

**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.

## 142 Health and Physical Education

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### 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 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 127

#### BASIC BACKPACKING AND HIKING (2)

This course is designed to teach the basic skills and concepts of Backpacking and Hiking. topics will include: camping, cooking, fire and stove use, equipment, safety, nutrition, map reading skills, first aid, trail etiquette, campsite selection, pace, tents, packing skills, and hear hand construction. Additional fee is require

### HPE 128

#### BASIC CANOEING AND KAYAKING (2)

This course is designed to teach the basic skills and concepts of flat water Canoeing and Kayaking. Topics will include individual Canoeing and Kayaking skills such as: various strokes, safety, portaging, entering and exiting a canoe and kayak safely, map reading skills, interpreting water and weather conditions and trip planning. Students will be required to participate in off-campus trips to the James River, Smith Mountain Lake, and/or Holiday Lake. An additional fee may be required.

### HPE 129

#### MOUNTAIN BIKING (1)

This course is designed to teach the basic skills and concepts of Mountain Biking. Topics will include group and individual biking skills such as braking, climbing, shifting, and navigating over rough terrain. Other topics will include bike repair and adjustments, basic first aid, safety, map reading and trip planning. Students will be required to have their own Mountain bike and helmet. An additional fee is required.

### 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.



## 144 Health & Physical Education

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### 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 397

### INDEPENDENT STUDY IN HEALTH AND PHYSICAL EDUCATION (1-3)

*Prerequisites:* Approval of faculty sponsor and school dean; junior or senior standing. This course provides students the opportunity to pursue individual study of topics not covered in other available courses. The area for investigation is developed in consultation with a faculty sponsor and credit is dependent on the nature of the work. May be repeated for no more than six credits.

### HPE 398

### SPECIAL TOPICS IN HEALTH AND PHYSICAL EDUCATION (1-3) [credit depends on topic]

*Prerequisites:* A background of work in the discipline or prior consent of instructor. This course will focus on an aspect of the discipline not otherwise covered by the regularly offered courses. The topic will vary according to professor and term; consequently, more than one may be taken by a student during his/her matriculation.

### HPE 415

### INTERNSHIP IN HEALTH AND PHYSICAL EDUCATION

*(1-12) 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.