

# HEALTH AND HUMAN PERFORMANCE (HHUP)

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## HHUP 2000 - Directed Study (1 Credit)

This elective allows students to explore varied content under contracted supervision of a faculty. Specific content can be found in the syllabus of each offering. Offered: Fall, Spring.

Lab hours: 1

## HHUP 2213 - Introduction to Exercise Science (3 Credits)

This is an entry level course in the field of exercise science. This course provides information on selected topics in the field of exercise science and other related health science disciplines, including: Exercise science history, anatomy, exercise physiology, exercise epidemiology, exercise nutrition, biomechanics, and exercise and sport psychology. This course is designed to introduce students to the field and prepare them for further classes in the exercise science discipline. Offered: Fall, Spring, Summer.

Lecture hours: 3

## HHUP 2289 - Care and Prevention of Athletic Injuries (3 Credits)

A course designed to provide entry level knowledge in the field of sport related injuries. This course includes units dealing with the history of athletic training, basic anatomy of common injuries, evaluation techniques, preventative measures to reduce the incidences of injuries and knowledge of basic treatment procedures to be used after injuries occur. Legal and ethical issues will also be discussed. Offered: Fall, Spring.

Lecture hours: 3

## HHUP 2319 - Fundamentals/Coaching of Baseball/Softball (2 Credits)

Stress fundamentals of teaching the basic skills in baseball: pitching, catching, batting, base running, infield and outfield plays, offensive and defensive strategy, organization and management. Includes officiating. Offered: Fall, Spring.

Lecture hours: 2

## HHUP 2377 - Fundamentals/Coaching of Track/Field (3 Credits)

Fundamental procedure in conditioning and training for track and field events; a basic understanding of the individual basic skills for each event; coaching strategies, principles and procedures of organizing and managing meets. Offered: Fall, Spring.

Lecture hours: 3

## HHUP 3001 - Sports Nutrition (3 Credits)

This course provides the student with a comprehensive understanding of nutrition as it relates to optimal training and performance of sports activities. Within the course structure, you, as the student, will learn (a) basic concepts of sport nutrition, (b) the optimum intake of macronutrients and micronutrients for optimal sports performance, and (c) the efficacy of nutritional supplementation. Offered: Fall, Spring, Summer.

Lecture hours: 3

## HHUP 3002 - Psychological Aspects of Exercise (3 Credits)

This course is an overview of basic concepts and principles essential to understanding the psychological and behavioral aspects of sport and exercise. Emphasis is given to the conceptual frameworks and the applied aspects of sport performance enhancement and mental skills, exercise behavior and motivation, sociological factors, and health and well-being. Offered: Fall, Spring, Summer.

Lecture hours: 3

## HHUP 3003 - Exercise physiology (3 Credits)

This course is designed to provide physical educators, coaches, athletic trainer, and persons interested in exercise science with applied knowledge relative to the human's physiologic responses to exercise and other environmental stresses. The lecture/discussion areas include nutrition, energy metabolism, respiratory, cardiovascular, and neuromuscular physiology, environmental factors, and applied physiology. Basic laboratory procedures and tests in the field of exercise physiology are designed to complement the lecture area. Offered: Fall, Spring, Summer.

Prerequisites: BIOL 2412K

Lecture hours: 3

## HHUP 3004 - Kinesiology (3 Credits)

This course provides the foundation to present a systematic approach for a kinesiological analysis. The organization and design is broken down into four primary parts; fundamentals of structure and motion of the human body, skeletal osteology, skeletal arthrology, and myology. The emphasis throughout is on the relation of anatomical structure to function and the development of the descriptive method of analysis. Offered: Fall, Spring, Summer.

Prerequisites: BIOL 2412K

Lecture hours: 3

## HHUP 3005 - Applied Exercise Physiology (3 Credits)

Physiological principles applied to the prevention, management, and treatment of chronic health conditions. Focus on pathophysiology, acute response to exercise, chronic training effects, and development of appropriate conditioning and training programs for chronic conditions. Offered: Fall, Spring.

Prerequisites: HHUP 3003 or HHUP 3470

Lecture hours: 3

## HHUP 3006 - Fitness Assessment & Interpretation (3 Credits)

This course provides students with practical experience including laboratory and field tests used for assessing physical fitness components as well as principles of exercise prescription. Test results are used in developing individualized exercise prescriptions to improve cardiorespiratory fitness, muscular fitness, bodyweight and body composition, and flexibility. Offered: Fall, Spring, Summer.

Prerequisites: HHUP 3003 or HHUP 3470

Lecture hours: 3

## HHUP 3007 - Group Instructions (3 Credits)

This course provides the foundation for principles and methods of exercise leadership. Primary focus will center on exercise programming and participation, teaching methods, technique evaluation, supervision, and leadership of various types of group exercise programs. Offered: Fall, Spring, Summer.

Lecture hours: 3

**HHUP 3008 - Progressive Resistance Program Design (3 Credits)**

A planned resistance training program to increase muscular strength and tone through a planned progressive series performed on the weight machine, free weight or other apparatus. The course will describe type of exercise, predominant muscle groups, proper exercise technique guidelines and required spotters. Offered: Fall, Spring, Summer.

Lecture hours: 3

**HHUP 3009 - Biomechanics (3 Credits)**

The purpose of this course is to introduce students to concepts of mechanics as they apply to human movement, particularly those pertaining to exercise, sport, and physical activity. The student should gain an understanding of the mechanical and anatomical principles that govern human motion and develop the ability to link the structure of human body with its function from a mechanical perspective. Offered: Fall, Spring, Summer.

Prerequisites: HHUP 3004 or HHUP 3460

Lecture hours: 3

**HHUP 3120 - Therapeutic Modalities (3 Credits)**

Study of the physical principles, physiological effects, indications and contraindications of therapeutic modalities used in athletic training. Also covers indications, contraindications, physiological effects, special programs, and resistance methods used in the prevention and rehabilitation of athletic injuries. Offered: Fall, Spring, Summer.

Lecture hours: 3

**HHUP 3121K - Therapeutic Exercise (3 Credits)**

This course explains the theory of therapeutic exercises, manual therapies, and exercise rehabilitation equipment used in the sports medicine setting for rehabilitation and reconditioning of orthopedic injuries. Lab: This course is designed to give the student an opportunity to practice the various therapeutic exercise techniques, as learned in the lecture portion. The student will have the laboratory opportunity to observe and practice therapeutic exercises for different therapeutic purposes in an injured person. This will enable the student to get the hands-on experience to assist in their development and application of previously learned skills. Offered: Fall, Spring.

Prerequisites: HHUP 3004 or HHUP 3460

Lecture hours: 2

Lab hours: 3

**HHUP 4090 - Administration & Supervision in Health and Fitness (3 Credits)**

This course will examine management and leadership theory and concepts as they pertain to the health fitness industry and sports. Management of human resources, fiscal resources, policies and procedures, and marketing will be examined in depth. Offered: Fall, Spring, Summer.

Lecture hours: 3

**HHUP 4092 - Exercise Prescription & Implementation (3 Credits)**

This course will include both lecture and lab instruction. Students are expected to attend all class sections, actively participate in class discussions, complete in-class exercises, and fulfill all assignments. Since this course requires significant active participation, students must be dressed in appropriate fitness wear during most class sessions. Notification will be given when active dress is required. Many of the concepts covered in this course will prepare the student to take the American College of Sports Medicine (ACSM) Certified Exercise Physiologist (EP-C) exam; however, this is NOT a preparation course for the ACSM EP-C.

Prerequisites: HHUP 3006 or HHUP 2002

Lecture hours: 3

**HHUP 4093 - Exercise for the Special Population (3 Credits)**

This course provides students with a basic understanding of the pathophysiology and exercise responses relative to diseased of the cardiovascular, pulmonary, metabolic, neuromuscular, and immunologic systems. The material follows the disease-specific pathology and ACSM treatment guidelines while guiding students through exercise testing and training principles for clients with chronic diseases. Offered: Fall, Spring, Summer.

Prerequisites: HHUP 3005 and (HHUP 3006 or HHUP 2002)

Lecture hours: 3

**HHUP 4100 - General medical Conditions and Pharmacology (3 Credits)**

An examination of assessment and management techniques of general medical conditions and pharmacology principles in physically active populations. Offered: Fall, Spring.

Lecture hours: 3

**HHUP 4102 - Clinical Internship (3 Credits)**

This sports medicine internship is an experiential learning course that permits students to apply their academic training under the direction of certified athletic training professionals and/or licensed sports medicine professionals. The course design will integrate 1) academic material, 2) experiential learning, and 3) reflection; centered on skill acquisition of the student. The purpose of this course is to prepare the student for a future graduate program in the sports medicine discipline. Offered: Fall, Spring, Summer.

Lecture hours: 3

**HHUP 4103 - Orthopedic Assessment in Sports Medicine (3 Credits)**

This course is designed to instruct the student in upper extremity biomechanics, physical examination procedures, and orthopedic testing procedures. The student will review basic biomechanics concepts and learn the basic biomechanics of the shoulder girdle, elbow, wrist and hand. The relationship of upper appendages to the spine will be explored. We will learn the relationship of abnormal biomechanics to injury; the performance and interpretation of standard orthopedic tests of the upper extremities; and the recognition and diagnosis of the major pathological conditions affecting the upper extremities. Offered: Fall, Spring.

Lecture hours: 3

**HHUP 4300 - Principles of Strength and Conditioning (3 Credits)**

This course is designed for students preparing for the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) certification or for students wishing to gain additional practical application of exercise science, strength training, and programming. Offered: Fall, Spring, Summer.

Prerequisites: (HHUP 3003 or HHUP 3470) and (HHUP 3004 or HHUP 3460)

Lecture hours: 3

**HHUP 4400 - Introduction to Research Methods in Exercise and Sport Science (3 Credits)**

The main purpose of the course is to introduce students to quantitative and qualitative methods for conducting meaningful inquiry and research in Exercise Science related topics. Students will gain an overview of research intent and design, methodology and technique, format and presentation, and data management and analysis informed by commonly used statistical methods. Offered: Fall, Spring, Summer.

Prerequisites: MATH 2411 and (HHUP 3006 or HHUP 2002)

Lecture hours: 3

**HHUP 4500 - Test & Measurements in Exercise Science (3 Credits)**

Basic knowledge of measurement, data analysis, and evaluation for conducting the evidence-based practice in exercise and sport science and health related fields. Offered: Fall, Spring, Summer.

Prerequisites: MATH 2411 and (HHUP 3006 or HHUP 2002)

Lecture hours: 3

**HHUP 4600 - Capstone Internship I (3 Credits)**

This exercise science internship in an experimental learning course that requires the exercise science student to apply their academic training under the direction of certified fitness/wellness professionals and/or licensed clinical professionals. The course design will integrate 1) academic material, 2) experiential learning, and 3) reflection; centered on the professional development of the student. The purpose of this course is to prepare the student for a future career in the exercise science discipline. Offered: Fall, Spring, Summer.

Lecture hours: 3