

### **HPAL 3330: Sport First Aid and Injury Prevention**

#### **3 Credit Hours**

This course addresses the essential concepts and principles of first aid and injury prevention in sports and recreational activities. Students will examine common and severe injuries to learn the appropriate treatment methods. Students will learn common first aid techniques and many first aid myths will be addressed. Theory, practice, and application for safety, injury prevention, and care to include the American Red Cross First Aid/ Adult & Pediatric CPR & AED (ARC FA/CPR/AED).

### **HPAL 3340: Applied Anatomy and Physiology for Health and Physical Activity Leadership**

#### **3 Credit Hours**

*Prerequisite: HPAL 2250*

This course examines the principles of biomechanics and exercise physiology as they relate to the motor performance and physical fitness levels of children and youth. The course will focus on the application of concepts to all concentrations in the Health and Physical Activity Leadership Program.

### **HPAL 3393: Practicum in Youth Activity Leadership**

#### **3 Credit Hours**

*Prerequisite: HPAL 3140 and Permission from YAL Program Coordinator*

A senior-level youth activity leadership experience designed for candidates in the Youth Activity Leadership Concentration. Candidates will be assigned as an intern (assistant) who will work under the supervision of an experienced organization leader at a recreation or a youth program. This is a field-based practicum that will provide candidates with practical experiences in planning and implementing plans and strategies while working with youth within various organizations.