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

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

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: Discussion, Laboratory, Class
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 1450 Wallyball/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 3 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: Laboratory, Class
GE: HHP-Wellness

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

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

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 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 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: Ethnic 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: Class, Discussion
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 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

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 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 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 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

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 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

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**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:** Class, Discussion

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**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

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**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:** Class, Discussion

**GE:** Ethnic Studies, Social Sciences

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**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

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**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

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**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

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**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

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**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

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**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:** Class, Laboratory

**Prereqs/Coreqs:** P: 'C' or better 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 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 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

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 3450 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 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 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

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: Class, Laboratory
GE: Natural Science
Prereqs/Coreqs: P. A "C-" or better in BIOLOGY 2140 or BIOLOGY 2340 and HHP 2720
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

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 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

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, critique, 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 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 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 3430 and 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 3020, HHP 3720, Math 1830

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