

HPE Major Course Descriptions

HPE 212 - Foundations of Health and Physical Education

The basic physiological, psychological, and sociological principles and historical foundations.

HPE 223 - Applied Kinesiology I - Anatomy, Physiology & Biomechanics

The study of the structure, function and physiology of the human body as related to physical activity, exercise and sports.

HPE 225 - Applied Kinesiology II - Exercise Physiology

The study of the acute and chronic effects of exercise on the human body.

HPE 256 - Physical Education Pedagogy

Foundational pedagogy course designed to develop knowledge of effective instruction in physical education.

HPE 255 - Mental and Emotional Health for Teachers and Their Students

Strategies to properly and effectively manage emotional health and stress for K-12 teachers and their students.

HPE 235 - Motor Behavior

Motor learning, development and control theories and applications.

HPE 253 - Sport Education

Motor learning, development and control theories and applications.

HPE 355 - Fitness Concepts

This course is designed as practical application of fitness, wellness and conditioning concepts. The student will be actively engaged in planning program design for others.

HPE 312 - Health Education Pedagogy

Comprehensive health education including a philosophy and strategies for teaching comprehensive health education, and study of selected topics related to personal and community health problems.

HPE 345 - Children's Movement

Developmental approach to physical education for children. Curriculum implementation in field-based settings required.

HPE 346 - Educational Dance & Gymnastics

A competency based course of methods and materials in rhythmical dance and gymnastics.

HPE 325 - Pedagogy & Prevention of Risky Behaviors K-12

Pedagogy course concerning high risky behaviors in the K-12 population. Provides strategies for the instruction of risky behavior prevention.

HPE 354 - Lifetime Sport & Physical Activity I

Methods, materials, and skills used in teaching sports: badminton, tennis and pickle-ball.

HPE 364 - Lifetime Sport & Physical Activity II

Methods, materials and skills used in teaching sports: swimming, disc golf and golf.

HPE 358 - Healthy Living Concepts

Pedagogy course designed to enable students to implement the healthful living standards emphasizing nutrition and physical activity concepts to reduce and prevent obesity.

HPE 311 - Evaluation & Assessment in Health & Physical Education

Assessment in K-12 health and physical education, including tests of fitness, skill and motor performance, measuring the cognitive and affective domains, and grading procedures.

HPE 360 - Sexual Health Throughout the Lifespan

(Formerly HEAL 360) Factual information of sexual anatomy and functioning; concepts of sexually transmitted diseases and AIDS; and how decisions, behaviors, and lifestyles may affect our health.

HPE 305 - Adventure-Based Physical Education

Adventure-based physical education and wilderness leadership. Use of games, initiatives, trust and challenge/peak experiences in educational settings.

HPE 350 - Current Health Problems

Incidence, diagnosis, treatment, rehabilitation, and prevention of leading community health problems; addictions; individual, family, and community effects; positive mental health as a deterrent.

HPE 343 - Classroom Management for Health & Physical Education

Provides students with the opportunity to learn the characteristics of and the strategies for successful classroom management in the health and physical education setting.

HPE 425 - Health and Physical Education Curriculum

Class management, teaching methods, and program content for grades K-12.

HPE 424 - Adapted Movement & Wellness

Overview of current concepts and trends in adapted physical education. Topics include: legal rights, disabilities, assessment, planning, and physical activities for exceptional children.