

no more than six credits.

GRMN 398 SPECIAL TOPICS IN GERMAN (1-3) [credit depends on topic] *Prerequisites: A background of work in the discipline.* 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.

HEALTH COURSES (HLTH)

HLTH 102 LIFE CHOICES FOR HEALTH AND WELLNESS (2) This course explores the various factors influencing health. Students differentiate between healthy behaviors and those which place individuals at risk; investigate resources for health information; and become knowledgeable about and practice lifestyle health management skills.

HLTH 397 INDEPENDENT STUDY IN HEALTH (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.

HLTH 398 SPECIAL TOPICS IN HEALTH (1-3) [credit depends on topic] *Prerequisite: A background of work in the discipline.* 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.

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 106L INVASION SPORT LAB I (1) This course involves the development of skill, tactics, teaching, and analysis of soccer, field hockey, team handball, and football. Students develop their skills and tactical play to a competent level and acquire the ability to teach, analyze, and assess skilled performance based on a learner's developmental level. Students will demonstrate skill and tactics in authentic environments as well as plan, instruct, and assess learners in these sports.

HPE 107L INVASION SPORT LAB II (1) This course involves the development of skill, tactics, teaching, and analysis of basketball, lacrosse, ultimate frisbee, and floor hockey. Students develop their skills and tactical play to a competent level and acquire the ability to teach, analyze, and assess skilled performance based on a learner's developmental level. Students will demonstrate skill and tactics in authentic environments as well as plan, instruct, and assess learners in these sports.

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.