HLP: Health, Leisure, And Physical Education Courses

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 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.

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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, administer, 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.