Health and Fitness Course Descriptions

Updated: 4/18/2013

Prerequisites are listed in italics.
Terms offered are CAPITALIZED.

**HF/AT 218. Emergency Response (3).** This course certifies students with the skills necessary for application and/or certification into careers in medicine as well as training them to be first responders at the scene of an emergency. Skill competencies include: CPR for the Professional Rescuer, measuring blood pressure, airway management, bleeding control and splinting, and the administration of an automated External Defibrillator, epinephrine pen, asthma inhaler, and oxygen. (Required for AT students regardless of previous CPR certifications) **FALL TERM.**
Instructor(s): Harris

**HF/AT 220 & 221. Applied Human Anatomy and Physiology with Lab (3 & 1).** Designed to give the student a basic understanding of the structural and functional organization of the human body. Analyzes the relationships of the human body at the biomechanical, cellular, tissue, organ, and systems level, emphasizing the applications to health and fitness. **WINTER TERM.**
Instructor(s): McLean

**HF 241. Exercise, Nutrition & Weight Control (3).** Study of body mass regulation including the understanding of food, digestion, metabolism and different intervention strategies such as diet and exercise. Students learn assessment and prescription principles and techniques. **FALL/WINTER.** Instructor(s): Katch

**HF 242. Essentials of Exercise Physiology (3).** **AT/PHYSED 310; Advisory 1 undergraduate Biology course.** Introduces theories, principles, and applications of physiological processes of human performance. **WINTER TERM.** Instructor(s): Bodary

**HF 251. Technology in Health & Fitness (3).** This course engages undergraduate students in the use of technologies specifically applied to health and fitness. Technology skills developed throughout this course will be immediately useable for assignments in other courses, research internships, fieldwork, student teaching and ongoing professional development. **WINTER TERM.** Instructor(s): Faust

**HF 313. Physical Act across Lifespan (3).** New course coming soon. **WINTER TERM.**
Instructor(s): Hasson

**HF 313. Exercise Prescription & Testing (3).** New course coming soon. **WINTER TERM.**
Instructor(s): Czajka
HF 331. Biomechanics of Sport & Exercise (3). MATH 105; PHYSICS 125 or 140; HF/AT 220; HF/AT 221. Applies principles of biomechanics to the analyses of sport, training, and conditioning of athletes. Topics include analyses of projectile-related activities, aerodynamics in sport, balance related activities, throw and push patterns, and qualitative and quantitative analysis of sport activities. FALL TERM. Instructor(s): T. Brown

HF 332. Principles of Motor Behavior (3). HF/AT 220; HF/AT 221. Principles of motor control, motor development, and motor learning as they relate to the acquisition of fundamental locomotion and manipulative skills will be examined. Students will learn and apply motor behavior theories and concepts in a health and fitness setting. Teaching methods, skill assessment and testing, as well as interpretation of data needed in health and fitness settings, will be incorporated. WINTER TERM. Instructor(s): George

HF/SM 333. Legal Issues in Sport & Fitness (3). Junior Standing. Examines legal concepts related to sport management, including athletic participation and eligibility; constitutional due process; anti-trust exemptions; facility, coaching, and employment contracts; and tort law applications to participants and spectators. Actual cases discussed. FALL TERM. Instructor(s): Rosentraub, Fort

HF 403. Internship in Health and Fitness (3). Junior Standing; Cumulative GPA ≥ 2.5; Internships must be approved by the internship coordinator in the Office of Student Services. The Internship is designed to provide practical experience in the health and fitness industry according to individual interests and goals for students completing the Health and Fitness Leadership program. May be repeated for different experiences up to 6 credits. Internship paperwork required. FALL/WINTER/SPRING/SUMMER. SEE FACULTY MENTOR. Instructor(s): TBA

HF/SM 434. Managerial Ethics in the Sport & Fitness Industries (3). Junior Standing. Our Complex and rapidly changing environment imposes new demands on managers of sport and fitness organizations. An increased pressure to address ethical issues is one of the new demands. While there are no simple prescriptions describing how ethical issues should be dealt with, the purpose of this course is to indicate how managers can more effectively address them. The course provides some essential components of the student’s management tool kit – concepts, models, and techniques to use in managing ethical dilemmas. FALL/WINTER. Instructor(s): Basten

HF/SM 437. Psychological Aspects of Sport & Exercise (3). Junior Standing. This course examines the needs and purposes of psychology in sport, exercise, and physical activity, outlines the field, and examines research focusing on the motivational bases and social processes in sport, exercise, and physical activity. Students also learn to apply scientific principles to real life situations. FALL TERM. Instructor(s): George