

HEALTH, PHYS ED, RECREATION (HPER)

HPER 100 SPORTS SKILLS	1 Credit Hour
Provides students with specific knowledge pertaining to physical fitness, golf, tennis and bowling. It is intended to develop a minimal amount of fitness for each student with emphasis on cardiovascular endurance, muscular strength, and flexibility. It is also intended to provide students with the basic knowledge of skills, rules, strategy and etiquette in the games of golf, tennis and bowling. (1 lecture)	
HPER 111 BEGINNING GOLF	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit hour class meets a total of 32 class hours per semester. (1 lecture)	
HPER 113 BEGINNING TENNIS	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit class meets a total of 32 class hours per semester. (1 lecture)	
HPER 114 INTERMEDIATE TENNIS	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit hour class meets a total of 32 class hours per semester. (1 lecture)	
HPER 115 BEGINNING BOWLING	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit class meets a total of 32 class hours per semester. (1 lecture)	
HPER 116 ADVANCED BOWLING	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit class meets a total of 32 class hours per semester. (1 lecture)	
HPER 119 BEGINNING VOLLEYBALL	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit class meets a total of 32 class hours per semester. (1 lecture)	
HPER 120 GOLF	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit class meets a total of 32 class hours per semester. (1 lecture)	
HPER 121 BASIC JUDO	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit class meets a total of 32 class hours per semester. (1 lecture)	
HPER 122 ADVANCED JUDO	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit class meets a total of 32 class hours per semester. (1 lecture)	
HPER 123 KARATE	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates and as facilities are available. The one-credit class meets as total of 32 class hours per semester. (1 lecture)	
HPER 124 BASIC AIKIDO	1 Credit Hour
A martial art based on receiving and redirecting energy in order to defeat an opponent. Encompasses throwing techniques, evasive techniques and joint locks.	
HPER 125 SHAO-LIN KUNG FU	1 Credit Hour
Introduction to the ancient art of Shao-Lin Kung Fu. Students will learn self-defense techniques as well as different fighting styles taught in Kung Fu, and study the history and philosophy behind Chinese martial arts. (1 lecture)	
HPER 136 BEGINNING YOGA	1 Credit Hour
This activity course is designed to acquaint the student with the fundamental skills necessary for maximum enjoyment of leisure time pursuits. Course will be offered as interest dictates. The one-credit hour class meets a total of 32 class hours per semester. (1 lecture)	
HPER 145 AEROBIC ACTIVITIES	1 Credit Hour
Provides students with specific knowledge pertaining to physical fitness, weight loss and relaxation. It is intended to develop a minimal amount of fitness for each student with emphasis on personal assessment and program development in the areas of cardiovascular strength and endurance, muscular strength and endurance, flexibility, diet and nutrition and relaxation. (1 lecture)	
HPER 148 FITNESS FOR LIFE	1 Credit Hour
Teaching of aerobics and physical conditioning activities with emphasis on health-related physical fitness concepts, including cardiovascular function and muscular development (strength, endurance, flexibility). Offered on demand. (1 lecture)	

HPER 150 OFFICIATING FOOTBALL	1 Credit Hour
These courses provide instruction and practice in officiating procedures within a clinical atmosphere. Topics include the prerequisites of good officiating, rule interpretation, and officiating mechanics. Each student will become a rated official. (1 lecture)	
HPER 151 OFFICIATING BASKETBALL	1 Credit Hour
These courses provide instruction and practice in officiating procedures within a clinical atmosphere. Topics include the prerequisites of good officiating, rule interpretation, and officiating mechanics. Each student will become a rated official. (1 lecture)	
HPER 152 OFFICIATING VOLLEYBALL	1 Credit Hour
These courses provide instruction and practice in officiating procedures within a clinical atmosphere. Topics include the prerequisites of good officiating, rule interpretation, and officiating mechanics. Each student will become a rated official. (1 lecture)	
HPER 153 OFFICIATING SOCCER	1 Credit Hour
These courses provide instruction and practice in officiating procedures within a clinical atmosphere. Topics include the prerequisites of good officiating, rule interpretation, and officiating mechanics. Each student will become a rated official. (1 lecture)	
HPER 154 OFFICIATING SOFTBALL	1 Credit Hour
These courses provide instruction and practice in officiating procedures within a clinical atmosphere. Topics include the prerequisites of good officiating, rule interpretation, and officiating mechanics. Each student will become a rated official. (1 lecture)	
HPER 155 OFFICIATING BASEBALL	1 Credit Hour
These courses provide instruction and practice in officiating procedures within a clinical atmosphere. Topics include the prerequisites of good officiating, rule interpretation, and officiating mechanics. Each student will become a rated official. (1 lecture)	
HPER 156 OFFICIATING WRESTLING	1 Credit Hour
These courses provide instruction and practice in officiating procedures within a clinical atmosphere. Topics include the prerequisites of good officiating, rule interpretation, and officiating mechanics. Each student will become a rated official. (1 lecture)	
HPER 157 OFFICIATING TRACK	1 Credit Hour
These courses provide instruction and practice in officiating procedures within a clinical atmosphere. Topics include the prerequisites of good officiating, rule interpretation, and officiating mechanics. Each student will become a rated official. (1 lecture)	
HPER 159 BEGINNING TABLE TENNIS	1 Credit Hour
Knowledge and skills in table tennis	
HPER 167 INTRO TO PHYSICAL EDUCATION	2 Credit Hours
Introduction to the field of Physical Education. Provide students with a basic historical, biological, and sociological foundation of Physical Education. Students will be encouraged to develop introspection regarding their professional interests and talents in relation to Physical Education. (2 lecture)	
HPER 172 STANDARD FIRST AID	2 Credit Hours
Stresses the functional First Aid capabilities required to provide the initial emergency care necessary to sustain life and to maintain life support until the victims of an accident or sudden illness are cared for by qualified medical personnel. Opportunity for students to receive American Heart Association CPR certification. (2 lecture)	
HPER 215 PERSONAL & COMMUNITY HEALTH	2 Credit Hours
Emphasis will be placed on relating course content to lifestyle to foster a better understanding of the major health issues of today. Examinations will be made of the ways in which these issues have implications that not only deal with each individual but also with the community at large. Current issues include, but are not limited to: emotional health, chemical use and abuse, human sexuality, major diseases, physical fitness, nutrition, aging, death and dying. (2 lecture)	
HPER 220 HISTORY OF DANCE	3 Credit Hours
This course will present a survey of dance history from prehistoric to the present. (3 lecture)	
HPER 293 COOPERATIVE WORK EXPERIENCE	1-3 Credit Hours
(1-3 lecture)	
HPER 297 SPECIAL TOPICS	1-3 Credit Hours
(1-3 lecture)	
HPER 393 COOPERATIVE WORK EXPERIENCE	1-12 Credit Hours
HPER 397 SPECIAL TOPICS	1-3 Credit Hours
(1-3 lecture)	