HEALTH AND HUMAN PERFORMANCE (HHUP)

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.

HHUP 2002. Fitness Assessment & Interpret. (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. Prerequisite or Corequisite: HHUP 3600.

HHUP 2213. Introduction to Health & Human Performance. (3 Credits)
This is an entry level course in health and human performance related fields. This course provides selected topics in the field of exercise science and related health related sciences disciplines, including Exercise science history, anatomy, exercise physiology, exercise epidemiology, exercise nutrition, biomechanics, and exercise and sport psychology. This course is designed to introduce you to the field and prepare you for future classes in the exercise science discipline.

HHUP 2214. Games of Low Organization. (2 Credits)
A study of activities based on the needs, interests and all age groups, emphasizing trust building activities, games, stunts, relays and rhythmic activities for playground, schools, and recreational areas and methods used in their presentation.

HHUP 2272. Fundamentals/Coaching of Football/Soccer. (2 Credits)
Fundamentals of teaching individual and team play, knowledge of offensive plays, most frequently used defenses and coaching strategies. Includes officiating.

HHUP 2276. Fundamentals/Coaching of Basketball/Volleyball. (3 Credits)
Fundamentals of teaching individual and team play, basic offensive patterns against selected defense, basic defense alignments against selected offensive patterns, coaching strategies, principles and procedures of organization and managing meets. Includes officiating.

HHUP 2289. Care & Preven of Athl 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.

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.

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.

HHUP 3300. 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.

HHUP 3394. Theory & Psychology of Coaching. (3 Credits)
Basic theories, principles and psychology of coaching sports and athletics.

HHUP 3450. Basic Athletic Training. (3 Credits)
The didactic aspect of this course is problem-based and include case-based scenarios focusing on the evaluation process, management and treatment of orthopedic and neuromuscular injuries of the lower and upper extremities. Course content includes the evaluation process of injuries, plan of care, and evidence based medicine. Therapeutic modalities and rehabilitation will be emphasized. Prerequisite: HHUP 2289.

HHUP 3452. Advanced Athletic Training. (4 Credits)
This course emphasizes problem-based learning and includes case-based scenarios focusing on the evaluation process, management and treatment of orthopedic and neuromuscular injuries of the axial region. Course content includes the evaluation process of injuries, plan of care, and evidence based medicine. Therapeutic exercise/treatment modalities are emphasized and observation hours required. Prerequisite: HHUP 3450.

HHUP 3460. Kinesiology. (3 Credits)
Concerned with an analysis of human motion and the mechanical principles related to movement. Concentrated attention is given to the muscles which move individual joints. Laboratory demonstrations are conducted. Prerequisite: BIOL 2411K, BIOL 2412K.

HHUP 3470. Physiology of Exercise. (3 Credits)
Study of the effects of physical activities on the human organism and applied physiology. Laboratory demonstrations are concluded. Prequisite: BIOL 1111K, BIOL 2411K, and BIOL 2412K.

HHUP 4002. Exercise for the Special Population. (3 Credits)
This course provides students with a basic understanding of the pathophysiology and exercise responses relative to disease 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. Prerequisite: HHUP 3470.

HHUP 4090. Administration & Supervision of Recreation. (3 Credits)
This course is designed to provide a thorough investigation of management and supervisory theories and practices in terms of establishing and maintaining the following: recreational programs, curriculum construction, community relations, physical plant personnel and student relations, and budget planning and policies.

HHUP 4482. Tests & Measurements in Health & Human Performance. (3 Credits)
Basic knowledge of measurement, data analysis, and evaluation for conducting the evidence-based practice in exercise/sport science and health related fields. Prerequisite: HHUP 2002, MATH 1113.