individual and societal health. Current health status, health behavior trends and health decisions are discussed and correlated as actions that may reduce risk of disease. Participants will also integrate themselves into the community to learn and share more about health care providers.

HHP 265. Healthy Lifestyles. (3 Credits)

This course focuses on the knowledge and skills that are essential to prevent or at least postpone various health problems. Emphasis will be placed on, but not limited to, preventing heart attacks and cancer. The information presented in class and the activities experienced in class will assist the students in making educated decisions regarding healthy behavior patterns.

HHP 274. Care and Prevention of Athletic Injuries. (3 Credits)

This course is designed to give the student an understanding of the field of athletic training and to develop knowledge, skills and values of the various components related to the athletic training profession.

HHP 275. Administration and Organization of Sport. (3 Credits)

This course introduces the student to administrative and organizational policies, procedures, budget principles, public relations, legal considerations, event management, safety consideration and other issues at all levels of sport. Students are involved in selected hands-on experiences at various levels and types of participation.

HHP 280. Psychology of Sport. (3 Credits)

This course is designed to help those interested in sport and exercise gain insight into the emotional and psychological factors that affect skill performance and activity.

HHP 281. Theory and Techniques of Coaching Softball. (2 Credits)

This course provides the student with the theoretical information necessary for the successful coaching of softball as well as skill analysis, drill development, tactics, strategies and other coaching techniques.

HHP 282. Theory and Techniques of Coaching Basketball. (2 Credits)

This course will provide the student with theoretical information necessary for the successful coaching of basketball as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

HHP 284. Theory and Techniques of Coaching Football. (2 Credits)

This course provides students with the theoretical and philosophical information necessary for the successful coaching of football as well as skill analysis, drill development, tactics, strategies and other coaching techniques.

HHP 286. Theory and Techniques of Coaching Track. (2 Credits)

This course provides students with the theoretical and philosophical information necessary for the successful coaching of track and field. Event analysis, training theory, individual and team strategies and other coaching techniques are covered.

HHP 287. Theory and Techniques of Coaching Soccer. (2 Credits)

This course provides the student with the theoretical information necessary for the successful coaching of soccer as well as skill analysis, drill development, tactics, strategies and other coaching techniques.

HHP 288. Theory and Techniques of Coaching Volleyball. (2 Credits)

This course provides the student with the theoretical information necessary for the successful coaching of volleyball as well as skill analysis, drill development, tactics, strategies and other coaching techniques.

HHP 290. Theory and Techniques of Coaching Wrestling. (2 Credits)

This course provides the student with the theoretical information necessary for the successful coaching of wrestling as well as skill analysis, drill development, tactics, strategies and other coaching techniques.

HHP 342. Nutrition for Wellness and Performance. (3 Credits)

This course introduces the student to principles of nutrition. It emphasizes the importance of good nutrition to promote a healthy lifestyle, enhance performance, prevent injury and foster wellness throughout life. Real world application is emphasized.

HHP 350. Coaching Methods. (3 Credits)

This course presents the theories of coaching and strategies of team sports.

HHP 355. Teaching Core Activity III. (3 Credits)

This course includes instruction in theories, techniques, and progressions. Students will be afforded the opportunity to practice teach in a variety of physical activities and lifetime sports. Unit plans and lesson plans will be developed and completed. Teaching methodologies, skill progressions and developmentally appropriate content material will be covered.

Prerequisite: HHP 208.

HHP 356. Teaching Core Activity IV. (3 Credits)

This course focuses on the development of teaching methods and pedagogies of a variety of sports and activities within a physical education environment. Particular attention will be paid to the breaking down of skills and use of cues. Activities included (but not limited to) are: volleyball, kickball, Sepak Takraw, archery, golf, Exerstriding, Kin-Ball, football, speedball, track and field, and self-defense. Common pedagogical knowledge and skills which cut across activities will be emphasized.

Prerequisites: HHP 208 and 355.

HHP 361. Technology in Health and Human Performance. (3 Credits)

HHP 361 is a required course for students seeking licensure to teach physical education and health in Wisconsin. It is also required for the coaching minor. The course will show students how to incorporate technology into the classroom, gymnasium, recreation and related health facilities. The course will show students how to access, use, interpret, utilize and evaluate various sources of information technology. Concepts related to best practice teaching (unit and lesson plan development, application of technology to assist in fitness assessment, life-long activity engagement, and individual wellness pursuits) are explored. Prerequisite: minimum score of 10 in 'Upper Division Status'.

HHP 371. Exercise Physiology. (3 Credits)

This course involves the application of anatomical and physiological processes to human movement, physical performance, and rehabilitation. Human Anatomy and Physiology I and II are prerequisites for this course.

HHP 373. Motor Development. (3 Credits)

This course focuses on developmental principles as they apply to movement and are influenced by the maturation process. An integrative approach will be used emphasizing the role of movement and physical activity in an individual's total growth and development from birth through adulthood.

HHP 375. Biomechanics. (3 Credits)

HHP 375 deals with mechanical principles regarding such things as force, inertia, momentum, friction, and the application of these principles to various movement, rehabilitation and skill activities. This course provides students with an understanding of the principles of physics which govern effective and efficient movement. This knowledge is essential for teaching skills, analyzing movement, conducting injury rehabilitation programs and other activities involving the development and use of the human body.

Prerequisites: BIO 191 and 192.

HHP 410. Measurement and Evaluation in Health & Human Performance. (3 Credits)

focuses on assessment techniques in health and physical education. This course discusses and provides methods for creating appropriate assessments, models for performance-based assessments, authentic assessments, and instruction for administering skill and fitness tests. Test construction will be examined. Students will develop a battery of assessment tools, intended for use at the elementary, middle, and high school levels. 3 credits.

HHP 412. Adapted Physical Education. (3 Credits)

HHP 412 includes the study of those conditions and unique needs that prevent students from succeeding in regular physical education classes. This course provides the student a clear comprehension of specific disabilities and impairments as it relates to a physical education setting. Concepts of least restricted environment and inclusion are models used in teaching techniques and program modifications.

HHP 450. Curriculum and Methods - Health. (3 Credits)

This course introduces the student to general principles and methods of teaching health education. Emphasis will be placed upon pedagogy, application of appropriate materials, teaching aids, and evaluating effective health resources.

Prerequisites: (HHP 100 or 150) and HHP 260 and 265.

HHP 460. Internship. (1-6 Credits)

This course is an off-campus, supervised, educational internship experience of at least 120 clock hours (per 3 credit hours) at an approved affiliate site offering programs and experiences in fitness development or health promotion.

HHP 475. Seminar in Exercise Physiology. (2 Credits)

Students will select research articles from current topics in Exercise Science. Students will analyze, evaluate and discuss the methodology of the selected research topics. In addition, the importance of the Institutional Review Board in conducting research will be covered in preparation for HHP 495 Senior Seminar's research project.

HHP 490. Coaching Practicum. (1-3 Credits)

This course is designed to give the student-coach an opportunity to gain a hands-on field experience by working with a sports program under the direction and guidance of an experienced head coach. This practicum is taken after all other coaching courses are completed.

Prerequisite: minimum score of 10 in 'Upper Division Status'.

HHP 495. Senior Seminar in Exercise Physiology. (3 Credits)

This course involves the design and conducting of an exercise physiology-related research study in collaboration with other students in the class. Students will submit an IRB application, conduct the research, analyze the data, and present the results. Potential exists for the submission of the research project to a regional or national exercise physiology organization for publication. Senior status required.