

# HEALTH AND HUMAN PERFORMANCE (HHP)

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For up-to-date information on when online courses from the Distance Campus are typically offered, see <https://www.uwplatt.edu/department/professional-program-support/course-offerings> (<https://www.uwplatt.edu/department/professional-program-support/course-offerings/>).

## **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

## **HHP 1030 Leadership in Adventure Education and Outdoor Experiences 2 Credits**

This course is designed to prepare future professionals in the health, physical education, wellness, and recreation fields for facilitating an effective adventure educational environment and for leading groups on outdoor pursuits excursions. Students will learn advanced concepts leadership and teambuilding, various outdoor pursuits, safety and risk management considerations, and large group facilitation and dynamics. The course is a five-day intensive course which requires multiple overnight stays.

**Components:** Laboratory, Class

**GE:** HHP-Activity

## **HHP 1050 Outdoor Pursuits 1 Credit**

Outdoor Pursuits is designed to provide students with the opportunity to learn various methods of being physically active in the outdoor environment.

**Components:** Class, Discussion, Laboratory

**GE:** HHP-Activity

## **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

## **HHP 1110 Weight Training 1 Credit**

Health and Human Performance activity.

**Components:** Laboratory

**GE:** HHP-Activity

## **HHP 1120 Aerobic Weight Training 1 Credit**

**Components:** Laboratory

**GE:** HHP-Activity

## **HHP 1130 Badminton 1 Credit**

**Components:** Laboratory

**GE:** HHP-Activity

## **HHP 1140 Basketball 1 Credit**

**Components:** Laboratory

**GE:** HHP-Activity

## **HHP 1150 Bicycling 1 Credit**

Bicycling is designed to improve one's knowledge, skills, and appreciation for the sport. Instruction will be designed to accommodate those new to the sport as well as those with significant experienced and advanced skills

**Components:** Laboratory, Class

**GE:** HHP-Activity

## **HHP 1200 Self Defense 1 Credit**

**Components:** Laboratory

**GE:** HHP-Activity

## **HHP 1210 Golf 1 Credit**

A continuation of 1110.

**Components:** Laboratory

**GE:** HHP-Activity

**HHP 1230 Jogging/Walking 1 Credit**

**Components:** Laboratory  
**GE:** HHP-Activity

**HHP 1250 Relaxation 1 Credit**

**Components:** Laboratory  
**GE:** HHP-Activity

**HHP 1280 Personal Conditioning 1 Credit**

**Components:** Laboratory  
**GE:** HHP-Activity

**HHP 1300 Personal Fitness 1 Credit**

Students will be aided in achieving their stated goals with the help of a Health Promotion or Exercise Science Intern. Students will work together with the intern to establish a fitness program which is designed towards the student's individual interests, goals, and needs.

**Components:** Laboratory  
**GE:** HHP-Activity

**HHP 1310 Scuba Diving 1 Credit**

**Components:** Laboratory  
**GE:** HHP-Activity

**HHP 1340 Soccer 1 Credit**

**Components:** Laboratory  
**GE:** HHP-Activity

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

**Components:** Laboratory  
**GE:** HHP-Activity

**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

**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

**HHP 1430 Tennis 1 Credit**

**Components:** Laboratory  
**GE:** HHP-Activity

**HHP 1440 Volleyball 1 Credit**

**Components:** Laboratory  
**GE:** HHP-Activity

**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

**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

**HHP 1530 Bowling 1 Credit**

**Components:** Laboratory

**GE:** HHP-Activity

**HHP 1640 Downhill Skiing 1 Credit**

**Components:** Laboratory

**GE:** HHP-Activity

**HHP 1650 Fitness for Life 2 Credits**

A contemporary examination of the effects of lifestyle, wellness, and health promotion on the individual. Instruction in procedures for self-evaluation as well as individualization of exercise prescription for the development of fitness. Participation in a planned program of aerobic activity is required.

**Components:** Class, Laboratory

**GE:** HHP-Wellness

**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

**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

**GE:** HHP-Wellness

**Prereqs/Coreqs:** P. Major in Health and Human Performance or consent of instructor

**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

**HHP 2060 Foundations of Wellness 2 Credits**

This is an introductory health course in which health promotion and exercise science students will study a variety of health topics and health issues related to developing personal health literacy and advocating for the health literacy of others. The course also addresses the development of health literacy through private/personal and public health practice.

**Components:** Class

**GE:** HHP-Wellness

**Prereqs/Coreqs:** P. Major in Health and Human Performance or consent of instructor

**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:** Class, Laboratory

**HHP 2140 Current Trends in Health and Fitness 3 Credits**

In this course students will study the difference between fads and trends. The course will focus 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 not limited to; wearable technology, body weight training, high-intensity interval training, functional fitness, yoga, and wellness coaching.

**Components:** Laboratory, Class

**HHP 2180 Women and Sports 3 Credits**

This is a course focusing on the social dimensions and the historical and cultural foundations of women and sport in our society. Emphasis will be placed on exploring the changing roles and opportunities in sports for women, as well as how past and current beliefs regarding gender, sexuality, and race and ethnicity shape the experiences of women in sports in our society.

**Components:** Class

**GE:** Gender Studies, Social Sciences

**HHP 2230 First Aid/CPR/AED - American Heart Association 2 Credits**

The purpose of this course is to provide the citizen responder with the knowledge and skills necessary to help sustain life and minimize the consequences of injury or sudden illness until advanced medical care arrives.

**Components:** Discussion, Class

**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

**HHP 2320 Introduction to Exercise Science, Health Promotion and Physical Education 2 Credits**

This course is designed to provide the student with a basic understanding and professional awareness of the academic disciplines of Exercise Science, Health Promotion and Physical Education as well as aid in the development of an admission portfolio.

**Components:** Class

**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

**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

**HHP 2360 Application of Adventure Education 3 Credits**

This course presents the content, method, and provision of safety measures for cooperative and initiative games in a physical education classroom. Teaching candidates will learn to use and implement a Ropes course as a classroom for different age groups and diverse populations, including students with physical disabilities as applied to physical education programs. Much of the emphasis of the Adventure theory will be on teaching and methodology. This course prepares Physical Education Teacher Candidates to teach adventure education in P-12 physical education curriculum through lab application and instructional experiences.

**Components:** Laboratory, Class

**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

**HHP 2450 Team and Individual Sport Pedagogy 3 Credits**

The course will focus on methods and strategies for instructional effectiveness in relation to SHAPE National PE standards in both team and individual sport activities for middle and high school level students. Physical education majors will develop methods and strategies for instructional effectiveness in teaching team and individual sports.

**Components:** Laboratory

**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

**HHP 2720 Anatomical Kinesiology 2 Credits**

Anatomy of human movement with particular focus on the mechanical functions of bones and muscles.

**Components:** Class

**HHP 2740 Exercise Technique and Performance 2 Credits**

This course will provide students with knowledge and experience of proper performance and teaching of exercises. Students will learn techniques and coaching cues with a variety of exercises.

**Components:** Laboratory

**GE:** HHP-Activity

**Prereqs/Coreqs:** P. ('C' or better in HHP 2720 and Major in Health and Human Performance) or consent of instructor

**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 or TEACHING 1230

**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

**HHP 3030 Introduction to Sport Administration 3 Credits**

This course will introduce organizational leadership structures of contemporary sport agencies. Students will evaluate constructs of administrative theory and practice through differentiated group learning activities to create a holistic understanding of administrative leadership constructs pertinent to professional, collegiate, nonprofit, esports, global and youth sport organizations.

**Components:** Class

**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 2320 and HHP 3430

**HHP 3050 Legal Aspects of Sport and Recreation 3 Credits**

This course is designed to learn many legal concepts and risk management for future professionals in a sport or recreation setting. Students will learn the liability and safety concerns for participants and spectators and learn skills, roles and functions that are important for a person who wants to work in the sports industry.

**Components:** Discussion, Class

**HHP 3060 Theory of Coaching 3 Credits**

Theory and methodology of coaching both team and individual sports. Coaching psychology, philosophy, and administrative responsibilities (skill assessment, practice/game organization, rules, fundamentals, and play of various sports) will be explored through lecture, lab, and field experience.

**Components:** Discussion, Class

**HHP 3070 Social Aspects of Sports 3 Credits**

A course focusing on sport institutions as social organizations and how they function within a culture or society. Emphasis is placed on group structure and membership, as well as group pressure, socialization, stratification and deviance as they apply to the sport's setting. Significant emphasis is placed on the role of minorities in sports.

**Components:** Discussion, Class

**GE:** Ethnic Studies, Social Sciences

**HHP 3080 Career Construction and Identity Development in Sport Administration 3 Credits**

Students will understand career and professional development theories to administrative practice to inform professional advancement in the sport industry. Students will understand and define ways to gain exposure to networking and branding strategies for personal career advancement as well as methods to facilitate continuing education for employees within their future organization.

**Components:** Class

**HHP 3140 Disability Sport Education and Activity 2 Credits**

This course is designed to explore the issues related to persons with disabilities and their participation in educational and physical activity settings. Topics will include risks and benefits of physical activity, legal issues related to participation, the historical context of disability sport, inclusion versus segregation, and opportunities for activity across the lifespan. This course will require students to synthesize and apply content information. Students will work independently and in groups to better understand how individuals with disabilities participate in sport and physical activity.

**Components:** Laboratory, Class

**Prereqs/Coreqs:** C: or P: HHP 3430

**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

**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 2740 and HHP 3020

**HHP 3320 Worksite Wellness 3 Credits**

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

**Components:** Class

**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

**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

**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 HHP 3020

**HHP 3370 Fitness Testing and Prescription 3 Credits**

This class is designed to teach students how to evaluate fitness and develop appropriate fitness programs for individuals of various age groups, fitness levels health status.

**Components:** Laboratory, Class

**Prereqs/Coreqs:** P: C or higher in HHP 3020

**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

**HHP 3390 Lifetime and Outdoor Activities 3 Credits**

This course will emphasize the need for Lifetime Outdoor Activities in a person's life to maintain a healthy lifestyle. The students will be introduced to, practice, and develop essential skills for a variety of alternative lifetime and outdoor activities. The students will develop, implement, instruct, and reflect on a peer teaching experience.

**Components:** Laboratory, Class

**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

**HHP 3430 Introduction to Adapted Physical Education and Activity 2 Credits**

This course provides knowledge regarding conditions that impede psychomotor functioning. Students will learn about approaches for adapting physical education to the needs of special populations through universal designed learning. Students will also acquire information on federal legislation, assessment and IEP formation.

**Components:** Class

**Prereqs/Coreqs:** P. TEACHING 1230 or HHP 2320

**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

**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

**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

**HHP 3540 Methods of Teaching Health & Wellness 3 Credits**

The purpose of this class is to provide introductory content regarding health and areas of wellness (emotional, social, physical, etc) and integrating into common core subjects within the classroom. Pedagogical methods and practical teaching experiences will be provided.

**Components:** Class

**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

**HHP 3630 Introduction to Exercise Science Research 3 Credits**

This course is designed to guide students through the exercise science research process. Students will learn the overall research process, statistical analysis of data, different types of research, and how to read and write scientific research.

**Components:** Research

**Prereqs/Coreqs:** P. 'C' or better in HHP 3020, HHP 3720, 'C-' or better in MATH 1830

**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. HHP 3370

**HHP 3720 Biomechanical Kinesiology 4 Credits**

Human movement is produced by mechanical interactions between the muscles, skeleton, and physical world. In this course, you will learn to observe, quantify, and examine human movement from a mechanical perspective, integrating principles of physics, anatomy, and physiology through lab components.

**Components:** Laboratory, Class

**GE:** Natural Science

**Prereqs/Coreqs:** P. A 'C' or better in HHP 2720 or a 'C-' or better in BIOLOGY 2240

**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 or TEACHING 1230

**HHP 3850 Nutrition 2 Credits**

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

**Components:** Class

**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

**HHP 3950 Human Nutrition 3 Credits**

This course provides an integrated overview of the physiological requirements and functions of macronutrients and micronutrients in relation to how they affect health and performance.

**Components:** Class

**HHP 4020 Psychology of Coaching 2 Credits**

The principles and techniques applicable to coaching interschool activities.

**Components:** Class

**HHP 4040 Advanced Physiology of Exercise 3 Credits**

This course provides an understanding of how cells, tissues, organs, and organ systems function together in response to human exercise. 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 human exercise.

**Components:** Class

**Prereqs/Coreqs:** P. 'C' or better in HHP 3020 and 'C-' or better in BIOLOGY 2140 or BIOLOGY 2340

**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

**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

**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



**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

**HHP 4350 Social Wellness and Responsibility 2 Credits**

This course is designed for teacher candidates to acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals. Students will develop the skills to feel and show empathy for others, to establish and maintain supportive relationships, and to make responsible and caring decisions.

**Components:** Class

**Prereqs/Coreqs:** P. HHP 2320 or TEACHING 1230

**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

**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

**HHP 4420 Practicum in Athletic Coaching/Administration 2-3 Credits**

Internship related to the coaching of an athletic team or administration of athletic team under the leadership of an experienced coach or administration office.

**Components:** Field Studies

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

Study of current topics in health and physical education.

**Components:** Class

**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

**HHP 4500 Sport and Exercise Psychology 2 Credits**

This course will be a unique opportunity to be exposed to sport/physical activity from the standpoint of psychological aspects contributing to participation and associated psychological outcomes of participation. This course examines psychological theories and research and their application to the sport/physical activity-related affect, behaviors, and cognitions of participants and the individual and environmental factors that shape these outcomes.

**Components:** Discussion, Class

**Prereqs/Coreqs:** P. 'C' or better HHP 3920 and 'C-' or better PSYCHLGY 1130

**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

**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 3510 and admission to the School of Education

**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

**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 3630

**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

**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

**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

**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

**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

**HHP 4960 Independent Study in Physical Education 1-3 Credits**

**Components:** Independent Study

**HHP 4990 Independent Study in Health Education 1-3 Credits**

**Components:** Independent Study