

HPAL 2100: Introduction to Health and Physical Activity Leadership

3 Credit Hours

This course serves future HPAL professionals by introducing theories and factors associated with youth success in schools, non-profit organizations, faith-based organizations, recreation/community agencies, military settings, land grant extension services/programs, and other arenas where a focus on youth is established. This course will cover youth development, leadership, and current issues facing youth with an emphasis on positive outcomes and skill development through a dynamic learning environment.

HPAL 2250: Anatomy and Physiology for Health and Physical Activity Leadership

3 Credit Hours

Prerequisite: Any General Education D2 core curriculum course.

This course is an examination of the structure and function of the major body systems, with emphasis on the muscular, skeletal, and cardio-respiratory systems role in human movement and physical activity.

HPAL 3010: Technology in Health and Physical Activity Leadership

3 Credit Hours

This course will explore current trends in technology for a variety of disciplines within the field of health and physical activity, including physical education, health education, coaching, and recreation. Sport and fitness technology provides students with foundations that make up the use, understanding, and application of technology in the different fields that are emerging within the sport and fitness industry. The future professional workforce in teaching, coaching, and recreational industries is evolving as technology advances.

HPAL 3020: Teaching Games and Sports

3 Credit Hours

This course will combine two approaches to teaching games and sports. The Sport Education and Tactical Games approaches will prepare students to facilitate the learning and management of games and sports in a variety of settings including schools, sport leagues, and recreation facilities that promote sport participation.