

Human Performance and Sport Studies (HPSS)

Courses

HPSS 1160 Women's Rape Aggression Defense: 1 semester hour.

Realistic self-defense tactics and techniques designed for women. Awareness, prevention, risk reduction, risk avoidance, and basic hands-on defense training. R.A.D. is not a Martial Arts program. PREREQ: Permission of Public Safety Office or sponsoring program. D

HPSS 1199 Experimental Course: 1-6 semester hours.

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

HPSS 1XXX Transfer Course: 1-6 semester hours.

HPSS 2200 Team Building Leadership: 2 semester hours.

Trains individuals to facilitate and lead on a challenge course. Setup and dismantling of an Alpine Tower course, facilitation of large and small team building groups, safety and rescue techniques. Designed to train participants in pursuit of employment within the challenge course industry. F

HPSS 2222 First Aid CPR and Sport Safety: 3 semester hours.

Course includes training in first aid, CPR and sport safety. The course also covers strategies for reducing the risk of suffering a heart attack. The sport safety portion will cover sports-related injury prevention. F, S

HPSS 2223 Foundations of Physical Education and Sport: 3 semester hours.

Study, survey, history, philosophy, and ethics of the allied fields and specialty areas of physical education and sport. F, S

HPSS 2237 Activity Performance Techniques: 3 semester hours.

Laboratory-enhanced skills in fitness and conditioning-based recreation, nontraditional games and activities. Emphasis on skill development and performance. F, S

HPSS 2241 Sports Officiating: 2 semester hours.

Proper instruction for game officials and coaches including knowledge of rules, mechanisms of officiating, and game administration. D

HPSS 2243 Anatomical Foundations of Human Activity: 3 semester hours.

Study of human body structure including the neuromuscular, skeletal, circulatory, respiratory, digestive, endocrine, reproductive, and organ systems. Course is designed for health and physical education candidates. F, S

HPSS 2259 Lifeguarding: 2 semester hours.

Provides a fundamental knowledge and practical application of principles involving lifesaving techniques in an aquatic environment. Academic course work and pool activity are required of all candidates. Can result in American Red Cross certification. D

HPSS 2271 Winter Survival Skills: 1 semester hour.

Designed to equip candidates with knowledge necessary for a 72 hour winter survival situation. Content includes winter shelter building, recognizing and treating frostbite, signaling, fire building, survival psychology, nutrition needs, clothing and equipment. S

HPSS 2272 Wilderness Survival Skills: 1 semester hour.

Designed to provide candidates with knowledge and skills necessary to survive a 72 hour emergency (summer and fall seasons). Includes signaling, shelter building, hypothermia, survival kits, fire building, direction finding and desert hazards. F

HPSS 2280 Winter Camping and Backcountry Travel: 1 semester hour.

Techniques, equipment and safety of overnight winter wilderness travel, backcountry skiing and snowshoeing. PREREQ: Permission of instructor. S

HPSS 2281 Practical Outdoor Skills: 1 semester hour.

Study and application of knowledge and skills common to most outdoor activities, and ways in which such skills can be integrated in school, youth and adult activity programs. Practical outdoor knots, map and compass, sheltering strategies, outdoor emergencies, safety procedures, minimal impact techniques, and outdoor team building. F, S

HPSS 2282 Map Compass and Backcountry Navigation: 1 semester hour.

Practical application of map and compass and wilderness navigation concepts including map and field bearings, declination, resection, contour line interpretation, GPS receiver use, map types, scales, and coordinate systems. F

HPSS 2283 Leave No Trace Trainer: 1 semester hour.

Principles and practices of minimum impact outdoor techniques including traveling approaches, waste disposal, campsite placement, outdoor ethics, state/federal land management requirements, and sport-specific procedures. Students receive "Leave No Trace" national certification. F

HPSS 2284 Intermediate Kayaking and Whitewater Safety: 1 semester hour.

Combines practical field experience in moving water with a study of river safety and accident prevention. Topics include hazard evaluation, self and team rescue, case history review, and whitewater safety procedures. PREREQ: PEAC 1175A or permission of instructor. F, S

HPSS 2285 Wilderness First Aid: 1 semester hour.

Provides an introduction to First Aid and patient care in remote settings. Includes wound and infection management, realigning fractures and dislocations, improvised splinting techniques, patient monitoring and long-term management problems, and up-to-date information on environmental emergencies. F, S

HPSS 2286 Avalanche and Winter Sports Safety: 1 semester hour.

A study of snow, winter hazards, avalanche safety and rescue. Topics include basic snow physics, crystal identification, metamorphic processes, factors influencing avalanches, use of transceivers, snow pack evaluation, and avalanche rescue techniques. S

HPSS 2287 Snowboard Instructor Training: 1 semester hour.

Indoors: mechanics of snowboarding, teaching progressions, effective teaching styles and snowboarding techniques. Outdoors: teaching progressions, snowboarding demos and snowboarding tips. F

HPSS 2288 Ski Instructor Training: 1 semester hour.

Indoors: skiing mechanics, teaching progressions, effective teaching styles and skiing techniques. Outdoors: teaching progressions, skiing demos and techniques for improved skiing. F

HPSS 2299 Experimental Course: 1-6 semester hours.

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HPSS 2XXX Transfer Course: 1-6 semester hours.

HPSS 3300 Movement Theory and Motor Development: 3 semester hours.

Introduces the candidate to the science of developmental human movement including fundamental concepts of movement behavior presented in a bio-social context and the concepts of learning in the psychomotor domain. F, S

HPSS 3301 Physiology of Exercise: 3 semester hours.

Theoretical and applied study of the effects of physical work and exercise on physiological processes of the human body. Lecture and laboratory. PREREQ: HPSS 2243, or BIOL 3301 and BIOL 3302, or BIOL 2227 and BIOL 2228. COREQ: HPSS 3301L. F, S

HPSS 3301L Physiology of Exercise Laboratory: 1 semester hour.

Physiological experiments and testing. COREQ: HPSS 3301. F, S

HPSS 3302 Biomechanics: 3 semester hours.

The study of anatomical and mechanical principles that apply to human movement. Study will include exercise and sport applications. Lecture and laboratory. PREREQ: HPSS 2243, or BIOL 3301 and BIOL 3302, or BIOL 2227 and BIOL 2228; and PHYS 1100 or PHYS 1111. COREQ: HPSS 3302L. F, S

HPSS 3302L Biomechanics Laboratory: 1 semester hour.

Biomechanical experiments and testing. COREQ: HPSS 3302. F, S

HPSS 3303 Kinesiology for Teachers and Coaches: 3 semester hours.

The study of the scientific foundations of human activity including exercise physiology and biomechanics. Some laboratory activities included. Course is designed for non-exercise science emphasis health and physical education candidates. PREREQ: HPSS 2243. S

HPSS 3312 Practical Applications of Coaching Baseball and Softball: 2 semester hours.

Essential elements of coaching baseball and softball. Emphasis on application and practice in the educational setting. F,S,SU

HPSS 3313 Practical Applications of Coaching Basketball: 2 semester hours.

Essential elements of coaching basketball. Emphasis on application and practice in the educational setting. F,S,Su

HPSS 3314 Practical Applications of Coaching Football: 2 semester hours.

Essential elements of coaching football. Emphasis on application and practice in the educational setting. F,S,Su

HPSS 3315 Practical Applications of Coaching Soccer: 2 semester hours.

Essential elements of coaching soccer. Emphasis on application and practice in the educational setting. F,S,Su

HPSS 3316 Practical Applications of Coaching Tennis: 2 semester hours.

Essential elements of coaching tennis. Emphasis on application and practice in the educational setting. F,S,Su

HPSS 3317 Practical Applications of Coaching Track and Field: 2 semester hours.

Essential elements of coaching track and field. Emphasis on application and practice in the educational setting. F,S,Su

HPSS 3318 Practical Applications of Coaching Volleyball: 2 semester hours.

Essential elements of coaching volleyball. Emphasis on application and practice in the educational setting. F,S,Su

HPSS 3319 Practical Applications of Coaching Wrestling: 2 semester hours.

Essential elements of coaching wrestling. Emphasis on application and practice in the educational setting. D

HPSS 3320 Practical Applications of Coaching Endurance Sports: 2 semester hours.

Essential elements of coaching endurance sport athletes such as those involved in the sports of distance running, cycling, swimming, nordic skiing, and triathlon.

HPSS 3321 Practical Applications of Coaching Strength Training: 2 semester hours.

Essential elements of coaching youth and adult sport athletes in the area of weight training, muscular endurance, and cardiovascular fitness.

HPSS 3322 Introduction to Sport Psychology: 3 semester hours.

Study of theoretical and applied psychological parameters in sport settings. Specific topics include the coach-athlete relationship and issues in sport performance. Also includes motivation, leadership, communication, ethics, and intervention strategies. F, S

HPSS 3357 Methods of Teaching Elementary Physical Education: 3 semester hours.

Prepares candidates to teach elementary physical education activities. Emphasis on a variety of teaching methods and their application to all skill levels at the elementary level. PREREQ: Admission to College of Education Teacher Education Program or permission of instructor. F

HPSS 3358 Water Safety Instructors Course: 3 semester hours.

Techniques of teaching swimming, diving, and community water safety skills. Emphasis on skill progressions and planning/organizing courses. D

HPSS 3362 Tests and Measurements in Physical Education: 3 semester hours.

Study of constructive practical and written tests applicable to physical education. Study of the theory of practice of test administration, brief study of statistical methods and measurements in physical education. F

HPSS 3364 Introduction to Sport Law: 3 semester hours.

Study of the law as it relates to physical education and sport. Includes fields of tort law, criminal law, contract law, and constitutional law as they relate to physical education and sport settings. F

HPSS 3366 Sport Marketing: 3 semester hours.

Study of sport marketing theory, basic economics, accounting, and budgeting principles. Additional topics will also include sport marketing strategies and tactics, sponsorships, and sport licensing. S

HPSS 3370 Care and Prevention of Athletic Injuries: 3 semester hours.

Basic care, prevention, evaluation, and rehabilitation of athletic injuries. Includes instruction in athletic taping and wrapping. PREREQ: HPSS 2243, or BIOL 3301 and BIOL 3302, or BIOL 2227 and BIOL 2228. F, S

HPSS 3380 Field Experience: 1 semester hour.

Orientation, observation, planning and supervised experience exposes the candidate to activity instruction under the direction of a major advisor. D

HPSS 3381 River Safety and Swiftwater Rescue: 1 semester hour.

A comprehensive safety and rescue course for river users and rescue service personnel. Topics include safety equipment, river hazards, river crossings, tag line procedures, zip line and Z-pulley use, moving water extrications, and first aid considerations. Su

HPSS 3383 Advanced Rock Climbing and Climbing Safety: 2 semester hours.

A comprehensive examination of climbing safety - anchor placement, self-rescue, belaying, route protection, case history review, equipment limitations - along with field experience including lead and aid climbing, advanced knots, movement techniques, and minimal impact procedures. PREREQ: PEAC 1176A or permission of instructor. S

HPSS 3384 Outdoor Risk Management and Liability: 3 semester hours.

Legal implications of outdoor recreation programming including a study of tort liability, risk evaluation, relevant case law, legal management strategies, and the use of waivers and releases. F

HPSS 3386 Outdoor Leadership: 3 semester hours.

Designed to provide candidates with the knowledge to organize and lead outdoor activities. Includes leadership styles, liability, program promotion, planning, safety, and environmental impact. Practical experiences are included. S

HPSS 3399 Experimental Course: 1-6 semester hours.

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HPSS 4414 Athletic Performance Nutrition: 3 semester hours.

Review of nutritional requirements and strategies for optimal human performance across the lifespan. PREREQ: HPSS 3301 & HPSS 3301L or permission of the instructor. S

HPSS 4427 Personal Trainer Certification: 3 semester hours.

Theoretical knowledge and practical skills in preparation for national certification exam in personal training. Guidelines for instructing safe, effective and purposeful exercise; essentials for the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming. S

HPSS 4428 Principles of Strength and Conditioning: 3 semester hours.

Strength and conditioning principles for athletic populations. Follows recommendations of National Strength and Conditioning Association. Course covers physiological and biomechanical principles, program design and implementation, proper strength training technique, coaching strategies, basic nutrition and facility maintenance/administration. This course will prepare students to sit for the CSCS exam during the last semester of their senior year. PREREQ: Permission of the instructor. S

HPSS 4433 Coaching Philosophy and Ethics: 3 semester hours.

This course examines the theories and principles of effective sport coaching, including philosophy, leadership, ethics, strategies, team motivation and organization, and coach-athlete relationships.

HPSS 4437 Methods of Teaching Secondary Physical Education: 3 semester hours.

Designed to prepare the candidate for teaching secondary physical education activities. Emphasis on a variety of teaching methods and their application to all skill levels at the secondary level. PREREQ: Admission to College of Education Teacher Education Program or permission of instructor. S

HPSS 4440 Survey of Outdoor Education Literature: 3 semester hours.

An examination of recent research, literature and contemporary writing in outdoor education. Course work consists of a series of reading assignments followed by oral reports and class discussions. F

HPSS 4441 Wilderness First Responder Certification: 3 semester hours.

80-hour certification program, including cardiac and respiratory emergencies, allergies and anaphylaxis, wound management and infection, neurological and spinal injuries, realignment of fractures and dislocations, rescue and extraction, patient monitoring and long term management problems. S

HPSS 4445 Methods of Teaching Outdoor Activities and Practicum: 3-4 semester hours.

This culminating course for outdoor education minors consists of two parts: a study of the objectives, programs and methods of teaching outdoor recreation activities followed by a practicum experience in which candidates assist in teaching and leading outdoor activities. PREREQ: HPSS 3386, HPSS 4440, and permission of instructor. S

HPSS 4454 Senior Capstone: 3 semester hours.

Professional development strategies for all undergraduate majors in Sport Science and Physical Education. Explore job strategies, career development opportunities, and field and research experience in the professional areas of Sport Management, Exercise Science, Physical Education Teaching, and Outdoor Education. PREREQ: Permission of instructor. F, S

HPSS 4473 Sport Facilities and Event Management: 3 semester hours.

Through examples and recognized theory, students gain understanding about the complexity involved in conceptualizing, constructing, promoting, managing and maintaining modern sport stadiums, arenas, domes and multi-purpose facilities and engage in practical experiences for designing, planning, implementing, and evaluating sporting events. S

HPSS 4475 Organization and Administration of Physical Education: 3 semester hours.

Study of the management theory and practices utilized in conducting physical education and sport programs. Emphasis will be placed on interscholastic as well as intercollegiate physical education and athletic programs. F

HPSS 4480 Coaching Problems: 1-3 semester hours.

Athletic control, eligibility, new coaching techniques, finances, safety measures, public relations, duties of coaches, managers, and officials. May be repeated for up to 4 credits. F, S, Su

HPSS 4482 Mechanical Analysis of Human Movement: 3 semester hours.

Advanced study of assessing human motion patterns. Course will include computer analysis and videography techniques along with various field analysis techniques utilized in physical skill analyses. PREREQ: HPSS 3302. F, S

HPSS 4484 Exercise Assessment and Prescription: 3 semester hours.

Design and principles of exercise assessment procedures in physical education and sport setting. Physical Fitness testing concepts and procedures will be covered along with the principles involved when prescribing exercise programs for physical education and sport participants. PREREQ: HPSS 3301. F, S

HPSS 4485 Independent Problems in Physical Education: 1-3 semester hours.

Individual work under staff guidance. Field and/or library study on specific physical education problems of interest to majors and minors. May be repeated for up to 6 credits. PREREQ: Permission of instructor. F, S, Su

HPSS 4490 Practicum in Sport and Exercise Science: 1-16 semester hours.

Practical experience in a sport and exercise science setting related to student's career path. F, S, Su

HPSS 4492 Practicum in Sport Management: 1-16 semester hours.

Practical experience in a sport management setting related to student's career path. F, S, Su

HPSS 4493 Issues in Sport: 3 semester hours.

Review and discussion of current topics in sport as related to issues of social justice, diversity, and ethics. PREREQ: ENGL 1102. S

HPSS 4494 Adapted Physical Activity: 3 semester hours.

History, philosophy, and the teaching/learning processes in providing adapted physical activity in schools and community-based settings. Includes clinical experiences. S

HPSS 4495 Physical Education Student Teaching Internship: 7-14 semester hours.

Observation and teaching under supervision in approved physical education programs with the opportunity to assume direct responsibility for the learning activities of secondary level students. Includes weekly professional development seminar. PREREQ: Admission to Teacher Education Program and approved application for student teaching. Graded S/U. F, S

HPSS 4499 Experimental Course: 1-6 semester hours.

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