HEALTH & HUMAN PERFORMANCE (HHP)

HHP 100. Stewardship of the Body. (1 Credit)
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. 1 credit.
Prerequisite: None
Offered at: CUAA, CUW

HHP 104. Mindful Movement. (1 Credit)
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. 1 credit.
Prerequisite: None
Offered at: CUW

HHP 105. Intro to Lifetime Fitness:WCP. (2 Credits)
introduces the student to nutritional and activity related information to foster a healthy lifestyle. This course fulfills the HHP 100 and activity requirement of the core. 2 credits.
Prerequisite: None

HHP 106. Intro to Dance. (1 Credit)
introduces the student to a variety of popular and traditional cultural dances. 1 credit.
Prerequisite: None

HHP 107. Weight Training. (1 Credit)
is designed to introduce the student to the principles and techniques of weight training through the use of weight machines and free weights. 1 credit.
Prerequisite: HHP 100.
Offered at: CUAA, CUW

HHP 108. Beginning Tennis. (1 Credit)
introduces the student to the basic ground strokes of tennis, develops an elementary serving skill and familiarizes the student with the basic rules of the sport. 1 credit.
Prerequisite: None

HHP 109. Badminton. (1 Credit)
introduces the student to singles and doubles strategies along with developing serving style and basic strokes. 1 credit.
Prerequisite: None
Offered at: CUW

HHP 110. Aerobics. (1 Credit)
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. 1 credit.
Prerequisite: HHP 100.
Offered at: CUW

HHP 111. Golf. (1 Credit)
introduces the grip, stance, and swinging pattern designed for successfully striking the golf ball. The putting stroke along with club selection, rules, and proper etiquette are also explained. 1 credit.
Prerequisite: None

HHP 112. Archery. (1 Credit)
introduces the student to the equipment and shooting procedures used in archery. Safety is stressed as students attempt to become skilled in this unique sport. 1 credit.
Prerequisite: None

HHP 113. Disc Golf. (1 Credit)

HHP 114. Bowling. (1 Credit)
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. 1 credit.
Prerequisite: None
Offered at: CUW

HHP 115. Advanced Weight Training. (2 Credits)
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. 2 credits.
Prerequisites: HHP 120 or consent of instructor.
Offered at: CUAA, CUW

HHP 116. Beginning Soccer. (1 Credit)
introduces the student to offensive and defensive skills needed to play soccer successfully. Dribbling, passing, shooting, heading, feinting, guarding, and goal keeping are among the skills covered. 1 credit.
Prerequisite: None

HHP 117. Basketball. (1 Credit)
develops a student's basic offensive and defensive skills. Basic team concepts are developed along with an increased awareness of rules and strategies. 1 credit.
Prerequisite: None

HHP 118. Volleyball. (1 Credit)
is an entry level course, which emphasizes the development of basic volleyball skills and team systems. Attention is also given to the history and rules of volleyball. 1 credit.
Prerequisite: None

HHP 119. Softball. (1 Credit)
is designed to develop and refine throwing, catching, fielding, hitting and baserunning skills. Rules and strategies for slow pitch softball are also covered. 1 credit.
Prerequisite: None

HHP 120. Advanced Volleyball. (1 Credit)
introduces the student to nutritional, physical, and mental activities for lifetime wellness and fitness. 1 credit.
Prerequisite: None
HHP 150. Intro to Lifetime Fit:WCP. (2 Credits)
HHP 160. Walking For Wellness. (1 Credit)
is designed to utilize walking for fitness development, stress reduction, and personal wellness. 1 credit.
Prerequisite: None

Offered at: CUAA, CUW

HHP 161. Outdoor Adven:Kayak/Canoe. (1 Credit)
is designed to give students the basic skills and information needed to successfully and safely participate in the sport of kayaking or canoeing. 1 credit.
Prerequisite: Ability to drive to an off campus location.

Offered at: CUW

HHP 162. Outdoor Adven:RockClim/Repel. (1 Credit)
is designed to give students the basic skills and information needed to successfully and safely participate in the sport of rock-climbing.
Prerequisite: Ability to drive to an off campus location. 1 credit.
Prerequisite: None

HHP 165. Cycling. (1 Credit)
is designed to introduce the student to cycling as a form of aerobic exercise. Bicycle safety and riding techniques will be covered as well as the relationship between cycling and wellness. 1 credit.
Prerequisite: Ability to drive to an off campus location.

HHP 166. Hiking. (1 Credit)
introduces the student to the basic skills, nutritional demands, and safety aspects of hiking. 1 credit.
Prerequisite: Ability to drive to an off campus location.

Offered at: CUW

HHP 168. Pickleball. (1 Credit)
introduces students to basic skills and concepts of pickleball. This recreational activity course will include beginning skills, rules, and strategies of play. Singles and doubles play will be utilized. 1 credit.
Prerequisite: None

HHP 171. Intro to Exercise Science. (1 Credit)
Offered at: CUAA

HHP 199. University Athletics. (1 Credit)
Offered at: CUAA, CUW

HHP 202. Introduction to Kinesiology. (3 Credits)
Offered at: CUAA

HHP 203. First Aid. (1 Credit)

HHP 204. Cardio-Pulmon Resusc. (1 Credit)

HHP 208. Dev Teach Skill PE. (2 Credits)
teaches courses within the Physical Education Major program. 2 credits.
Prerequisite: None

HHP 209. First Aid and CPR. (2 Credits)
is an American Red Cross training program designed to prepare individuals to respond to injuries and sudden illnesses that may arise. Students will gain the knowledge and skills to prevent, recognize, and provide basic care for injuries and sudden illnesses until medical professionals arrive and take over. AED instruction is included. 2 credits.
Prerequisite: None

Offered at: CUW

HHP 233. Teaching Volleyball. (1 Credit)

HHP 250. TCA:Recreational Dance. (3 Credits)
includes instruction in methods, skills, knowledge and procedures for performing and teaching various dance forms and dance related activities such as folk, square, ballroom, and line dancing. Teaching progressions, music selection, and class organization will be emphasized. Rhythms and current trends will be included. Teaching opportunities in a clinical setting will also be required. 3 credits.
Prerequisites: HHP 171, HHP 208.

HHP 254. TCA:Foundations of Fitness. (3 Credits)
this course provides students with the knowledge and skills necessary to teach elementary and secondary school students the cognitive, affective, and behavioral skills for a healthy lifestyle. The course is based upon the five health-related components of physical fitness. 3 credits.
Prerequisites: HHP 171, HHP 208.

HHP 260. School and Community Health. (3 Credits)
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. 3 credits.
Prerequisite: None

Offered at: CUW

HHP 265. Healthy Lifestyles. (3 Credits)
focuses on the knowledge and skills that are essential to preventing or delaying various health problems. Emphasis will be placed on preventing cardiovascular disease, diabetes and cancer. The information presented and the activities experienced will assist the students in making educated decisions regarding healthy behavior patterns. 3 credits.
Prerequisite: None

Offered at: CUAA, CUW

HHP 272. Intro-Athletic Training. (3 Credits)
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. 3 credits.
Prerequisite: None

HHP 275. Administration and Organization of Sport. (3 Credits)
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. 3 credits.
Prerequisite: None

Offered at: CUAA
HHP 280. Psychology of Sport. (3 Credits)
introduces students to various psychological tools and techniques
designed to help athletes reach their potential. This course covers
assessment strategies, trends and measurement techniques. It provides
students with strategies for assisting athletes to perform well. 3 credits.
Prerequisite: None

Offered at: CUAA, CUW

HHP 281. Theory/Tech Coach Softball/Baseball. (2 Credits)
provides students with the theoretical and philosophical information
necessary for the successful coaching of softball as well as skill analysis,
drill development, tactics, strategies and other coaching techniques. 2
credits.
Prerequisite: None

HHP 282. Theory/Tech Coaching BB. (2 Credits)
provides students with the theoretical and philosophical information
necessary for the successful coaching of basketball as well as skill
analysis, drill development, tactics, strategies and other coaching
techniques. 2 credits.
Prerequisite: None

Offered at: CUW

HHP 284. Theory/Tech Coaching FB. (2 Credits)
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. 2
credits.
Prerequisite: None

Offered at: CUW

HHP 286. Theory & Tech Coach Track. (2 Credits)
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. 2 credits.
Prerequisite: None

HHP 287. Theory & Tech Coach Soccer. (2 Credits)
provides students with the theoretical and philosophical information
necessary for the successful coaching of soccer as well as skill analysis,
drill development, tactics, strategies and other coaching techniques. 2
credits.
Prerequisite: None

HHP 288. Theory Tech Coach Vlybl. (2 Credits)
provides students with the theoretical and philosophical information
necessary for the successful coaching of volleyball as well as skill
analysis, drill development, tactics, strategies and other coaching
techniques. 2 credits.
Prerequisite: None

HHP 290. Theory/Tech Wrestling. (2 Credits)
provides students with the theoretical and philosophical information
necessary for the successful coaching of wrestling. Execution and
analysis of moves, drill development, tactics, strategies and other
coaching techniques are covered. 2 credits.
Prerequisite: None

HHP 342. Nutrition Wellness/Perform. (3 Credits)
introduces the student to the principles of nutrition for wellness. It
emphasizes the importance of good nutrition to promote a healthy
lifestyle, enhanced performance, prevent injury and foster wellness
throughout life. Real world application is emphasized. Environmental
conscience, hunger, and consumerism are also discussed. 3 credits.
Prerequisite: None

Offered at: CUAA, CUW

HHP 350. Coaching Methods. (3 Credits)
Offered at: CUAA

HHP 355. Teaching Core Activity III. (3 Credits)
includes instruction in theories, techniques, and progressions of various
sport activities. Students will be given the opportunity to practice-teach in
a variety of physical activities and lifetime sports. Unit and lesson plans
will be completed. Teaching methodologies, skill progressions, authentic
assessment and developmentally appropriate content material will be
addressed. 3 credits.
Prerequisite: HHP 171; HHP 208.

HHP 356. Teaching Core Activity IV. (3 Credits)
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 analysis of skill execution and use
of cues. Teaching knowledge, progressions and skills which cut across
activities will be addressed. Lesson and unit plan development will be
emphasized with a focus on authentic assessment techniques. 3 credits.
Prerequisite: HHP 171; HHP 208; HHP 355.

Offered at: CUAA

HHP 361. Tech Hlth/Hum Perform. (3 Credits)
will show students how to incorporate technology into the classroom,
gymnasium, recreation venues and related health facilities. The course
will give students the opportunity to access, use, interpret, evaluate
and apply various sources of information technology. Concepts related
to best practice teaching (e.g., unit and lesson plan development,
application of technology to assist in fitness assessment, lifelong activity
engagement, and individual wellness pursuits) are explored. 3 credits.
Prerequisite: None

HHP 371. Exercise Physiology. (3 Credits)
Involves the application of anatomical and physiological processes to
human movement, physical performance and rehabilitation. Primarily for
non-exercise physiology majors. 3 credits.
Prerequisite: BIO 191 and/or BIO 192.

Offered at: CUAA, CUW

HHP 373. Motor Development. (3 Credits)
focuses on developmental principles as they apply to movement and
are influenced by the maturational 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.
Youth sport will also be studied. 3 credits.
Prerequisite: None

Offered at: CUAA, CUW
HHP 375. Biomechanics. (3 Credits)
provides students with an understanding of mechanical principles such as force, inertia, momentum, and friction. Students will have the opportunity to apply these principles to various movement, rehabilitation and skill activities. 3 credits.
Prerequisite: BIO 191.
Offered at: CUAA, CUW, OL

HHP 408. Pharmacology & Ergogenics. (3 Credits)
is designed to examine pharmaceutical drug applications, interactions and their value to the injury-healing process and athletic performance. Ergogenic aids will be reviewed in the context of their physiological application, moral and ethical values, and athletic performance. 3 credits.
Prerequisites: BIO 171/272 or BIO 171/276 or BIO 191/282, BIO 172/273, HHP 371 and HHP 342.

HHP 410. Meas/Eval-Health and PE. (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.
Prerequisite: None
Offered at: CUAA

HHP 412. Adaptive Phys Educ. (3 Credits)
includes the study of those conditions and unique needs of the special needs child in the physical education environment. This course provides the student with knowledge of specific disabilities and impairments as they relate to a physical education and recreational setting. Concepts of inclusion and least restricted environments are presented. Teaching techniques, progressions and program modifications are reviewed for various environmental situations. This course works in conjunction with HHP 450. 3 credits.
Prerequisite: ED 230.
Offered at: CUAA

HHP 450. Curr/Methods-Health. (3 Credits)
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. 3 credits
Prerequisites: HHP 100 or 105, HHP 260, and HHP 265.
Offered at: CUAA

HHP 460. Internship. (1-6 Credits)
Offered at: CUAA

HHP 475. Seminar in Exercise Phys. (2 Credits)
Offered at: CUAA

HHP 489. Practicum in Adaptive Phys Ed. (3 Credits)
introduces the student to a clinical experience with an adaptive cohort. Must be taken simultaneously with HHP 412. 0-1 credits.
Prerequisite: None

HHP 490. Coaching Practicum. (1-3 Credits)
is designed to give the student-coach an opportunity to gain field experience by working with a community sports program under the direction and guidance of an experienced coach. Taken after all other coaching courses are completed. 1-3 credits.
Prerequisite: None
Offered at: CUW

HHP 495. Senior Seminar-Ex Phys. (3 Credits)
Offered at: CUAA