

# HLP: Health, Leisure, And Physical Education Courses

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## Courses

HLP 2081 Health, Nutrition and Physical Fitness  
3 sh (may not be repeated for credit)

Principles of exercise and nutrition and their roles in maintenance of good health. Students will be given the opportunity to develop their individual aerobic fitness program. An introductory level course.

HLP 3300 Organization and Administration of Professional Programs  
3 sh (may not be repeated for credit)

Analysis of leadership principles related to study of man and human performance related to health, leisure and sports activities.

HLP 3905 Directed Study  
1-12 sh (may be repeated indefinitely for credit)

HLP 4722 Health/Physical Education for Elementary School Teachers  
3 sh (may not be repeated for credit)

Knowledge, attitudes and skills necessary for balanced programs of physical education and health education for grades K-8.

HLP 4905 Directed Study  
1-12 sh (may be repeated indefinitely for credit)

HLP 4922 Field Experience  
1-3 sh (may not be repeated for credit)

Placement in an appropriate setting for the purpose of learning more about a specific field. Student will observe and participate in a wide range of activities as determined by instructor and agency supervisor. Graded on satisfactory / unsatisfactory basis only. Permission is required.

HLP 4940 Internship  
1-6 sh (may not be repeated for credit)

Placement in an appropriate agency or organization for the purpose of gaining some experience in the field. Faculty and agency personnel will supervise the student as the student participates in a wide range of services available in the setting. Goals and objectives will be planned by the student, instructor and agency supervisor. Reports will be required on a regular basis with a final report and oral interview. Permission is required.

HLP 5905 Directed Study  
1-12 sh (may be repeated indefinitely for credit)

HLP 6535 Research Procedures  
3 sh (may not be repeated for credit)

Research methodology, critical analyses and evaluation of current research, and design of a research proposal in the major field.

HLP 6595 Research Seminar  
3 sh (may not be repeated for credit)

Development of a research design suitable for a thesis or research project in health, leisure or sports science.

HLP 6905 Directed Study  
1-12 sh (may be repeated indefinitely for credit)

HLP 6922 Field Experience  
1-3 sh (may be repeated for up to 6 sh of credit)

Field experience in school or community agencies under faculty direction and on-the-job supervision. Graded on satisfactory / unsatisfactory basis only. Permission is required.

HLP 6940 Internship  
3-6 sh (may be repeated for up to 6 sh of credit)

Placement in an appropriate agency or organization for the purpose of gaining some experience in the field. Faculty and agency personnel will supervise the student as the student participates in a wide range of services available in the setting. Goals and objectives will be planned by the student, instructor and agency supervisor. Reports will be required on a regular basis with a final report and oral interview. Permission is required.

HLP 6971 Thesis  
1-6 sh (may be repeated for up to 6 sh of credit)

Graded on a satisfactory / unsatisfactory basis only. Permission is required.

HLP 7001 Promoting Physical Activity for Youth and Adults  
3 sh (may not be repeated for credit)

This course focuses on the current physical activity recommendations for youth and adults. Emphasis is placed on the benefits of physical activity on various health outcomes; determinants of physical activity; how to measure physical activity at the individual and population levels; policy approaches to promote active living; and strategies to promote physical activity.

HLP 7306 Planning and Designing Health and Physical Activity Programs  
3 sh (may not be repeated for credit)

This course is designed to enhance students' knowledge and abilities related to curriculum development in Health and Physical Activity programs. Course activities will guide students through analyses of current programs, identification of needs, framework and curriculum development, and instructional strategies and practice construction. Students will use evidence from research and practice to both develop and support content.

HLP 8002 Leadership in Health and Physical Activity  
3 sh (may not be repeated for credit)

This course is designed to provide students with a detailed understanding of how health and physical activity program areas are impacted by higher education, grants, research, and the community. Content will prepare students to embrace and utilize activities that play supportive roles in health and physical activity management, administration, services, and promotion.

HLP 8003 Health and Physical Activity Research Methodology  
3 sh (may not be repeated for credit)

This course is designed to provide students with a detailed understanding of how health and physical activity program areas are impacted by higher education, grants, research, and the community. Content will prepare students to embrace and utilize activities that play supportive roles in health and physical activity management, administration, services, and promotion.

HLP 8515 Development and Administration of Health and Physical Activity Programs

3 sh (may not be repeated for credit)

This course examines the models and process to systematically plan, implement, administrate, and evaluate health and physical activity programs. Students will develop skills in assessment, planning, administrating, and evaluating health and physical activity programs through extensive literature review, class discussions, and presentations. Course will emphasize importance of teams and partnerships in successful health and physical activity programs.