

Academic Offerings

This section contains descriptions of programs, majors, minors, areas of concentration, fields of specialization, and courses. Semesters following course titles indicate when each course is normally offered. On rare occasions, a course may not be available when indicated because of low enrollment or unexpected staffing changes.

Courses listed as Fall Odd and Spring Even are scheduled to be offered during the 2011-2012 academic year. i.e., fall 2011-2012 is Fall Odd, spring 2011-2012 is Spring Even.

Health and Human Performance

General Major— Foundation (common to all emphases): Health and Human Performance (HHP) 101, 203, 204, 207, 208, 308.

Students must select one of the following emphases:

Exercise Science: Foundation; HHP 211, 325 or Psychology 382; one from HHP 361, 362, 371, 393; Biology 201, 202. (Chemistry 101 and 122 are strongly recommended.)

General: Foundation; HHP 325; four elective courses from HHP 202, 205, 209, 211, 212, 213, 214, 215, 216, 217, 305, 306, 371, 393. (Note: 212-217 are half courses.)

Sports Management: Foundation; Business Administration 100, 205, 206, 207; Business Education 203; one course from Business Administration 226, 304, 308, 333; one course from Communication 220, 222, 228; Economics 200; English 305; HHP 251, 253, 300, 325; HHP 362 or 373.

General Minor— Six approved courses within the HHP course offerings. Courses may be tailored to meet individual goals. The HHP department chairperson must approve the six courses.

Coaching Authorization—Licensure to Coach in the State of Iowa – see pages 121-122. For information on licensure, see web site www.state.ia.us/boee/doc/faqs_cch.asp.

For descriptions of SECONDARY and ELEMENTARY majors, minors, fields of specialization, and teaching endorsements, see pages 111-134, Teacher Education Program.

I. ACTIVITIES AND INTERCOLLEGIATE SPORTS PARTICIPATION

As part of the core program requirements, every student must complete an activity component that may include one of the following activities. Graded on a pass/no-record basis.

011 **Intercollegiate Athletics (.5)** Fall, Spring
Arrangements must be made through the athletic director.

012 **Tumbling/Gymnastics (.5)** Fall, Spring
Development of beginning and intermediate skills and techniques in gymnastics and tumbling, including work in free exercise.

- 013 **Step Aerobics (.5)** Fall, Spring
An opportunity for students to work on a personal fitness program through vigorous exercises to music.
- 014 **Voice and Body Warm-ups (.5)** Fall, Spring
A program of regularly repeated exercises designed to improve the performer's physical flexibility and vocal strength and range.
- 015 **Adaptive Program (.5)** Fall, Spring
Restricted activity for students with physical disabilities. Prerequisite: recommendation by a medical doctor.
- 019 **Other Activity (.5)** Occasional
The HHP department may offer additional activities based on staffing, facilities, and student interest.

II. CLASSROOM COURSES

- 101 **Introduction to Health, Physical Education, and Sports Management (3)** Fall
Designed to be the entry-level course for those interested in exploring the areas of health, physical education, and sports management. The course will provide the student with an overview of the body of knowledge, the historical background, and career opportunities in each of the areas. The student will also develop and articulate a Christian perspective on health, physical education, and sports management.
- 202 **Substance Abuse and Consumer Health (3)** Spring
The first half of the course is devoted to introducing the student to the use, misuse, and abuse of drugs. Emphasis is placed on the psychological and physiological effects of drugs. The second half of the course will provide the student with basic health-related information that will aid the student in making sound decisions regarding personal health.
- 203 **Anatomy, Kinesiology, and Biomechanics (3)** Fall
A study of the anatomical and mechanical phenomena underlying human movement. Particular attention is given to bone, joint, muscle, and connective structures; and to the application of physical laws of motion to the human body and specific sports skills.
- 204 **Exercise Physiology (3)** Spring
A study of how normal body functions (homeostasis) are altered and subsequently restored in response to the stress of exercise. Emphasis will be placed on the respiratory, cardiovascular, and muscular systems. The practical application of physiological concepts and principles to physical education and sport are included.
- 205 **Curriculum in Physical Education and Health (3)** Spring
Provides the student with the necessary background in organizing and administering a desirable curriculum in physical education and health (elementary and high school), including intramurals and adaptive programs.
- 207 **First Aid and Athletic Injuries (3)** Fall, Spring
A study of accepted methods used to prevent athletic injuries. Instruction in administering first aid practices in emergencies. Fall semester emphasizes the elementary school child; spring semester focuses on participants in interscholastic sports. This course is not open to freshmen.
- 208 **Assessment in Physical Education and Health (3)** Fall
A study of elementary statistical procedures, the preparation and administration of physical fitness tests, health assessment procedures, and various athletic skills. A grading system in physical education and health is formulated.
- 209 **Personal and Community Health (3)** Spring Odd
This course examines the physical, mental, social, emotional, spiritual, and occupational dimensions of health. Emphasis is on the utilization of health information in making good health choices.
- 211 **Nutrition (3)** Fall

This course will focus on the basic science of foods and their components including relationships to health and disease. The implications of personal decision making and behavior change, as well as social, economic, and cultural influences, will be discussed. Fall course open to all majors. Spring course offered to nursing students or by permission of instructor. Does not count toward the biology major. [Cross-listed: Biology 210]

- 212 **Coaching Theory of Basketball (1.5)**.....Spring
Seven-week course with emphasis on coaching skills, philosophies, and techniques of basketball. Not open to freshmen.
- 213 **Coaching Theory of Track and Field (1.5)**.....Spring Even
Seven-week course with emphasis on coaching skills, philosophies, and techniques of track and field. Not open to freshmen.
- 214 **Coaching Theory of Volleyball (1.5)**.....Spring Odd
Seven-week course with emphasis on coaching skills, philosophies, and techniques of volleyball. Not open to freshmen.
- 215 **Coaching Theory of Baseball/Softball (1.5)**.....Spring Even
Seven-week course with emphasis on coaching skills, philosophies, and techniques of baseball and softball. Not open to freshmen.
- 216 **Coaching Theory of Soccer (1.5)**.....Spring Odd
Seven-week course with emphasis on coaching skills, philosophies, and techniques of soccer. Not open to freshmen.
- 217 **Coaching Theory of Football (1.5)**Spring
Seven-week course with emphasis on coaching skills, philosophies, and techniques of football. Not open to freshmen.
- 251 **Introduction to Sports Management (3)**..... Fall
An introductory course exploring the history, development, and governance as well as current issues and trends in sports management. Emphasis will be placed on developing a reformed, biblical perspective concerning athletics and the role athletics plays in Western culture.
- 253 **Planning and Maintaining Sports Facilities (3)**Spring
This course is currently being developed.
- 281- **Service-Learning (1-3)**.....Fall, Spring, Summer
283 See page 161, Individual Studies
- 300 **Sports Law (3)**.....Spring
This course is currently being developed.
- 304 **Middle School Physical Education and Health Methods (3)**Occasional
Provides the student with effective teaching skills and methods in physical education and health instruction. Four weeks of the course are devoted to teaching middle school physical education classes at a local Christian school.
- 305 **Peer Teaching in Physical Education and Health (3)**..... Fall
Provides an opportunity to apply the teaching skills and methods of physical education and health in a high school and peer-teaching setting. The focus is how to teach activities and health concepts to high school students.
- 306 **Elementary Physical Education Skills and Methods (3)** Fall
Provides background for teaching physical education to elementary school children. Emphasis is given to adaptive physical education. This course is only open to professional physical education students.
- 308 **Motor Learning and Development (3)**..... Fall

The course introduces the major concepts of motor control and motor learning as they are expressed across the human lifespan. The course emphasizes the practical application of these theories in teaching, coaching, and therapy settings. The course will also explore how a reformed view of the person informs our understanding of motor learning and the resulting implications for teaching, coaching, and therapy. Prerequisites: HHP 203, 204.

- 325 **Psychosocial Dimensions of Physical Activity (3)** Fall
This course adds to students' understanding of physical activity by exploring the psychological and sociological aspects of human physical activity. Also, students will demonstrate a Reformed Christian understanding of human movement in discussion of a variety of issues related to health and human performance. Prerequisites: Psychology 201 or 204 or Sociology 201 or Education 135; junior or senior standing.

- 361 **Field Experience in Physical Therapy (3)** Fall, Spring
Designed to give students enrolled in the prephysical therapy program a field experience in physical therapy. The student will work with a registered physical therapist for three hours each week of the semester. This course is open to junior and senior students enrolled in the prephysical therapy program.

- 362 **Field Experience in Sports Management (3)** Fall, Spring
Designed to give students the opportunity to do a practicum in a sports management setting. The student will work under the supervision of a professional sports management leader for three hours each week of the semester. This course is open to junior and senior students who have completed two of the following courses: HHP 251, 253, 300.

- 371- **Health, Physical Education, Sports Management Internships (3-9)** Fall, Spring, Summer
373 Intended to provide the HHP major the opportunity to apply knowledge principles and skills gained from the classroom into a workplace environment. Prerequisite: completion of no less than seven courses in the major. See HHP internship coordinator for approval.

- 391- **Individual Studies (1-3)** Fall, Spring, Summer
393 See page 161, Individual Studies