

# HEALTH & HUMAN PERFORMANCE (HHP)

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## HHP 131 Introduction to Exercise/Sport Science (3 Credits)

**Recommended preparation:** WR 065 or WR 121Z or minimum placement Wr/Comm Level 9.

Introduces students to the profession of exercise science including an overview of basic concepts and careers in exercise physiology, athletic training, personal training, coaching, sports medicine, physical therapy and fitness management. Provides a comprehensive introduction to any student who is considering a career in the area of health, fitness, wellness, exercise physiology and sports medicine. Also, includes guest speakers currently working in the profession, as well as tours of local fitness facilities. Various fitness certifications are compared and contrasted.

## HHP 199 Selected Topics: Health and Human Performance Activities (1-6 Credits)

Includes both introductory courses and activities.

## HHP 212A AHA Basic Life Support for Providers CPR (1 Credit)

Provides the following skills: Basic life support for patients of all ages (including ventilation with a barrier device and a bag-mask device), use of an automatic external defibrillator and relief of choking in responsive and non-responsive patients. Designed for providers who care for patients in a wide variety of settings, both in and out of hospital. In order to receive the AHA BLS Provider Certification card, one must pass a written exam and be able to physically perform all skills required for CPR.

## HHP 231 Human Sexuality (3 Credits)

Explores the biological, psychological, and social aspects of human sexuality. Specific topics include historical and cultural perspectives of human sexuality, sexual anatomy and physiology, sexual and reproductive health factors, gender identity, sexual orientations, and lifespan sexual development.

## HHP 242 Stress Management (3 Credits)

**Recommended preparation:** WR 065 or WR 121Z or minimum placement Wr/Comm Level 9.

Helps students develop a comprehensive approach to the management of stress. Examines the historical, emotional, intellectual, spiritual, psychological and physiological foundations of the stress concept. This broad understanding of stress will be the basis for the study of the role that stress plays in health and disease. Students will experiment with a wide variety of stress management and relaxation techniques.

## HHP 252 First Aid & AHA Basic Life Support Provider CPR (3 Credits)

**Recommended preparation:** WR 065 or WR 121Z or minimum placement Wr/Comm Level 9.

First aid and CPR instruction. First aid includes: immediate and temporary care for a wide variety of injuries, illnesses, conditions. CPR includes: patients of all ages; ventilation with a face shield, pocket mask and a bag-mask device; use of an automated external defibrillator; relief of choking; both one- and two-person CPR; and compression-only CPR. Practical exam includes individual hands-on testing; successful completion of course results in a first aid card and an American Heart Association Basic Life Support for Provider Adult & Pediatric CPR card.

## HHP 252A Fitness/First Aid (3 Credits)

**Recommended preparation:** WR 065 and MTH 015.

Introduces both first aid and wellness topics, such as immediate and temporary care for injury and illness, control of bleeding, care for poisoning, splinting, bandaging and transportation, as well as fitness, nutrition and stress management. Students earn first aid and CPR cards in both adult and infant upon completion of course.

## HHP 258 Holistic Wellness (4 Credits)

**Recommended preparation:** WR 65 or higher.

Looks beyond health risk factors to broader wellness dimensions (i.e. mental, emotional, spiritual, environmental, cultural & financial). Conventional & alternative paradigms of chronic disease causes plus modalities for healing will be explored through the role of our minds, environment, relationships, spirituality, & social support.

## HHP 259 Care and Prevention of Athletic Injury (3 Credits)

**Recommended preparation:** BI 231, HHP 260, and WR 065 or WR 121Z or minimum placement Wr/Comm Level 9.

Introduces management of athletic injuries, injury recognition and assessment, proper care and treatment of athletic injuries and rehabilitation of athletic injuries. Emphasizes hands-on experience included for mastery of surface anatomy, injury assessment and proficiency in rudimentary injury care and rehabilitation practices.

## HHP 260 Anatomical Kinesiology (4 Credits)

**Recommended preparation:** BI 231 and WR 065 or higher.

Introduces the science of human movement (kinesiology). Explores the anatomical elements, such as muscle action and joint structure and function involved in the gross motor movement. Emphasizes structural anatomy, primary movers of each joint, and muscle utilization for specific sport actions.

## HHP 261 Exercise Physiology (4 Credits)

**Recommended preparation:** MTH 015 (or higher) or minimum placement Math Level 7 and WR 065 or WR 121Z or minimum placement Wr/Comm Level 7.

This course is designed to provide the student with an introductory foundation for understanding the physiology associated with exercise. Emphasis will be placed on how the various tissues and systems of the body adjust to acute work stress and ultimately adapt to chronic exercise training. Course materials will include metabolic, musculoskeletal, cardiovascular, and respiratory adaptations to exercise and exercise training.

## HHP 262 Exercise Testing and Prescription (3 Credits)

**Recommended preparation:** HHP 260 and HHP 261.

The intent is to provide a practical guide for administering safe exercise testing as well as development of safe and effective exercise prescription for all clients including special populations. Specific content to be addressed includes: initial client consultation, risk factor classification, performance of hands-on exercise testing, prescribing appropriate aerobic, anaerobic, flexibility, and resistance exercise plans, periodization, prevention of overtraining, metabolic calculations, & legality including HIPAA laws.

## HHP 266 Nutrition for Health (3 Credits)

**Recommended preparation:** MTH 20 or higher.

Introduces the basics of nutrition for a physically active, healthy lifestyle. The course emphasizes nutrient function, energy production, weight management, body composition, psychosocial health, global impact of nutrition, prevention of nutrition related diseases, food guide pyramid, ergogenic aids fad diets, dieting and nutritional research. Course also includes a computerized nutritional assessment.

**HHP 270 Sport and Exercise Psychology (3 Credits)**

**Recommended preparation:** WR 065 or higher.

Introduces broad range of topics relevant to sport and exercise psychology, including sport personality, motivation, psychological skills training, energy management, attention, imagery, competitive anxiety and mental relaxation. Content is relevant for coaches, athletes and others interested in the psychology of sport.

**HHP 280A Practicum-Exercise Science (1-2 Credits)**

**Prerequisites:** instructor approval.

**Recommended preparation:** complete a minimum of three exercise science classes.

Provides exercise science practicums by the department in conjunction with the community in health & fitness programs including group fitness, personal training, wellness coaching, research, clinical professions such as physical therapy, occupational therapy, athletic training, and cardiac rehabilitation. P/NP grading.

**HHP 280B Practicum- Exercise Science (1-2 Credits)**

**Prerequisites:** instructor approval.

**Recommended preparation:** complete a minimum of three exercise science classes.

Provides Exercise Science practicums by the department in conjunction with the community in health & fitness programs including group fitness, personal training, wellness coaching, research, clinical professions such as physical therapy, occupational therapy, athletic training, and cardiac rehabilitation. P/NP grading.

**HHP 295 Health and Fitness (3 Credits)**

**Recommended preparation:** or to be taken with WR 65 and MTH 20 or higher.

Introduces a comprehensive overview of wellness concepts including fitness, nutrition, stress, disease prevention, and various other lifestyle factors that improve the quality of life. Each student's health and fitness is individually evaluated through a series of tests measuring cardiovascular endurance, strength, body composition, flexibility, blood pressure, nutrition, stress levels and blood lipid and blood glucose.

**HHP 298 Independent Study: HHP (1-6 Credits)**

**Prerequisites:** instructor approval.

**Recommended preparation:** prior coursework in the discipline.

Individualized, advanced study in health and human performance to focus on outcomes not addressed in existing courses or of special interest to a student. P/NP grading.

**HHP 299 Selected Topics: HHP (1-6 Credits)**

Health topics requiring advanced level of critical thinking, writing and/or other skills.