

HEALTH AND PHYSICAL EDUCATION COURSES (HPE)

HPE 102 **CONCEPTS FOR EXERCISE AND LIFETIME WELLNESS**

(2) This course is designed to assist students in establishing the basis for a healthy lifestyle. Emphasis is placed on the possible consequences of lifestyle choices; utilizing technology to become aware of fitness and nutrition; and how to make appropriate choices for positive changes.

HPE 105L **ELEMENTARY PHYSICAL EDUCATION CONTENT LAB**

(1) This course addresses the development, teaching, and analysis of skills in educational dance, gymnastics, games, and skill concepts. Students will learn to design, teach, and assess learning experiences in these areas.

HPE 108 **INTRODUCTION TO ADVENTURE ACTIVITIES (1)**

This course is an introduction to adventure activities as an experiential approach to developing self confidence, trust, team building, and open communication. Activities include the low and high elements of the adventure course, climbing on rocks and walls, rappelling, caving, and orienteering.

HPE 109 **COOPERATIVE AND COMPETITIVE MOVEMENT**

CHALLENGES (1) These instruction and problem solving activities involve participation, success, equity, and trust with emphasis on challenges that develop fitness. The purpose of the course is to emphasize success in skill performance, acceptance of other performers' abilities, and cooperation to achieve goals.

HPE 110L **INDIVIDUAL SPORT EDUCATION LAB (1)**

This course addresses the development, teaching and analysis of skills in a variety of activities, specifically tennis, badminton, pickleball, racquetball, golf and weight training. Students learn to teach, analyze and assess skilled performance based on the learner's current skill level and developmental readiness. Students will gain an understanding of the appropriate teaching strategies and modes of assessment that should be utilized with the various activities.

HPE 111L **LIFE SPORT EDUCATION LAB (1)**

This course addresses the development, teaching and analysis of skills in a variety of activities, strength training, rhythmic activities, dance, tumbling, aerobics and other appropriate contemporary activities. Students learn to teach, analyze and assess skilled performance based on the learner's current skill level and developmental readiness. Students will gain an understanding of the appropriate teaching strategies and modes of assessment that should be utilized with the various activities.

HPE 112L **TEAM SPORT EDUCATION LAB II (1)**

This course addresses the development, teaching and analysis of skills in a variety of tactical approach activities, specifically basketball, hockey, lacrosse, football and field hockey. Students learn to teach, analyze and assess skilled performance, based on the learner's current skill level and developmental readiness. Students will gain an understanding of the appropriate teaching strategies and modes of assessment that should be utilized with the various activities.

HPE 113L **TEAM SPORT EDUCATION LAB I (1)**

This course addresses the development, teaching and analysis of skills in a variety of tactical approach activities, specifically track and field, soccer, volleyball, softball, ultimate Frisbee and team handball. Students learn to teach, analyze and assess skilled performances based on the learner's current skill level and developmental readiness. Students will gain an understanding of the appropriate teaching strategies and modes of assessment that should be utilized with the various activities.

HPE 121 **RACQUETBALL AND PADDLEBALL (1)**

This course provides instruction in skills of racket sports. Inter-class competition opportunity provided.

HPE 122 **INTRODUCTION TO BASIC CANOEING/BICYCLING (1)**

This course is divided into two equal units. Basic canoeing focuses on strokes, safety, portaging, and map reading skills for lake canoeing. Students canoe a two-day interpretive overnight trip to demonstrate skill application. Bicycling consists of road and mountain biking on area roads and trails. Topics include skills such as cornering, stopping, drafting, navigational skills in maneuvering around objects, bicycle adjustment, first aid, and trip planning. Skills are applied on an overnight trip.

HPE 123 **BASIC BACKPACKING (1)** (Fee required)

This course includes field experiences, lectures, and demonstrations in backpacking fundamentals. Topics include cooking fire and stove use, equipment, safety, nutrition, and map reading skills. Participants hike on area trails. Application of experiential learning is made by planning, organizing, and participating in a weekend overnight backpacking trip.

- HPE 124** **HIKING (1)** (Fee required) This course offers hiking on the nearby national forest trails and Blue Ridge Parkway to gradually build capability and knowledge of natural surroundings. Topics include safety, map/compass reading, nutrition, leadership skills, and environmental awareness.
- HPE 125** **ROCK CLIMBING AND VERTICAL ROPE WORK (1)** This course is designed to provide the student with the skills and experience to enjoy the sport of rock climbing and other vertical endeavors. The focus of the course is on rope work, anchor building, rappelling, and top rope climbing. Classes will be held in the classroom, on the ropes course, on local rock faces, and in local caves.
- HPE 126** **CHALLENGE COURSE AND ADVENTURE TRAINING (1)** This course is an overview of challenge course programming and adventure training. Classes will be taught in the classroom as well as utilizing the low and high elements of the New Horizons Adventure Course. Topics covered include group facilitation, debriefing, problem solving, initiatives, and trust building activities.
- HPE 141** **ELEMENTARY TENNIS (1)** This course offers instruction and practice in forehand, backhand, serve, and volley with competition in singles and doubles.
- HPE 147** **INDIVIDUALIZED AEROBICS (1)** Personally designed programs of flexibility and aerobic activities are implemented with instruction in principles of developing cardio-respiratory fitness.
- HPE 149** **STRENGTH TRAINING (1)** This course provides instruction in principles of conditioning utilizing free weights, body resistance, and weight machines. Individualized programs of flexibility and strength are implemented.
- HPE 151** **ELEMENTARY GOLF (1)** The mechanics of swing, approach shots, putting, and rules of play are introduced along with course play.
- HPE 190** **HATHA YOGA (1)** This course emphasizes Iyengar-style and includes standing poses, forward bends, back bends, and inversions for the beginning student, as well as integration of the breath with asanas (postures).
- HPE 191** **CONSCIOUS RELAXATION-TECHNIQUES FOR STRESS MANAGEMENT (1)** This course includes the techniques of visualization, slow-motion movement, Benson's relaxation response, and breath management.
- HPE 205** **COACHING APPRENTICESHIP (1-6)** *Prerequisite: Consent of the instructor.* This course provides students with an apprenticeship experience in coaching a selected sport with emphasis on observation, leadership, and management of skill development. If more than one HPE 205 is taken it must be applied to experiences with different sports. Only one HPE 205 experience can be done within the Lynchburg College Intercollegiate Athletic Department.
- HPE 250** **CULTURAL FOUNDATIONS OF MOVEMENT, SPORTS AND DANCE (3)** This course is a study of historical, philosophical, and sociological constructs underlying the meaning and function of human movement.
- HPE 258** **FOUNDATIONS OF HEALTH AND PHYSICAL EDUCATION (3)** This course addresses the foundation of health and physical education including historical, philosophical, and sociological influences on educational practices in the United States. The class also examines education as an institution in America from a cultural and organizational perspective, and addresses how health and physical education is part of the process.
- HPE 265** **PHILOSOPHY OF OUTDOOR EXPERIENTIAL EDUCATION (3)** This course is designed to provide students with the philosophical background of Outdoor Experiential Education. Students will study readings including Plato and John Dewey, but also more current work from Outward Bound and the Association of Experiential Education. Topics will include the roles and responsibilities of the teacher and the instructor, the role of the natural world, confidence building, and the societal impact of experiential learning. Skills include lesson planning and group facilitation.

HPE 266 **OUTDOOR RECREATION LEADERSHIP (3)** This course includes teaching principles and planning, implementing, leading, supervising, and evaluating outdoor recreational programs. Emphasis is given to wilderness leadership techniques and programming. Practical application is gained through planning and implementing a group trip.

HPE 303 **MOTOR DEVELOPMENT (3)** *Prerequisite: BIOL 214, 214L, 215, 215L.* This course studies changes throughout the lifespan as influenced by social, cognitive, and physical aspects of human development.

HPE 304 **SPORT PSYCHOLOGY (3)** This course examines how people learn movement skills and the factors enhancing and detracting from the performance of these skills. Motor development refers to the study of maturational changes which are relatively stable, genetically defined, and non-modifiable by practice or experience. Motor learning refers to the set of processes associated with practice or experience leading to relatively permanent changes in skilled behavior.

310 **K-5 PHYSICAL EDUCATION METHODS PRACTICUM (4)** *Prerequisites: HPE 105, HPE 303.* This course focuses on fundamental concepts and methods of inquiry associated with developmental movement education for the young child. The appropriate inclusion of educational gymnastics, fundamental movement patterns, games, and dance are emphasized. Some observation and experience in the application of instructional theories to the teaching of movement are implemented in on-site clinical experiences.

HPE 320 **6-12 PHYSICAL EDUCATION METHODS PRACTICUM (4)** *Prerequisites: HPE 310 and admission to teacher preparatory program.* This course provides fundamental concepts and methods of inquiry associated with the middle and high school curriculum in fitness, dance, gymnastics, and sports. Some observation and experience in the application of instructional theories to the teaching of movement are implemented in on-site clinical experiences.

HPE 335 **COMPREHENSIVE SCHOOL HEALTH PRACTICUM (4)** *Prerequisites: H P 300, 270, 239, or HPE 102, and admission to teacher preparatory program..* The focus of this course is curriculum development and instruction in school health education. It includes health concerns of school-age populations, curriculum resources, and unit and lesson plan development.

HPE 361 **THE MEASUREMENT OF PERFORMANCE IN HEALTH AND PHYSICAL EDUCATION (3)** *Prerequisite: MATH 222 or instructor approval.* This course focuses on analyzing performance from quantitative and qualitative perspectives and the proper use of various instruments in health and movement.

HPE 362 **HEALTH AND PHYSICAL EDUCATION FOR EXCEPTIONAL POPULATIONS (3)** *Prerequisite: Admission to teacher preparatory program..* This course surveys individualization of instruction for persons with challenging conditions and provides on-site clinical experiences with special populations.

HPE 409 **INDEPENDENT STUDY IN HEALTH AND PHYSICAL EDUCATION (1-3)** *Prerequisites: Approval of faculty sponsor and School dean.* This course provides an opportunity to pursue individual interests and projects not covered in other available courses. The area for investigation is developed in consultation with a faculty member, and credit is dependent on the nature of the work. May be repeated for no more than six credits.

HPE 415 **INTERNSHIP IN HEALTH AND PHYSICAL EDUCATION (1-6)** *Prerequisites: Juniors or seniors with a 2.25 minimum QPA; approval of written proposal by internship coordinator; and supervising faculty prior to registration.* This course offers a professional internship with an appropriate health fitness organization/program. The student and faculty sponsor will agree upon the location and responsibilities of the intern. The number of credits will depend upon the nature of the project and the number of hours involved in the project. (See "Internships.")

HPE 467 **STUDENT TEACHING IN HEALTH AND PHYSICAL EDUCATION K-12 (11)** *Prerequisite: Admission to Student Teaching, corequisite EDUC 448.* This supervised full-time, one semester field experience in K-12 culminates in full responsibility for teaching health and physical education under the direction of a cooperating teacher and College supervisor. All students will have placements in both elementary and secondary programs.

HPE