

COURSE INFORMATION

HEALTH SCIENCES COURSES

HS 104 CONDITIONING AND FITNESS

FALL/SPRING/ALL YEARS

1 credit hour

This is a program of exercise designed to develop strength, endurance, flexibility, coordination and power supplemented by weight training and aerobic conditioning.

HS 105 STRENGTH TRAINING

FALL/SPRING/ALL YEARS

1 credit hour

This activity course is primarily concerned with the development of muscular strength and the concurrent reduction of total body fat through a safe, personalized program of weight training. In addition to discussion on proper form and technique, the course considers the latest research findings on current topics such as steroid ingestion and protein supplementation.

HS 106 AEROBIC DANCE

FALL/SPRING/ALL YEARS

1 credit hour

This course offers fundamental instruction in exercise and physical fitness via fitness activities, with emphasis on regular, continuing and enjoyable participation. May be repeated for credit.

HS 111 BEGINNING TENNIS

AS REQUIRED

1 credit hour

This course introduces the basic aspects of the game of tennis including grips, forehand and backhand ground strokes, forehand and backhand volley, overhead and service. Scoring, etiquette, and the rules used in singles play are also covered.

HS 121 VOLLEYBALL

AS REQUIRED

1 credit hour

In this class dealing with the skills and fundamentals of volleyball, students are given the opportunity of developing the proper skills and techniques associated with volleyball and to participate in competitive games.

HS 122 BASKETBALL

AS REQUIRED

1 credit hour

Students are introduced to the basic skills, rules and regulations used in the sport of basketball. Various types of offensive and defensive formations are explained and demonstrated during class. Proper techniques of warming- up, conditioning and nutrition are also covered. (The last four weeks of class consist of competitive games, i.e., five- on-five and two-on- two, where the students are able to apply the skills and techniques which they have learned in class.)

HS 131 BEGINNING SWIMMING

AS REQUIRED

1 credit hour

This course is an introduction to swimming through instruction and development of basic swimming strokes and personal water safety skills for activities in or near the water. Opportunity is provided to complete the requirements of the Community Water Safety course and Level III or IV of the Learn-To-Swim Program of the American Red Cross.

HS 132 INTERMEDIATE SWIMMING

AS REQUIRED

1 credit hour

This course offers instruction and development in five basic swimming strokes, diving and appropriate water safety skills for personal safety and for assisting in a water emergency. Opportunity is provided to complete the requirements of the Community Water Safety course and Level IV or V of the Learn-To-Swim Program of the American Red Cross. Prerequisite: Ability to jump into deep water, level off, swim the front crawl stroke for 15 meters plus demonstrate any back stroke for 15 meters.

HS 142 AIKIDO

FALL ONLY/ALL YEARS

1 credit hour

This course covers rules, etiquette, basic roll, simple holds and breaking of such holds, and offers special conditioning exercises.

HS 143 TAE KWON DO

SPRING ONLY/ALL YEARS

1 credit hour

Tae Kwon Do, a Korean martial art, means roughly hand/foot art and is somewhat analogous to Japanese Karate. It contains an equal balance of philosophical, mental, and physical elements.

HS 144A FENCING

AS REQUIRED

1 credit hour

(A) This course is designed to acquaint the student with the art of fencing, to develop acknowledge of the sport, and to develop some of the basic skills of fencing.

HS 144B FENCING

AS REQUIRED

1 credit hour

(B) Emphasis is placed upon improving basic skills and fundamentals of fencing.

HS 145 BEGINNING HATHA YOGA

SPRING ONLY/ALL YEARS

1 credit hour

This course introduces the physical practices of yoga. Students are taught a series of stretching and breathing exercises designed to increase flexibility, agility and balance. The exercises also promote deep relaxation and help relieve tension and anxiety. Instruction is given in a manner that allows students at different levels of physical fitness to develop at their own pace.

HS 200 HEALTH AND WELLNESS

FALL/SPRING/ALL YEARS

3 credit hours

Health and Wellness is designed to introduce students to the concepts of physical fitness and wellness and the lifetime benefits provided through participation in an individualized program. Its lecture component provides an in-depth understanding of the hows and whys of health fitness as well as information most useful in helping students make healthful adjustments to their current lifestyles. The course also offers participation in an individualized exercise program with a choice of several different activities. Pre and post testing are done to determine improvement in the areas of cardiovascular fitness, muscular strength, flexibility, and body composition.

HS 210 HUMAN BIOLOGY AND BEHAVIOR

FALL ONLY/ALL YEARS

3 credit hours

Understanding the basics of human biology and the relation between human biology and behavior is crucial for students, especially those in the allied health and human service professions. This is an overview course designed for undergraduate students who have no background in human biology and behavior. This course emphasizes core biological concepts as they relate to human behavior and health - how our bodies work, how our genes, environmental factors and disease - causing organisms affect our health. Special focus is on recent advances in biology, biological and behavioral development across the human lifespan, human problems/illness and biology, public health and biology, and ecosystems.

HS 216 INTRODUCTION TO PUBLIC HEALTH

FALL ONLY/ALL YEARS

3 credit hours

This course offers an overview of public health and the discussion of current topics, recent events and the most up-to-date key issues that affect the public's health. The major areas of public health are presented together with many of the applications to epidemiology, surveillance, environmental health, illness prevention, and public health policy making. Prerequisite: HS200.

HS 322 KINESIOLOGY

FALL ONLY/ALL YEARS

3 credit hours

Kinesiology is the study of the human body from the viewpoint of the physical sciences. It is an essential part of the educational experience of students of physical education, dance, sport, and physical medicine. The function of the course is to contribute not only to successful participation in various physical activities, but also to the improvement of the human structure through the intelligent selection of activities and the efficient use of the body. Prerequisites: Grade of C or better in EN111 and BI124-124L.

HS 324 EXERCISE PHYSIOLOGY

SPRING ONLY/ALL YEARS

3 credit hours

This course is designed to assist potential teachers and others involved in activity programs to be safely effective in the gymnasium and on the athletic playing field. Study focuses on how the body, from a functional standpoint, responds and adjusts to exercise. Both acute and prolonged (chronic) exercises, as used in exercise training, are considered. Prerequisites: Grade of C or better in EN111, BI124-124L, BI125-125L, or consent of instructor required.

HS 350 TEST AND MEASUREMENT IN HUMAN PERFORMANCE

SPRING ONLY/ALL YEARS

3 credit hours

Students are taught how to administer various tests designed to measure improvement in physical education in terms of health and physical services. The three areas of concern are current trends in health and physical education, the specific qualities to be measured, and the explanation of administrative procedures in the practical use of tests. Also covered is the careful use of tests to accurately examine the achievement of educational objectives.

HS 355 HUMAN SEXUALITY

SPRING ONLY/ALL YEARS

3 credit hours

This course offers a broad overview of human sexuality from a multidisciplinary perspective: the biological, psychological, sociological, and cross-cultural. It provides some of the most current information in the field today and the opportunity for students to reflect on their personal values, attitudes, beliefs, and behaviors regarding sexuality and to consider critical practice issues in his/her field.

HS 405 EPIDEMIOLOGY

FALL/SPRING/ALL YEARS

3 credit hours

This course offers an overview of epidemiology and the epidemiologic approach to problems of health and disease. The major principles and methods of epidemiology are presented together with many of the applications of epidemiology to public health and clinical practice. Prerequisite: HS-216.

HS 405G EPIDEMIOLOGY

FALL/SPRING/ALL YEARS

3 credit hours

This course offers an overview of epidemiology and the epidemiology approach to problems of health and disease. The major principles and methods of epidemiology are presented together with many of the applications of epidemiology to public health and clinical practice. Prerequisite: Consent of Instructor.

HS 416 RESEARCH IN NURSING AND HEALTH SCIENCES

FALL ONLY/ALL YEARS

3 credit hours

This course focuses on the research process and the use of research in nursing. The roles of the consumer of research, critical thinker, and leader in professional nursing are integrated through the use of the research process. Prerequisites: HS405 MA387 and MA387L.

HS 451 RESEARCH AND REPORT WRITING

SPRING ONLY/ALL YEARS

3 credit hours

This is a follow-up course to HS/NU416. Students will have the opportunity to use the work from HS/NU416 to write a research paper, report, and/or proposal for a grant. Prerequisite: HS416.

HS 491 CURRENT TOPICS IN HEALTH SCIENCES

FALL/SPRING/ALL YEARS

3 credit hours

This course focuses on selected topics that are not otherwise covered in depth in regular Health Science courses. Themes that are covered include community partnerships and advanced topics in Health Science. Key concepts from the general education requirements and basic health sciences are integrated in this course. With different topics offered, this course may be repeated for credit. Prerequisite: HS216.

HS 498 INTERNSHIP IN HEALTH SCIENCES

FALL/SPRING/ALL YEARS

6 credit hours

The course is a supervised internship or field placement in the areas of exercise science and health promotion which is designed to provide opportunities for experiential learning at an advanced level. Students pursue professional assignments (minimum of 20 hours per week) with an agency or organization which provides services related to the students' preparation in physical education. Prerequisite/Corequisite: Consent of instructor.