

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.

HPE 114L NET/WALL SPORT LAB

This course involves the development of skill, tactics, teaching, and analysis of volleyball, tennis, badminton, and pickle ball. 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 115L FIELDING/TARGET/FITNESS SPORT LAB (1)

This course involves the development of skill, tactics, teaching, and analysis of golf, baseball, and softball as well as skills in strength training and personal fitness. Students develop their skills to a competent level and tactical play in golf, baseball, and softball 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 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 gear construction. Additional fee is required.

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 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 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 223**BEHAVIOR MANAGEMENT IN HEALTH AND PHYSICAL**

EDUCATION (1) Students will explore basic principles of discipline and behavior management as they apply to Health and Physical Education teaching. Students will explore prevention techniques, as well as environmental, multidimensional, and systemic approaches to assessment and intervention in behavior management.

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 will also examine education as an institution in America from a cultural and organizational perspective, and address 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) *Prerequisites: BIOL 214/214L, 215/215L.* This course describes and analyzes normal motor development across the lifespan, from prenatal development through older adulthood. It emphasizes identifying and classifying motor behaviors across the lifespan, as well as understanding the interaction of environmental and biological factors that affect acquisition of these movement behaviors. Laboratory experiences are included.

HPE 304 SPORTS AND EXERCISE PSYCHOLOGY (3) Sports and exercise psychology are the scientific study of people and their behaviors in sport and exercise contexts. This course focuses on the social and motivational theories, as well as on identifying and understanding psychological interventions that can be applied to sport and exercise to enhance the performance and personal growth of athletes and physical participants.

HPE 310 PK-5 PHYSICAL EDUCATION METHODS PRACTICUM (4) *Prerequisite: HPE 303.* This course is designed to develop the knowledge and practical experience necessary to help individuals, grades K-5, achieve optimum growth and potential. The concepts of motor development, skills acquisitions, psycho-social development, and pedagogy will be linked to the curricular areas of skill themes, gymnastics, dance, games and physical fitness. Observation and experience in the application of instructional theories to the teaching of movement are implemented during field practicum.

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) *Prerequisite: HLTH 102 or HPE 102, and H P 239, 270, and 300, 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]** *Prerequisite: 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.