

**HPED - 1031 Volleyball, 1.00 Credit**

Level: Lower

To develop the skills of passing, serving, spiking, and blocking.

**HPED - 1111 Health and Wellness, 1.00 Credit**

Level: Lower

To provide students with a better understanding of the human body and concepts, attitudes and practices concerning Health and Wellness. This course focuses on all the dimensions of Wellness.

**HPED - 1121 Basketball, 1.00 Credit**

Level: Lower

This course is designed to expose the student to the many basketball skills and types of playing.

**HPED - 1131 Indoor Soccer, 1.00 Credit**

Level: Lower

To develop skills, knowledge, and proper fitness levels pertaining to soccer.

**HPED - 1171 Aerobics, 1.00 Credit**

Level: Lower

Aerobics to music where the student will learn sound lifetime habits of fitness.

**HPED - 1603 Prin of Org PE & Athletics, 3.00 Credits**

Level: Lower

A course to provide each student with a workable frame of reference concerning the principles, organization, and philosophical aspects of physical education and athletics.

**HPED - 2021 Personal Defense, 1.00 Credit**

Level: Lower

Personal defense is a course teaching self-awareness, prevention, risk reduction, risk avoidance, and hands-on self-defense techniques. The course is inclusive of educational components comprised of lecture, discussion, and physical resistance strategies. Students will create risk assessments of their personal environments and propose solutions to potential risks.

**HPED - 3003 Coaching Sports, 3.00 Credits**

Level: Lower

This course is a lecture course designed to serve as a foundation for future coaching experiences. This course will enhance students' knowledge and understanding of concepts and techniques of coaching and their application to achieving important objectives in working with athletes. The class will help students develop an understanding of coaching philosophy and essential techniques including practice planning, program organization, coaching roles and instruction. This course will combine sport science theory and research with the practical knowledge and methods of expert coaches.

**HPED - 3061 Physical Fitness, 1.00 Credit**

Level: Lower

Pass/Fail

To learn the basic principles of conditioning. The student will be provided an individualized fitness program designed to improve muscular strength and endurance, cardio-vascular wellness, flexibility, and body composition.

**HPED - 4103 Personal Health, 3.00 Credits**

Level: Lower

This course provides students the opportunity to develop sound concepts in health and health-related areas in order to better understand the environment in which they live. Strong emphasis will be placed on current health issues in the area of human sexuality, mental and emotional health, drug and substance abuse, and the development of sound health practices for the individual in today's society.