

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

HPAS Courses

This is a list of courses with the subject code HPAS. For more information, see Health, Sport, 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 Substance Use 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 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 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.

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.

Overview of 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 Stress Management 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:1260 Movement and Mobility 1 s.h.

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.

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: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: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:1470 Badminton 1 s.h.

Introduction to the game, rules, and skills involved in badminton.

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: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.