

Health and Fitness

Beitzel, Hall, C. Jones, M. Jones, Liu, Payne.

Required Health and Fitness

The LADR Health and Fitness requirement places emphasis on lifetime personal health through knowledge of nutrition, cardiovascular health, exercise, personal attitudes toward health and fitness, and lifelong fitness activities. The requirement involves a half-credit course (Lifetime Health and Fitness) and two quarter-credit classes (Applied Health and Fitness). Lifetime Health and Fitness must be completed by the end of the sophomore year. The two Applied Health and Fitness courses must be completed before winter term of the senior year.

Health and Fitness LADR– One course unit as follows:

HF 101: Lifetime Health and Fitness. Examines patterns of exercise, diet, fitness attitudes, and other issues of health, with special focus on analyzing one's own personal health patterns, designing a health plan, and evaluating health-related information. Partially satisfies HF LADR. Must be completed by the end of sophomore year. .5 credit. Fee charged.

Applied Health and Fitness

Two of the following **Applied Health and Fitness** courses may be used in partial fulfillment of the HF LADR. The two Applied Health and Fitness courses must be completed before winter term of the senior year. At least one of these must be from the **Lifetime Fitness Activities** list (all courses with a course number of HFA 050 or higher).

Varsity Sports

Students may receive one .25 unit activity credit upon satisfactorily completing one year of participation in any varsity sport. To be eligible for such credit, however, the student must register for the appropriate varsity sport course before the end of the fifth day of classes for the term.

Varsity athletes are prohibited from enrolling in HFA 074 Weight Conditioning

HFA 030. Varsity Cross Country. .25 unit. Not open to students with prior credit in PE056 or HFA 030.

HFA 031. Varsity Golf. .25 unit. Not open to students with prior credit in PE057 or HFA 031.

HFA 032. Varsity Tennis. .25 unit. Not open to students with prior credit in PE058 or HFA 032.

HFA 033. Varsity Track and Field. .25 unit. Not open to students with prior credit in PE059 or HFA 033.

HFA 034. Varsity Baseball. .25 unit. Not open to students with prior credit in PE064 or HFA 034.

HFA 035. Varsity Softball. .25 unit. Not open to students with prior credit in PE064 or HFA 035.

HFA 036. Varsity Basketball. .25 unit. Not open to students with prior credit in PE065 or HFA 036.

HFA 037. Varsity Football. .25 unit. Not open to students with prior credit in PE067 or HFA 037.

HFA 038. Varsity Soccer. .25 unit. Not open to students with prior credit in PE068 or HFA 038.

HFA 039. Varsity Volleyball. .25 unit. Not open to students with prior credit in PE069 or HFA 039.

HFA 041. Basketball. .25 unit. Not open to students with prior credit in PE061 or HFA 041.

HFA 042. Soccer. .25 unit. Not open to students with prior credit in PE062 or 042.

HFA 043. Volleyball. .25 unit. Not open to students with prior credit in PE063, HFA 043 or 045.

HFA 044. Field Hockey. .25 unit. Not open to students with prior credit in PE066 or HFA 044.

HFA 045. Sand Volleyball. .25 unit. Not open to students with prior credit in HFA 043 or 045.

Lifetime Fitness Activities

HFA 050. Adapted Fitness Activities. A program of limited physical activity based on the individual's ability. Only students with a medical excuse may enroll. .25 unit. May be repeated for credit. Prerequisite: HF 101.

HFA 060. Special Topics. Prerequisite: HF 101.

HFA 065. Fencing and Archery. .25 unit. Not open to students with prior credit in PE053 or HFA 065. Prerequisite: HF 101.

HFA 066. Tennis. .25 unit. Not open to students with prior credit in PE054, PE055 or HFA 066. Prerequisite: HF 101.

HFA 067. Fitness Walking. .25 unit. Not open to students with prior credit in HFA 067. Prerequisite: HF 101.

HFA 068. Fitness Running. .25 unit. Not open to students with prior credit in HFA 068. Prerequisite: HF 101.

HFA 069. Distance Running. .25 unit. Not open to students with prior credit in HFA 069. Prerequisite: HF 101.

HFA 070. Aerobic Activities. .25 unit. Not open to students with prior credit in PE070 or HFA 070. Prerequisite: HF 101.

HFA 071. Beginning Tai Chi. .25 unit. Not open to students with prior credit in PE073 or HFA 071. Prerequisite: HF 101.

HFA 072. Intermediate Tai Chi. .25 unit. Not open to students with prior credit in HFA 072. Prerequisite: HF 101 and HFA 071.

HFA 073. Self-Defense for Women. .25 unit. Not open to students with prior credit in PE073 or HFA 073. Prerequisite: HF 101.

HFA 074. Weight Conditioning. .25 unit. Not open to students with prior credit in PE074 or HFA 074. Prerequisite: HF 101. Not open to varsity athletes.

HFA 075. Racquetball. .25 unit. Not open to students with prior credit in PE075 or HFA 075. Prerequisite: HF 101.

HFA 076. Racquet Sports. .25 unit. Not open to students with prior credit in PE076 or HFA 076. Prerequisite: HF 101.

HFA 078. Elementary Tae Kwon Do. .25 unit. Permission of instructor. Not open to students with prior credit in PE078, PE079 or HFA 078. Prerequisite: HF 101.

HFA 079. Intermediate Tae Kwon Do. .25 unit. Permission of instructor. Not open to students with prior credit in PE079 or HFA 079. Prerequisite: HF 101.

HFA 082. Lifeguarding. .25 unit. Not open to students with prior credit in PE 082, PE083 or HFA 082. Prerequisite: HF 101.

HFA 084. Water Safety Instructor. .25 unit. Not open to students with prior credit in PE084 or HFA 084. Prerequisite: HF 101.

HFA 092. Bowling. .25 unit. Not open to students with prior credit in PE092 or HFA 092. Prerequisite: HF 101. Fee charged.

HFA 095. Dance and Social Games. .25 unit. Not open to students with prior credit in PE095 or HFA 095. Prerequisite: HF 101.

HFA 096. Beginning Golf. .25 unit. Not open to students with prior credit in PE096 or HFA 096. Prerequisite: HF 101. Fee charged.

HFA 097. Advanced Golf. .25 unit. Not open to students with prior credit in PE097 or HFA 097. Prerequisite: HF 101. Fee charged.

HF 105. Essential Movement for Elementary Children. The rationale and methodology for guiding children in motor skills and activities, including creative movement. Includes designing a program for elementary school children as well as experience in a public school. (Counts as 0.25 credit toward the HFA LADR requirement.) 0.50 unit.

Health and Fitness

HF 132. Introduction to Physical Education. Selected persistent problems traced historically and analyzed philosophically. Examination of changing concepts and challenges in the teaching and allied areas of physical education.

HF 202. Teaching Secondary Physical Education. Rules, safety measures, etiquette, strategies, and techniques of various leisure activities, including archery, badminton, folk and square dancing, and orienteering. Focus is on the application of teaching principles to programs in physical education at the secondary level. 0.50 unit.

HF 203. Foundations of Athletic Skills. Skill development for team and individual sports. .50 unit.

HF 204. First Aid and CPR. Wounds, injuries, diabetic emergencies, bites and stings, drugs and poisoning, burns, temperature extremes, splinting, transportation, and cardiopulmonary resuscitation. .50 unit.

HF 231. Personal and Community Health. Emphasizes both the personal and community commitment toward the maintenance of health and the prevention of illness. Focus is on the development of personal lifestyles of optimal wellness over the life span. Health issues include nutrition, physical fitness, drugs, sexuality, infectious and non-infectious diseases, cancer, cardiovascular health, psychological health, consumerism, safety, environmental health, and death and dying. (Prerequisite: HF 101.)

HF 307. Directed Study. .50 unit

HF 322. Tests and Measurements. Philosophy of testing, measuring and evaluating; selection and administration of various knowledge and motor skill tests; and interpreting results by fundamental statistical procedures.

HF 370. Directed Study. One unit

Physical Education

PE 160. Special Topics.

PE 225. Nutrition in Exercise and Sport. The use of nutrition as an ergogenic aid has become very relevant for today's athlete. This course provides a detailed look at the effect nutrition plays on exercise and athletic performance. Offered Spring Term.

PE 260. Special Topics.

PE 307. Directed Study. .50 unit.

PE 321. Motor Development and Adapted Exercise. (Same as EXS 220) Exploration of the common developmental sequences of motor development as well as accommodations necessary to handle the learner's unique needs resulting from developmental delays or physical challenges.

PE 323. Human Anatomy and Physiology. An integrated study of the structure and function of organs and organ systems in the human organism. Fundamental principles of cell biology, followed by the study of skeletal, integumentary endocrine, nervous, muscular, cardiovascular, immune, respiratory, digestive, urinary and reproductive systems.

PE 325. Basic Athletic Training. (Same as EXS 331) Concentrated study of theories, and participation, observation, and discussion of practical techniques of athletic training and safety.

PE 326. Kinesiology/Biomechanics. Study of muscle physiology; origin, insertion, and action of muscle groups; analysis of muscular movement.

PE 327. Physiology of Exercise. The description and explanation of functional changes brought about by acute or chronic exercise. Topics include bioenergetics, neuromuscular concepts related to exercise, cardio-respiratory considerations, physical training, nutrition and body composition, and the use of ergogenic aids in improving the exercise response.

PE 332. Managing Physical Education, Athletic, Recreation and Fitness Programs. A theoretical analysis of the management process involved in the administration of physical education, athletic, recreation, and fitness programs.

PE 357. Internship. Off-campus supervised experience in physical education. Prerequisite: approval of the Department. (Cannot take both PE 357 and PE 457)

PE 360. Special Topics.

PE 370. Directed Study. One unit.

PE 457. Internship as the Culminating Experience. Off-campus field experience of applied nature in physical education, recreation leadership, or athletic coaching. Specific experience to be determined by student and faculty consideration of available positions and student interest and competencies. Prerequisite: senior major status and consent of department chair.

PE 471. Independent Study. Supervised individual research and writing in an area of physical education selected by the student with approval of the instructor.