

HPAL 3140: Youth Fitness Development and Assessment

3 Credit Hours

This course is designed to provide students with knowledge and skills necessary to assist diverse populations in the development of health and skill-related fitness. Students will learn the scientific theories behind youth training, apply them to the design of effective programs that maximize creativity, engagement, and fun, and reflect upon contemporary issues that affect youth fitness development.

HPAL 3200: Motor Learning and Development

3 Credit Hours

This course addresses current theories and principles of motor learning and motor development. Topics include individual differences in motor abilities, information processing, sensory contributions to skilled performance, principles of motor control, and fundamental locomotor skills/movements from a developmental perspective.

HPAL 3250: Family Health and Sexuality

3 Credit Hours

This course focuses on the historical, sociological, physiological, and educational perspectives of family living and human sexuality.

HPAL 3252: Measurement and Evaluation for Health and Physical Activity Leadership

3 Credit Hours

Prerequisite: Any General Education D1 core curriculum course

An overview of the purposes and forms of assessments used in health and physical activity programs. Emphasis includes the study of authentic assessments as opportunities for student learning as well as instructional tools for effective teaching. Topics include assessments of knowledge and skill acquisition, long-term athletic development, general athletic assessments, sport-specific testing batteries, skill-related and health-related fitness tests, reporting and interpreting assessment results, and validity and reliability of assessment instruments.

HPAL 3300: Contemporary Health Issues

3 Credit Hours

This course examines the physical, psychological, and social health factors related to personal wellness and contemporary health issues.