

Health, Physical Education, and Recreation (HPER)

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HPER 133 : Pickleball

Credits: 1

Class Hours: 2 lecture/lab

Description:

This course is a beginning pickleball class, which is a court game that combines skills from tennis, ping pong, and badminton. Throughout this class we will focus on developing basic skills and implementing them into game situations. We will cover skills such as ball control, drive/lob serve, forehand and backhand drive, dink, volley, drop shot, lob, smash, and game strategy.

Semester Offered: Fall, Spring

Course Student Learning Outcomes (CSLOs):

1. Identify the rules, strategies, history, safety, and etiquette of pickleball.
2. Demonstrate correct technique for the skills used in pickleball.
3. Demonstrate knowledge of how to keep score and use different strategies during competitive pickleball games.

HPER 152 : Weight Training

Credits: 1

Class Hours: 2 lecture/lab

Description:

This course introduces the student to principles of weight training, understanding the muscles used in exercises, the benefits of training, and the application of proper lifting mechanics. Workouts will be given by the instructor with an emphasis on conditioning, experiencing different types of training, and developing one's own personal lifting program, which will be implemented towards the end of the course.

Semester Offered: Fall, Spring

Course Student Learning Outcomes (CSLOs):

1. Demonstrate the correct and safe movement in weight training exercises.
2. Identify the benefits of weight training.
3. Write and implement a personal training program based on individual fitness goals.
4. Demonstrate improvement in both muscular strength and endurance through weight training.

HPER 154 : Intermediate Weight Training

Credits: 2

Class Hours: 4 lecture/lab

Prerequisites:

"C" or higher in HPER 152.

Description:

This course is designed to help students identify and understand the benefits of weight training, how weight training affects the body, and learn intermediate level training routines for complete muscular development. Students will also learn how to design and develop a balanced weight training program to meet their needs and expands on skills learned in HPER 152: Weight Training.

Semester Offered: Spring

Course Student Learning Outcomes (CSLOs):

1. Demonstrate proper form and spotting techniques for all lifts to ensure personal and group safety.
2. Analyze the importance of a healthy diet in achieving wellness goals.

3. Create a strength and conditioning program utilizing principles of intermediate weight training.
4. Identify principles of lifting weights and muscles used in weight training exercises.
5. Demonstrate improvement in muscular strength and endurance through participation in weight training.

HPER 170 : Beginning Yoga

Credits: 2

Class Hours: 4 lecture/lab

Prerequisites:

Qualified for ENG 100.

Description:

This course will focus on the practice of hatha yoga. General philosophy, history, and benefits toward wellness will be included. The primary emphasis will be on the performance of postures and breathing exercises, along with emphasis on ethical principles, personal conduct, and meditation in order to improve overall wellness.

Semester Offered: Fall, Spring

Course Student Learning Outcomes (CSLOs):

1. Demonstrate a flow of yoga poses with a chosen literary selection.
2. Integrate the principles of yoga into daily lives.
3. Describe and discuss terminology, history, general philosophy, and benefits of hatha yoga.
4. Participate in personal yoga practice outside of class.
5. Demonstrate the correct form of yoga poses, and know both English and Sanskrit terms for the poses.

HPER 199V : Special Studies

Credits: 1-4

Comments:

May be repeated any number of times for credit.

Description:

See explanation under the heading of Special Studies.