



HEALTH, FITNESS AND RECREATION (HPR)

HPR 200 Intro to Parks & Recreation (3 Credits)

This course introduces history, philosophy, current practices, and potential career opportunities in the field of health, physical education, and recreation.

HPR 206 Medical Terminology (2 Credits)

This course introduces the student to the fundamentals of medical terminology. The course includes word structure of body parts and organs, body systems, basic medical and surgical terms and therapeutic interventions, diagnostic and medical abbreviations and symbols.

HPR 220 Introduction to Coaching (2 Credits)

Coaching in today's diverse society is far more complicated than coaching was fifty years ago. Successful coaches must take into account many factors including their own biases to mold a diverse group of athletes into a team. Coaches can expect their athletes to come from diverse experiences and backgrounds. To be successful as coaches, they must take into consideration age, gender, size, culture, family makeup, and many other issues. Coaches as teachers will need to use deeper learning and understanding of today's student population to mold successful athletes.

HPR 242 Principles of Sport Psychology (3 Credits)

This course will cover various psychological principles associated with sports. Discussions will consist of which psychological variables can hinder or enhance athletic performance. Class content will also illustrate numerous psychological techniques which can enhance sport performance.

Prerequisite: PSY 111, HPR 230, HPR 240

HPR 250 Intro to Physical Education (2 Credits)

This course is an introduction to the nature and scope of physical education by means of a critical examination of sport, play, and exercise. The course is designed to provide historical foundations of physical education as a profession and for sport as part of physical education. Special attention is focused on the role of physical education within the total education program.

HPR 259 Personal and Community Health (2 Credits)

This course will cover the study of community and environmental health along with emphasis on social, physical, emotional, cultural, occupational, and mental wellness as they relate to the total person concept of health.

HPR 270 Prevention and Care of Injuries (2 Credits)

This course will provide students with the principles of athletic training. Students will learn prevention, recognition, treatment of athletic injuries, organization and administration of athletic training and basic taping techniques.

HPR 296 Park and Rec. Internship (1 Credit)

Students are placed as interns in a community-based park or recreation facility for this field based course. The students receive supervised training in professional development under the supervision of an on-site mentor. In the seminar, students will explore values, roles and responsibilities, and ethical obligations of the recreation and physical education profession.