

HPE - HEALTH, PHYSICAL ED (HPE)

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.

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)

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)

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)

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.

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.

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.

HPE 620. Statistical Methods in Education. (3 Credits)

Educational statistics is an introductory graduate statistics course using quantitative methods for inquiry in the educational, social and behavioral sciences. Candidates will be exposed to the fundamental concepts and procedures of descriptive and inferential statistics. Candidates will develop competence in reading and understanding statistics topics from sources such as texts, dissertations, journals, or technical reports. The course includes an introduction to the use and interpretation of SPSS®, and a statistics lab component will be required. Descriptive and basic inferential statistics, including graphs, frequency distribution, central tendency, dispersion, correlation, and hypothesis testing.

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.

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.

HPE 640. 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.

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.

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 with also be introduced.

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.

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.

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.

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.

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.

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.

HPE 660. Scientific Basis of Health and Human Performance. (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.

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: \$30

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)

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.

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.

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.

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

HPE 680. Trends and Issues in HPE and Related Disciplines. (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.

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. Special fee: \$30.00.

Course Fees: \$30

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 departmental supervision or evaluation.

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.

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.

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