

HEALTH AND HUMAN PERFORMANCE (HHP)

HHP 1000 Fitness Assessment and Management 1 Credit

This lecture/lab course covers health topics and activities designed to assist students in assessing their health and fitness level and understand what lifestyle modifications are necessary to enhance personal wellness.

Components: Laboratory, Class

GE: HHP-Wellness

Typically Offered: Fall/Spring/Summer

HHP 1020 Criminal Justice Fitness 2 Credits

The class integrates the understanding of the demands placed on law enforcement officers with mental and physical self-defense measures. The course builds student knowledge, self-confidence, and physical ability in handling law enforcement related scenarios.

Components: Class

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1040 Canoeing, Kayaking, and/or Rafting in Wisconsin 1 Credit

This course will develop an appreciation for, and develop basic skills in canoeing, kayaking, and/or rafting skills to the participants and if pursued will promote a lifetime of fitness and enjoyment. This course will require a one day on campus teaching and skills instruction/training and culminate with a Friday-Sunday off campus trip to a Wisconsin river determined by the instructor based on river conditions and camping availability.

Components: Laboratory

GE: HHP-Activity

Typically Offered: Spring/Summer

HHP 1100 Seasonal Activities 1 Credit

Seasonal lifetime recreational activities such as: inline skating, biking, ice skating, snow shoeing, cross-country skiing, weight lifting, hiking, Frisbee golf, and other current trends in lifetime fitness will be covered.

Components: Class

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1110 Weight Training 1 Credit

Health and Human Performance activity.

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1120 Aerobic Weight Training 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1130 Badminton 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1140 Basketball 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1200 Self Defense 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring/Summer

HHP 1210 Golf 1 Credit

A continuation of 1110.

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1230 Jogging/Walking 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1250 Relaxation 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring/Summer

HHP 1280 Personal Conditioning 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1300 Personal Fitness 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1310 Scuba Diving 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1340 Soccer 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Spring

HHP 1370 Dance Tech/Practice (Ballroom, Latin, Country) 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Spring

HHP 1390 Racquet Sports 1 Credit

The purpose of this activity class is to provide the student with the basic knowledge and fundamental skills for success at the beginning level of several racquet sports. Throughout the course of the semester, the student will learn how to play a variety of racquet sports to develop and maintain a health-enhancing level of personal fitness. Additionally, the rules, etiquette, and strategies of the games will be taught to enhance participation.

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1400 Fitness Assessment and Awareness/Activity 0.5-1 Credits

Components: Laboratory

GE: HHP-Activity

HHP 1410 Swimming 1 Credit

Components: Laboratory

GE: HHP-Activity

Typically Offered: Fall/Spring

HHP 1430 Tennis 1 Credit

Components: Laboratory

GE: HHP-Activity

HHP 1440 Volleyball 1 Credit**Components:** Laboratory**GE:** HHP-Activity**Typically Offered:** Fall/Spring**HHP 1450 Wallyball/Volleyball 1 Credit****Components:** Laboratory**GE:** HHP-Activity**Typically Offered:** Fall**HHP 1460 Yoga / Pilates 1 Credit**

Through the course of the semester the student will learn how to use various Yoga and Pilates exercises to develop and maintain a health enhancing level of personal fitness.

Components: Laboratory**GE:** HHP-Activity**Typically Offered:** Fall/Spring**HHP 1480 Advanced Fitness Training 1 Credit**

During this course students will participate in various fitness activities in an intensive format, to improve their fitness level. Special emphasis will be put on teaching proper warm up techniques, aerobic and anaerobic workouts, cool down, and stretching. As part of the course, students will learn how to assess their fitness level and see improvements of their fitness level by the end of class. Students will learn how to properly structure workouts using multiple aspects of activities. In addition, students will learn about the impact of sports nutrition and hydration in combination to their workouts. Students will also learn about various training principles and techniques enabling them to continuously implement fitness principles in their daily life past the duration of this course. Intensive format - This course will meet for 90 minutes, twice a week for ten weeks; starting week three of the semester and ending week thirteen of the semester.

Components: Laboratory**GE:** HHP-Activity**Typically Offered:** Spring**HHP 1530 Bowling 1 Credit****Components:** Laboratory**GE:** HHP-Activity**Typically Offered:** Fall/Spring**HHP 1630 Self-Defense 1 Credit****Components:** Laboratory**HHP 1640 Downhill Skiing 1 Credit****Components:** Laboratory**GE:** HHP-Activity**Typically Offered:** Spring**HHP 1720 Intermediate Weight Training 1 Credit****Components:** Laboratory**HHP 2020 First Aid/Accident Prevention/Community CPR 2 Credits**

Instruction and demonstration in the principles of first aid and accident prevention, Red Cross and CPR instruction.

Components: Class**Typically Offered:** Fall/Spring**HHP 2030 Health Education 2 Credits**

To assist students toward a better understanding of personal and community health problems and of the agencies with which they may work.

Components: Class**Typically Offered:** Fall/Spring**HHP 2040 Methods in Health, Nutrition, and Physical Education 4 Credits**

The purpose of this class is to provide introductory content regarding health, nutrition, and physical education. Pedagogical methods and practical teaching experiences provided.

Components: Class**GE:** HHP-Wellness**Prereqs/Coreqs:** P: TEACHING 1230**Typically Offered:** Fall/Spring

HHP 2080 Movement Education 2 Credits

During this course, students will learn how to teach and spot for the basic level of gymnastics for K-12. Students will also learn how to teach musical structure and basic dance moves for a variety of folk and social dances for K-12.

Components: Class

Typically Offered: Spring

HHP 2120 Group Fitness 2 Credits

To facilitate the students understanding of how to participate in and teach group fitness as it relates to cueing, timing, motivation, safety, and wellness concepts.

Components: Laboratory, Class

Typically Offered: Spring

HHP 2250 Current Trends in Health Fitness and Health Promotion 2 Credits

In this lecture/lab course students will study the difference between fads and trends. Focusing specifically on trends in the commercial, corporate, clinical and community health fitness industry and how those are impacted by the psychology of exercise. In addition, students will learn how to facilitate fitness as it relates to current fitness trends which include but are not limited to; wearable technology, body weight training, high-intensity interval training, functional fitness, yoga, and wellness coaching.

Components: Laboratory, Class

Typically Offered: Fall

HHP 2320 Introduction to Physical Education and Health Promotion 2 Credits

Introduction to skills basic to the teaching of physical education; career orientation; teaching, Physical education majors, minors and concentrations in athletic coaching students only.

Components: Class

Typically Offered: Fall/Spring

HHP 2330 Adventure Education 2 Credits

This course presents the content, method, and safety of cooperative and initiative games. Teacher candidates will learn to use and implement a ropes course as a classroom for different age groups and diverse populations. Required for all PHYSED majors.

Components: Class

Typically Offered: Fall

HHP 2340 Adventure Ed Facilitation Lab 1 Credit

This lab requires the physical education teacher candidates to assist in the facilitation of groups who attend the UW-Platteville ropes and challenge course. Teacher candidates will design and facilitate a sequential experience for the participants, and become proficient in facilitating, belaying, safety, and processing techniques. This practicum will allow candidates to practice and improve their teaching techniques with a variety of populations.

Components: Laboratory

Prereqs/Coreqs: P: HHP 2330

Typically Offered: Fall/Spring

HHP 2410 Team Sports 2 Credits

During this course physical education majors will develop an understanding of the teaching methods, cues and assessments used in teaching team sports to middle level and high school students, as they relate to the standards of National Association for Sport and Physical Education (NASPE). Examples of individual sports that could be covered: baseball/softball, basketball, football, floor hockey, lacrosse, soccer, volleyball, water polo.

Components: Class

Typically Offered: Fall/Spring

HHP 2510 Individual Sports 2 Credits

During this course physical education majors will develop an understanding of the teaching methods, cues and assessments used in teaching individual sports to middle level and high school students, as they relate to the standards of National Association for Sport and Physical Education (NASPE). Examples of individual sports which could be covered: badminton, bowling, golf, martial arts, racquet sports, tennis, track and field, wrestling.

Components: Class

Typically Offered: Spring

HHP 3010 Technology in Health and Physical Education 2 Credits

This course is intended to provide students with a broad variety of educational technologies specific to the instruction of health and physical education content. General education teaching tools such as electronic grading systems, portfolio development and web page design will also be included.

Components: Class

Prereqs/Coreqs: P: HHP 2320 and TEACHING 2010

Typically Offered: Fall/Spring

HHP 3020 Physiology of Exercise 4 Credits

This course is designed to emphasize the fundamentals of human physiology associated with exercise performance. Considerable emphasis is given toward relating exercise responses and adaptations with metabolism. Selected topics will include metabolic pathways of energy transfer, physiological adaptations to training, cardiorespiratory function, oxygen consumption, contractile physiology, muscle fiber types, ergogenic aids, body composition, and weight control. Lectures will focus on applying these interrelated topics into a framework upon which performance and conditioning strategies can be based. Laboratory sessions will include demonstrations and experimental opportunities related to the measurement of human performance and physiological characteristics. Each laboratory will consist of approximately 30 minutes of instruction followed by the respective laboratory procedure or activity. Participation in laboratory activities is required. Please bring and/or wear your workout attire for all laboratories.

Components: Laboratory, Class

GE: Natural Science

Prereqs/Coreqs: P: "C" or better in BIOLOGY 2140 or BIOLOGY 2340 and departmental consent

Typically Offered: Fall/Spring

HHP 3040 Adapted Aquatics 2 Credits

This course will provide instruction and service learning opportunities in the area of adapted aquatics. Activities will include: development and implementation of individualized aquatics programming, development of individualized education program (IEP) paperwork related to aquatics, individual or small group instruction, exposure to aquatics equipment and usage, assessment implementation, and self and/or instructor evaluation of teaching methods.

Components: Class

Prereqs/Coreqs: P: HHP 3430

Typically Offered: Spring

HHP 3220 Teaching Issues Relating to Alcohol, Drugs, and Sexuality 2 Credits

Curriculum planning methods and teaching of sex education and alcohol and drugs education.

Components: Class

Prereqs/Coreqs: P: HHP 2030

Typically Offered: Spring

HHP 3250 Principles of Strength and Conditioning 3 Credits

This course is designed to emphasize the essentials of strength training and conditioning related to human performance. Considerable emphasis is given toward exploring the scientific principles and theories of strength training and conditioning as well as their relevance in improving general health and athletic performance. General topics will include the concepts and applications of exercise science, testing and evaluation, exercise techniques, program design (anaerobic and aerobic exercise prescription), risk management, as well as facility organization and development. Lectures will focus on relating these concepts into a foundation upon which strength and conditioning strategies can be applied.

Components: Class

Prereqs/Coreqs: P: HHP 3020

Typically Offered: Spring

HHP 3320 Worksite Wellness 3 Credits

The main objective of this course will be to give students knowledge in planning, implementing and evaluating health promotion and wellness programs in the corporate, community, or workplace setting.

Components: Class

Typically Offered: EVERY/3RD

HHP 3330 Lifetime Activities 2 Credits

For the physical education teacher candidate to experience, implement, and instruct lifetime activities in their physical education curriculum.

Components: Class

Typically Offered: Fall

HHP 3340 Football Coaching 2 Credits

This course covers the theory of football coaching and the techniques for teaching the skills. The course prepares the individual for coaching football in a high school or college setting.

Components: Laboratory

Typically Offered: Fall

HHP 3360 Fitness Evaluation 2 Credits

This course is designed to teach the student methods for evaluating the components of health-related fitness for various age groups and fitness levels. (Fall, Spring)

Components: Laboratory, Class

Prereqs/Coreqs: P: "C" or better in HHP3020

Typically Offered: Fall

HHP 3380 Fitness Programming and Prescription 2 Credits

Designed to teach the student how to develop and implement fitness programs for various populations. The student will investigate the concept of exercise adherence and the factors affecting it. The student will be conducting a case study on practical implementation and development of fitness programming and exercise prescription.

Components: Laboratory

Prereqs/Coreqs: P or C: HHP 3360

Typically Offered: Spring

HHP 3400 Outdoor Activities 2 Credits

This course is to educate the Health Promotion, Exercise Science, and Physical Education majors to explore, design, and implement outdoor physical activities into a wellness program for instructing in an educational setting.

Components: Class

Typically Offered: Spring

HHP 3430 Teaching Children with Exceptional Abilities in Health and Physical Education 3 Credits

Knowledge provided regarding conditions that impede psychomotor functioning. A generic approach to adapting physical education to the needs of special populations. Information on assessment and IEP formation provided.

Components: Class

Prereqs/Coreqs: P: HHP 2320

Typically Offered: Fall

HHP 3440 Elementary Physical Education Teaching Methods 3 Credits

This course explores all the elements of planning for, managing, and instructing elementary physical education classes. Students will be given the opportunity to work directly with elementary-age students, and reflect upon their experiences. Students will plan lessons, evaluate peers, and develop a number of teaching strategies through the implementation of various service learning experiences, including the UW-Platteville Home School program and Elementary Wellness Days.

Components: Laboratory

Prereqs/Coreqs: P: admission to the School of Education

Typically Offered: Fall

HHP 3500 Methods in Teaching Health Education 3 Credits

Utilization of approved methods and materials for teaching health in grades kindergarten through 12; application of course content and procedures involved in health teaching.

Components: Class

Prereqs/Coreqs: P: admission to the School of Education and HHP 2030

Typically Offered: Fall

HHP 3510 Assessment and Screening in Physical Education 2 Credits

Knowledge provided regarding principles for selection of assessment/screening tools and administrative considerations. Practical opportunities to administer, score, and interpret a variety of tools. Production of goals and objectives based on assessment/screening results.

Components: Laboratory

Prereqs/Coreqs: P: admission to the School of Education and HHP 3430

Typically Offered: Spring

HHP 3610 Coaching Basketball 1 Credit

Designed to cover the basics of coaching basketball in a competitive setting. Anyone interested in coaching basketball is eligible to take this course. This course does not satisfy the General Education requirement for a physical activity course.

Components: Laboratory

Typically Offered: Spring

HHP 3710 Exercise Prescription for Special Population 3 Credits

This course is designed to provide students with an understanding of testing and exercise prescription for populations with special physical conditions including gender differences, youth conditioning, maturing adults, and a variety of common medical conditions. Changes in health, physiology, anatomy, and nutrition are discussed in regards to disease and life. The course includes studies in exercise prescription for persons with cardiovascular and pulmonary diseases, metabolic diseases, immunological and hematological disorders, neuromuscular disorders, orthopedic diseases and disorders, and cognitive, emotional, and sensory disorders.

Components: Class

Prereqs/Coreqs: P: BIOLOGY 2340 or BIOLOGY 2140, and HHP 3020

Typically Offered: Fall

HHP 3720 Kinesiology 4 Credits

Understanding human motion with an emphasis on quantitative biomechanics.

Components: Class, Laboratory

GE: Natural Science

Prereqs/Coreqs: P: A "C" or better in BIOLOGY 2140 or BIOLOGY 2340 and consent of department

Typically Offered: Fall/Spring

HHP 3830 Perceptual Motor Learning and Motor Development 2 Credits

An analysis of how we gain an awareness of the external world by the organization of sensory data. The traditional problems of perception are explored along with theoretical approaches to these problems.

Components: Class

Prereqs/Coreqs: P: HHP 2320

Typically Offered: Spring

HHP 3850 Nutrition 2 Credits

Human digestion, absorption, transport, metabolism, and integration of macronutrients.

Components: Class

Typically Offered: Fall/Spring

HHP 3920 Emotional Health 2 Credits

The influence of emotional health on the total education of the school age child as a basis for a healthy personality.

Components: Class

Typically Offered: Fall

HHP 4020 Psychology of Coaching 2 Credits

The principles and techniques applicable to coaching interschool activities.

Components: Class

Typically Offered: Spring

HHP 4040 Human Physiology 3 Credits

This course provides an understanding how cells, tissues, organs, and organ systems function together to create one human organism. It stresses the causal chains of events that constitute the mechanisms of body function and applies fundamental principles of physics and chemistry to the understanding of the body's regulatory mechanisms.

Components: Class

Prereqs/Coreqs: P: BIOLOGY 2140 and BIOLOGY 2240, or BIOLOGY 2340

Typically Offered: EVERY/3RD

HHP 4230 Methods in Middle/Secondary Physical Education 3 Credits

This course explores all the elements of planning for, managing, and instructing physical education classes. Students will be given the opportunity to work directly with school-age students, and reflect upon their experiences. Students will plan lessons, evaluate in-service teachers as well as their peers, and develop a number of teaching strategies.

Components: Class

Prereqs/Coreqs: P: admission to the School of Education

Typically Offered: Spring

HHP 4310 Private/Corporate Wellness Administration 3 Credits

This lecture course will address management and leadership styles as well as administrative skills necessary to manage corporate or private fitness/wellness departments, clubs and/or businesses. The course will also address health promotion program development as it relates to health disparities, people with disabilities, and chronic disease. As well as marketing techniques and program evaluation as it relates to building, sustaining and/or ending programs.

Components: Class

Typically Offered: Spring

HHP 4320 Consumer Health 2 Credits

A survey and analysis of today's public health problems. An overview describing the relationship between the health of consumers and the use of products and services.

Components: Class

Typically Offered: Fall

HHP 4330 Organization, Administration, and Curriculum of Physical Education and Health 3 Credits

The Physical Education Teaching candidate will evaluate, critic, research, justify, and create a K-12 Health or Physical Education scope and sequence that will contain education goals to meet specific standards, course schedule, budget, and evaluation tools that will demonstrate the students' knowledge, skills, and understanding of the educational system.

Components: Class

Prereqs/Coreqs: Admitted to school of education

Typically Offered: Fall

HHP 4370 Lifeguard Training 1 Credit

The purpose of this class is to provide the student with knowledge and skills of lifeguarding. Includes Red Cross certification.

Components: Laboratory

HHP 4380 Water Safety Instructor 1 Credit

Instruction in teaching Red Cross swimming lessons and water safety courses. Red Cross certification as water safety instructor.

Components: Laboratory

Typically Offered: Summer

HHP 4410 Seminar in Health Promotion 3 Credits

This course will be a forum to discuss current issues in all content standards of health education and the relationship to the UWPlatteville Health Promotion Standards. The content area of community health will be stressed. The remaining content areas will be linked to community outreach. This seminar course is ideally designed to be student driven, and only facilitated by the instructor.

Components: Class

Prereqs/Coreqs: P: HHP 3500

Typically Offered: Spring

HHP 4420 Practicum in Athletic Coaching 1-2 Credits

Actual experience related to the coaching of an athletic team under the leadership of an experienced coach and teacher.

Components: Field Studies

Typically Offered: Fall/Spring/Summer

HHP 4430 Current Issues in Health and Physical Education 1-3 Credits

Study of current topics in health and physical education.

Components: Class

Typically Offered: Summer

HHP 4450 Advanced Nutrition 3 Credits

Study of metabolism, dietary needs, deficiency symptoms and food sources of vitamins and minerals in healthy adult humans.

Components: Class

Prereqs/Coreqs: P: 'C' or better in HHP 3850

Typically Offered: EVERY/3RD

HHP 4520 Injury Prevention and Treatment 2 Credits

Athletic training will consist of instruction in taping techniques for athletic injuries. It will also include recognition, treatment and rehabilitation of common athletic injuries and instruction in the use of protective sports equipment.

Components: Class

Prereqs/Coreqs: P: BIOLOGY 2140 or BIOLOGY 2340

Typically Offered: Fall/Spring

HHP 4530 Practicum in Adapted Physical Education 3 Credits

Students are provided the opportunity to work with children with disabilities in an educational setting.

Components: Field Studies

Prereqs/Coreqs: P: HHP 3430 and HHP 3510 and admission to the School of Education.

Typically Offered: Fall/Spring

HHP 4620 Advanced Athletic Training 2 Credits

Deals with sport specific injuries, their prevention and treatment, and rehabilitation. The course also includes evaluation of injuries and the use of modalities in treatment.

Components: Class

Prereqs/Coreqs: P: HHP 4520

Typically Offered: Fall

HHP 4830 Exercise Science Research 3 Credits

Research literature, experimental design, and research interpretation in exercise science.

Components: Laboratory

Prereqs/Coreqs: P: "C" or better in HHP 3020, HHP 3720, Math 1830

Typically Offered: EVERY/3RD

HHP 4840 Athletic Training/Rehabilitation Internship 1-4 Credits

An internship under the supervision of a certified athletic trainer.

Components: Field Studies

Prereqs/Coreqs: P: HHP 4620

Typically Offered: Fall/Spring

HHP 4850 Level I Wellness-Fitness Internship 3 Credits

Level I is served in the Health and Physical Education Fitness Lab. Expected outcomes are competencies in the use and maintenance of testing equipment, ability to analyze test data and the use of computer software.

Components: Field Studies

Typically Offered: Fall/Spring

HHP 4860 Level II Wellness-Fitness Internship 3 Credits

Level II involves experience in a wide variety of situations, including classroom and small groups instruction, testing of students and non-students in the PE Fitness Lab, demonstration and individual counseling of 2-3 students as their personal trainer.

Components: Field Studies

Typically Offered: Fall/Spring

HHP 4870 Level III Wellness-Fitness Internship 6 Credits

Off-Campus Internship at a fitness club, clinical setting, private/corporate wellness program, YMCA/YWCA or health related facility. Prior to enrollment the HHP department must approve site and conditions of the internship.

Components: Field Studies

Typically Offered: Fall/Spring/Summer

HHP 4940 Seminar in Community and Environmental Health Education 3 Credits

Problems in health education. Devised to meet needs of the individual student in regard to health service, environment and instruction.

Components: Seminar

Prereqs/Coreqs: P: admission to the School of Education

Typically Offered: Spring

HHP 4960 Independent Study in Physical Education 1-3 Credits

Components: Independent Study

Typically Offered: Fall/Spring/Summer

HHP 4990 Independent Study in Health Education 1-3 Credits

Components: Independent Study

Typically Offered: Fall/Spring/Summer