

Health & Human Perform Courses

HHPK 516 - Current Topics in Health & Human Performance

Hours: 3

A study of current problems and trends in health and physical education. Local, regional, state, national, and global issues will be included in this course.

HHPK 517 - Interdisciplinary Topics in Human Performance

Hours: 3

An in-depth study of the fundamentals of interdisciplinary physical education programs with a focus on teaching models that guide in collaboration and integration of physical education content in other subject areas, organizing content, and creating meaningful activities that impact student learning.

HHPK 518 - Thesis

Hours: 3-6

Thesis. Six semester hours.

HHPK 519 - Research Methods in Health, Kinesiology, & Sport Studies

Hours: 3

A study of research methods and designs appropriate for proposing, conducting, reading, reporting and critiquing research in health, kinesiology, and sports studies. A major emphasis will be on conducting meta-analysis of research literature. Each student is required to demonstrate systematic research techniques through the investigation and formal reporting of an independent research project using meta-analysis, descriptive or experimental research design. For non-thesis options, this course meets 595 research requirements.

HHPK 522 - Teaching Health Related Fitness for K-12

Hours: 3

This course focuses on how to implement a lifetime, health-related physical fitness program in school and community settings. Students will improve their knowledge of fitness concepts, design learning activities, review the research on physical activity, and develop strategies to teach lifetime fitness to children and adolescents.

HHPK 523 - Teaching Games Content for K-12

Hours: 3

The purpose of the course is to learn to design appropriate experiences to assist children and adolescents in becoming skillful game players. The course will specifically focus on two games curriculum models: the Sport Education Model and the Tactical Games Approach. Games in the four primary areas of invasion, target, fielding, and net & wall games will be emphasized.

HHPK 528 - Sport Psychology

Hours: 3

A study of the relationship of psychology to sport: topics include history of sport psychology, application of learning principles, social psychology, personality variables, psychological assessment, youth sport, women in sport, the psychology of coaching, and performance enhancement.

HHPK 530 - Sports Conditioning

Hours: 3

Sports Conditioning. Three semester hours. A study of the scientific basis of conditioning athletes. Focus will be on cardiovascular and resistance conditioning in the off-season, pre-season, and in-season. An introduction and utilization of appropriate equipment for cardiovascular conditioning and resistance training will be examined.

HHPK 532 - Cardiopulmonary Physiology

Hours: 3

A study of normal physiological mechanisms during rest and during physical work and exercise. The focus of this course is on the mechanisms that affect the heart.

HHPK 533 - Stress Testing & Electrocardio

Hours: 3

Theoretical and practical experiences will be examined to assist in analysis and recognition of normal and abnormal electrocardiography at rest and exercise (ECG). Students will learn how to understanding and interpret ECG tracings, exercise prescription, and understand the mechanisms of cardiac activation in health and exercise.

HHPK 534 - Exercise in Health and Disease

Hours: 3

The analysis of mechanisms responsible for reduction of functional capacity as result of biological aging and/or loss of health. Use of preventive exercise program to diminish reduction and/or deterioration of physiological mechanisms as a function of age, health and disease.

HHPK 536 - Adapted Kinesiology

Hours: 3

Adapted Kinesiology. Three semester hours. Principles of adapting physical activities to individual needs. Instructional strategies, screening and testing procedures, and modification of equipment will be emphasized. Patterns of organization and administration of programs will also be addressed.

HHPK 537 - Internship in Health, Kinesiology, & Sport Studies

Hours: 3

Practical experience in a health, kinesiology, or sport studies worksite. Prerequisites: Instructor approval required in final semester.

HHPK 538 - Exercise Metabolism

Hours: 3

An investigation of metabolic processes, metabolic responses to exercise, regulatory mechanisms, sources, role, and regulation of carbohydrate, lipid, and protein metabolism and potential metabolic bases of central and peripheral fatigue. Prerequisite: HHPK 532 and 535.

HHPK 540 - Supervision in Health and Kinesiology

Hours: 3

(Same as HIED 540) A study of philosophy, history, principles, organization, and techniques of supervision and their application to the supervision of health and kinesiology.

HHPK 541 - Internship in Sport Administration

Hours: 3

Internships are experiential learning activities designed to provide students with opportunities to make connections between the theory and practice of academic study and the practical application of that study in a professional work environment. Students learn and participate in marketing for multiple sports, game day operations, communications, and media relations to name a few. Internships are completed under the guidance of an on-site supervisor and a faculty sponsor, who in combination with the student will create a framework for learning and reflection. Prerequisites: instructor approval required.

HHPK 545 - Advanced Exercise Physiology

Hours: 3

Application of basic physiological concepts to the programs of kinesiology, emphasis upon the physiological effects and adjustments occurring from participation in physical activity. Major factors in conditioning, fatigue, diet, and physical fitness are considered.

HHPK 546 - Ethics, Governance, and Legalities in Sports

Hours: 3

A study focusing on ethical problems in the contemporary sport industry and the theoretical models available for analyzing these problems. Various governing agencies, primarily the UIL and NCAA, in sport will also be studied emphasizing investigation of the legal ramifications, organizational structure, authority, membership, and influence of these sport governing bodies. Legal aspects of teaching, coaching, and administering athletic programs in secondary and post-secondary education and community settings will also be included.

HHPK 547 - Economics, Marketing and Public Relations in Sports

Hours: 3

A study of revenue sources available to sport organizations such as tax support, municipal and corporate bonds, ticket sales, concessions, fund raising, sponsorship, licensing and PSL's. Further study will include sport-marketing plans utilizing the concepts of product, price, promotion, sales and advertising. The course will further examine aspects of external and internal communication in sport pertaining to community, customer, employee and media relations.

HHPK 551 - Advanced Research in Kinesiology

Hours: 3

Transform research into publishable articles and presentations to various audiences. Emphasis will be on drafting, editing, and revising documents/presentations of the student's individual research project. With sufficient data, students can produce an article ready for submission to a scholarly journal over the course of the semester.

HHPK 560 - Motor Development Issues

Hours: 3

Study of the influences of heredity and environment upon motor skill development. Theories of motor learning and motor control will be explored as they affect motor skill acquisition, retention, and transfer of motor skills. Techniques for appraising motor development are also studied.

HHPK 570 - Psy of Motor Learning

Hours: 3

Psychology of Motor Learning. Three semester hours. An investigation of psychological principles involved in motor performance. Particular attention will be given to the application of these principles in teaching game and sport skills and in the coaching of athletics.

HHPK 589 - Independent Study

Hours: 1-4

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. May be repeated when the topic varies. Prerequisite: Consent of department head.

HHPK 590 - Sport Coaching

Hours: 3

This course will explore various coaching styles and strategies. Emphasis will be placed on development of coaching philosophies, assessment techniques and analyses, and athlete development. Current research and literature will be utilized.

HHPK 591 - Seminar

Hours: 1-3

Reports and discussions of topics of current interest in health and human performance.

HHPK 593 - Biomechanics

Hours: 3

Mechanical Analysis of Motor Skills. Three semester hours. A study of the basic mechanical principles and physical laws which govern human movement. Intensive study will be devoted to analysis of fundamental motor skills and to the use of these skills in dance and sports activities.

HHPK 595 - Critiquing & Conducting Research

Hours: 3

Critiquing and Conducting Research. Three semester hours. (Same as HHPH 595) A study of research methods and designs appropriate for proposing, conducting, reading, reporting and critiquing research in health, kinesiology, and sports studies. A major emphasis will be on conducting meta-analysis of research literature. Each student is required to demonstrate systematic research techniques through the investigation and formal reporting of an independent research project using meta-analysis, descriptive or experimental research design.

HHPK 597 - Special Topics

Hours: 0-4

Special Topic

HHPK 617 - Stat Proc Hlth/Hum Perf

Hours: 3

An introductory study of statistical methods and their implications for education and research. Populations and samples; organizing, displaying, and summarizing data; probability; normal distribution; tests of significance; correlation and simple regression; Z and T tests; and the chi square test will be the focus of this course. Appropriate computer applications will be integrated into the course. This is an approved Level II doctoral research tools course.

HHPK 664 - Fitness Testing and Exercise Prescriptions

Hours: 3

Health-Related Fitness Testing and Exercise Prescriptions. Three semester hours. A study of field-based fitness testing and exercise prescriptions. The course will focus on the American College of Sports Medicine guidelines for fitness testing and exercise prescriptions. The health-related fitness parameters of cardio respiratory endurance, joint flexibility, muscular strength, muscular endurance and body composition will be studied in the course. Students will be given opportunity to participate in both classroom and laboratory experiences related to health-related physical fitness.

HHPK 718 - Dissertation

Hours: 3-12

Doctoral Dissertation.