

Health & Physical Education (HPE)

HPE 234. First Aid and CPR. 2 Credits.

A course designed to provide the student with the latest approved first aid and CPR procedures.

Course Fees: \$12.75

HPE 250. Life Guard Training. 2 Credits.

This course includes the American Red Cross requirements for Life Guard Training and additional lifesaving techniques. Prerequisite skills include: Tread water for 2 minutes using legs only. Swim 500 meters continuously using each of the 4 basic strokes and retrieve a submerged 10 lb. object from seven feet. Course Fee: \$25.00.

HPE 251. Water Safety Instruction. 2 Credits.

This course includes the American Red Cross requirements for Water Safety Instruction and additional teaching and administrative techniques. Prerequisite skills include: Swim 50 yards using each of four basic strokes. Swim 10 meters of butterfly, perform a standing front dive, and perform a throwing assist with buoy. Course Fee: \$7.00.

HPE 292. Independent Study. 3 Credits.

Provides an opportunity for students to engage in directed research and study on an individual basis rather than in a formal class environment.

HPE 362. Biomechanics & Movement Ed. 4 Credits.

An exploration of movement beginning with developmental movements, progressing through the evaluation and correction of body mechanics. Students will develop an understanding of the principles of lever systems and muscle forces through applied anatomy. Application of theory to teaching and coaching at all developmental levels will be emphasized. Prerequisite: BIOH 104 or BIOH 201.

HPE 391. Special Topic. 2-3 Credits.

Courses not required in any curriculum for which there is a particular one-time need, or given on a trial basis to determine acceptability and demand before requesting a regular course number.

HPE 392. Independent Study. 3 Credits.

Provides an opportunity for students to engage in directed research and study on an individual basis rather than in a formal class environment.

HPE 423. Marriage & Family Relationship. 3 Credits.

An in-depth study and discussion of courtship, love, marriage, problem solving, and family relationships. Human relations and values clarification are emphasized through the group process.

HPE 430. Hlth Promotion Implmntn/Asmnt. 3 Credits.

An important component of health promotion is program design and implementation as well as assessment of programs. This course is designed to provide introductory knowledge in these important professional areas.

HPE 500. Phys Educ in the Elem Schools. 3 Credits.

This is an exploration of teaching skills and strategies for elementary physical education. Topics covered include selection, practice and application of games and activities to aid in developing skills, fitness, and attitudes and appreciation for physical activity by the elementary school age child (K-6). Personal and education values for the teacher candidate will be incorporated throughout. Curriculum development and selections is also discussed. Prerequisite: Admission to Teacher Education, EDUC 300 and HPE 376. Students taking this as a 500 level course should expect to be required to do additional coursework to demonstrate advanced knowledge required to fulfill graduate level coursework. In addition, students will be graded more stringently reflecting the graduate level expectations.

HPE 506. Adaptive Physical Education. 2 Credits.

This course is a study of the diverse and complex nature of disabilities and the role of physical education for the handicapped. Organizing and administering programs for students with special needs, selection of methods used in assessment and evaluation, lesson development, implementation and evaluation are covered. A 20-hour field experience is required, working with individuals with developmental and physical handicaps. Prerequisites: Admission to Teacher Education, EDU 380 and HPE 376. Students taking this as a 500 level course should expect to be required to do additional coursework to demonstrate advanced knowledge required to fulfill graduate level coursework. In addition, students will be graded more stringently reflecting the graduate level expectations.

HPE 591. Special Topic. 1-12 Credits.