

Health, Physical Education, and Recreation (HPER)

HPER 610. Motor Learning. 3 Credits.

An advanced course that examines theories and concepts of motor control. Provides necessary skills and tools to evaluate performance, provide effective instruction, and create practice sessions that optimize acquisition and retention of movement skills. Requires a strong background in the areas of anatomical and mechanical kinesiology and basic understanding of the central nervous system operations.

Typically Offered: Fall.

HPER 620. Current Literature in Health and Physical Education. 3 Credits.

An advanced course to increase students' expertise in current health and physical education research. Students will focus on skills required for ongoing professional development and implementation of evidenced-based research to facilitate student learning and the use of effective instructional technologies and techniques.

Typically Offered: Spring.

HPER 630. Advanced Developmental Adapted Physical Education. 3 Credits.

Advanced study and technique in conditions atypical movement, instructional methodology, and educational programs for students of disability. Emphasis on individualized, humanistic, developmental, functional, adapting, behavioral, sensori-motor, perceptual-motor, aquatic, fitness, movement, as well as inclusive programs. This course will also explore physical and recreational activities and games used in adaptive PE and various assessment tools thereof.

Typically Offered: Summer.

HPER 640. Advanced Techniques in Teaching Health and Physical Education. 3 Credits.

An advanced study of instructional practice for the health and physical educator. This course will provide students with experiences that will enable them to explore the various topics of today's health and physical education, such as motor appropriate activities; developing effective instructional plans; evaluate, select, and utilize appropriate instructional materials and approaches, develop strategies to assess student progress, and so much more. This course also facilitates the development of effective self-assessment and reflective teaching skills.

Typically Offered: Fall.

HPER 650. Curriculum Development and Evaluation in Health and Physical Education. 3 Credits.

An advanced course with students will gain understanding of the responsibilities of a health and physical education administrator from both a theoretical and a practical perspective. Major topics include curriculum and instruction, teacher evaluations, conducting special events, writing grants, and performing fundraising.

Typically Offered: Spring.

HPER 660. Leadership and Supervision in Health and Physical Education. 3 Credits.

An in-depth course to analyze comprehensive principles of leadership, organization, planning, and supervision to enhance community culture. Students appraise current policy, guidelines, procedures and ethics of administrative decisions; management and leadership of human resources; leadership and management theories; and planning and budgeting processes.

Typically Offered: Summer.