

HPE 361 THE MEASUREMENT OF PERFORMANCE IN HEALTH AND PHYSICAL EDUCATION (3) *Prerequisite: MATH 222.* 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.* 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 on the location and responsibilities of the intern. The number of credits will depend on 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.

HEALTH PROMOTION COURSES (H P)

H P 239 DIMENSIONS OF HEALTH AND WELLNESS (3) This course surveys historical and philosophical perspectives of health issues including the identification of individual responsibility for the development of attitudes and patterns of health behavior.

H P 270 NUTRITION (3) This course is a study of the science of food, its use within the body, and its relationship to a positive concept of good health.

H P 271 FOUNDATIONS OF HEALTH PROMOTION (3) This course examines foundations of the profession and the concepts and principles underlying the use of educational strategies to promote health in school, worksite, health care, or community settings. Identification of theoretical frameworks from behavioral and social sciences and their relationship to designing health education programs are discussed.

H P 275 MEDICAL TERMINOLOGY (3) This course will familiarize students entering the public health fields with fundamental medical terms, medical instrumentation, and medical exams used for a diagnosis, while also providing essential spelling and grammatical skills for the medical workplace.

H P 290 SPIRITUALITY AND HEALTH (3) Spiritual health is one of the six dimensions of wellness and is a vital component in the development and maintenance of overall health and well-being. Spiritual health can be defined as the experience of connection to self, others, and the community at large, providing a sense of purpose and meaning. The course is an exploration of current knowledge about the intersection of human spirituality and health. It is intended for health promotion and other health professionals and endeavors to address such questions as, What is spirituality? What is health? How are they related and how is spirituality currently being integrated into primary health care?

H P 300 DRUGS AND BEHAVIOR MANAGEMENT (3) *Prerequisites: BIOL 214, 215 or 222, 223.* This course surveys addictive substances and the causes of addictive behavior, theories of prevention, and treatment.

H P 322 HEALTH ASPECTS OF AGING (3) This course studies the biological, epidemiological, and social aspects of an aging population and the relationship to health and health care.

H P 325 HUMAN DISEASES (3) *Prerequisites: BIOL 214/214L, 215/215L, H P 239.* This course is a study of communicable and chronic diseases with regard to disease description, etiology, signs and symptoms, diagnostic procedures, treatment, prognosis, and prevention.

H P 340 WOMEN'S HEALTH ISSUES (3) Much of previous health research has focused on health-related issues solely as they relate to the male population. This course will explore current health research, which has taken a more intentional look at health-related issues as they relate to the female population. The course will look at women's health issues, with particular attention to their relevance for health promotion and education. Topics covered will focus on several dimensions of wellness, including the physical, mental, emotional, and spiritual and include: gender bias in health research; leading causes of death for women; body image and the media; eating disorders; depression; stress from multiple roles; violence and abuse; nutrition for pregnancy & breastfeeding; exercise and pregnancy; alcoholism among women; alcohol use and pregnancy; impact of tobacco, caffeine, and illegal drug use on women and on pregnancy; complications of sexually transmitted infections in women; cardiovascular disease as the leading cause of death among women; osteoporosis among women; pregnancy and asthma, epilepsy, lupus, and multiple sclerosis; cancers of the lung, breast, cervix, uterus, ovaries, skin, colon, and rectum.

H P 371 RESEARCH IN HEALTH PROMOTION (3) *Prerequisites: H P 239, MATH 222.* This course is intended to prepare students pursuing careers in health science fields (health education, public health, allied health, and medical professions) to be proficient in the practical aspects of health science research with a basis in theory. Basic principles of research will be examined with emphasis on study design, data collection, and basic statistical analysis of research data.

H P 372 CONTEMPORARY HEALTH ISSUES (3) This course is directed toward current health problems and concerns and includes the topics of fitness, environmental health, and consumer health.

H P 397 INDEPENDENT STUDY IN HEALTH PROMOTION (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.

H P 398 SPECIAL TOPICS IN HEALTH PROMOTION (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.

H P 415 INTERNSHIP IN HEALTH PROMOTION (6-12) *Prerequisites: H P 239, 270, 271, 420, ; senior status with a minimum 2.25 QPA; approval of written proposal by internship coordinator prior to registration.* This course offers a professional internship with an appropriate health fitness organization/program. The student and internship coordinator will agree on 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.")

H P 420 HEALTH PROGRAM PLANNING (3) *Prerequisites: H P 239, 271, 372.* This course prepares students to plan, develop, implement, and evaluate health education programs for a variety of settings, including community and worksite.

HISTORY COURSES (HIST)

HIST 101-102 HISTORY OF CIVILIZATION I, II (3,3) This is the basic course sequence in history designed to provide the student with a knowledge of world cultures and an introduction to the nature of