

# HPE - HEALTH, PHYSICAL ED (HPE)

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## **\*Course Fees are Per Credit Hour**

### **HPE 503. Essentials of Prescribing Resistance Training. (3 Credits)**

A professional preparation course addressing the theory and practical skills necessary to design and implement a variety of resistance training programs across the age spectrum. The use of different resistance modalities typically used to improve muscular endurance or muscular strength will be considered as well as the physiological, biomechanical, and safety aspects of resistance training.  
Course Fees: \$60

### **HPE 510. Health Promotion. (3 Credits)**

An examination of the development of health promotion programs in community, corporate and school settings, including assessment of program development, selection of personnel, administration procedures, evaluation procedures, marketing techniques, and legal issues. (Spring, even-numbered years)  
Course Fees: \$60

### **HPE 541. Principles of Nutrition. (3 Credits)**

This course will provide students advanced knowledge in the science of nutrition, including the ingestion and digestion of food, the absorption, transportation, and metabolism of macro and micronutrients, energy balance and bodyweight regulation, appetite regulation, and relationships to health and risk of disease. Students will learn about the structures, functional roles, and metabolic regulation of carbohydrates, lipids, and proteins during conditions of fasting, feeding, and exercise, as well as the role of vitamins and minerals in cellular and whole body homeostasis. (Fall, Spring, Summer)  
Course Fees: \$60

### **HPE 542. Application of Nutritional Concepts. (3 Credits)**

This course will address nutritional choices at various phases of life and the behavioral aspects which influence nutritional decision making. The relationship between people, food, and health around the globe will be examined including the impact of food choices on the health of the planet, the community, and the individual's mind, body and spirit. Knowledge, skills and behaviors will be examined that impact nutrition across cultures and comparisons will be made between cultures, behaviors, and health in order to understand individuals and how they are affected by the ecosystem which impacts health.  
Course Fees: \$60

### **HPE 550. Motor Learning. (3 Credits)**

This course is designed to prepare teachers, coaches and fitness instructors to teach motor skills in an effective and efficient manner. (Fall, Spring, Summer)  
Course Fees: \$60

### **HPE 596. Cardiopulmonary Rehabilitation and ECG Interpretation. (3 Credits)**

Application of physiological principles for clinical exercise evaluation and therapeutic modalities for individuals with controlled cardiovascular, respiratory or metabolic disease including basic principles and interpretation of the electrocardiogram (ECG) as it relates to fitness programs for clients qualifying for cardiac or pulmonary rehabilitation. Emphasis will be placed on application of American College of Sports Medicine (ACSM) Guidelines for risk stratification, appropriate exercise prescriptions and exercise progressions. (Spring)  
Course Fees: \$60

### **HPE 600. Research Methods. (3 Credits)**

Study of the methods and techniques of research used in health and physical education related disciplines. Special attention will be given to the theoretical and practical basis of research including the fundamentals of problem identification and study design, hypothesis testing, sampling, instrumentation, and data collection. Data analysis will include descriptive statistics, Pearson r correlation, t-tests, and ANOVA. Each student will also prepare and present a research proposal.  
Course Fees: \$60

### **HPE 601. Advanced Coaching Techniques. (3 Credits)**

Fundamentals and strategy explained, as well as modern methods of training and scouting, new and/or innovative trends, organizations, and ethics.  
Course Fees: \$60

### **HPE 603. Sports in American Life. (3 Credits)**

Roles of American sports emphasizing social-cultural values; application of principles from sociology and related fields; discussion of changing patterns, current trends, problems, and issues.  
Course Fees: \$60

### **HPE 611. Seminar in Health Promotion. (3 Credits)**

Advanced study of current concepts germane to the field of health promotion. Content will focus on a variety of approaches to prevent chronic disease and mortality, with specific emphasis on improving healthy living among specific targets, communities, and cultures. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)  
Course Fees: \$60

### **HPE 620. Introduction to Statistics: Theory and Application. (3 Credits)**

This is an introductory graduate level statistics course focused on use of quantitative methods of analysis, interpretation and evaluation of data. Students will be exposed to the theory and fundamental concepts and procedures of descriptive and inferential statistics. Students will develop competence in reading and understanding statistics commonly found in published research. The course includes an introduction to the use and interpretation of statistical software and a statistics lab component will be required. Descriptive and basic inferential statistics, frequency distribution, central tendency, dispersion, correlation, and hypothesis testing are included.  
Course Fees: \$60

### **HPE 630. Advanced Behavior Modification. (3 Credits)**

This course will analyze and apply a variety of behavior change approaches and models to address the numerous challenges in making good health behavior decisions. In addition, the course will provide specific techniques and strategies for altering health behaviors to reduce health risk and increase life expectancy. (Fall, Spring, Summer)  
Course Fees: \$60

### **HPE 634. Advanced Methods of Teaching in Physical Education or Health Education. (3 Credits)**

Intensive study of current literature and analysis of research application to classroom teaching, including application in a field setting.  
Course Fees: \$60

### **HPE 638. Stress Management. (3 Credits)**

A holistic examination of stress in today's society including the physical and mental aspects of stress, short and long term effects of stress on the body, identifying stressors, coping strategies, and stress management planning and implementation.  
Course Fees: \$60

**HPE 639. Epidemiology and Prevention of Chronic Diseases. (3 Credits)**

An in-depth study of chronic diseases through a global perspective, examining incidence, prevalence, distribution, and control. This course will focus on global approaches to disease prevention and control through primary, secondary, and tertiary health promotion efforts. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 641. Integrative Health. (3 Credits)**

Emphasis on the principles and theories of integrative health and how a holistic integrative health approach can be integrated into allopathic medicine to promote health and healing.

Course Fees: \$60

**HPE 642. Mind-Body Connection. (3 Credits)**

Emphasis on fundamental principles of the mind-body connection and their association with health and healing. Students will learn intervention strategies that promote health and healing such as relaxation, meditation and biofeedback. Eastern and Western health theories and practices will also be introduced.

Course Fees: \$60

**HPE 643. Bio-psychosocial Aspects of Nutrition. (3 Credits)**

Building on basic nutritional concepts, this course will address nutritional needs at various phases of life and the bio-psychosocial aspects which impact health from a nutritional standpoint. The relationship between people, food, and health around the globe will be examined including the impact of food choices on the health of the planet, the community, and the individual's mind, body and spirit. Knowledge, skills and behaviors will be examined that impact nutrition across cultures and comparisons will be made between cultures, behaviors, and health in order to understand individuals and how they are affected by the ecosystem which impacts health.

Course Fees: \$60

**HPE 644. Integrative Health Coaching. (3 Credits)**

Emphasis on development of professional skills and knowledge necessary for effective individual and group integrative health coaching. Specific attention will be given to development of essential skills for motivating others to adapt behaviors necessary to achieve optimal health and wellness.

Course Fees: \$60

**HPE 645. Ethical Practice in Integrative Health. (3 Credits)**

Emphasis on current ethical and legal issues impacting the integrative health industry including legal and regulatory issues, credentialing and licensure, and establishing an integrative health operation.

Course Fees: \$60

**HPE 646. Spirituality, Health, and Healing. (3 Credits)**

Emphasis on the theoretical foundations and principles of spiritual based healing therapies within the context of integrative health.

Course Fees: \$60

**HPE 648. Integrative Health Practicum. (3 Credits)**

Practical experience for a minimum of 100 hours under the supervision and mentorship of a healthcare provider. In addition, each student will be required to attend scheduled meetings with the university supervisor for the purpose of discussing assigned readings relative to the practicum and completion of a research assignment selected by the student in consultation with the university supervisor.

Course Fees: \$60

**HPE 650. Social Determinants of Health. (3 Credits)**

An in-depth examination of social determinants of health and their influence on how we live, learn, work and play. The course will explore programs, practices, policies and opportunities for collaboration that affect the health of individuals, families, and communities. Resources will be identified that enhance quality of life and significantly influence population health outcomes. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 651. Special Topics. (3 Credits)**

Detailed examination of a specific topic in the field of health and physical education or related disciplines. Topic will be announced prior to the scheduling of the course. May include field trips. A special fee may be required according to the topic and course content.

Course Fees: \$60

**HPE 660. Advanced Exercise Physiology I. (3 Credits)**

. Designed to provide an opportunity for teachers and coaches to gain in-depth knowledge of certain aspects of health and human performance through research.

Course Fees: \$60

**HPE 663. Laboratory Techniques in Health and Human Performance. (3 Credits)**

Theoretical and practical understanding of physiological instrumentation, equipment and measurement in physical education, including development of practical laboratory skills and experiences, as preparation for fitness or other assessment as well as research and evaluation in health and human performance paradigms.

Course Fees: \$60

**HPE 664. Seminar in Exercise Physiology. (3 Credits)**

Advanced study of current concepts germane to the field of exercise physiology. Content will focus on various physiological, biomechanical, biochemical, measurement and other contemporary topics as related to acute and chronic responses to exercise. (On sufficient demand)

Course Fees: \$60

**HPE 665. Critical Analysis of Research and Professional Literature. (3 Credits)**

Analysis and critical evaluation of current research and professional literature in health, physical education, recreation, exercise science, sport management, and other related fields. Students will be directly involved in the thorough review, presentation, discussion, and critical evaluation of the most recent published, peer reviewed literature.

Course Fees: \$60

**HPE 670. Legal Issues and the Health and Physical Education Profession. (3 Credits)**

Emphasis on legal issues and concepts related to areas of the health and physical education industry. Areas covered will include negligence, intentional torts, contracts, constitutional law, personnel issues, and risk management from a legal perspective.

Course Fees: \$60

**HPE 675. Administration of Health and Physical Education Related Programs. (3 Credits)**

Emphasis on administrative procedures applicable to operation of health and physical education related programs. Areas covered will include development of mission statements and organizational goals, personnel and budgeting issues, facilities and equipment management, programming and even management, and liability and risk management.

Course Fees: \$60

**HPE 679. Continued Enrollment. (1-3 Credits)**

Course Fees: \$60

**HPE 680. Clinical Exercise Physiology. (3 Credits)**

Examination, discussion and evaluation of current trends and issues in HPE and related disciplines intended to enhance the diverse background and professional development of students.

Course Fees: \$60

**HPE 685. Internship. (3 Credits)**

Students will be assigned to an appropriate professional agency or organization for a minimum of 200 hours for the purpose of experiencing practical application of professional theory. Placement will be arranged with the student by the course instructor and approved by the department chair.

Course Fees: \$60

**HPE 686. Internship in Health Promotion. (3 Credits)**

Students will be assigned to an appropriate professional agency or organization for a minimum of 200 hours for the purpose of experiencing practical application of professional theory. Placement will be arranged with the student by the course instructor and approved by the department chair. Prerequisites: Admission to Graduate Program in Kinesiology and Department Chair Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 690. Independent Study. (3 Credits)**

Allows a graduate student, on approval of the department chair, to select a problem of interest and pursue a solution through research, library study, or other methods of investigation with departments a supervision or evaluation.

Course Fees: \$60

**HPE 691. Non-Dissertation Research. (3 Credits)**

This course provides students the opportunity to pursue research and scholarship germane to the field of study. Topics of research/scholarship may be within an area of research similar to that in which the student plans to follow when completing the dissertation, however, outcomes from completion of this course will not serve to fulfill any portion of the dissertation. Topic and research question should be discussed with the professor prior to enrolling in this course. Prerequisites: Admission to Graduate Program in Kinesiology and Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 693. Comprehensive Examination. (0 Credits)**

A non-credit course required of all students enrolled in the non-thesis program of study. Administration of a written comprehensive examination covering courses required as part of the graduate program of study in the core and concentration areas. This course may be taken during the term in which the student expects to complete all remaining program of study requirements or during the term immediately following completion of all program of study requirements. The grade for this course will be "S" indicating satisfactory completion of all comprehensive exams or "U" indicating unsatisfactory performance on all or part of the comprehensive exam. Students receiving a grade of "U" may repeat the course once. A grade of "S" is required for completion of a student's program of study.

Course Fees: \$60

**HPE 695. Thesis. (3-6 Credits)**

Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition and public defense of thesis. May be repeated for a total of six semester hours. Students selecting the thesis option must be continuously enrolled in a graduate level course once they enroll in HPE 695, Thesis, until the thesis has been successfully completed. Failure to do so will result in a grade of "IP" for HPE 695 automatically becoming an "F". If all graduate course work has been completed for the degree and all six hours of HPE 695 Thesis have been taken but the thesis is not completed, the student must be enrolled in HPE 679, Continued Enrollment, until the thesis is successfully completed.

Course Fees: \$60

**HPE 700. Research Methods. (3 Credits)**

Study of the methods and techniques of research used in health and physical education related disciplines. Special attention will be given to the theoretical and practical basis of research including the fundamentals of problem identification and study design, hypothesis testing, sampling, instrumentation, and data collection. Data analysis will include descriptive statistics, Pearson r correlation, t-tests, and ANOVA. Each student will also prepare and present a research proposal. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 702. Advanced Exercise Testing and Prescription. (3 Credits)**

This course provides advanced study of the applications of exercise testing and prescription principles to diverse healthy and diseased populations. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 703. Exercise Prescription for Resistance Training. (3 Credits)**

A professional preparation course addressing the theory and practical skills necessary to design and implement a variety of resistance training programs across the age spectrum. The use of different resistance modalities typically used to improve muscular endurance or muscular strength will be considered as well as the physiological, biomechanical, and safety aspects of resistance training. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 711. Advanced Approaches for Health Promotion. (3 Credits)**

This course will build on the basic framework of health promotion to examine the overarching areas of policy, practice, and lifestyle behaviors that can enhance quality and quantity of life. In addition, students will be embedded in health promotion programming to receive frontline experience in the field. The course will focus on assessing need, planning, implementing and evaluating health promotion programs to create lifestyles capable of supporting long-term healthy choices and quality and quantity of life. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 721. Regression Analysis in Health and Exercise Science. (3 Credits)**

This course focuses on applications of correlation and regression analysis in health and exercise science. Prerequisites: Admission to Graduate Program in Kinesiology or Instructor Permission and HPE 620 or equivalent. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 722. ANOVA and MANOVA. (3 Credits)**

This course focuses on understanding and utilization of Analysis of Variance and Multivariate Analysis of Variance techniques for analysis of data used in research and practical applications in Exercise Science and Health Promotion. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 738. Stress Management. (3 Credits)**

A holistic examination of stress in today's society including the physical and mental aspects of stress, short- and long-term effects of stress on the body, identifying stressors, coping strategies, and stress management planning and implementation. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 739. Epidemiology and Prevention of Chronic Disease. (3 Credits)**

An in-depth study of chronic diseases through a global perspective, examining incidence, prevalence, distribution, and control. This course will focus on global approaches to disease prevention and control through primary, secondary and tertiary health promotion efforts. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 741. Principles of Nutrition. (3 Credits)**

This course will provide students advanced knowledge in the science of nutrition, including the ingestion and digestion of food, the absorption, transportation, and metabolism of macro and micronutrients, energy balance and bodyweight regulation, appetite regulation, and relationships to health and risk of disease. Students will learn about the structures, functional roles, and metabolic regulation of carbohydrates, lipids, and proteins during conditions of fasting, feeding, and exercise, as well as the role of vitamins and minerals in cellular and whole body homeostasis.

Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 742. Application of Nutritional Concepts. (3 Credits)**

This course will address nutritional choices at various phases of life and the behavioral aspects which influence nutritional decision making. The relationship between people, food, and health around the globe will be examined including the impact of food choices on the health of the planet, the community, and the individual's mind, body and spirit. Knowledge, skills and behaviors will be examined that impact nutrition across cultures and comparisons will be made between cultures, behaviors, and health in order to understand individuals and how they are affected by the ecosystem which impacts health. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 761. Advanced Exercise Physiology II. (3 Credits)**

In depth examination of the effects of exercise on skeletal muscle structure and function; cardiorespiratory adjustments during exercise; metabolic and environmental aspects of exercise and work physiology; fatigue and training adaptations. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 763. Lab Techniques. (3 Credits)**

Theoretical and practical understanding of physiological instrumentation, equipment and measurement in physical education, including development of practical laboratory skills and experiences, as preparation for fitness or other assessment as well as research and evaluation in health and human performance paradigms. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 765. Critical Analysis of Professional Literature. (3 Credits)**

Analysis and critical evaluation of current research and professional literature in the fields of health, physical education, recreation, exercise science, sport management, and other related fields. Candidates will be directly involved in the thorough review, presentation, discussion, and critical evaluation of the most recent published peer-reviewed literature. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 779. Continued Enrollment. (1-3 Credits)**

Course Fees: \$60

**HPE 786. Supervised Teaching Practicum. (3 Credits)**

This course directly engages students in assigned teaching responsibilities to advance their classroom and instructional skills. Prerequisite: Admission to Graduate Program in Kinesiology. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 794. Portfolio Defense. (0 Credits)**

Prior to the dissertation, the doctoral student will create and orally present a portfolio defense. The portfolio is an organized, selective collection of work designed to demonstrate a student's academic and professional development and to provide a basis for evaluating degree progress. It should include samples of the student's work and consideration/reflection about their work including but not limited to the following areas: an academic and professional development plan, professional philosophy and teaching, research and scholarly activities, university and community service, and collaboration, networking and leadership. The Portfolio Defense must be presented and a passing grade received prior to advancing to candidacy status. Candidacy status is required to begin the dissertation. Prerequisites: Admission to Graduate Program in Kinesiology and completion of coursework required to enter candidacy. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 795. Dissertation Research. (1-12 Credits)**

This course engages the student directly in a capstone project required for completion of the doctorate. This course is intended to guide and assist doctoral candidates in the generation of relevant research questions, development of methodology to address the research questions and complete the research project. It is expected that, upon completion of the course and defense of the dissertation before the committee, the student prepare and submit manuscripts for presentation at professional meetings and manuscripts for publication in appropriate peer-reviewed outlets. Prerequisites: Admission to Graduate Program in Kinesiology and Admission to Candidacy. (Fall, Spring, Summer)

Course Fees: \$60

**HPE 796. Cardiac Rehabilitation and EKG Interpretation. (3 Credits)**

Application of physiological principles for clinical exercise evaluation and therapeutic modalities for individuals with controlled cardiovascular, respiratory or metabolic disease including basic principles and interpretation qualifying for cardiac or pulmonary rehabilitation. Emphasis will be placed on application of American College of Sports Medicine (ACSM) Guidelines for risk stratification, appropriate exercise prescription and exercise progression. Prerequisite: Admission to Graduate Program in Kinesiology or Instructor Permission. (Fall, Spring, Summer)  
Course Fees: \$60

**HPE 799. Teaching in Academia. (3 Credits)**

This course examines the unique paradigm of teaching within a college and university setting. Specific content includes effective classroom teaching skills and strategies for success in higher education. Prerequisite: Admission to Graduate Program in Kinesiology. (Fall, Spring, Summer)  
Course Fees: \$60