

results of this test will determine the highest level of the language in which a student may enroll: i.e. 0-24 = GRMN 101, 25-40 = GRMN 102, 41-52 = GRMN 201 and 53-56 = GRMN 202. Class level placement is also based upon the successful completion of the prerequisite language course at the college level, earned AP credit or by consent of the instructor.

To waive the general education requirement for GRMN 201, students must score 53 or above and pass an additional evaluation that includes an oral interview and a written component.

Work in the MLRC constitutes part of the elementary and intermediate language courses. It is designed to furnish peer language tutors for review and to teach and test listening comprehension and speaking skills, the components of which are auditory discrimination, auditory memory, pronunciation and fluency.

For students whose native language is not English, the foreign language Gen Ed requirement may be waived using the substitution waiver form based on passing an acceptable proficiency in speaking and writing in the native language.

GRMN 101-102 ELEMENTARY GERMAN I, II (3, 3) Study of the fundamentals of German grammar. Emphasis on oral expression. Work in the Modern Language Resource Center (MLRC) constitutes part of the course.

GRMN 201 INTERMEDIATE GERMAN (3) *Prerequisites: GRMN 101-102.* (Each student's level is determined by a placement test administered at the beginning of the course.) This course is a review of grammar and intensive reading and conversational practice with emphasis on speaking German. This course should bring students to the novice high/intermediate low oral proficiency level (ACTFL Guidelines). Work in the Modern Language Resource Center (MLRC) is required.

GRMN 202 INTERMEDIATE GERMAN II (3) *Prerequisite: GRMN 201.* This review of grammar and intensive reading and conversational practice is based on selected literary and civilization texts. Work in the Modern Language Resource Center (MLRC) is required.

GRMN 208 GERMAN LITERATURE IN TRANSLATION (3) With readings and lectures entirely in English, this course covers German writers from the nineteenth and twentieth centuries. Writers include Heine, Hauptmann, Kafka, Grass, Mann, Brecht, etc.

GRMN 241 CONVERSATION AND COMPOSITION (3) *Prerequisite: GRMN 202.* This course provides intensive practice in oral and written German to develop fluency and correctness of expression. Special emphasis is on vocabulary building and development of style. The course will use a political and historical approach to German cultural topics and include an introduction to German literature and literary criticism.

GRMN 313 SURVEY OF GERMAN LITERATURE (3) *Prerequisite: GRMN 241.* This course focuses on readings of original texts in German literature from the nineteenth and twentieth century.

GRMN 397 INDEPENDENT STUDY IN GERMAN (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.

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 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 120 SCUBA DIVING (1) *Prerequisite: Pass Swim test (200 yards and float/tread water for 10 minutes).* The PADI Open Water Diver course consists of three main phases: knowledge development to understand basic principles of scuba diving, confined water dives to learn basic scuba skills, and open water dives to review your skills and explore. A lab fee of \$425 required of students to cover scuba equipment, transportation, and camping fees.

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 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 (2) 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, multi-dimensional, 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 are 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 222/222L, 223/223L.* 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. This course requires a mandatory approved background check conducted at the end of the fall semester prior to enrollment in the course at the student's expense.

HPE 320 6-12 PHYSICAL EDUCATION METHODS PRACTICUM (4) *Prerequisites: HPE 310, approved background check, 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: HP 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.* 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) *Prerequisites: Approved background check and 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. This course requires a mandatory Criminal and Social Services background check conducted at the end of the prior semester at the student's expense.

HEALTH PROMOTION COURSES (H P)

H P 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.

H P 221 GLOBAL HEALTH (3) This course will provide students with an overview of the multiple factors that affect health on a global scale, and will equip students to meet the health needs of individuals in a multitude of cultural settings. Students will also be introduced to ethical and human rights concerns as they relate to global health.

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 2222/222L, 223/223L.* 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 222/222L, 223/223L, 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; compli-