



Department of Kinesiology and Human Performance

Gaukler Family Wellness & Physical Education Center, 149
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Website: Department of Kinesiology and Human Performance (<https://www.vcsu.edu/departments/kinesiology-and-human-performance/>)

The Department of Kinesiology and Human Performance is a multi-disciplinary department in which experiential and hands-on learning experiences are central to the core of all programs. Students learn to integrate theory into practice by applying learned concepts in various contexts.

The department is home to six majors, five minors, and two certificates. In addition to undergraduate preparation, VCSU also offers a **fully online** graduate concentration in Physical Education and Health Education Pedagogy.

Majors

The Exercise Science and Rehabilitative Studies major (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-rehabilitative-studies/>) seeks to develop knowledge to prepare students to enter graduate studies in Athletic Training, Physical Therapy, Occupational Therapy, Physician Assistant, Exercise Physiology, Cardiac Rehabilitation, Chiropractic, and Sport Biomechanics.

The Health Education major (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/health-education/>) prepares students to become health education educators within the 5-12 school setting. The curriculum seeks to enhance the student's knowledge of health services, health in the environment, and health instruction in public schools. The Health Education major is offered **on-campus** and as an **online** program!

The Physical Education major (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/physical-education-k-12/>) primarily prepares students for teaching K-12 physical education. Defined, physical education seeks to prepare its students to teach others about the importance of human motion as it affects general health and well-being. The

Physical Education major is offered **on-campus** and as an **online** program!

The Sport Leadership and Management major (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/sport-management/>) prepares students interested in intercollegiate coaching and aims to develop an understanding of the concepts and theories central to the field of sport management.

The Strength & Conditioning Specialist major (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/strength-conditioning/>) seeks to develop professionals capable of developing training and conditioning regimens for athletic and fitness programs.

The Applied Kinesiology major (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/applied-kinesiology/>) is designed for students interested in attaining entry-level positions in health, fitness, and sport-related fields.

Minors

Adapted Physical Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/adapted-physical-education/>)

Athletic Coaching (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/athletic-coaching/>)

Health Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/health-education/>)

Health Studies (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/health-studies/>)

Physical Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/physical-education-elementary-secondary/>)

Certificates

Athletic Coaching (<http://catalog.vcsu.edu/undergraduate-catalog/programs/certificates/athletic-coaching-certificate/>)

Strength and Conditioning (<http://catalog.vcsu.edu/undergraduate-catalog/programs/certificates/strength-conditioning/>)



Bratrud, Sharon (2014) Professor; B.S. Minnesota State University Moorhead, M.S. University of North Dakota; AT, LAT

Hunt, Rachelle (2007) Professor; B.S. North Dakota State University, M.Ed. Valley City State University, Ed.D. Minnesota State University; AT, LAT

Keller, Allison (2024) Assistant Professor; B.U.S. North Dakota State University, M.A. Valley City State University

Mattson, Barbara (2022) Assistant Professor; A.A. Snow College, B.A. Adams State University, M.A. Concordia University

Mogensen, Christine (2021) Instructor; B.S.Ed., M.A.Ed. Northern State University

Thompson, Amber (2022) Assistant Professor; M.S. The University of Texas Rio Grande Valley, Ph.D. Concordia University Chicago

Majors

- Applied Kinesiology (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/applied-kinesiology/>)
- Exercise Science and Rehabilitative Studies (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-rehabilitative-studies/>)
- Health Education (B.S. in Education) (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/health-education/>)
- Physical Education – K-12 (B.S. in Education) (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/physical-education-k-12/>)
- Sport Leadership and Management (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/sport-management/>)
- Strength and Conditioning (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/strength-conditioning/>)

Minors

- Adapted Physical Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/adapted-physical-education/>)
- Athletic Coaching (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/athletic-coaching/>)
- Health Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/health-education/>)
- Health Studies (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/health-studies/>)

- Physical Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/physical-education-elementary-secondary/>)

Certificates

- Athletic Coaching (<http://catalog.vcsu.edu/undergraduate-catalog/programs/certificates/athletic-coaching-certificate/>)
- Strength & Conditioning (<http://catalog.vcsu.edu/undergraduate-catalog/programs/certificates/strength-conditioning/>)

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, Spring.

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 Kinesiology. 3 Credits.

An introductory preview into the real-world settings and occupations within the umbrella of kinesiology, 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.

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 an extensive vocabulary. 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 prevention, treatment, and rehabilitation for common athletic injuries from a coach's perspective. In addition to athletic taping techniques and instruction in universal precautions related to infectious diseases.

Typically Offered: Fall, Spring.



HPER 208. Introduction to Physical Education. 3 Credits.

An introduction course regarding the nature and scope of Physical Education through a critical examination of sport and play and how they contributed to the development of formal physical education. The course is designed to provide the historical foundations for physical education, fitness, and sport as a part of the physical education umbrella. Special attention is focused on the role of physical education within the total educational program.

Typically Offered: Fall.

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, Spring.

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, Spring.

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, even 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 225. Leadership in Sport. 3 Credits.

A course that examines theoretical and practical approaches to leadership in sport. Students will learn about the various types of leadership and will develop the necessary tools to explore their own leadership capabilities.

Typically Offered: Spring.

HPER 240. Principles of Nutrition. 3 Credits.

This course offers an essential introduction to the science of nutrition, focusing on the study of nutrients and the development of nutrition literacy. Students will explore the types, functions, and importance of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals) in promoting overall health and well-being.

Typically Offered: Fall, 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 will not satisfy the hours required for pre-professional students planning to enter the field of science or elementary education majors.

Typically Offered: Fall.

HPER 259. Kinesiology. 3 Credits.

Students will examine human anatomy and its relationship to movement. Students will explore the structural and functional aspects of the musculoskeletal system. Course content covers the origin, insertion, and action of muscles and muscle groups of the body with attention to the methods to evaluate muscle length, and joint range of motion, and measure strength using manual muscle or break tests.

Typically Offered: Spring.

HPER 260. Biomechanics. 3 Credits.

Students will acquire the principles of biomechanics. Course topics include basic theoretical principles of movement science including motor control, motor learning, motor development, and general principles of biomechanics for movement analysis. Application of these principles to the study of human motion, postural evaluation, gait analysis, and evaluation of muscle function during activities common to sport participation and rehabilitation are also addressed.

Typically Offered: Fall.



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: Spring.

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. The course will assist students in understanding the role of the coach and the appropriate coaching of various age groups.

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 within the physically active population.

Typically Offered: 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 321. 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 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 exploring the body's physiological responses to the administration of thermal, mechanical, electromagnetic, and light energies for specific orthopedic and non-orthopedic pathologies.

Typically Offered: Spring.

HPER 327. 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 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. Foundations of Clinical Medicine. 3 Credits.

A course providing foundational knowledge and skills associated with clinical medicine. The course offers foundational skills in medical history taking, physical diagnosis, and case presentation. Topics covered include (but are not limited to) pharmacology, infectious diseases, dermatology, rheumatology, neurology, pulmonology, cardiovascular, gastrointestinal, genitourinary/gynecological disorders, hematology/oncology, and endocrinology. The course is appropriate for pre-health professional students.

Typically Offered: Fall.

Prerequisites: BIOL 220 and BIOL 221.

HPER 335. Legal Aspects of Sport. 3 Credits.

Study of legal and ethical implications relative to sport. Emphasis on core issues, safety, risk management, Title IX, and legal responsibilities of the coach/administrator.

Typically Offered: Spring.

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 place 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: Fall, Summer.



HPER 382. Strength and Conditioning for High School Athletes. 3 Credits.

Students will acquire the knowledge and skills required to excel in the field of coaching high school strength and conditioning. Building on the foundational principles within the High School Strength Coaches Certification Course, this course delves into the practical applications of adolescent strength and conditioning to enhance the performance, health, and well-being of high school athletes.

Typically Offered: Fall, Spring, Summer.

Prerequisites: HPER 108 or HPER 109 and HPER 210 or HPER 311.

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, Summer.

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 206.

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, even 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: Spring.

Prerequisite: HPER 206.



HPER 415. Sport Governance and Policy. 3 Credits.

This course explores students to a variety of regulations within NCAA Division I, II, and III, NAIA, and NJCAA and help them to understand how to stay compliant using real-world situations (or practical examples). This course particularly focuses on important topics for intercollegiate athletic administrators and coaches, such as recruiting, practice and game scheduling, eligibility, scholarship and financial aid, and awards and benefits.

Typically Offered: Fall.

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: Spring.

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 Kinesiology. 3 Credits.

An advanced course that develops student skills in the organization and administration in kinesiology. Topics include creating and disseminating risk management guidelines to reduce patient, employee, and business risk. Creating effective injury prevention programs and develop emergency policies and procedures. Managing human resources and fiscal management following leadership, organization, and management techniques, developing marketing plans to promote programs, services, and facilities. And how to use effective communication techniques to build professional relationships with other health professionals.

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 445. Foundations in Coaching Methodology. 3 Credits.

This course introduces different coaching approaches and models in coaching and examines uniqueness and strengths/weaknesses of them. Further, students will learn how to determine which approach/model to implement based on individual athletes and goals to effectively improve overall performance.

Typically Offered: Fall.

HPER 454. Evidence-Based Practice. 3 Credits.

A dynamic course intended to expand students' ability to appropriately use research literature to guide clinical and practical decision-making and practice. Current issues, trends, and research in exercise science and rehabilitation professions are examined. The course serves as the capstone course for the exercise science and rehabilitative studies program and includes an in-depth research project utilizing evidence-based research methods.

Typically Offered: Spring.

HPER 455. Sport Finance. 3 Credits.

This course examines various aspects of sport finance for students entering the athletic profession. The course also focuses on the sport industry as a business and introduces students to practical applications in developing a financial plan.

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 285.



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 206, 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.

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.