## Health and Physical Activity Skills Courses (Health and Human Physiology) (HPAS)

This is a list of health and physical activity skills courses. For more information, see Health and Human Physiology.

### HPAS:1001 Alcohol and Your College Experience 1 s.h.
Patterns of alcohol, drug use focused on college years; strategies for monitoring use, behavioral change plans for implementing lower-risk drinking practices; for drinkers and non-drinkers.

### HPAS:1002 Tobacco and Your College Experience 1 s.h.
Current behavior change theories related to tobacco use, cessation; nicotine replacement therapies (NRT), non-NRT methods; triggers, relapse prevention, cognitive behavioral skills, support systems; for smokers and non-smokers.

### HPAS:1003 Resiliency and Your College Experience 1 s.h.
Resiliency and psychological hardiness theories relevant to college life; resiliency and ability to cope with challenges; components of psychological fitness; skills for personal growth and emotional well-being.

### HPAS:1004 Food and Your College Experience 1 s.h.
Sociocultural perspective on the forces that facilitate "junk" diets, particularly during young adulthood; basic components of nutrition; opportunity to develop skills in diet planning and healthy eating.

### HPAS:1005 Personal Fitness 1 s.h.
Introduction to personal workout programming and design; includes sections on cardiovascular fitness, muscular strength and endurance, and flexibility.

### HPAS:1006 Intuitive Eating 1 s.h.
How to create and sustain a healthy relationship with mind, body, food, and exercise using an evidence-based approach; introduction to 10 basic principles of intuitive eating, taking a critical look at dieting and a healthful approach to satisfying eating balanced with exercise.

### HPAS:1007 Classical Weightlifting 101 1 s.h.
Beginning-level introduction to classical Olympic weightlifting movements leading up to the snatch, clean and jerk, power snatch, and power clean. Recommendations: HPAS:1070 and/or an understanding of weight training fundamentals and basics.

### HPAS:1008 Introductory Strength Training 1 s.h.
Introduction to developing strength, flexibility, and endurance through the core; students will learn what the core is, how to best develop the muscles of the core, and why core training is important.

### HPAS:1055 Introduction to Triathlon Training 1 s.h.
Introduction to the sport of triathlon; promote skill development to enable beginner level students to complete an indoor sprint triathlon; students will swim in an indoor pool, cycle on indoor bicycles and run inside and outside weather permitting; how to use basic periodization, improve technique, and nutritional guidelines for triathlon; beginning training for the outdoor triathlon season. Requirements: ability to swim 200 yards (4 laps) without stopping.

### HPAS:1060 High Intensity Interval Resistance Training 1 s.h.
Increased fitness levels through principles of resistance training using a high-intensity interval training method; various types of resistance (free weights, rubber bands, partner resistance, and body weight resistance); topics include muscular anatomy, principles of resistance training, various resistance training exercises, safety, motivation and goal setting, and personal program design. Recommendations: general understanding of resistance training.

### HPAS:1070 Introduction to Weight Training 1 s.h.
Introduction to basic principles of weight training using barbells and dumbbells as resistance; muscular anatomy, principles of weight training, muscular strength, muscular endurance, weight room safety, motivation and goal setting, personal program development; no prior weight training experience required.

### HPAS:1075 Weight Training II 1 s.h.
Builds on skills and concepts acquired in HPAS:1070; advanced weight training programs aimed at developing muscular strength and endurance. Prerequisites: HPAS:1070. Recommendations: knowledge of basic anatomy, ability to demonstrate proper lifting techniques, and understanding of weight training principles.

### HPAS:1080 Classical Weightlifting 1 s.h.
Beginning-level introduction to classical Olympic weightlifting movements leading up to the snatch, clean and jerk, power snatch, and power clean. Recommendations: HPAS:1070 and/or an understanding of weight training fundamentals and basics.

### HPAS:1090 Sports Skills and Drills 1 s.h.
Develop and practice basic skills and game strategy for an array of team sports; participate in a variety of educational and competitive physical activities that may include flag football, soccer, basketball, tennis, pickleball, and racquetball.

### HPAS:1100 Kettlebell Training 1 s.h.
Introduction to basic principles and benefits of using kettlebells for strength, power, mobility, weight loss, and more; topics include history, mobility drills, foundational movements (e.g., deadlift, swing, clean, press, Turkish Get Up, high pull, snatch), safety, goal-setting, and personal program development.

### HPAS:1110 Fitness Walking 1 s.h.
Walking as a means to improve cardiovascular health and fitness; utilizes outdoor walking, weather permitting, or the indoor track.

### HPAS:1130 Couch to 5K: Beginner Jogging 1 s.h.
Introduction to the method of Pilates, a stretching and strengthening fitness program; emphasis will be on moving fluidly through full range of motion, core stability, and overall functional fitness.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>HPAS:1140</td>
<td>PE Games</td>
<td>1 s.h.</td>
<td>Participation in and design of physical activity games and skills; students improve physical health through cardiovascular endurance and resistance training during game play; games and variations of games may consist of basketball, dodgeball, tag, volleyball, and other physical activities; how to be physically active and healthy while having fun; physiological responses to physical activity.</td>
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<tr>
<td>HPAS:1150</td>
<td>Introduction to Health and Wellness</td>
<td>1 s.h.</td>
<td>Optimal physical health and wellness in the college years; focus on behavioral change and goal setting, five components of fitness, dimensions of wellness, and stress management.</td>
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<tr>
<td>HPAS:1210</td>
<td>Relaxation Techniques</td>
<td>1 s.h.</td>
<td>How to define the sources of underlying stress, learn to cope with everyday stressors, and become more proactive through life skill management.</td>
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<tr>
<td>HPAS:1220</td>
<td>Flexibility</td>
<td>1 s.h.</td>
<td>Help students move through full range of motion, work to correct imbalances, and ultimately move better through activities of daily living.</td>
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<tr>
<td>HPAS:1230</td>
<td>Hatha Yoga</td>
<td>1 s.h.</td>
<td>Introduction to the study and practice of yoga; geared towards beginners.</td>
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<tr>
<td>HPAS:1235</td>
<td>Hatha Yoga II: Intermediate Hatha Yoga</td>
<td>1 s.h.</td>
<td>Study and practice of Hatha Yoga; topics may include history and philosophy of Hatha Yoga, props and modifications, and biomechanics and anatomy as it relates to yoga. Prerequisites: HPAS:1230.</td>
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<tr>
<td>HPAS:1240</td>
<td>Power Yoga</td>
<td>1 s.h.</td>
<td>Build strength, flexibility, and balance while maintaining traditional yoga emphasis of breath and intention; breath and movement are linked as you flow in and out of a combination of vinyasas (yoga sequences) and balancing poses; topics include proper breathing techniques, sun salutations, arm balances, backbends, and inversions. Requirements: basic understanding and background in yoga; a 6-week yoga practice is recommended.</td>
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<tr>
<td>HPAS:1250</td>
<td>Tai Chi</td>
<td>1 s.h.</td>
<td>Introduction to the practice of tai chi; basic structure, footwork, and breathing involved in execution of routines consisting of a variety of postures; application of this knowledge to a self-defense situation.</td>
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<tr>
<td>HPAS:1320</td>
<td>Lap Swimming I</td>
<td>1 s.h.</td>
<td>Introduction to swim stroke development utilizing swimming as a form of exercise; this is not a learn-to-swim class and a basic prerequisite swimming test will be performed prior to instruction.</td>
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<tr>
<td>HPAS:1325</td>
<td>Lap Swimming II</td>
<td>1 s.h.</td>
<td>Advanced technique refinement course geared towards students who have passed HPAS:1320 or can perform the prerequisite swim test. Prerequisites: HPAS:1320.</td>
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<tr>
<td>HPAS:1340</td>
<td>Water Workout</td>
<td>1 s.h.</td>
<td>Basic principles and benefits of aquatic exercise; guidelines for creating safe and effective aquatic exercise programs; topics include fitness and conditioning, anatomy, safety, deep-water workouts, goal setting, and nutrition.</td>
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<tr>
<td>HPAS:1410</td>
<td>Badminton</td>
<td>1 s.h.</td>
<td>Introduction to the game, rules, and skills involved in badminton.</td>
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<tr>
<td>HPAS:1430</td>
<td>Racquetball</td>
<td>1 s.h.</td>
<td>Introduction to the game, rules, and skills involved in racquetball.</td>
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