PHYSICAL EDUCATION (HPER)

HPER 100. Concepts of Fitness and Wellness
Credits: 2
Typically Offered: FALL SPR
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 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 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, CPR and AED
Credits: 1
Typically Offered: FALL SPR
Responding to emergencies and general directions for giving first aid, artificial resuscitation and defibrillation (AED), and other emergency situations will be covered. American Heart Association Healthcare Provider CPR card and American Heart Association First Aid cards will be issued upon successful completion.

HPER 212. Introduction to Self Defense
Credits: 1
Typically Offered: FALL SPR
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 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 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.