

# Health & Human Perfor Courses

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## **HHPS 100 - GLB/Foundations of Sport & Recreation Management**

Hours: 3

Foundations of Sport and Recreation Management. An introductory course that includes the history, philosophy, principles, issues, challenges and opportunities in the sport and recreation industry, both in the private and public sectors.

## **HHPS 110 - Principles of Leadership in Sport & Recreation**

Hours: 3

Principles of Leadership. The role of administration and leadership in the objectives, organization, and procedures of sport and recreational organizations.

## **HHPS 205 - Governance & Ethics in Sport & Recreation**

Hours: 3

This course focuses on the study of ethical problems in the sport and recreation industry and the governance structures in place that a) perpetuate these problems and b) can be used to address them. Students will improve their problem solving skills, developing strategies to manage the impact of ethical issues in sport and recreation.

## **HHPS 210 - Sport Psychology**

Hours: 3

Sport Psychology. An overview of the principles of psychology as applied to sport or recreational activity for enhanced interactions and performance.

## **HHPS 301 - Therapeutic Recreation**

Hours: 3

The history, purpose, and trends of therapeutic recreation. (Blended/W)

## **HHPS 302 - Sport Tourism Management**

Hours: 3

Comprehensive study of the sport travel and tourism industry. Covers all aspects of sport tourism including economics, finance, and marketing

## **HHPS 305 - Programming and Events in Sport and Recreation**

Hours: 3

Exploration and examination of the foundations and basic sport programming skills, methods, and techniques necessary to deliver sport and recreational activities within a variety of settings, agencies, and/or organizations.

## **HHPS 310 - Facility and Venue Management**

Hours: 3

An examination of the history of sport and recreation facilities, along with appropriate procedures for the planning and operating of current and future sport and recreation facilities. Planning, organizing, coordinating, and managing of sport and recreation venues and facilities will be the focus.

Prerequisites: HHPS 100, 110. Junior/Senior Standing.

## **HHPS 316 - Field Experience in Sport and Recreation**

Hours: 3

Provides an opportunity for supervised observation and participation in a variety of settings related to sport and recreation management. This course will also help students to prepare for their internship. Prerequisites: HHPS 100, 110, and 305. Junior/Senior Standing.

## **HHPS 317 - Group Exercise Instruction**

Hours: 3

Examination of the theoretical knowledge and practical skills in preparation for national certification in group exercise training. Participants will practically apply classroom knowledge during interactive teaching sessions for group exercise. Prerequisites: 2.5 GPA.

## **HHPS 318 - Individual Exercise Instruction**

Hours: 3

Examination of the theoretical knowledge and practical skills in preparation for national certification in personal training. Participants will practically apply classroom knowledge during interactive training sessions including performing fitness assessments and creating exercise prescriptions. Prerequisites: 2.5 GPA.

## **HHPS 319 - Introduction to Tactical Strength and Conditioning**

Hours: 3

Students will explore concepts of biomechanics, muscle anatomy, adaptations to exercise, bioenergetics, and nutrition as it applies to the tactical athlete. Prerequisites: 2.5 GPA.

**HHPS 320 - Legal & Ethical Issues in Sport and Recreation Management**

Hours: 3

Examination of legal and ethical concepts related to sport and recreation management. Topics will include athletic participation and eligibility, public facility use issues, constitutional due process, and contracts and tort law as applied to participants and spectators. Concepts, models, and techniques to use in managing ethical dilemmas will be explored. Prerequisites: HHPS 100, 110. Junior/Senior Standing.

**HHPS 330 - Fitness and Wellness Programming**

Hours: 3

A study of planning, organizing, and conducting activities for fitness, wellness, and athletic programs. A comprehensive look at how fitness and wellness programming are conducted.

**HHPS 350 - Social Issues in Global Sport Economy**

Hours: 3

An examination of social and ethical issues which affect sports, the sport industry, and sport managers in today's global marketplace. Topics include a survey of the cultural, economic, and political structures which compose, and contribute to, an ever-changing and expanding international sport industry. Sport and recreation organizations and the production and consumption of sport products and events will be examined related to their roles in global sport commerce. Prerequisites: Junior/Senior Standing.

**HHPS 397 - Special Topics**

Hours: 0-4

Organized class. May be repeated when topics vary

**HHPS 400 - Management of Sport & Recreation Organizations**

Hours: 3

An examination of the management and operational techniques and strategies for sport and recreation programs. Functions related to the administration and management of sport and recreation organizations will be examined, including planning, leading, organizing, and evaluating sport organizations. Topics include the determination of strategic direction for sport and recreation organizations and effective implementation of strategies. Prerequisites: HHPS 100, 110. Junior/Senior Standing.

**HHPS 402 - Selling and Promotion in Fitness and Wellness**

Hours: 3

A survey of the selling process, advertising, consumer behavior, market research, strategic planning of sport or recreation as a consumer product. Memberships, promotions, and consumer product research will be addressed. Ticket and season tickets along with reoccurring payments will be developed

**HHPS 403 - Fitness and Wellness Organizational Behavior**

Hours: 3

The analysis and application of organizational theory, group dynamics, motivation theory, leadership concepts, and the integration of interdisciplinary concepts from the behavioral sciences from the Fitness and Wellness Industry Perspective. Emphasis is placed on the small business environment.

**HHPS 404 - Recreation and Fitness Services**

Hours: 3

The study of the recreation and Fitness entertainment industry. Emphasis fitness, wellness, sporting and entertainment venues, tourism attractions, and other public and private sector special events that fitness and wellness providers should plan and manage.

**HHPS 410 - Economics & Finance of Sport & Recreation**

Hours: 3

An examination of the principles of finance as applied to budgeting, operations, and business decisions in recreation and sport organizations. Topics include financial indicators for strategic planning, strategies for generating income, and the allocation of resources. Prerequisites: HHPS 100, 110. Junior/Senior Standing.

**HHPS 420 - Marketing for Sport & Recreation**

Hours: 3

A survey of marketing concepts, advertising, consumer behavior, market research, strategic planning and the marketing of sport or recreation as a consumer product. Prerequisites: HHPS 100. Junior/Senior Standing.

**HHPS 448 - Practicum I in Sport & Recreation Management**

Hours: 3

This course is designed to give students practical work experience and supervised mentorship with a sport or recreation organization. Current job-related topics, networking, and job procurement techniques will be discussed. Site must be approved by the department and internship coordinator.

**HHPS 449 - Practicum II in Sport & Recreation Management**

Hours: 3

This course is designed to give students practical work experience and supervised mentorship with a sport or recreation organization. Current job-related topics, networking, and job procurement techniques will be discussed. Site must be approved by the department and internship coordinator.

**HHPS 450 - Internship in Sport & Recreation Management.**

Hours: 6

This course is designed to give students practical work experience and supervised mentorship with a sport or recreation organization. Current job-related topics, networking, and job procurement techniques will be discussed. Site must be approved by the department and internship coordinator. Must complete all Sport & Recreation Management coursework prior to internship. Prerequisites: HHPS 100, 110, 210, 305, 310, 316, 320, 350, 400, 410, 420. Senior Standing.

**HHPS 489 - INDEPENDENT STUDIES**

Hours: 1-4

Independent Study. One to four semester hours. 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.

**HHPS 490 - H - Honors Thesis**

Hours: 3

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

**HHPS 491 - H Honors Readings**

Hours: 3

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member.

**HHPS 497 - Special Topics**

Hours: 0-4

Organized class. May be repeated when topics vary