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

HPAS Courses
This is a list of courses with the subject code HPAS. For more information, see Health and Human Physiology (College of Liberal Arts and Sciences) in the catalog.

**HPAS:1000 Healthy Relationships, Sexuality, and Your College Experience** 1 s.h.
Empower students to make healthy, informed decisions about sexual health and relationship wellness throughout the college years and beyond. Topics include healthy behaviors related to sexuality, appropriate boundaries, and advocacy.

**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** 2 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** 2 s.h.
Sociocultural perspective on the forces that facilitate low-quality diets, particularly during young adulthood; basic components of nutrition; opportunity to develop and personalize healthy eating skills.

**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.
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 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 and CPR** 1 s.h.
Basic, beginner-level information on automated external defibrillator (AED), CPR, and first aid procedures; in-class certification testing leads to certification in CPR and first aid; more advanced certifications may be needed for medical professionals.

**HPAS:1009 Personal Fitness: Theory and Practice** 2 s.h.
Introduction to dimensions of wellness with focus on health-related components of physical fitness; varied health and wellness topics; emphasis on engaging in physical activity to create a sustainable lifelong habit; theory, practice, physical activity; application of materials and exercise; prior physical activity or exercise experience not required.

**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:1020 Core Strengthening** 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:1030 Cardio Training** 1 s.h.
Beginner’s guide to cardio fitness to develop and maintain levels of cardiovascular health and fitness.

**HPAS:1040 Pilates I** 1 s.h.
Introduction to the study and practice of Pilates for beginners; topics include proper breathing techniques, flexibility, balance, relaxation, and Pilates exercises.

**HPAS:1060 High Intensity Interval Training** 1 s.h.
Increased fitness levels through principles of resistance training using a high-intensity interval training (HIIT) 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.

**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:1080 Olympic 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: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 5K Training** 1 s.h.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Description</th>
</tr>
</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 cardiorespiratory 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>
</tr>
<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>
</tr>
<tr>
<td>HPAS:1210</td>
<td>Stress Management</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>
</tr>
<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>
</tr>
<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>
</tr>
<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>
</tr>
<tr>
<td>HPAS:1260</td>
<td>Movement and Mobility</td>
<td>1 s.h.</td>
<td>Introduction to basic self-care and movement recommendations for injury prevention, efficient movement, and health; topics include posture and movement correction and form, optimization of daily movement patterns, and self-care principles; prior exercise experience not required.</td>
</tr>
<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>
</tr>
<tr>
<td>HPAS:1400</td>
<td>Pickleball</td>
<td>1 s.h.</td>
<td>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.</td>
</tr>
<tr>
<td>HPAS:1440</td>
<td>Table Tennis</td>
<td>1 s.h.</td>
<td>Introduction to the game, rules, and skills involved in table tennis.</td>
</tr>
<tr>
<td>HPAS:1460</td>
<td>Basketball I</td>
<td>1 s.h.</td>
<td>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.</td>
</tr>
<tr>
<td>HPAS:1530</td>
<td>Volleyball I</td>
<td>1 s.h.</td>
<td>Introduction to the game, rules, and skills involved in volleyball.</td>
</tr>
<tr>
<td>HPAS:1535</td>
<td>Volleyball II</td>
<td>1 s.h.</td>
<td>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.</td>
</tr>
<tr>
<td>HPAS:1560</td>
<td>Ultimate Frisbee</td>
<td>1 s.h.</td>
<td>Introduction to the game, rules, and skills involved in ultimate frisbee; course will meet outside, weather permitting.</td>
</tr>
<tr>
<td>HPAS:1610</td>
<td>Self Defense</td>
<td>1 s.h.</td>
<td>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.</td>
</tr>
</tbody>
</table>