

Health, Physical Education, and Recreation (HPER)

Courses

HPER 100. Concepts of Fitness and Wellness. 2 Credits.

A course designed for students of all ages that teaches the facts about exercise and physical fitness. This general education course combines lecture about the theory of exercise and health issues with laboratory, activity, and technology experiences to introduce the student to concepts of holistic living.

Typically Offered: Fall, Spring, Summer.

HPER 108. Exercise Techniques for Resistance Training. 1 Credit.

An introductory course that instructs students in the safety and proper mechanics of resistance training.

Typically Offered: Fall, Spring.

HPER 109. Exercise Techniques and Program Design. 3 Credits.

An introductory course that instructs students in the safety and proper mechanics of weight training. Students will acquire knowledge as to the development of specific resistance training protocols. This course also focuses on the design and application of program design.

Typically Offered: Fall.

HPER 112. Varsity Baseball. 1 Credit.

The study, practice, and performance of baseball on a varsity level. This course may be repeated for credit.

Typically Offered: Spring.

Grading: S/U only.

Repeatable: Up to 4 Credits.

HPER 113. Varsity Basketball. 1 Credit.

The study, practice, and performance of basketball on a varsity level. This course may be repeated for credit.

Typically Offered: Spring.

Grading: S/U only.

Repeatable: Up to 4 Credits.

HPER 114. Varsity Cross Country. 1 Credit.

The study, practice, and performance of cross-country on a varsity level. This course may be repeated for credit.

Typically Offered: Fall.

Grading: S/U only.

Repeatable: Up to 4 Credits.

HPER 115. Varsity Football. 1 Credit.

The study, practice, and performance of football on a varsity level. This course may be repeated for credit.

Typically Offered: Fall.

Grading: S/U only.

Repeatable: Up to 4 Credits.

HPER 116. Varsity Golf. 1 Credit.

The study, practice, and performance of golf on a varsity level. The men's and women's golf teams practice and perform in the fall and spring semesters. Open to all student-athletes. This course may be repeated for credit.

Typically Offered: Spring.

Grading: S/U only.

Repeatable: Up to 4 Credits.

HPER 117. Varsity Softball. 1 Credit.

The study, practice, and performance of softball on a varsity level. This course may be repeated for credit.

Typically Offered: Spring.

Grading: S/U only.

Repeatable: Up to 4 Credits.

HPER 119. Varsity Track & Field. 1 Credit.

The study, practice, and performance of track and field events on a varsity level. This course may be repeated for credit.

Typically Offered: Spring.

Grading: S/U only.

Repeatable: Up to 4 Credits.

HPER 120. Varsity Volleyball. 1 Credit.

The study, practice, and performance of volleyball on a varsity level. This course may be repeated for credit.

Typically Offered: Fall.

Grading: S/U only.

Repeatable: Up to 4 Credits.

HPER 124. Clinical Experience I. 3 Credits.

This course will provide classroom and clinical Athletic Training experience under supervision and guidance of a program approved health care provider. Skills include: emergency care, taping and bracing techniques, and initial exposure to the role and skills of a Certified Athletic Trainer.

Typically Offered: Fall.

HPER 126. Applications for Taping, Protective Devices, and Equipment. 3 Credits.

An introductory course that offers principles and techniques in regard to athletic protective equipment, taping and bracing in the Sports Medicine field. The athletic training student will become proficient in design, construction, maintenance and reconditioning of protective equipment; as well as splinting and taping applications and procedures according to regulations.

Typically Offered: Spring.

HPER 127. Introduction to Exercise Science. 3 Credits.

An introductory preview into the real-world settings and occupations within exercise science and rehabilitative studies. Topics include exploring the latest trends in the fields while appreciating the historical development of exercise science and rehabilitative studies. The course highlights evidence-based practices, equipment and assessment, motor behavior, and behavioral and psychological assessments by utilizing a systemic approach to exercise physiology, athletic training, physical therapy, occupational therapy, cardiac rehab, chiropractic, and sports nutrition.

Typically Offered: Fall, Spring.



HPER 128. Communication for Health Care Professionals. 3 Credits.

The course prepares students for interprofessional communication and documentation for health care professionals. The course focuses on the principles of interprofessional communication methods to help students develop the extensive vocabulary and computer informatics used in health care professions. The course concentrates on universal clinical communication in regard to procedural and diagnostic coding. Students will define, interpret, and apply medical terms relating to structure, function, pathology, diagnosis, clinical procedures, and pharmacology in a clinical setting.

Typically Offered: Spring.

HPER 199. Special Topics. 1-4 Credits.

Courses not offered in the regular catalog that provide an opportunity to extend student learning.

Typically Offered: On sufficient demand.

Repeatable: Up to 12 Credits.

HPER 206. Fundamentals of Teaching Health and Physical Education. 3 Credits.

A study of health and physical education as a discipline encompassing introductory pedagogy for the health and physical education classrooms. This course also includes the building of one's "tool box" on content and technology used within the Health Education and Physical Education professions.

Typically Offered: Spring.

HPER 207. Prevention and Care of Athletic Injuries. 2 Credits.

An investigation of the methods of prevention and care used for injuries received in athletic activities. The course includes a study of prevention, treatment, and rehabilitation for common athletic injuries from a coach's perspective. The course includes a unit on athletic taping techniques and instruction in the universal precaution of AIDS and other infectious diseases.

Typically Offered: Fall, Spring.

HPER 208. Introduction to Physical Education. 3 Credits.

An introduction to the nature and scope of physical education by means of a critical examination of sport, play, exercise, and dance. The course is designed to provide historical foundations of physical education as a profession and for sport as part of physical education. Special attention is focused on the role of physical education within the total education program.

Typically Offered: Fall, Spring.

HPER 210. First Aid & CPR. 1 Credit.

An introductory course that includes instruction and laboratory practice in first aid procedures, including CPR/AED. Upon successful completion of this course students will be certified by the American Red Cross in basic first aid and CPR/AED procedures.

Typically Offered: Fall, Spring.

HPER 212. Introduction to Stress Management. 2 Credits.

An introductory course designed to give students knowledge on how stress affects the body. This interactive course will provide lecture along with laboratory activities to teach appropriate and effective stress reduction techniques.

Typically Offered: Fall.

HPER 215. Motor Behavior. 3 Credits.

This course studies the process of human motor behavior across the lifespan, specifically examining how development of mental and motor abilities affect human movement.

Typically Offered: Spring.

HPER 220. Practical Application of Fitness Education. 3 Credits.

The purpose of this course is to help students improve their health related fitness components through active participation in a variety of safe and effective activities. The class includes a variety of aerobic activities, resistance training, core strength and flexibility exercises. Students will gain an understanding of the components of health-related fitness, training principles, and the benefits of being physically active. Students will participate in activities that will increase physical fitness levels and develop health practices that value physical activity and its contribution to lifelong fitness.

Typically Offered: Fall.

Prerequisite: HPER 108 or HPER 109.

HPER 222. Recreation and Leisure in Modern Society. 2 Credits.

A course designed to acquaint students with the meaning, problems, and scope of the recreation and leisure industry. Material provides an introduction to the history, philosophy, and principles of recreation; the agencies providing recreation programs; and facility and personnel development, management, and programming.

Typically Offered: Spring, odd years.

HPER 224. Clinical Experience II. 3 Credits.

This course will provide classroom and clinical Athletic Training experience under the supervision and guidance of a program approved health care provider. Content includes: anatomy and physiology, injury recognition and evaluation, and psychology as related to Athletic Training.

Typically Offered: Spring.

HPER 226. Recognition of Orthopedic Injuries I. 3 Credits.

An in-depth course that examines the lower extremity of the human body using clinical assessment techniques. Orthopedic injury recognition will concentrate in the areas of musculoskeletal and neurological conditions of the foot, ankle, lower leg, knee complex, hip and pelvis.

Typically Offered: Fall.

HPER 227. Recognition of Orthopedic Injuries II. 3 Credits.

An in-depth course that examines the human body using orthopedic clinical assessment techniques. Orthopedic injury recognition will concentrate in the areas of musculoskeletal and neurological conditions of the hand, wrist, elbow, shoulder complex, and spine.

Typically Offered: Spring.

HPER 258. Applied Anatomy, Physiology, and Human Performance. 3 Credits.

A course designed to be an integrated learning experience in understanding the structure and function of the human body and its application to human movement. HPER 258 and 259 will not satisfy the hours required for the pre-professional students planning to enter the field of science or elementary education majors.

Typically Offered: Fall.

HPER 259. Applied Anatomy, Physiology, and Human Performance. 3 Credits.

A course designed to be an integrated learning experience in understanding the structure and function of the human body and its application to human movement and exercise physiology. HPER 258 and 259 will not satisfy the hours required for the pre-professional students planning to enter the field of science or elementary education majors.

Typically Offered: Spring.

Prerequisite: HPER 258.

HPER 285. Introduction to Adapted Physical Education. 3 Credits.

An introductory course designed to address all major areas of Adapted Physical Education - roles and competencies of the Adapted Physical Educator. The course examines the law, generalities of specific disabilities, assessments, IEP writing, modifications, and service delivery. It stresses professionalism in the workplace, awareness of the strength and limitation of those with disabilities and methods for inclusion (required for students not majoring in physical education).

Typically Offered: Fall.

HPER 287. Field Experience. 1-4 Credits.

An opportunity for the student to gain practical knowledge in an area of study. The student is required to complete 40 hours of work per credit and may be repeated up to a maximum of 12 credit hours. Application and approval through Program Department Chair.

Typically Offered: Fall, Spring.

Prerequisite: Cum GPA of 2.00 or higher.

Grading: S/U only.

Repeatable: Up to 12 Credits.

HPER 299. Special Topics. 1-4 Credits.

Courses not offered in the regular catalog that provide an opportunity to extend student learning.

Typically Offered: On sufficient demand.

Repeatable: Up to 12 Credits.

HPER 300. Drug Education and Information. 3 Credits.

A course offering basic information about substances including the use, misuse and abuse of drugs. The impact of drugs on society is presented along with a discussion of the most effective approaches used in promoting the responsible use of chemical substances.

Typically Offered: Fall, Spring, Summer.

HPER 301. Philosophy and Application of Football Coaching. 2 Credits.

A course designed to develop the student's coaching philosophy and knowledge of liability and coaching ethics. Additional topics include fundamentals, individual and team offense and defense, and offensive and defensive team strategy.

Typically Offered: Spring.

HPER 302. Philosophy and Application of Basketball Coaching. 2 Credits.

A course designed to develop the students coaching philosophy and knowledge of liability and coaching ethics. Additional topics include fundamentals, individual and team offense and defense, and offensives and defensive team strategy.

Typically Offered: Fall.

HPER 303. Philosophy and Application of Volleyball Coaching. 2 Credits.

Instruction in the offensive and defensive strategy and the practical application of fundamental skills and skill drills for playing volleyball.

Typically Offered: Spring.

HPER 304. Philosophy and Application of Baseball and Softball Coaching. 2 Credits.

A course designed to develop the student's coaching philosophy and knowledge of liability and coaching ethics. Additional topics include fundamentals, individual position play, and offensive and defensive team strategy.

Typically Offered: Fall.

HPER 305. Philosophy and Application of Track and Field Coaching. 2 Credits.

A basic introduction to coaching track and field. Topics are covered through demonstration, practice and video analysis.

Typically Offered: Spring.

HPER 307. Philosophy and Application of Coaching. 2 Credits.

A basic introduction to coaching various sports. This online offering is for students not able to enroll in the face-to-face options. Students may choose from a variety of sports. Permission of instructor is required.

Typically Offered: Fall, Spring, Summer.

HPER 309. Sport Nutrition Concepts. 3 Credits.

An introductory course that examines the principles of nutrition as specifically related to sports participants. Students will acquire the knowledge necessary to apply sound nutritional practices in the athletic population.

Typically Offered: Fall, Spring.

HPER 311. Emergency Response Management. 3 Credits.

An advanced course that examines and evaluates current First Aid/CPR/AED skills for the Emergency Medical Responder maintained by the American Red Cross. The student will become proficient in the evaluation and immediate management of acute injuries and illnesses and become certified as an Emergency Medical Responder upon successful completion of the course.

Typically Offered: Fall.

HPER 314. Activities for the Physical Educator. 3 Credits.

The study, practice, and organization of individual, dual, and team activities. Units include badminton, pickleball, tennis, golf, volleyball, basketball, field hockey, soccer, softball, team handball, and more.

Typically Offered: Spring.

HPER 315. Communicable and Non-Communicable Diseases. 3 Credits.

A course designed to study communicable and non-communicable diseases as they relate to current health issues in the American society.

Typically Offered: Spring.

HPER 320. First Aid & CPR Instructor Certification. 2 Credits.

Instructor training for First Aid & CPR using American Red Cross methods of instruction. The course includes instruction, lesson planning, laboratory experience, teacher presentation, and testing. Students assist the Instructor Trainer in HPER 210 and, upon successful completion of the course, receive American Red Cross Instructor certification in First Aid and Cardiopulmonary Resuscitation (CPR).

Typically Offered: On sufficient demand.

Prerequisite: HPER 210.

HPER 324. Clinical Experience III. 3 Credits.

This course will provide classroom and clinical Athletic Training experience under the supervision and guidance of a program approved health care provider. Content includes: psychosocial aspects of sport and injury recognition and evaluation.

Typically Offered: Fall.

HPER 325. Instructional Methods in the Elementary Physical Education Classroom. 3 Credits.

The course is designed to prepare pre-service teachers to teach elementary physical education, grades k-6th. Content areas are pedagogy in the elementary physical education setting, curricular design, assessment of motor and skill mechanics of the elementary student, the integration of fitness in elementary physical education, as well as classroom management.

Typically Offered: Fall.

**HPER 326. Therapeutic Modalities. 3 Credits.**

An advanced course that details the body's response to the following: thermal-agents, electrical-agents, ultrasound, and mechanical modalities.

Typically Offered: Spring.

HPER 328. Therapeutic Exercise. 3 Credits.

An advanced course in the analysis and application of therapeutic rehabilitation using an evidence-based approach.

Typically Offered: Fall.

HPER 331. Injury Recognition and Evaluation of Head, Neck, and Spine. 3 Credits.

An in-depth course that examines the human body using orthopedic clinical assessment techniques. Orthopedic evaluations and injury recognition will concentrate in the areas of musculoskeletal and neurological conditions of the head, neck and spine.

Typically Offered: Fall.

HPER 332. General Medical Conditions. 3 Credits.

An advanced course that provides an overview of general medical conditions pertaining to the athlete and athletic performance. The course offers skills necessary for the use of Medical Evaluation Techniques and equipment, understanding pharmacology, Infectious Diseases, Dermatological Conditions, Musculoskeletal, neurological, respiratory, cardiovascular, gastrointestinal, systemic, genitourinary and gynecological disorders.

Typically Offered: Fall.

HPER 338. Modern Sports Officiating. 2 Credits.

A study of officiating requirements and mechanics. The course focuses on understanding and interpreting the spirit and intent of the rules in today's sports. The sports covered include; baseball, softball, basketball, football, track and field, soccer, volleyball, and wrestling.

Typically Offered: Fall.

HPER 350. Sport Ethics. 2 Credits.

An investigation of the ethical issues facing coaches in today's society. Focus is placed on moral reasoning in sport and the preservation of moral development in athletics. The course examines how to diminish ethical problems by targeting those things which are positive in sport.

Typically Offered: Fall, Spring.

HPER 380. Instructional Methods in Human Sexuality. 3 Credits.

A study of the curriculum and methods used in the instruction of human sexuality in the 5-12 school environment. This course will explore the topic of sexuality and sex education, encompassing the topics of human reproductive anatomy, sexual development, sexual and reproductive health, interpersonal relationships, affection, intimacy, and gender roles. Physical, mental-emotional, and social aspects of sexuality will be addressed including sexual communication, relationships, safer sex practices, and decision making.

Typically Offered: Spring, Summer.

HPER 384. Fitness Assessment and Prescription. 3 Credits.

An exploration of fitness evaluation and exercise prescription. The course investigates activities that promote cardiovascular endurance, flexibility, resistance training, and anaerobic fitness. Students must have a basic knowledge of Exercise Physiology before taking the course.

Typically Offered: Spring.

Prerequisite: HPER 258.

HPER 386. Adapted Physical Education Teaching Strategies. 3 Credits.

A course designed to provide a knowledge base necessary to develop lesson plans using appropriate instructional strategies for the student of disability in the physical education classroom.

Typically Offered: Fall.

HPER 387. Field Experience. 1-4 Credits.

An opportunity for the student to gain practical knowledge in an area of study. The student is required to complete 40 hours of work per credit and may be repeated up to a maximum of 12 credit hours. Application and approval through Program Department Chair.

Typically Offered: Fall, Spring.

Prerequisite: Cum GPA of 2.00 or higher.

Grading: S/U only.

Repeatable: Up to 12 Credits.

HPER 388. Outdoor Pursuits for the Physical Educator. 2 Credits.

A study of pedagogy and skills used when participating in outdoor activities such as any of the following: Hiking, Disc golf, Orienteering, Geocaching, Snowshoeing, and Cross-country skiing.

Typically Offered: Spring.

HPER 390. Secondary Health Education Methods. 3 Credits.

A study of curriculum and health education methods used in promoting contemporary health education which enable the prospective teacher to plan, implement, evaluate, and reflect within the health education classroom. Emphasis is placed on the development of lesson and unit plans that incorporate measurable objectives aligned to the state and national standards. The class includes a practicum experience in which students are assigned to area public health education classes.

Typically Offered: Fall.

Prerequisite: Admitted to Teacher Education and HPER 306.

HPER 394. Independent Study. 1-3 Credits.

Directed reading, study, and/or activities in selected topics.

Typically Offered: On sufficient demand.

Repeatable: Up to 12 Credits.

HPER 399. Special Topics. 1-4 Credits.

Courses not offered in the regular catalog that provide an opportunity to extend student learning.

Typically Offered: On sufficient demand.

Repeatable: Up to 12 Credits.

HPER 400. Current Issues in Community Health. 3 Credits.

A focus on identifying community or public health problems and the educational as well as environmental measures used for their prevention and control. Emphasis is placed on current health issues in our society and the principles involved in public health planning.

Typically Offered: Fall.

HPER 402. Adapted Physical Education Program Planning. 3 Credits.

A course designed to provide the knowledge base necessary to develop, organize, and administer an Adapted Physical Education Program.

Typically Offered: Spring.

HPER 405. Advanced Topics in Strength and Conditioning. 3 Credits.

An advanced course that assists students in the preparation for the national board examination to become a NSCA-Certified Strength and Conditioning Specialist. This course also allows students to assess their readiness as they prepare for the actual examination.

Typically Offered: Spring, odd years.

HPER 410. Organization and Administration of Physical Education and Sport. 3 Credits.

A study of administrative philosophy and techniques in administering physical education, health, and athletic programs. The course also includes the principles of financial management, personnel management, and legal aspects.

Typically Offered: Fall, Summer.

HPER 424. Clinical Experience IV. 3 Credits.

This course will provide classroom and clinical Athletic Training experience under the supervision and guidance of a program approved health care provider. Content includes: general medical conditions, therapeutic exercise, and injury recognition and evaluation.

Typically Offered: Spring.

HPER 425. Sport Psychology. 3 Credits.

An upper-level course that studies the social science of psychology in the sport setting. Psychology units include learning processes, motivation, mental preparation, and communication skills.

Typically Offered: Fall.

HPER 426. Clinical Experience V. 3 Credits.

This course offers clinical athletic training experience under the supervision and guidance of a program-approved health care provider in an approved setting. Course meets periodically for formal competency development will receive supervised clinical education experience in a variety of clinical education settings.

Typically Offered: Fall.

HPER 438. Organization and Administration for Athletic Training. 3 Credits.

An advanced course which develops skills in the organization and administration in Athletic Training. This course gives the student an understanding of risk management, healthcare delivery mechanisms, insurance, reimbursement, documentation, patient privacy, and facility management. Students will acquire the knowledge necessary to maintain a functional and qualified athletic training room according to national and state standards.

Typically Offered: Fall.

HPER 444. Exercise Physiology of Peak Performances. 3 Credits.

An advanced course that focuses on the role of Exercise Physiology in the training and conditioning of sports participants of all ages and activity levels. Students will acquire knowledge in regard to the benefits of exercise as a therapeutic agent in the rehabilitation of injury and disease, and its use to improve quality of life.

Typically Offered: Fall.

Prerequisites: HPER 258 and HPER 384.

HPER 454. Evidence-Based Practice. 3 Credits.

A dynamic course intended to expand students' ability to appropriately use research literature to guide clinical decision making and practice. Current issues, trends and research in the athletic training profession will be examined. The course will serve as the capstone course for the athletic training program and include an indepth research project utilizing evidence-based research methods.

Typically Offered: Spring.

HPER 485. Assessment in Adapted Physical Education. 3 Credits.

An advanced course designed to include the selection, evaluation, administration and interpretation of various tests used in the physical, behavioral and motor assessment practices of individuals with disabilities. This course prepares physical educators to administer a variety of norm and criteria referenced tests, and design age-appropriate learning activities.

Typically Offered: Spring.

Prerequisite: HPER 385.

HPER 487. Field Experience. 2-4 Credits.

An opportunity for the student to gain practical knowledge in an area of study. The student is required to complete 40 hours of work per credit and may be repeated up to a maximum of 12 credit hours. Application and approval through Program Department Chair.

Typically Offered: Fall, Spring, Summer.

Prerequisite: Cum GPA of 2.00 or higher.

Repeatable: Up to 12 Credits.

HPER 488. Adapted Physical Education Capstone. 2 Credits.

A course designed to combine content theory and instructional strategies with practical experiences in the adapted physical education setting.

Typically Offered: Fall.

HPER 490. Methods of Teaching K-12 Physical Education. 3 Credits.

A study of curriculum and methods used in promoting contemporary K-12 physical education programs that enables the prospective teacher to understand, teach, and assess the significance of the program. The class includes a practicum experience in which students are assigned to area public school physical education classes.

Typically Offered: Fall.

Prerequisites: Admitted to Teacher Education, HPER 306, and HPER 325.

HPER 491. Senior Portfolio. 1 Credit.

A course to assist the student in developing the digital portfolio used to assess the completion of the requirements for the VCSU Abilities and Skills. The course addresses both technical application and content.

Typically Offered: Fall, Spring.

Grading: S/U only.

HPER 497. Internship. 3-12 Credits.

An opportunity for students to apply classroom learning to an on-the-job work experience. Internship must be related to the student's major or minor course of study and may be in any geographic location. Credit is granted in the range of three to twelve hours per semester and may be repeated up to a maximum of 12 credit hours. Application and approval through Career Services.

Typically Offered: Fall, Spring, Summer.

Prerequisites: Junior Standing or Senior Standing and cum GPA of 2.50 or higher.

Grading: S/U only.

Repeatable: Up to 12 Credits.

HPER 498. Coaching Practicum. 1-2 Credits.

A supervised coaching experience. Students arrange for their own experience with the approval of the course instructor. Experience must be documented by keeping a daily log.

Typically Offered: Fall, Spring, Summer.

Prerequisites: HPER 207 and HPER 210.



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HPER 499. Special Topics. 1-4 Credits.

Courses not offered in the regular catalog that provide an opportunity to extend student learning.

Typically Offered: On sufficient demand.

Repeatable: Up to 12 Credits.