## Health & Physical Education (HPE)

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A beginner and intermediate level course with emphasis placed on giving a positive introduction to walking, jogging, and running as a way to enhance fitness and promote weight control, and to provide a viable option for a lifetime fitness activity.

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<td>HPE 129</td>
<td>KUNG FU</td>
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Kung Fu has become one of the most popular forms of martial arts. Students will be introduced to Sil Lum Tao, the first in the three forms of Wing Chun Kung Fu. The name means "little imagination" and refers to the need of the student to use their imagination in the practice and application of techniques.
HPE 130 - BEGINNING KARATE
Semester Hours: 2

HPE 131 - INTERMEDIATE KARATE
Semester Hours: 2

HPE 132 - ADVANCED KARATE
Semester Hours: 2

HPE 133 - AIKIDO
Semester Hour: 1

HPE 134 - BEGINNING T'AI CHI
Semester Hours: 2

HPE 135 - INTERMEDIATE T'AI CHI
Semester Hours: 2

HPE 136 - YOGA
Semester Hour: 1

HPE 137 - JUDO/JUJITSU
Semester Hours: 2

Judo/Jujitsu provides students with an introduction to the Japanese martial arts of Judo and Jujitsu. Focus will be on both the competition aspect of Judo and the self-defense aspects of each art including throws, take-downs, joint manipulation and chokes.

HPE 138 - INTERMEDIATE YOGA
Semester Hour: 1

HPE 140 - BEGINNING BALLROOM DANCE
Semester Hours: 2

HPE 142 - SWING DANCE
Semester Hours: 2

HPE 143 - LATIN DANCE
Semester Hours: 2

HPE 144 - COUNTRY WESTERN DANCE
Semester Hour: 1

HPE 145 - LINE DANCE
Semester Hours: 2

HPE 150 - BEGINNING RACQUETBALL
Semester Hours: 2

HPE 151 - INTERMEDIATE RACQUETBALL
Semester Hours: 2

HPE 152 - ADVANCED RACQUETBALL
Semester Hours: 2

HPE 153 - BEGINNING TENNIS
Semester Hour: 1

HPE 154 - INTERMEDIATE TENNIS
Semester Hour: 1

HPE 155 - ADVANCED TENNIS
Semester Hour: 1

HPE 156 - GOLF I
Semester Hour: 1
HPE 157 - GOLF II
Semester Hour: 1

HPE 167 - ROCK CLIMBING
Semester Hours: 2

HPE 169 - BASKETBALL
Semester Hour: 1

HPE 170 - BEGINNING VOLLEYBALL
Semester Hour: 1

HPE 171 - INTERMEDIATE VOLLEYBALL
Semester Hour: 1

HPE 172 - BEGINNING BOWLING
Semester Hour: 1

HPE 173 - INTERMEDIATE BOWLING
Semester Hour: 1

HPE 174 - BILLIARDS
Semester Hour: 1

HPE 199 - SP TOP: HLTH & PHYS ED
Semester Hours: 1-3

HPE 200 - CONTEMPORARY NUTRITION
Semester Hours: 2

This course is intended for anyone with a personal interest in learning the basic principles of nutrition as they relate to the growth, development, and maintenance of the human body.

HPE 205 - FIRST AID & CPR
Semester Hour: 1

Students will focus on recognizing emergency situations. First Aid and CPR also provides skills and knowledge necessary in caring for injuries or sudden illnesses.

HPE 210 - BEGINNING ATHLETIC TRAINING
Semester Hours: 3

Presents the knowledge and techniques necessary to prevent and/or care for common athletic injuries. For coaches, athletes, and those working in recreation, physical education, or athletics.

HPE 215 - FIRST RESPONDER/PROFESSN'L CPR
Semester Hours: 2

Learn the concepts and skills needed to function as a First Responder and Professional Rescuer. Emphasis is placed on preparing for, recognizing, and providing emergency care in various situations where needed. Additionally, this course fully addresses the objectives in the U.S. Department of Transportation's National Standards Curriculum.

HPE 220 - BASIC SCUBA
Semester Hours: 2

Basic skills, theories, techniques, and fundamentals of scuba diving are introduced, practiced, and refined including open water diving. Scuba certification is available upon successful completion of course. Student must provide mask, fins, and snorkel. Cost of open water dives not included in lab fee.

HPE 221 - ADVANCED SCUBA
Semester Hour: 1

Presents skills and knowledge for deep diving (80 + feet). Limited visibility diving, and advanced navigation techniques. Earn YMCA advanced open water certification. Students must provide mask, fins, and snorkel. Cost of open water dives not included in lab fee.

HPE 223 - LIFEGUARD TRAINING
Semester Hours: 2

Certification as a Red Cross approved lifeguard upon successful completion of classroom and in-water instruction and testing.
HPE 224 - WATER SAFETY INSTRUCTOR  
Semester Hours: 3  
Techniques for teaching infant and pre-school aquatics. The American Red Cross Learn to Swim Program, and Basic Water and Emergency Water Safety courses. Includes pre-test and instructor candidate training course.

HPE 230 - PRIVATE PILOT GROUND SCHOOL  
Semester Hours: 3  
Prepares student for FAA Private Pilot written examination. Provides student with necessary knowledge to progress into primary pilot flight training. A kit for approximately $150 must be purchased.

HPE 231 - INSTR AIRPLANE(IFR)RATING GR S  
Semester Hours: 3  
Provides student with knowledge needed for instrument flight instruction air training. Prepares student for FAA Instrument Flying Examination.

HPE 240 - HEALTH & WELLNESS CONCEPTS  
Semester Hours: 2  
Provides instruction on the role and importance of the health and wellness of individuals and society in general. Laboratory experiences provide opportunity for assessment of health behaviors and physical fitness. Topics covered include: wellness, physical fitness, behavior modification, weight management, stress management, disease prevention, addictive behavior and sexual health.

HPE 250 - ESSENTIALS OF PERSONAL TRAIN'G  
Semester Hours: 2  
This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

HPE 260 - FOUNDATIONS OF HEALTH & PHYSED  
Semester Hours: 3  
Acquire knowledge of K-12 physical education standards, pedagogical skills, and reflective practice used to guide instruction. Study current theory and research findings to understand physical education teaching issues and pedagogical content knowledge concepts. Learn eminology specific to planning and teaching, along with various concepts of practical physical education teaching methods and practices.

HPE 300 - NUTRITION FOR FITNESS & SPORT  
Semester Hours: 3  
Explore the theoretical and applied nutritional sciences as they relate to fitness and sport. Develop skills applicable to solving nutritional problems in exercising populations.

HPE 340 - SCHOOL AND COMMUNITY HEALTH  
Semester Hours: 3  
Obtain information and skills related to school and community health programs with an emphasis on health instruction, strategies, and resources. Survey the components of a school health program: school health services, healthful school environment, principles of physical and movement education, nutrition services, counseling and social services, parent/community involvement, health promotion for staff. Examine the core functions of public health, prevention of diseases and injuries, health needs of special populations, and functions of various organizations.

HPE 351 - EXERCISE TESTING & PRESCRIPTION  
Semester Hours: 3  
Provides students with techniques that evaluate aerobic capacity, muscular strength and endurance, flexibility, and body composition. The development of exercise prescriptions based on evaluation results will be emphasized.

HPE 361 - TEACHING SPORTS  
Semester Hours: 3  
Learn to perform and instruct a variety of sports activities. Emphasis will be placed on performing sport skills and on the methods and techniques for instructing and teaching specific sport skills. Techniques for evaluating the knowledge and skills of the activities will also be stressed.

HPE 363 - TEACHING FITNESS & WELLNESS  
Semester Hours: 3  
Learn to perform and instruct a variety of fitness activities. Emphasis will be placed on performing fitness skills and on the methods and techniques for instructing and teaching specific fitness activities. Techniques for evaluating the knowledge and skills of the activities will also be stressed.
HPE 370 - ADAPTED PHYSICAL EDUCATION  
Semester Hours: 3  
Develop knowledge of current concepts and trends in adapted physical education as well as the ability to plan and implement a physical education program designed to meet the unique needs of individuals.

HPE 440 - MGT SPORT & PHYSICAL EDUCATION  
Semester Hours: 3  
This course provides the student with the knowledge of sport management and administration in both athletic and leisure-based sports. Topics include management concepts, roles and responsibilities, fiscal management, fund-raising, legal issues, event scheduling, and decision making.

HPE 450 - EXERCISE PHYSIOLOGY INTERNSHIP  
Semester Hours: 3  
Designed to provide practical experience and understanding of wellness/fitness programs including implementation and supervision of group and individual exercise programs, health education projects and administrative duties.

HPE 455 - MOTOR LEARNING  
Semester Hours: 3  
Study the principles and practices that affect the learning and development of motor skills; theories of motor learning, motor control, and development; lifespan motor development perspective related to performing motor and sport skills; and professional applications of motor learning and development in exercise science, athletic training, and physical education.

HPE 457 - MEASUREMNT & EVAL IN PHYSCL ED  
Semester Hours: 3  
Measure and evaluate learning or skill improvement based on accepted standards. Gain an understanding of the logic behind measurement instruments in order to better interpret and implement results and to achieve improved learning or physical fitness improvement. These methods of measurement and evaluation are important skills in health, physical education, and exercise science fields.

HPE 462 - METHODS OF TEACHING PHYSCL ED  
Semester Hours: 3  
Physical education teacher candidates will acquire the ability to understand, recognize, analyze, and demonstrate the range of teaching skills employed by successful physical educators. Emphasis is placed on understanding the theoretical implications of different teaching skills and the contexts in which they are effective. Teacher candidates will design lessons that allow for maximum student participation while remaining aligned with Alabama Consent Standards. Field experience is required. Candidates will observe, participate in, and teach lessons in physical education classrooms. Prerequisite: Admission to the Teacher Education Program.