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** 2 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** 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** 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: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.
Introduction to basic self-care and movement knowledge to a self-defense situation.

Introduction to the practice of tai chi; basic structure, drills, and philosophy of Hatha Yoga, props and modifications, study and practice of Hatha Yoga; topics may 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.

Walking as a means to improve cardiovascular health and fitness; utilizes outdoor walking, weather permitting, or the indoor track.

Participation in and design of physical activity games and skills; students improve physical health through 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.

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.

How to define the sources of underlying stress, learn to cope with everyday stressors, and become more proactive through life skill management.

Help students move through full range of motion, work to correct imbalances, and ultimately move better through activities of daily living.

Introduction to the study and practice of yoga; geared towards beginners.

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.

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.

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.

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.

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.

Advanced technique refinement course geared towards students who have passed HPAS:1320 or can perform the prerequisite swim test. Prerequisites: HPAS:1320.

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.

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.

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

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

Introduction to the game, rules, and skills involved in table tennis.

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.

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

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.

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.

Introduction to the game, rules, and skills involved in softball; course will meet outside, weather permitting.

Introduction to the game, rules, and skills involved in ultimate frisbee; course will meet outside, weather permitting.

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.