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

**HPAS:1003 Resiliency and Your College Experience** 1 s.h.
Resiliency and psychological hardness 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 Indoor Group Cycling** 1 s.h.
Introduction to group cycling; bike setup, safety, proper technique, injury prevention, and utilization of interval training.

**HPAS:1006 Intuitive Eating** 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:1007 Basic CPR** 1 s.h.
Basic, beginner-level information on CPR procedures; passing the course leads to certification in CPR; more advanced certifications may be sought for medical professionals.

**HPAS:1008 Basic First Aid** 1 s.h.
Basic, beginner-level information on first aid procedures; leads to certification in first aid; more advanced certifications may be needed for medical professionals.

**HPAS:1010 Introduction to Workout Design** 1 s.h.
Introduction to personal workout programming and design; includes sections on cardiovascular fitness, muscular strength and endurance, and flexibility.
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.

HPAS:1140 PE Games 1 s.h.
Participation in and design of physical activity games and skills; students improve physical health through cardio 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.

HPAS:1150 Introduction to Health and Wellness 1 s.h.
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.

HPAS:1210 Relaxation Techniques 1 s.h.
How to define the sources of underlying stress, learn to cope with everyday stressors, and become more proactive through life skill management.

HPAS:1220 Flexibility 1 s.h.
Help students move through full range of motion, work to correct imbalances, and ultimately move better through activities of daily living.

HPAS:1230 Hatha Yoga 1 s.h.
Introduction to the study and practice of yoga; geared towards beginners.

HPAS:1235 Hatha Yoga II: Intermediate Hatha Yoga 1 s.h.
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.

HPAS:1240 Power Yoga 1 s.h.
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.

HPAS:1250 Tai Chi 1 s.h.
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 self-defense situation.

HPAS:1320 Lap Swimming I 1 s.h.
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.

HPAS:1325 Lap Swimming II 1 s.h.
Advanced technique refinement course geared towards students who have passed HPAS:1320 or can perform the prerequisite swim test. Prerequisites: HPAS:1320.

HPAS:1340 Water Workout 1 s.h.
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.

HPAS:1400 Pickleball 1 s.h.
Introduction to the game of pickleball; rules of the game, terminology, key offensive and defensive strategies, and drills to help improve performance; class time involves instruction, practice, and playing time; no prior pickleball experience required.

HPAS:1410 Badminton 1 s.h.
Introduction to the game, rules, and skills involved in badminton.

HPAS:1430 Racquetball 1 s.h.
Introduction to the game, rules, and skills involved in racquetball.

HPAS:1440 Table Tennis 1 s.h.
Introduction to the game, rules, and skills involved in table tennis.

HPAS:1460 Basketball I 1 s.h.
Introduction to the game of basketball at the beginning level, assumes little or no prior basketball experience; students learn rules of the game, basketball terminology, key offensive and defensive strategies, fundamental skills (e.g., dribbling, passing, catching, shooting, rebounding, defending), and drills to help improve performance; course format consists of instruction, practice, and playing time.

HPAS:1530 Volleyball I 1 s.h.
Introduction to the game, rules, and skills involved in volleyball.

HPAS:1535 Volleyball II 1 s.h.
Advanced skill refinement course geared towards students who have passed HPAS:1530 or are able to show mastery of the basic techniques. Prerequisites: HPAS:1530.

HPAS:1540 Soccer I 1 s.h.
Beginner-level introduction to the game of soccer; students learn rules, terminology, and basic offensive and defensive strategies; fundamental skills of dribbling, passing, trapping, and shooting; individual practice, partner, and small group drills; small and large field games; course format consists of instruction, practice, and playing time.

HPAS:1550 Slow-Pitch Softball 1 s.h.
Introduction to the game, rules, and skills involved in softball; course will meet outside, weather permitting.

HPAS:1560 Ultimate Frisbee 1 s.h.
Introduction to the game, rules, and skills involved in ultimate frisbee; course will meet outside, weather permitting.

HPAS:1610 Self Defense 1 s.h.
Introduction to the practice of self-defense through upper and lower body strikes, joint manipulation, and other personal protection measures; this is a noncontact course.