

Human Performance and Sport Studies

HPSS 2222

- L1- Understand the importance of first aid and CPR.
- L2- Know the appropriate actions to take in an emergency.
- L3- Demonstrate basic life support techniques.
- L4- How to properly control bleeding.
- L5- Know how to properly treat an accident victim for shock.
- L6- How to give proper care for bone, joint, and muscle injuries.
- L7- Develop an Emergency action Plan.

HPSS 2223

- L1- Understand the role of history in the development of physical education and sport.
- L2- Understand the role of philosophy in the development of physical education and sport and be able to create their own philosophy for physical education and sport.
- L3- Develop content knowledge of physical education and sport.
- L4- Develop knowledge of special topics within sport and physical education like sociology of sport and sport psychology.
- L5- Develop skills to have intellectual stimulating conversations about the different fields of physical education and sport and understand how they are all intertwined.
- L6- Develop skills in moral reasoning and development along with understanding the ethical implications that sport and physical education have on society.

HPSS 2237

- L1- Instructing and directing others in organized physical activity.
- L2- Increasing their knowledge base and relevant skills in field-based activities and games.
- L3- Developing logical progressions required when planning a teaching unit.
- L4- Exercising the necessary precautions pertaining to risk management in the teaching setting
- L5- Researching, selecting, planning, and teaching appropriate learning activities, adhering to specified guidelines.
- L6- Taking responsibility and initiative specific to equipment and facilities scheduling.
- L7- Acquainting themselves with the rules and regulations for each activity taught in the course.
- L8- Conforming to the Departmental procedures governing proper demeanor and attire.

HPSS 2243

- L1- Understand the importance of anatomy/ physiology as pertaining to physical education / human activity.
- L2- Know the major organ systems of the body and their functions.
- L3- Correctly identify & label the major bones of the human body and describe the function of each.
- L4- Correctly identify & label the major muscles of the human body and describe the function of each.
- L5- Describe functional anatomy as it pertains to the human body.

HPSS 2281

- L1- Be able to tie 5 useful outdoor knots and explain the application of each.
- L2- Be able to list the seven principles of Leave No Trace and describe when to apply them.
- L3- Be able to explain three types of adventure games and at what point in group development each type of game is useful.
- L4- Be able to explain two facilitation models and describe each of the steps in the models.

- L5- Select an appropriate non-traditional outdoor activity to write a lesson plan for.
- L6- Be able to write an outdoor activity lesson plan in the required format and explain why each part of the lesson plan is important.
- L7- List references from which supportive material was used to develop the outdoor activity lesson plan.
- L8- Demonstrate the ability to complete a map and compass course.
- L9- Demonstrate the ability to light a fire using primitive fire making techniques and construct cordage using natural materials.
- L10- Demonstrate the basic kayaking skills, including forward paddling, draw strokes, buddy rescue and wet exit.
- L11- Demonstrate how to cook using Dutch oven and explain why heat control is important.
- L12- Demonstrate the ability to use the Reed Gym climbing wall and explain why each of the safety policies established by the gym is important.
- L13- Demonstrate the ability to use the Alpine Tower challenge course and explain why each of the safety policies established by the tower is important.

HPSS 3300

- L1- Understanding of Motor Skills and Abilities: Grasp the intricate classification and measurement of motor skills, emphasizing the impact these categorizations can have on an individual's perceptions, motivations, and overall engagement in motor activities. This will also encompass the nuanced differences between motor skills and abilities
- L2- Analysis of Motor Control Concepts: Create, implement, assess, and evaluate motor control tasks considering cognitive, sensory, neuromuscular, and biomechanical foundations. Recognize the influence of individual differences such as age, experience, and cultural perspectives on motor control outcomes.
- L3- Role of Technology in Motor Learning: Identify and utilize relevant technology and tools in enhancing motor skill acquisition and control, ensuring both the efficacy of learning methodologies and the sustained motivation of participants.
- L4- Creating a Safe and Effective Learning Environment: Manage and adapt the learning environment to ensure the safety, validity, and reliability of motor skill and control practices. Emphasize the importance of setting up conducive spaces for motor skill learning.
- L5- Designing Motor Learning Protocols: Construct and implement effective motor skill learning protocols rooted in well-established psychological, neuroscientific, and biomechanical principles. Students should discern how various stages of learning can be tailored to optimize skill acquisition and transfer, and how the right learning methods can bolster motivation and enjoyment
- L6- Awareness of Risks in Motor Skill Training: Recognize potential risks associated with different motor learning practices and interventions, and develop strategies to minimize these risks through informed instruction, feedback, and appropriate task.

HPSS 3303

- L1- Understanding and applications of Exercise Physiology: Students will learn and demonstrate understanding of the foundational principles of exercise physiology including bioenergetics, muscle physiology, endocrinology, neural, and sex differences. Emphasis on understanding these principles in relation to sport and coach application.
- L2- Understanding and applications of Sport Nutrition: Students will learn and demonstrate understating of sport nutrition for athletes, including caloric balance, macro and micro nutrient requirements, hydration, dietary supplementation, and drugs and ergogenic aids.
- L3- Understanding and applications of Biomechanics: Students will learn and demonstrate understanding of biomechanics, which will include analysis of

human movement, including how to spot and correct poor movement patterns, injury mitigation techniques, and how efficient use of technique and force impacts athletic movement and body control.

L4- Application of Kinesthetic principles to scientifically guided coaching of athletic performance: Students will demonstrate the ability to apply concepts of A, B, and C to athletic training and development, including the interconnectivity of the scientific principles discussed in class. Additionally, successful students will be required to identify the difference between scientifically backed athletic performance plans, and how to ensure alignment of their own programs with safe and effective implementation of those principles.

L5- Research and continued learning in the field of Kinesiology: Students will be exposed to various research topics within the field of kinesiology and athletic performance, and will be expected to demonstrate proficiency and reading and understanding scientific writing to enhance learning and decision making throughout their future careers.

HPSS 3322

L1- Identify psychological issues of importance for peak sport and life performance.

L2- Recognize and define the psychological constructs of confidence, concentration, motivation, goal setting, imagery, stress and anxiety, burnout, and exercise behaviors.

L3- Present one aspect of performance enhancement/mental training in front of a group and apply it to practical situations in sport/sport management.

L4- Critically Assess the outcomes of in-class mental skills workshops and apply these outcomes to both real life issues and the theoretical constructs discussed in class.

HPSS 3357

L1- Plan and prepare instruction based on knowledge of subject matter, students, curriculum goals, and instructional strategies.

L2- Understand the central concepts of physical education and create learning experiences that make these concepts meaningful for students.

L3- Understand individual and group motivation and behavior and create positive learning environments that encourage positive social interaction and management required for elementary school-aged children in a physical education setting.

L4- Describe physical education curriculum content and how to implement a lesson plan.

L5- Develop and use appropriate assessment strategies to evaluate and advance student performance.

L6- Implement a variety of age-appropriate activities.

L7- Reflect on teaching episodes and demonstrate a commitment to professional standards.

L8- Identify the purposes and objectives of an elementary physical education program.

L9- Describe the basic parts of a lesson plan and the rationale behind the segments.

L10- Understand and practice appropriate and safe observation and instructional techniques.

HPSS 3362

L1- The nature and purpose of testing and measurement as it relates to physical activity. Especially important is understanding the effects physical testing can have on students (both positive and negative), and the role it can play on views of physical activity beyond physical education courses.

L2- Design and/or implementation of testing protocols based on cognitive, linguistic, social, emotional, and physical constraints as they relate to physical ability/disability, gender/sex, age, experience, and cultural/psychosocial views of physical activity.

L3- The role of technology in physical testing and measurement, as well how to appropriately use it to either enhance the efficacy of the testing methodology or the motivation levels of those being tested.

L4- Management of the environment to ensure safety of participants, as well as validity and repeatability of results.

L5- Design and/or implementation of testing protocols based on sound physiological and biomechanical principles. Students will be expected to understand how testing can be used to assess various physical capabilities (for example: aerobic endurance/capacity, anaerobic power, strength, range of motion, etc.). Additionally, students should understand how using appropriate and engaging testing methodology can enhance motivation, effort and enjoyment of learners.

L6- Inherent risks for various types of testing protocols, as well as how to mitigate risk through appropriate instruction and test selection.

HPSS 3370

L1- Identify and Define the role of the sports medicine team in the athletic setting and identify how the coach/administrator fits in to that team.

L2- Identify and Understand the mechanisms of various sports injury.

L3- Understand how to prevent injuries in sports.

L4- Demonstrate proper orthopedic evaluation techniques (basic).

L5- Demonstrate proper taping techniques for common sports injuries.

L6- Understand basic (non-clinical) rehabilitation methods for common sports injuries.

HPSS 4437

L1- Plan and prepare instruction based on knowledge of subject matter, students, curriculum goals, and instructional strategies.

L2- Understand the central concepts of physical education and create learning experiences that make these concepts meaningful for students.

L3- Understand individual and group motivation and behavior and create positive learning environments that encourage positive social interaction and management required for secondary school-aged children in a physical education setting.

L4- Describe physical education curriculum content and how to implement a lesson plan.

L5- Develop and use appropriate assessment strategies to evaluate and advance student performance.

L6- Implement a variety of age-appropriate activities.

L7- Reflect on teaching episodes and demonstrate a commitment to professional standards.

L8- Identify the purposes and objectives of a secondary physical education program.

L9- Describe the basic parts of a lesson plan and the rationale behind the segments.

L10- Understand and practice appropriate and safe observation and instructional techniques.

HPSS 4475

L1- Recognize and Define various theories related to sport and physical education management and leadership.

L2- Identify and Distinguish different professional areas of sport management and their relevance to leading and managing a sport organization/

L3- Understand and Articulate legal, ethical, and sociological elements of relevance to sport and physical education management and administration.

L4- Present and Use critical thinking skills to discuss current sport management topics of relevance to the field.

HPSS 4494

L1- Identify and understand historical, philosophical, societal perspectives regarding adapted physical activity.

L2- Engage in perspective taking activities.

L3- Identify and understand pertinent legislation regarding adapted physical activity.

L4- Develop, plan, and assess appropriate adapted physical activities.