

# HUMAN PERFORMANCE (HP)

## HP 1101 Theory and Practice in Gymnastics (1)

Pre-requisite(s): Departmental consent required

An introductory skill course beginning with educational gymnastics and progressing to Olympic gymnastics.

## HP 1102 Theory and Practice in Track and Field (1)

Pre-requisite(s): Department consent required

An introductory skill course in track and field meeting during the spring semester of the freshman year.

## HP 1103 Theory and Practice in Dance (1)

Pre-requisite(s): Departmental consent required

A comprehensive skills course in the fundamentals of dance. Included are folk, aerobic, and modern dance skills.

## HP 1108 Elementary School Physical Activities (1)

This is an activity course for students interested in working with elementary age students. It is designed to introduce Baylor students to developmentally appropriate activities for elementary age children in the areas of fundamental skills, perceptual motor skills, games and sports skills, rhythmic activities and gymnastic skills. Through the context of movement, students will be exposed to the techniques, behaviors and approaches used by effective elementary physical education teachers.

## HP 1144 Theory and Practice in Tumbling and Dance (1)

Pre-requisite(s): Departmental consent required

A course designed to develop fundamental skills in tumbling and dance (folk, modern and aerobic) and to introduce students to the responsibilities of a cheerleader and/or drill team sponsor.

## HP 1154 Fall Sports Officiating (1)

A course designed for the individual desiring an in-depth understanding of the rules and regulations of football, volleyball, soccer, and basketball.

## HP 1201 Driver Education and Training (2)

A comprehensive driver education course covering all aspects of driving-learning to drive, traffic laws, mechanics of driving, the automobile, proper driving attitudes, and defensive driving. Upon successful completion of course requirements, students receive a Driver Training Certificate for insurance purposes.

## HP 1202 First Aid (2)

Cross-listed as RLS 1202

Pre-requisite(s): For RLS 1202: RLS majors only; for HP 1202: no prerequisite required

A course designed to teach the knowledge and techniques of first aid and emergency procedures. A Red Cross Standard First Aid Certificate is granted on completion.

## HP 1233 Red Cross Water Safety (2)

Pre-requisite(s): Departmental approval required

The most advanced aquatic course offered for certification by the American Red Cross. Prerequisites include prior certification in CPR and either Emergency Water Safety or Life Guarding. This course includes a review of swimming and lifesaving skills, analysis and remediation of stroke mechanics, lesson planning, classroom management, and teaching technique for the aquatic environment.

## HP 1236 Dance Choreography (2)

Pre-requisite(s): A minimum grade of C in HP 1103 or LF 1106 or consent of instructor

See required courses for the major.

## HP 1420 Human Anatomy (4)

Pre-requisite(s): HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only

An introductory course designed to teach the basic life systems in the human body. Detailed examination of the circulatory, muscular, skeletal, respiratory, and endocrine systems will be emphasized.

## HP 1421 Introduction to Human Physiology (4)

Pre-requisite(s): HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only

Provides the scientific foundation for the field of medicine, exercise physiology and all professions related to human health. Basic chemical and biological concepts will provide students the framework to comprehend physiological principles.

## HP 1V9R Research (3)

Pre-requisite(s): Consent of instructor

Undergraduate research undertaken under the supervision of a faculty member. May be taken for a maximum of 6 hours.

## HP 2102 Fitness Concepts and Testing Procedures (1)

The acquisition of essential skills and knowledge in fitness education that lead to excellent physical conditioning and the ability to administer a variety of fitness tests. Students must demonstrate specified levels of physical fitness to complete the course.

## HP 2304 Advanced First Aid (3)

Acquisition of skills and knowledge to qualify for Advanced First Aid certification through the American Red Cross or equivalent agency. Additional material in emergency care from a supplementary text is included. Practical application skills are performed.

## HP 2306 Anatomical Kinesiology (3)

Pre-requisite(s): A minimum grade of C in HP 1420; HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only

A course designed to develop an understanding of human movement through the study of neuromuscular control, anatomical structures, and mechanical principles.

## HP 2307 Biomechanics (3)

Pre-requisite(s): HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only

An overview of the principles and methods of analyzing human movement from a mechanical and quantitative perspective.

## HP 2309 Medical Conditions and Pharmacology (3)

Pre-requisite(s): HP 2340 and HP 2342

Athletic Training Majors Only. This course covers the evaluation and prevention of the most common medical conditions. It also covers medications commonly encountered in the practice of physical medicine. It will include categories of drugs; generic and trade names of common drugs; the use, effects and precautions of common drugs; and drug-drug-interactions and pharmacokinetic principles.

## HP 2341 Prevention and Care of Athletic Injuries (3)

Pre-requisite(s): A minimum grade of C in HP 1420

The course is designed to teach the basic athletic training needs, to teach fundamental skills and methods in athletic training, and to train an individual to take care of both injured and uninjured athletes.

## HP 2409 Emergency Medical Technician - Basic (4)

Pre-requisite(s): Departmental consent required

This is a Texas Department of Health approved course leading to state certification as an Emergency Medical technician. The class requires classroom and field studies in applicable skills and environment. National Registry Exam available on completion.

**HP 2420 Exercise Physiology (4)**

Pre-requisite(s): A minimum grade of C in HP 1420; HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only

This course provides lecture and lab experience in that aspect of sports medicine which involves the study of the body's response, adjustments, and adaptations to exercise.

**HP 2V9R Research (3)**

Pre-requisite(s): Consent of instructor

Undergraduate research undertaken under the supervision of a faculty member. May be taken for a maximum of 6 hours.

**HP 3136 Innovative Games and Adventure Activities (1)**

Designed to assist the student in studies of the mechanics and techniques of each activity. Includes the skills, rules, principles and purposes of each activity. First semester sophomores and above are eligible to enroll in this course.

**HP 3300 Pedagogy of Team Sports (3)**

This course is designed to provide practice in teaching skills, to increase knowledge of games and difference sports rules, and to develop an appreciation for the basic skills in a variety of team sports. First semester sophomores and above are eligible to enroll in this course.

**HP 3301 Pedagogy of Individual Sports (3)**

This course is designed to provide practice in teaching skills, to increase knowledge of the games and different sports rules, and to develop an appreciation for the basic skills in a variety of individual sports. First semester sophomores and above are eligible to enroll in this course.

**HP 3302 Pedagogy of Dance (3)**

Pre-requisite(s): LF 1118 and 1148; or LF 1119

Course includes history, pedagogy, curriculum design, music selection, costuming, creative activities, and dance resources. Field experience includes observation, journal entries, and assisting in a dance environment.

**HP 3311 Essentials of Ethics in Healthcare (3)**

Cross-listed as HED 3311

Pre-requisite(s): REL 1310 and REL 1350

This course presents students with the opportunity to explore current healthcare ethical dilemmas, consider bias, and participate in the formulation of Christian responses in difficult healthcare situations. REL 1310 The Christian Scriptures and REL 1350 The Christian Heritage are prerequisites.

**HP 3312 Introduction to Standardized Patient Methodology (3)**

Cross-listed as THEA 3310

Pre-requisite(s): HHPR THEA majors only

Prior to enrollment students must audition and be selected. In this course students will be provided an introduction to the methodology of standardized patient encounters. Students will learn to be Simulation Performers (e.g., patients, family members) to provide standardized, real-life healthcare scenarios in the training of healthcare providers to improve medical and communication skills.

**HP 3320 Fundamentals of Exercise Biochemistry (3)**

Pre-requisite(s): Upper-level standing

Credit or concurrent enrollment in HP 2420. HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only. An overview of biochemistry and metabolism related to exercise, training adaptations, and nutrition.

**HP 3330 Research Methods and Design in Exercise Science (3)**

Pre-requisite(s): HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only

Introduction to research methods in exercise science including research designs, collection of data with appropriate statistical techniques, as well as the critique of peer reviewed research.

**HP 3346 Elementary School Physical Education (3)**

Pre-requisite(s): Elementary education majors and sophomore standing

or above, HHPR majors, or permission from HP program director This course is designed for elementary education majors (EC-6 Generalist) and for those interested in working with young children. Students are introduced to the techniques and approaches used by effective physical education teachers as they design and implement elementary physical education programs. Class time is spent in the classroom, the gym, and in local schools exploring how children learn motor skills and adopt physically active lifestyles.

**HP 3368 Adapted Human Performance (3)**

Pre-requisite(s): Upper level standing

A study of the theory of corrective human performance with special emphasis on the analysis of movement and postural deviations and the choice of and application of exercises and activities for their correction.

**HP 3369 Perceptual Motor Skills Development (3)**

Pre-requisite(s): A minimum grade of C in HP 3346; and upper level standing

This course will identify normal developmental sequences and performance patterns of primary and intermediate age children. The emphasis will be the correlation of this information with skills.

**HP 3381 Fundamentals of Human Performance (3)**

Pre-requisite(s): Upper-level standing

This course examines the goals, objectives, and evaluation of exemplary programs.

**HP 3382 Risk Management in HHPR (3)**

Cross-listed as RLS 3382

Pre-requisite(s): Junior level standing; RLS 3382 for RLS majors only; HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only

Course explores the legal principles and rules of laws affecting administration and operation of health, physical education, recreation, sports programs, resources, areas, and facilities. Risk management and legal concepts are applied to contracts, human rights, property, products liabilities, negligence, and torts.

**HP 3V50 Clinical Research Collaboration (1-3)**

See HED 3V50 for course description.

**HP 3V79 Seminar in HHPR (1-6)**

hrs.

**HP 3V9R Research (3)**

Pre-requisite(s): Consent of instructor

Undergraduate research undertaken under the supervision of a faculty member. May be taken for a maximum of 6 hours.

**HP 4301 Choreography and Production (3)**

Pre-requisite(s): LF 1118 and 1148; or LF 1119

This course is designed to enhance a student's performance skills in modern, ballet, and jazz dance. "Choreography" will include original routines using music selection, development of choreography, costuming, lighting, peer teaching, and written step instructions. "Production" will include performance in class as well as experience in production of a show at the end of the semester.

**HP 4352 Exercise and Sport Nutrition (3)**

Pre-requisite(s): HP 2420 and upper-level standing or consent of instructor

An overview of the role of nutrition as a means to enhance health and performance in exercise and sport. Topics to be covered include principles of healthful nutrition, energy metabolism, and nutrients, regulation of metabolism by vitamins and minerals, weight control, and analysis of the validity of proposed nutritional ergogenic aids.

**HP 4354 Techniques of Strength Training and Conditioning (3)**

Pre-requisite(s): HP 2306 and 2420

This course is to study current principles and procedures essential to strength training and conditioning practices. Emphasis is placed on the development and practical applications of aerobic conditioning, joint flexibility, muscular strength, power, and endurance programs.

**HP 4363 Philosophy, Principles, and Administration of Human Performance (3)**

Cross-listed as EDL 4363

Pre-requisite(s): Upper-level standing

Understanding of the fundamental principles and philosophy of human performance as they relate to program development, methodology, organization, and administration. Historical concepts, objectives, and purposes of human performance are also emphasized.

**HP 4368 Motor Learning and Development (3)**

Pre-requisite(s): Upper level standing

HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only. Skill learning and skill performance, covering the gradual development of human physical abilities over the centuries. The states of an individual's development from childhood to maturity will be studied. Included are factors affecting physical development, the nature of the learning process, and the methods suitable for both the early stages of skill learning and the advanced skill levels.

**HP 4369 Sports Psychology (3)**

Pre-requisite(s): Upper-level standing; HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only

Examines psychological theories and techniques applied to sport to enhance the performance and personal growth of athletes and coaches. Lecture with an emphasis on discussion. The course is designed to help both present and future coaches to use sound psychological principles to be more effective. Emphasis is given to understanding personality, motivation, confidence, discipline, imagery use, psyching techniques, relaxation training, anxiety and choking, attention and concentration, the psychology of injury and rehabilitation, and clinical issues common in athletics.

**HP 4370 Successful Coaching (3)**

Pre-requisite(s): Upper-level standing

The course is designed to provide a foundation in the practical application of sport science and management. Specifically, the class will address the sport psychology, sport pedagogy, sport physiology and sport management aspects of successful coaching. A 20-hour field-based experience with a middle or high school sports team is required.

**HP 4372 Sociology of Sport (3)**

Cross-listed as SOC 4311

Pre-requisite(s): Upper-level standing

A course that studies the interaction of various social influences such as the mass media, economics, race, gender, religion, group behavior, politics, and education on sport.

**HP 4375 Exercise Prescription in Health and Disease (3)**

Pre-requisite(s): HP 1421 and HP 2420 or the instructor's approval for HSS students

Emphasis will be given to developing exercise programs for individuals with chronic diseases and disabilities. This course will enable the student to apply the skills learned to writing exercise prescriptions for healthy and diseased populations.

**HP 4384 Qualitative Analysis of Human Movement (3)**

Pre-requisite(s): A minimum grade of C in HP 2306 and upper level standing

Advanced instruction in qualitative analysis of human movement, with training in methods of perceiving and measuring errors of movement in a variety of environments (teaching, coaching, and clinical evaluation).

**HP 4393 Facilities and Equipment in HHPR (3)**

Cross-listed as RLS 4393

Pre-requisite(s): Upper level standing; HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only

Structural standards, operation, maintenance, function, design, and planning of human performance and recreation resources, areas, and facilities; and the selection, purchasing, and care of equipment appropriate to these programs and services.

**HP 4396 Religion and Sport (3)**

Cross-listed as REL 4396

See REL 4396 for course information.

**HP 4398 Sports-Related Ethics (3)**

Cross-listed as REL 4398

Perspective of the Judeo-Christian tradition of the moral concerns related to sports in American society. Various dimensions of the organized sports phenomenon, including those at the youth, secondary school, intercollegiate, and professional level. This course will not be accepted for credit toward a major or minor in religion or toward the six hour religion requirement by the University.

**HP 4450 Exercise Testing and Interpretation I (4)**

Pre-requisite(s): HP 1421, Credit or concurrent registration in HP 2420; Current First Aid and CPR Certification

Lectures will address the principles of common physical assessments used in clinical and fitness settings, the selection of appropriate assessments, results interpretation and the application of assessment results for exercise prescription and chronic disease risk reduction. Laboratory experiences are designed to develop competencies in physical assessment and results interpretation.

**HP 4471 Exercise Testing and Interpretation II (4)**

Pre-requisite(s): HP 4450, Current First Aid and CPR Certification  
Lectures and laboratory experiences build on information covered in HP 4450. This course is designed to develop and refine core competencies in conducting common physical assessments and interpreting results for exercise prescription and chronic disease risk reduction. Laboratory experiences include student engagement in comprehensive health and fitness profiles.

**HP 4V79 Internship in Human Performance (3-6)**

Pre-requisite(s): Departmental consent required

The internship provides hands-on experience for the human performance major in the area of his or her concentration. The experience includes a special project determined jointly by the student and the agency intern supervisor.

**HP 4V9R Research (3)**

Pre-requisite(s): Consent of instructor

Undergraduate research undertaken under the supervision of a faculty member. May be taken for a maximum of 6 hours.