

HEALTH, PHYSICAL EDUCATION AND RECREATION COURSE DESCRIPTIONS

Health, Physical Education and Recreation Courses (HLPE)

HLPE 1110 FLAG FOOTBALL AND VOLLEYBALL (1)

Development of the basic skills, techniques, and knowledge involved in the games of flag football and volleyball.

HLPE 1111 COED BASKETBALL AND SOFTBALL (1)

Development of the basic skills, techniques, and knowledge involved in the games of basketball and softball.

HLPE 1112 COED BEGINNER SWIMMING (1)

Designed to equip the student (non-swimmer) with basic water safety skills in order to make him/her reasonably safe. Follows the American Red Cross outline and sequential treatment of skills. Students successfully completing the course receive the Red Cross Certificate outline and sequential treatment of skills. Students successfully completing the course receive the Red Cross Certificate.

HLPE 1113 ADVANCED BEGINNER SWIMMING (1)

Designed to increase swimming ability by adding to the skills learned in the beginner course. Follows the American Red Cross outline. Students successfully completing the course receive the Red Cross Certificate.

HLPE 1114 COED PHYSICAL FITNESS/AEROBICS (1)

Introduces the benefits to be gained from regular exercise and weight measurement programs. Assists students in planning their exercise and nutrition program. Includes a wide variety of exercises, including aerobic exercises.

HLPE 1115 COED WEIGHT TRAINING (1)

An introduction to weight training. Provides a sound, basic understanding of the history, techniques, skills, and safety of the sport of weight training.

HLPE 1116 COED BEGINNING TENNIS (1)

Emphasis on rules, scoring, selection of racket, grips, footwork, and body positioning. Concentrates on forehand, backhand, serve, net volley, lob, fundamental strategy, and techniques of singles and doubles play. Students must furnish tennis racket and balls.

HLPE 1117 COED BEGINNING RACQUETBALL (1)

Emphasis upon rules, scoring, selection of racket, grip, footwork, body positioning, serve, strategy, and safety. Students are required to provide racquetballs and his/her own pair of eye protectors.

HLPE 1118 COED BEGINNING GOLF (1)

Fundamental knowledge, techniques, and skills necessary for developing appropriate skill performance. Concentration upon rules and etiquette, use of two woods and three irons, grip, stance, back swing, head position, following through, and putting. Course taught at Pine Bluff Jaycee's Golf Course.

HLPE 1119 COED RECREATIONAL SPORTS (1)

Fundamental knowledge, techniques, and skills necessary for the development of selected recreational sports. (Badminton, pickle ball, table tennis, paddle tennis.)

HLPE 1123 COED WATER AEROBICS (1)

Designed to provide benefits from regular aquatic exercises for individuals with disabilities.

HLPE 1125 COED BOWLING (1)

Designed to teach the fundamental skills of bowling to college students with emphasis on rules, scoring, footwork, and ball selections.

HLPE 1310 PERSONAL HEALTH AND SAFETY (3)

Study of correct living, including fundamental biological facts and aspects of human behavior as they affect individual health, conduct, and mental hygiene; agents of disease and modern scientific methods of controlling disease.

HLPE 2202 DANCE, RHYTHMIC ACTIVITIES AND GYMNASTICS (2)

Designed to teach basic movements, locomotor skills, dance, and gymnastics. A Movement Education approach is utilized as the basic instructional format in a lab setting.

HLPE 2210 INTRODUCTION HISTORY AND PRINCIPLES OF HEALTH, PHYSICAL EDUCATION, AND RECREATION (2)

A study of the history, philosophy and principles of physical education, recreation and leisure as related to general education.

HLPE 2393 STRUCTURAL KINESIOLOGY (2)

This course is designed to provide an introductory study of the structure, function, and application of the physiological systems, particularly the musculoskeletal system used to evaluate or determine physical performance.

HLPE 3219 PHYSICAL FITNESS AND AEROBICS (2)

Covers fundamental and current topics in physical fitness, diet and stress. Students assisted in developing individual levels of physical concepts, gaining knowledge and skill of exercises to aid in performance, and understanding the significance of lifestyle on health and fitness. Provides training to complete the American Council on Exercise certification programs in Personal Training and Group Instruction.

HLPE 3220 FIRST AID/CPR (2)

Prepares persons to make appropriate decisions and administer emergency first aid and cardiopulmonary resuscitation to victims of serious bleeding, poisoning, shock, fracture, and other forms of injury until emergency medical services personnel arrive at the scene.

HLPE 3221 CARE AND PREVENTION OF ATHLETIC INJURIES (2)

Care, prevention and treatment of athletic injuries to various parts of the body; taping and wrapping, laboratory practicum activities; exercise therapy techniques and basic understanding necessary to sound exercise programs. This course is part of the Coaching Education Certification program by Human Kinetics.

HLPE 3222 SPORTS OFFICIATING (2)

Development of the skills and basic knowledge of officiating football, basketball, and track and field.

HLPE 3224 HEALTH EDUCATION (2)

Deals with the general program of health education in the schools.

HLPE 3225 SAFETY EDUCATION (2)

Safety needs and practices in the home and on the highways and streets, in schools, on playgrounds, and in industry.

HLPE 3226 MOTOR LEARNING (2)

Prerequisite: HLPE 2393 Structural Kinesiology

A review of the current theories of motor performances with emphasis on the hereditary and environmental determinants of motor development in children and adults.

HLPE 3228 INDIVIDUAL AND DUAL SPORTS (2)

Development of the basic skills, techniques, strategies, and knowledge involved in the teaching of individual and dual sports such as track and field, tennis, golf, badminton, and racquetball.

HLPE 3229 TEAM SPORTS (2)

Development of the basic skills, techniques, strategies, and knowledge involved in the teaching of team sports such as football, basketball, volleyball, softball, and soccer.

HLPE 3328 COACHING THEORY (3)

A philosophical and psychological orientation to the role of competitive sports in schools, colleges, and recreational institutions. Emphasis is placed on the organization and administration of coaching programs. This course is part of the Coaching Education Certification program by Human Kinetics.

HLPE 3231 PRIMARY AND LEAD-UP GAMES FOR CHILDREN (2)

Emphasis on selecting primary and lead up games for children, student-designed games, and considerations when teaching games. Stresses evaluation techniques and procedures. Includes 15 hours of field experiences in the public school.

HLPE 4311 ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION AND ATHLETIC PROGRAMS (3)

Designed to assist in professional preparation of students who plan to teach physical education or to coach and/or to work in recreation. Emphasis is placed on the skills required in organizing, implementing and evaluating physical education, recreation and athletic programs.

HLPE 4312 METHODS AND MATERIALS OF ADAPTIVE PHYSICAL EDUCATION (3)

Designed to acquaint students with knowledge of psychological, behavioral and neurological aspects of the learning disabled individual. Emphasis placed on methods of evaluation, diagnosing and prescribing physical education and/or recreational activities for the exceptional student.

HLPE 4313 METHODS AND MATERIALS OF ELEMENTARY PHYSICAL EDUCATION (3)

Provides the elementary school classroom teacher and physical education teacher with a knowledge base in motor development, elementary physical education curriculum planning (including annual, unit, and daily lesson plans), and appropriate selections of physical education activities for children.

HLPE 4314 METHODS AND MATERIALS OF SECONDARY PHYSICAL EDUCATION (3)

Provides teachers and prospective teachers an opportunity to acquire the skills necessary to design and implement effective instructional programs in secondary school physical education, including middle schools, junior and senior high schools.

HLPE 4317 DRUG EDUCATION (3)

An in-depth study of drug education designed to assist teachers, administrators and other special interest groups in presenting drug education programs. Designed to expand the health educator's knowledge of drug issues as they are influenced by laws, public opinion and scientific knowledge of drug issues as they are influenced by laws, public opinion and scientific knowledge; extensive study of current controversial issues in drug education.

HLPE 4319 KINESIOLOGY (3)

Prerequisite: HLPE 2393 Structural Kinesiology

Provides the student with a knowledge base of the human body as a machine for the performance of work. Students learn how to analyze the movements of the body and the underlying principles associated with movement. Helps prepare students to teach effective performance in fundamental and specialized motor skills and to evaluate exercises and activities in terms of their effect on the human structure.

HLPE 4320 PHYSIOLOGY OF EXERCISE (3)

Prerequisite: HLPE 2393 Structural Kinesiology

A study of the effects of exercise on the human body with emphasis on the respiratory and muscular systems.

HLPE 4393 EXERCISE ASSESSMENT (3)

Prerequisite: HLPE 2393 Structural Kinesiology

This course is designed to provide training in measurement and evaluation of physical education courses and programs. Emphasis is placed on collection and the organization and analysis of test scores. Emphasis is also placed on construction and analysis of standardized and teacher made tests.

Recreation Courses (RECR)**RECR 1300 INTRODUCTION TO RECREATION & LEISURE SERVICES (3)**

Theoretical, philosophical, and historic foundations of recreation and therapeutic recreation. A study of the concepts of recreation, leisure and play as they relate to individual, community, and municipal recreation with a survey of major services and settings.

RECR 2300 THERAPUTIC RECREATION (3)

This course provides a historical foundation in therapeutic recreation. It examines the relationship with other health care services, therapeutic recreation process, overview of laws, regulations and standards at all levels that impact special need persons. (Practicum hours are required).

RECR 2301 INTRODUCTION TO OUTDOOR RECREATION (3)

Examination of the meaning, scope and value of outdoor recreation education. A critical analysis of the historic development, current status, and changing patterns of public policy in outdoor recreation. Application of techniques and principles of developing and providing a comprehensive outdoor recreation program. (Practicum hours are required).

RECR 3231 PRIMARY AND LEAD-UP GAMES FOR CHILDREN (2)

Emphasis on selecting primary and lead up games for children, student-designed games, and considerations when teaching games. Stresses evaluation techniques and procedures. Includes 15 hours of field experiences in the public school.

RECR 3321 LEADERSHIP TRAINING AND GROUP DYNAMICS (3)

Designed to provide students with skills and techniques necessary to function as leaders in recreation. Analysis of recreation program activities, objectives, determinants, and group dynamics involved in the leadership process.

RECR 3322 PROGRAM PLANNING IN RECREATION (3)

Principles, techniques, and innovations in contemporary recreation programming as they relate to commercial, private and public organizational systems. Experience in planning and conducting recreational activities, programming techniques, publicity and promotion, faculty utilization, equipment, safety, liability and program activities, including individuals with special needs.

RECR 3329 DESIGN & MANAGEMENT OF RECREATION LEISURE SERVICES (3)

Introduction to the principles and practices of designing and managing practical and functional recreation systems with an emphasis on management of playgrounds, golf courses, swimming pools, and sports centers, including consideration for use by the handicapped.

RECR 4301 RESEARCH IN RECREATION (3)

Designed to introduce students to research methods, techniques, and interpretive skills.

RECR 4302 LEGAL LIABILITY IN RECREATION (3)

Responsibilities of leisure services and analysis of legislation which promote and influence delivery of leisure services population for leisure in the rehabilitation process and the role of various intervention strategies in the leisure education process.

RECR 4305 CAMP COUNSELING (3)

Role of counselors in relation to objectives, organizations, guidelines, leadership skills, and program resources in successful camping. (Practicum hours are required).

RECR 4600 RECREATION FIELDWORK INTERNSHIP (6)

Designed to provide students studying in the field of recreation and leisure services with full-time exposure to the profession in an on-the-job setting. Provide students the opportunity to apply theoretical knowledge base information to practical situations. Senior Comprehensive Exam is part of the internship.

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