PHYSICAL EDUCATION (HPER)

HPER 100. Concepts of Fitness and Wellness
Credits: 2
Typically Offered: FALLSPR
Concepts of Fitness and Wellness is designed for the student to receive instruction and participation in the cognitive, affective, and psychomotor domains of personal wellness.

HPER 101. Activity: Introductory Level
Credits: 1
Repeat Status: Repeatable up to 4.00 credits.
Class meets two hours per week. This is an activity class with emphasis on sport activity as well as a variety of exercise and aerobic options.

HPER 104. Exploration in Sport and Fitness Technology
Credits: 3
Typically Offered: FASPSU
This course will explore topical categories within sports technology, a combination of sports science and technology, and will provide students with the knowledge of advanced methods in the future of sports fitness.

HPER 105. Lifeguarding
Credits: 1
Prerequisite: HPER 210 First Aid, and CPR.
Typically Offered: FASPSU
The American Red Cross Lifeguarding course is designed to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

HPER 106. Water Safety Instructor
Credits: 2
Typically Offered: FASPSU
The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety (swim lesson) program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants progress. Successful completion of all certification requirements will result in a two-year certification as an American Red Cross Water Safety Instructor.

HPER 110. Introduction to Officiating
Credits: 3
Typically Offered: FALLSPR
This course will study officiating requirements for sports with an emphasis on mechanics, rule interpretation, and enforcement. Students will also learn communication, decision-making, conflict management to work with coaches, players, other officials, and spectators. The expectation is that students will have the ability to officiate at various sports and levels while managing the responsibilities that come with the role.

HPER 115. Introduction to Coaching
Credits: 3
Typically Offered: FALL
This course will examine relevant philosophy and practices in coaching sports. Issues discussed include pedagogy and philosophy, management, communication, physiology and development, and teaching skills involved in sports.

HPER 116. Introduction to Sport Management
Credits: 3
Typically Offered: FASPSU
This course will introduce students to the field of sport and recreational management. An overview of sport management concepts and practice will be covered. Course content will represent a variety of sport management concepts, segments, theories and applications.

HPER 122. Sport Leadership
Credits: 3
Typically Offered: FASPSU
This course will examine the concept of leadership as it pertains to sports and other professions. Current and aspiring sport leaders will gain a better understanding of theory, self-assessment strategies, and effective leadership with a focus on practical applications in a work environment.

HPER 124. Sport Sales
Credits: 3
Typically Offered: FASPSU
This course will provide a foundation in the principles and significance of sales and revenue generation in the business of sport, including theoretical fundamentals and practical application.

HPER 150. Varsity Athletics
Credits: 1
Prerequisite: Student must be actively involved in a sanctioned BSC athletic program at the time of enrollment.
Typically Offered: FALL
Fundamentals, elementary and advanced skills, conditioning, and strategies.

HPER 151. Varsity Athletics
Credits: 1
Prerequisite: Student must be actively involved in a sanctioned BSC athletic program at the time of enrollment.
Typically Offered: SPRING
Fundamentals, individual position, play and offensive and defensive team strategies.

HPER 202. Activity: Intermediate Level
Credits: 1
Repeat Status: Repeatable up to 4.00 credits.
Typically Offered: FALL
Class meets two hours per week. This is an Intermediate level activity class with emphasis on sport activity as well as a variety of exercise and aerobic options.

HPER 207. Prevention and Care of Injuries
Credits: 2
Typically Offered: SPRING
Instruction in the prevention and care of all types of athletic injuries including two hours classroom and one hour training room laboratory. Required of all majors and minors in physical education.

HPER 208. Introduction to Physical Education
Credits: 2
Typically Offered: FALL
It is the beginning preparation for those students who are planning careers in physical education, health education and recreation. Required class for minors and majors in physical education.

HPER 210. First Aid and CPR
Credits: 1
Typically Offered: FALLSPR
The First Aid CPR course trains participants to provide first aid, CPR (Adult and Pediatric), and use an automated external defibrillator (AED) in a safe, timely, and effective manner. North Dakota Safety Counsel CPR/AED/First Aid cards will be issued upon successful completion. The course is designed for anyone with little or no medical training who needs a course completion card for their intended career field (non-healthcare), job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting.

HPER 212. Introduction to Self Defense
Credits: 1
Typically Offered: FALLSPR
A comprehensive course in self-defense and personal safety. Students will learn basic awareness, stranger danger tips and techniques to avoid life threatening situations. Specialized skills in escape moves, pressure point tactics and close quarters maneuvers will be taught.

HPER 214. Sociological Perspectives in Sport and Fitness
Credits: 3
Typically Offered: FASPSU
This course will explain and examine the contributions of historical and contemporary social forces in sport and physical activity. Students will also learn how sport and physical activity influences society.

HPER 216. Sport Facility and Event Management
Credits: 3
Typically Offered: FASPSU
This course will explore the fundamental principles and concepts in sport and event management to acquire skills for planning and managing sporting events. As part of this course, students will plan and execute a simulated marketing and publicity event designed to accomplish a sport organizations goal.

HPER 217. Personal and Community Health
Credits: 3
Typically Offered: SPRING
Principles of health and basic understanding of hygiene. Special emphasis on health facts, habits, and attitudes as they relate to home, school, and community. Recommended for all students.

HPER 220. Introduction to Exercise Science
Credits: 3
Typically Offered: FASPSU
This course will introduce students to the various aspects of the discipline, including areas of study, technology, certifications, professional organizations and both current and future trends in exercise science.

HPER 222. Personal Training Concepts and Applications
Credits: 3
Typically Offered: FASPSU
This course is designed to provide students with an understanding of principles related to personal training. Course topics will explore fitness and training concepts and applications enabling students to design and implement programs for diverse populations.

HPER 226. Video Technology Use in Sport and Fitness
Credits: 3
Typically Offered: FASPSU
This course will investigate and apply video technology utilized in sport and fitness. Topics will include evaluating current technologies in this area while providing students with hands-on practice in using, applying, and evaluating a video technology platform.

HPER 228. Performance Enhancement in Sport and Fitness
Credits: 3
Typically Offered: FASPSU
This course will investigate and apply performance enhancement technology utilized in sport and fitness. Topics will include the evaluation of current technologies in this area, as well as assessing the influence of technology on human interaction, behavior and mental health in a sport. Additionally, the course will provide students hands-on knowledge and practice with the use, application, and evaluation of a performance enhancement technology platform.

HPER 230. Wellness Technology Use in Sport and Fitness
Credits: 3
Typically Offered: FASPSU
This course will investigate and apply wellness technology utilized in sport and fitness. Topics will include evaluating current technologies in this area while providing students with hands-on practice in using, applying, and evaluating a wellness technology platform.

HPER 242. Introduction to Kinesiology
Credits: 3
Typically Offered: FASPSU
This course will introduce students to the field of Kinesiology through survey exploration of the systems, factors and principles of physical education, exercise science and sport. In addition, the course includes the historical development of movement and sport from ancient through contemporary cultures. Various employment opportunities are also explored to aid prospective majors in their career choices.

HPER 250. Varsity Athletics
Credits: 1
Prerequisite: Student must be actively involved in a sanctioned BSC athletic program at the time of enrollment.
Typically Offered: FALL
Advanced concept skills for individual and team sports.

HPER 251. Varsity Athletics
Credits: 1
Prerequisite: Student must be actively involved in a sanctioned BSC athletic program at the time of enrollment.
Typically Offered: SPRING
Advanced concept skills for individual and team sports.

HPER 298. Coaching Practicum
Credits: 1
Corequisite: Concurrent registration in, or previous successful completion of, HPER 115.
Repeat Status: Repeatable up to 4.00 credits.
Typically Offered: FALL
This course is designed to provide students the opportunity to apply the principles and practices of coaching sports. The student will be allowed to actively participate in practical coaching experiences under the guidance and supervision of a qualified coach.

HPER 300. History and Philosophy of Sport
Credits: 2
Typically Offered: FALL
This course investigates the historical development of sport and recreational activities practiced in North America. Major influences on the development of sport are examined including religious beliefs, social and cultural values, economics, politics, and technological advances. Critical introduction to philosophical issues in sport, including the nature of sport, fair play, sportsmanship, professionalism, and relevant metaphysical and ethical issues in the practice of sport (e.g. cheating, performance-enhancing drugs, discrimination, violence, fan participation, determining athletic superiority, play, etc.).

HPER 305. Kinesiology
Credits: 3
Prerequisite: HPER 242 Intro to Kinesiology.
Typically Offered: SPRING
This course will study human movement with an emphasis on the structure and function of the skeletal, muscular, and nervous systems. Techniques of posture and gait evaluation, as well as fundamentals of body mechanics, are covered, along with how to detect and correct basic musculoskeletal anomalies.

HPER 310. Marketing in Fitness and Sport
Credits: 3
Prerequisite: HPER 124 Sport Sales.
Typically Offered: FALL
This introductory course helps students develop an extensive understanding of marketing concepts and theories that apply to sports, entertainment and business. Areas covered in this course include: the basics of marketing, target marketing and segmentation, sponsorship, event marketing, promotion and marketing plans.

HPER 315. Exercise Physiology
Credits: 3
Prerequisite: HPER 220 Intro to Exercise Science.
Corequisite: Concurrent registration HPER 315L Exercise Physiology Lab.
Typically Offered: FALL
The purpose of this course is to increase the students knowledge and understanding about human physiology and the adaptations that occur during exercise. Exercise physiology is a branch of physiology that deals with the functioning of the human body during exercise. An understanding of how the body responds to acute and chronic exercise is crucial for the physical educator, athletic trainer, coach, fitness expert, or exercise physiologist. The objective of this course is for the student to gain an understanding and working knowledge of how the body responds to exercise so that they may apply this knowledge to their chosen field. Understanding the interactions of metabolism, circulation, and structural adaptations in response to exercise and training are required to be an effective teaching or health care professional.

HPER 315L. Exercise Physiology Lab
Credits: 1
Corequisite: Concurrent registration of HPER 315.
Typically Offered: FALL
The purpose of this course is to increase the students knowledge and understanding about human physiology and the adaptations that occur during exercise. Exercise physiology is a branch of physiology that deals with the functioning of the human body during exercise. An understanding of how the body responds to acute and chronic exercise is crucial for the physical educator, athletic trainer, coach, fitness expert, or exercise physiologist. The objective of this course is for the student to gain an understanding and working knowledge of how the body responds to exercise so that they may apply this knowledge to their chosen field. Understanding the interactions of metabolism, circulation, and structural adaptations in response to exercise and training are required to be an effective teaching or health care professional.

HPER 400. Sport Governance
Credits: 3
Typically Offered: FALL
This course is an examination of governance structures within professional and amateur sport organizations. Students will explore policy elements and issues within scholastic, amateur, campus recreation, intercollegiate athletics, professional sport (North American and International), and Olympic sport.

HPER 405. Biomechanics
Credits: 3
Prerequisite: HPER 305
Typically Offered: SPRING
This course introduces students to musculoskeletal biomechanics and the quantitative analysis of human movement. Students will learn the results of muscles acting as mechanical actuators to produce movement. This course examines biomechanical principles applied to physical activity, sport, and rehabilitative settings. Students utilize quantitative and qualitative techniques using kinematic and kinetic methodologies to apply the physics of motion to the human body.

HPER 410. Sport Law
Credits: 3
Typically Offered: SPRING
This course explores how various bodies of substantive law are applied in the context of the sports industry both professional and amateur. The course examines the legal relationships among athletes, teams, leagues, governing bodies, sports facilities, licensees, broadcasters, and fans, as threaded together through contract, antitrust, labor, intellectual property, constitutional, and tort law. We will also study the financial and business structures that define the sports industry.

HPER 415. Exercise Testing and Prescription
Credits: 3
Prerequisite: HPER 315, 315L Exercise Physiology & Lab.
Typically Offered: SPRING
This course is designed to provide the student with foundational concepts and principles in exercise testing and prescription. Through lecture and practical application, students will learn how to conduct pre-exercise screenings, fitness assessments, interpret results, and design and implement exercise programs for the healthy, adult population. Development of skills in testing, prescribing, and delivering exercise for the broader community across the lifespan.