

# Health, Physical Education, and Recreation (HPER)

## Health, Physical Education, and Recreation (HPER) Classes

### HPER 100 : Wellness, and Fitness

**Credits:** 2

**Class Hours:** 4 lecture/lab

**Prerequisites:** Qualified for ENG 100S.

**Description:** In this course, students develop an understanding of how their lifestyle choices have an effect on their personal wellness and physical fitness. Students will explore the progression of conditioning exercises and activities that develop and maintain physical fitness, and lifestyle choices that maintain health and wellness. This course will take place in both the classroom and lab setting.

**Semester Offered:** Fall

**Course Student Learning Outcomes (CSLOs):**

1. Participate in exercise that promotes health and wellness.
2. Use medical terms to describe muscular and skeletal systems and related functions.
3. Describe structure and function of the reproductive system and characteristics of sexually transmitted infections.
4. Research and evaluate evidence of lifestyle choices on human health.
5. Identify personal wellness goals and develop a plan that promotes a healthy lifestyle.

### 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 148 : Hiking

**Credits:** 2

**Class Hours:** 4 lecture/lab

**Recommended:** Medical clearance if you've been inactive. Able to walk at least 3 miles at one time.

**Description:** This is an introductory hiking course designed to impart skills such as fitness preparation, navigation, and the logistics of planning a hiking trip on Kaua'i. This class will also examine certain aspects of group dynamics such as problem solving, communication, stress management, and leadership. Hawaiian folklore will be explored on some of the hikes. There will be class meetings for lecture and fitness to prep for the hikes, as well as day hiking trips.

**Semester Offered:** Fall, Spring

**Course Student Learning Outcomes (CSLOs):**

1. Evaluate the conditions necessary for safe hiking preparedness, choose appropriate equipment, and plan a hiking trip.
2. Identify how to minimize the impact on the natural environment while hiking and articulate the concepts of sustainability.
3. Identify fundamental outdoor skills and be able to safely navigate back country conditions.

4. Discuss the relationship of Hawaiian folklore to the location of hikes and the value to present life.
5. Demonstrate a positive change in personal fitness as it relates to cardiovascular endurance and muscular endurance.
6. Identify mental and physical health benefits to be derived from hiking.

## 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 160 : Fitness Boot Camp

**Credits:** 1

**Class Hours:** 2 lecture/lab

**Recommended:** Medical clearance.

**Comments:** May be repeated any number of times for credit.

**Description:** This course will focus on the development and maintenance of the following components of fitness: muscular endurance, strength, cardiovascular fitness, balance, speed, and coordination. General fitness concepts to improve each component of fitness, nutrition, and weight management will be included. The primary emphasis is helping reduce the risk of functional decline and improve overall performance in everyday activities.

**Semester Offered:** Fall, Spring

**Course Student Learning Outcomes (CSLOs):**

1. Employ safe and appropriate methods to improve fitness levels.
2. Participate in a healthy, sustainable, and lifelong learning activity.
3. Assess and analyze daily diet, identify strengths and challenges, and make changes to aid in realizing personal wellness goals.
4. Use correct form when weight training, applying appropriate modifications for exercises as necessary.
5. Identify and describe physical fitness components and training principles.

## 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

**Designation:**

Diversification: Humanities — DH

**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 171 : Intermediate Yoga

**Credits:** 2

**Class Hours:** 4 lecture/lab

**Prerequisites:** "C" or higher in HPER 170.

**Recommended:** 1) Medical Clearance if you have not been regularly active. 2) Consistent and recurring participation in a Yoga practice.

**Description:** This course will focus on corrective work and improvement of basic poses, as well as intermediate poses, meditation, breathing, and relaxation techniques in Hatha Yoga with independent, group, and personalized training. Students will study yoga history, philosophy, and understand how to apply principles of yoga into a healthy lifestyle.

**Semester Offered:** Spring

**Course Student Learning Outcomes (CSLOs):**

1. Discuss terminology, history, philosophy, and benefits of Hatha Yoga, as well as principles of Ayurveda.
2. Demonstrate a flow of yoga poses with a chosen literary selection.
3. Demonstrate correct form and alignment in beginning and intermediate yoga poses.
4. Demonstrate the ability to integrate the principles of yoga into daily personal life.
5. Design and implement a personal yoga practice that increases flexibility, strength, endurance, and breath control.

## 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.