

# HEALTH AND HUMAN PERFORMANCE (HHP)

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## **HHP 170 - Peak Court Sports. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **HHP 172 - CFM Crossfit. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **HHP 173 - YMCA Classes. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **HHP 174 - FVB Bowling. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **HHP 191S - Special Topics. 1-4 Credits.**

## **HHP 238 - Lifeguarding - New Method. 2 Credits.**

Offered autumn and spring. Prereq., HHP 149 or equiv. skills. Skill development needed for the safe participation in various aquatic activities including the ability of self-recovered rescue of others. Provides the necessary knowledge and skills to serve as a pool lifeguard.

## **HHP 520 - Educational Research. 3 Credits.**

Offered every term. Same as C&I and EDLD 520. An understanding of basic quantitative and qualitative research methodology and terminology, particularly as they are used in studies presented in the professional literature. Level: Graduate

## **HHP 522 - Cog/Beh Interventions Performance Psychology. 3 Credits.**

Offered intermittently. Prereq., HHP 470 or equiv. Focus is on cognitive-behavioral interventions specific to enhancing human performance in a variety of individual and group settings. Strategies introduced based on research from health psychology, sport psychology, exercise psychology, clinical and counseling psychology Level: Graduate

## **HHP 523 - Case Studies in Performance Psychology. 3 Credits.**

Offered intermittently. Prereq., consent of instr. Through the usage of both real and hypothetical case studies, the course will examine the field of sport/performance psychology and its role in the broader field of sports medicine. Level: Graduate

## **HHP 524 - Ethics & Human Performance. 3 Credits.**

Offered spring, even numbered years. A critical examination of the ethical issues dominating the field of health and human performance and beyond with special emphasis on developing the conceptual frameworks needed to articulate our concerns and engage in meaningful dialogue with others. Level: Graduate

## **HHP 525 - Advanced Biomechanics. 3 Credits.**

This course is focused on developing laboratory skills and an advanced understanding of the quantitative and qualitative basis for human motion. Particular emphasis will be placed on the Newtonian mechanics governing biological motion and the roles of the musculo-skeletal, nervous and cardio-vascular systems during human activity. This integrative approach will be used to quantify and understand motion by, and within, the human body; examples will be drawn from the sub-disciplines of clinical gait analysis, gerontology, sports medicine, biological engineering and performance physiology. The lecture portion of this course is co-convened with KIN425 Biomechanics. Level: Graduate

## **HHP 528 - Advanced Exercise Prescription. 3 Credits.**

Offered spring even years. Prereqs., Graduate status or consent of the instructor. This class presents the principles and practices of advanced athletic performance training in a thorough and useful sequence. Testing and improving power, strength, speed, quickness, coordination, agility, flexibility, local muscular endurance, and cardiovascular aerobic capacity and endurance are covered based on the scientific record. Students will learn how to tailor sport specific training exercises and drills and periodize the training program precisely for peak performance at critical points in the competitive season. Level: Graduate

## **HHP 529 - Advanced Exercise Physiology I. 3 Credits.**

Offered autumn. Prereq., HHP 377, 378 or equiv. Advanced study of the effect of work, activity and exercise on human biochemistry, metabolism, endocrinology and muscle function. Level: Graduate

## **HHP 530 - Advanced Exercise Physiology II. 3 Credits.**

Offered spring odd years. Prereq., HHP 529 or equiv. Advanced study of system physiology (circulatory, respiratory and renal function) and environmental factors applied to physical work, activity and exercise Level: Graduate

## **HHP 531 - Lab Procedures In Exercise Science. 3 Credits.**

Offered autumn. Introduction to common laboratory tools associated with clinical and health assessment techniques, research measures, and data collection. Level: Graduate

## **HHP 540 - Community Health Promotion Strategies. 3 Credits.**

Offered autumn even-numbered years. Exploration of the role of the health professional in the development and implementation of educational, organizational, economic, and/or environmental strategies that promote individual and community health. Level: Graduate

## **HHP 541 - Program Planning in Community Health. 4 Credits.**

Prereq. HHP 540. Overview of the issues, approaches, and techniques community health educators and professionals utilize in planning and implementing programs to assist communities in improving health status and reducing risky behaviors and their determinants. Application of program planning research methods including needs analyses, data collection, theory application, strategy development, and evaluation. This course co-convenes with CHTH 445. Level: Graduate

## **HHP 542 - Advanced Study Mind/Body/Spirit. 3 Credits.**

This course is a comprehensive exploration of the body, mind and spirit relationship. An in-depth examination of the concepts, theoretical application, and research of the mind/body/spirit relationship will be applied to health, prevention of disease, and healing used in contemporary society. Conventional thinking will be stretched & challenged as diverse M/B/S ideas, constructs and paradigms will be considered & discussed. Level: Graduate

**HHP 544 - Community-Based Participatory Research Methods for Health. 3 Credits.**

Offered autumn even years. Instruction will present the principles and practice of community-based participatory research methods (CBPR) and mixed-methods approaches that offers strategies for studying and addressing health and social problems. Level: Graduate

**HHP 594 - Seminar. 1-3 Credits.**

(R-6) Offered spring. Prereq., consent of instr. A review and discussion of current research. Topics vary. Level: Graduate

**HHP 595 - Special Topics. 1-6 Credits.**

(R-6) Offered intermittently. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics. Level: Graduate

**HHP 596 - Independent Study. 1-6 Credits.**

(R-6) Offered every term. Prereq., consent of instr. Course material appropriate to the needs and objectives of the individual student. Level: Graduate

**HHP 597 - Research. 1-6 Credits.**

(R-6) Offered every term. Prereq., HHP 486, 520. Directed individual research and study appropriate to the back ground and objectives of the student. Level: Graduate

**HHP 598 - Internship. 1-4 Credits.**

(R-4) Offered every term. Prereq., current First Aid and CPR certification. Consent of advisor and instructor. Community Health prereq HHP 540, HHP 544. Supervised field work in public and private agencies and institutions. 45 hours of internship site work = 1 credit. Level: Graduate

**HHP 599 - Professional Paper. 1-3 Credits.**

(R-3) Offered every term. Prereq., HHP 486, 520. Preparation of a professional paper appropriate to the needs and objectives of the individual student. Level: Graduate

**HHP 699 - Thesis. 1-6 Credits.**

(R-6) Offered every term. Preparation of a thesis or manuscript based on research for presentation and/or publication. Level: Graduate