

# 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.

**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: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: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: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.