

HPAL 4900: Capstone in Coaching

3 Credit Hours

Prerequisite: HPAL 3050, HPAL 3395, and one Advanced Coaching Course, and Permission from the Coaching Coordinator

In this capstone course for the Coaching Concentration, students gain insights into the best practices for coaching. This will occur through extensive observations of an experienced, highly renowned coach; reading a biography of a well-known coach; and through in-depth research on fundamental skill(s), tactics, or team season practice plans or strategies. Students will collaborate with an athletic program to explore the qualities, knowledge, values, skills, and attitudes in an ever-changing career environment.

HPAL 4950: Capstone in Youth Activity Leadership

6 Credit Hours

Prerequisite: HPAL 3393 and Permission from YAL Coordinator

In this course, students gain insights into the best practices for Youth Activity Leadership (YAL). Students will integrate and synthesize knowledge, skills, attitudes, and values from the array of courses taken in the YAL Concentration as they engage in their internships. The insights will occur through extensive observations, working as an intern, reading assignments, and through in-depth research on fundamental skill(s), plans, or strategies for leading youth.

HPE 2050: Fundamentals of Teaching Health and Physical Education

3 Credit Hours

This course introduces the fundamental knowledge and skills for effective health and physical education instruction. Students will develop initial competencies in lesson planning, pedagogical content development, differentiation strategies, instructional technology, and behavior management in classroom and movement settings.

HPE 2200: Skills-Based Approach to Health Education

2 Credit Hours

Prerequisite: WELL 2000

This course is designed to introduce students to the National Health Education Standards and essential components of an effective health education program. Aligned with current best practices of the health education field, students will focus on key elements of a skills-based approach. Topics of study may include acquisition of functional health information, fostering of health-enhancing attitudes,