

HEALTH AND PHYSICAL EDUCATION (HPED)

HPED 120, SENIOR FITNESS ASSESSMENT 1 (2)

This course will focus on identifying the functional fitness parameters of the older population. The students learn to administer and interpret the results of the senior fitness assessment to design an appropriate fitness program for the older population. Experiential learning will be a component of the course through practical experiences.

General Education: IN1, IN5

HPED 151, PHYSICAL EDUCATION/SCHOOL AGE CHILD 3 (3)

An investigation of the characteristics and movement needs of school age children ages 3 to grade 9. Students will acquire practical experience in teaching, games, locomotor, non locomotor and manipulative skills, group and individual creative activities. Emphasis is placed on the selection, adoption, and teaching of appropriate activities, and integration with the total curriculum. Discussions to include programming for inclusion and modification of activities to meet the needs of special populations. Four off-site observations required. (A special fee will be assessed).

General Education: IN3, IN5

Course Entry Requirement(s): None

Typically Offered: Fall Semester

HPED 152, APPLICATION OF ACTIVITIES ACROSS A LIFESPAN 3 (4)

This course includes an investigation of the characteristics and movement needs across a lifespan. Students will acquire practical experience in teaching group and individual wellness activities, locomotor, non-locomotor and manipulative skills. Emphasis is placed on the selection, adoption, and teaching of appropriate activities, and modifications to meet the needs of all special populations.

General Education: IN1, IN2, IN3, IN4, IN5

Typically Offered: Fall Semester

HPED 164, INTRODUCTION TO ATHLETIC COACHING 3 (3)

This course is designed to introduce students to the theory and practice of effective coaching strategies. Topics covered will include sport history, sport performance, sport programming, legal aspects of sport, and care and prevention of injuries. This course may be taken for Continuing Education Unit (CEU) Continuing Education Credit (CEC) by coaches and higher education professionals. (A special fee will be assessed.)

General Education: IN1, IN2, IN3, IN4, IN5

Course Entry Requirement(s): None

HPED 165, INTRODUCTION TO EXERCISE SCIENCE 3 (3)

This course provides an introduction to exercise science and the related sub-disciplines. Information concerning choosing a career, national certifications, professional organizations, and legal issues will be addressed. Students will explore professional goals, potential careers, and the essential competencies required to be successful in the field of exercise science and sport and fitness management. (CTAG)

General Education: IN2, IN4, IN5

Course Entry Requirement(s): None

Typically Offered: Summer, Fall and Spring Semesters

HPED 166, GROUP EXERCISE INSTRUCTOR PREP 3 (4)

This course is designed for the individual who is interested in becoming a group exercise instructor. The focus of this class is to develop instructional techniques such as cueing, choreography, and how to safely modify classes to meet the needs of both healthy individuals and special populations for all formats of group exercise classes. (A special fee will be assessed).

General Education: IN5

Course Entry Requirement(s): None

Typically Offered: Spring Semester

HPED 172, EXERCISE MANAGEMENT FOR SPECIAL POPULATIONS 2 (2)

This course provides an overview of health considerations and exercise programming for special populations through identification of medications, modification of testing procedures, equipment adjustments and exercise prescriptions. This course is intended for current professionals or those pursuing a career in the health and fitness industry. A portion of the lab fee will pay for the curriculum based Health Conditions and Exercise Specialty Certificate online exam administered at the conclusion of the course. (A special fee will be assessed.)

General Education: IN1, IN5

Course Entry Requirement(s): None

Typically Offered: Summer and Spring Semesters

HPED 173, BIOMECHANICS OF RESISTANCE TRAINING 3 (4)

This course focuses on analyzing a variety of trunk, upper and lower body resistance training exercises and techniques. Safe techniques of resistance training will be emphasized based on the biomechanics of the human body. Basic skeleton and muscular systems will be reviewed to efficiently instruct resistance training utilizing a variety of resistance tools. Resistance training program design will be taught. Lab activities will include hands-on-training and teaching experiences for the trunk, upper and lower body exercises.

General Education: IN1, IN2, IN5

Course Entry Requirement(s): None

Typically Offered: Fall and Spring Semesters

HPED 222, FUNDAMENTALS OF STRENGTH AND CONDITIONING PROGRAMMING 3 (4)

This course is designed to provide a theoretical and practical knowledge of the physiological, biomechanical, and administrative aspects of designing and supervising strength and conditioning programs for various populations. Proper selection and administration of performance testing will be implemented. Resultant data will be used to construct safe and effective strength and conditioning programs.

General Education: IN1, IN5

Course Entry Requirement(s): Prerequisite: HPED 173, HPED 261, HPED 272 and HPED 274

Typically Offered: Fall Semester

HPED 261, EXERCISE PHYSIOLOGY FOUNDATIONS 3 (4)

This course is an introduction to the foundations of fitness, health and related topics including energy balance, lifestyle choices and exercise testing and prescription. Individual fitness assessment, evaluation and programming will be emphasized. Attention will be given to the research that supports the professional guidelines for fitness and health. (CTAG)

General Education: IN1, IN2, IN5

Course Entry Requirement(s): Prerequisite: BIOG 121 and previous or concurrent enrollment in BIOG 122

Typically Offered: Summer and Spring Semesters

HPED 265, PREVENTION AND CARE OF SPORT INJURIES FOR THE SPORTS PROFESSIONAL 3 (4)

This course combines instruction to both the basic knowledge for the prevention and care of sport injuries, stages of healing, mechanism of injury, recognition of common athletic injuries, as well as the development of an emergency plan and application of taping, wrapping, and bracing for extremities will be taught. (A special fee will be assessed.)

General Education: IN1, IN5

Course Entry Requirement(s): Prerequisite: HLED 153 and BIOG 122

Typically Offered: Fall Semester

HPED 272, EXERCISE PHYSIOLOGY II 3 (4)

This course is designed for students seeking a career as a health and fitness professional. Focus is on the principles and practices of the physiological response and the adaptations of the human body to physical performance. Instruction will provide a basis to prepare the student for health and fitness assessment and exercise program design. Laboratory experiences will reinforce cognitive learning, conduct health and fitness assessments and develop individual exercise prescriptions.

General Education: IN1, IN5

Course Entry Requirement(s): Prerequisite: HPED 261

Typically Offered: Fall Semester

HPED 275, KINESIOLOGY 3 (4)

Includes the study of joints, ligaments, muscles and nerves as it relates to movements of the body. Lab activities include recognition of muscle origins and insertions. Laboratory required. (A special fee will be assessed.)

General Education: IN1, IN5

Course Entry Requirement(s): Prerequisite: BIOG 121, HPED 173, HPED 261 and previous or concurrent enrollment in HPED 272

Typically Offered: Fall Semester

HPED 277, MEASUREMENT AND EVALUATION IN EXERCISE, SPORT AND PHYSICAL EDUCATION 3 (3)

An introduction of both the theoretical and practical aspects of testing, measurement and evaluation of physical activity. Proper construction, administration, selection and interpretation of performance tests and resultant data will also be emphasized.

General Education: IN1, IN5

Course Entry Requirement(s): Prerequisite: MTHM 151; Concurrent: HPED 272

Typically Offered: Spring Semester

HPED 278, SPORT AND FITNESS CERTIFICATION PREPARATION 3 (3)

This course is designed for students enrolled in the Sport and Fitness Management degree or related program. The course will evaluate the students' integrated knowledge and ability to successfully pass a national certification examination. National certifications and employment options will be explored. This course will also reassess fitness assessment and practical skills and increase an individual's marketability in the workplace.

General Education: IN1, IN2, IN3, IN4, IN5

HPED 285, PRACTICUM SEMINAR SPORTS AND FITNESS PROFESSIONAL 2 (8.5)

Student interns will apply practical skills by engaging in 105 hours in the field of health, physical education and fitness through on campus and off site experiences. Seminar component will address topics relevant to through experiential learning, case studies, exercise programming, legal and safety concerns. A professional Program Portfolio will be completed and submitted as part of the course requirements.

General Education: IN1, IN2, IN3, IN4, IN5

Course Entry Requirement(s): Prerequisite: Division approval

Typically Offered: Fall and Spring Semesters

HPED 287, WORK-BASED LEARNING I - HPED 1-3 (1)

This course provides supervised, paid work experience with approved employer(s) in an area related to the student's program. Emphasis is placed on integrating prior or concurrent classroom learning with work experience through career readiness competencies. Students will be able to evaluate career selection and satisfactorily demonstrate work-related competencies.

General Education: IN1, IN2, IN3, IN4

Course Entry Requirement(s): A student must be pursuing a degree seeking program at LCCC; have completed 12 semester hours with a minimum of 6 semester hours in the discipline of placement; have a min GPA of 2.5 in the discipline and a 2.0 overall GPA; and have division approval.

Typically Offered: Offer as required