

Course Descriptions

Health and Physical Education Theory

HPET 1113 Nutrition

Course designed to introduce students to the basics of good nutrition. Emphasis will be placed on the five food groups, the six nutrients and food related disorders. Students will learn how to eat a healthy diet based on their personal needs.

HPET 1132 Sports Officiating

Game administration and fundamental principles, rules, mechanics and techniques of officiating fall semester sports: football, volleyball and basketball. Laboratory work in the intramural program will be required.

HPET 1142 Sport Officiating II

Game administration and fundamental principles, rules, mechanics and techniques of officiating spring semester sports: basketball, baseball and softball. Laboratory work in the intramural program will be required.

HPET 1223 Health Education and Wellness

A course directed toward the acquisition of knowledge and appreciation concerning health for effective living.

HPET 1950 Physical Education Field Experience

HPE&R majors will be required one semester of work assignments within the department and under the supervision of a faculty member. They will help in setting up and running athletic contests, assisting in swimming pool and fitness center operations and work in various classes.

HPET 1952 Introduction to HPE&R

A study of the field of physical education/health concerning its foundational principles, aims, objectives, contributions, future, directions, problems, vocational opportunities and career possibilities.

HPET 2052 Introduction to Coaching

A course designed to give students an early exposure to the coaching field; a study of the different theories, philosophies and problems encountered in coaching.

HPET 2212 First Aid

This course provides knowledge and practical experience in the emergency care of injuries and sudden illness, including rescue breathing and cardiopulmonary resuscitation. This course meets requirements for the first aid certificate of the American Red Cross.

HPET 2382 Athletic Training Practicum I

Students will observe injury evaluation, the use of therapeutic modalities, prophylactic taping and rehabilitation techniques used by Athletic Trainers to enhance performance.

HPET 2450 Supervised Study in HPE&R

Independent Study, only for HPE&R majors.

HPET 2482 Athletic Training Practicum II

Students will apply therapeutic modalities, prophylactic taping, and rehabilitation techniques to athletes. Furthermore, they will continue observing the evaluation of athletic injuries.

HPET 2633 Care & Prevention of Athletic Injuries

A general introduction to different forms of therapy in treatment of athletic injuries—care, treatment and prevention.