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 2016-17 academic year. i.e., fall 2016-17 is Fall Even, spring 2016-17 is Spring Odd.

Health and Human Performance

General Major—

Foundation (common to all emphases): Health and Human Performance (HHP) 101, 206, 207, 208, 308; Biology 203.

Students must select one of the following emphases:

Exercise Science: Foundation; HHP 202, 211; HHP 325 or Psychology 382; one course from HHP 361, 362, 371, 393. Chemistry 101 and 122 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, 200, 205, 206, 207; one course from Business Administration 226, 304, 308, 333; one course from Communication 220, 222, 228; CORE 266; 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 page 87. For information on licensure, see web site www.state.ia.us/boee/doc/faqs_cch.asp.

For descriptions of EDUCATION majors, minors, fields of specialization, and teaching endorsements, see pages 80-95, Teacher Preparation Program.
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.

**205 Curriculum in Physical Education and Health (3)**
Fall Even
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.

**206 Exercise Physiology and Biomechanics (3)**
Spring
A study of the anatomy of human movement, including the application of physical laws of motion to the human body and how the body functions in and responds to exercise. Biology 203 strongly recommended.

**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. Priority will be given to students majoring in health and human performance or pursuing a coaching endorsement. 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, Spring
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. 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
Through debates, presentations, and literature reviews, students will learn to calculate space needs, estimate costs and projected uses for sport and recreation facilities, and apply the steps of facility planning. We will also discuss how a reformed, Christian perspective guides our priorities and decision making processes. Prerequisite: HHP 251.

**281- Service-Learning (1-3)**
Fall, Spring, Summer
See page 115, Individual Studies
300 Sports Law (3)

Spring

Students will examine legal and ethical principles, laws, and regulations relating to sports management. In particular, the class will focus on the areas of contract, torts, agency law, employment law, risk management, and the acquisition of management and personal information. Through the course text, course lectures, course debate, and analysis papers, students will develop their ability to apply Christian and legal-ethical principles to current legal cases and case studies. Prerequisites: HHP 251, 253.

305 Peer Teaching in Physical Education and Health (3)

Fall Odd

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 Methods of Teaching Physical Education and Health in Grades P-8 (3)

Fall

Provides background for teaching physical education and health to preschool and elementary school children. Emphasis is given to adaptive physical education methods. This course is open only to students pursuing the elementary physical education and/or health endorsements.

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: Biology 203, HHP 206.

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; 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

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

See page 115, Individual Studies