

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: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:1045 Pilates II: Intermediate Pilates 1 s.h.
Study and practice of Pilates; intermediate and advanced Pilates moves; modifications and use of props based on current ability level; musculoskeletal anatomy and biomechanics as related to Pilates. Prerequisites: HPAS:1040.

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 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: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 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: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 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.
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: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 a self-defense situation.
- 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: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: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.