1001 Lifetime Wellness  
(Fall, Spring)  
Required of all HPE majors. Will not transfer into OPSU. Includes 5-point fitness test.

1011 Beginning Swimming  
(Fall, Spring, Summer)  
Basic water and safety skills to make an individual reasonably safe around the water.

*1321 Gymnastics  
Instruction and participation in tumbling and apparatus work of all types currently being used in schools.

*2001 Fitness Activity  
(Fall, January, Spring, May, Summer)  
Activity class to promote individual fitness and wellness. May be repeated.

2003 Introduction to Management and Instruction in Physical Activities  
(Fall, Spring)  
This course is ONLY offered online.  
Introductory course in the management and planning of physical activities including planning sequential activities for participants, acquiring necessary supplies and materials for day to day use, and processes used in the management of daily physical activities.

*2011 Individual Sports  
(Fall, Spring)  
Instruction and practice in weightlifting, volleyball, aerobics, skiing, and racquetball.

2012 Fundamentals and Coaching of Football  
(Fall)  
Designed to provide students interested in coaching with experience which will allow them to develop an understanding and basic fundamental skills unique to football. Additional emphasis is given to the study of coaching theories and techniques. Individual demonstration of skills is required.

*2021 Golf  
(Fall, Spring)  
For beginners.

2022 Fundamentals and Coaching of Basketball  
(Fall)  
Designed to provide students interested in coaching with experience which will allow them to develop an understanding and basic fundamental skills unique to basketball. Additional emphasis is given to the study of coaching theories and techniques. Individual demonstration of skills is required.
2032 Fundamentals and Coaching of Baseball and Softball
(Spring)
Designed to provide students interested in coaching with experience which will allow them to develop an understanding and basic fundamental skills unique to baseball and softball. Additional emphasis is given to the study of coaching theories and techniques. Individual demonstration of skills is required.

2042 Officiating
(Fall)
Methods of training officials; rules and their interpretation.

2052 Fundamentals and Coaching of Track and Field
(Spring)
Designed to provide students interested in coaching with experience which will allow them to develop an understanding and basic fundamental skills unique to track and field. Additional emphasis is given to the study of coaching theories and techniques. Individual demonstration of skills is required.

*2061 Social Dance
Elementary course in different types of social dances

2062 Fundamentals and Coaching of Volleyball
(Spring)
Designed to provide students interested in coaching with experience which will allow them to develop an understanding and basic fundamental skills unique to volleyball. Additional emphasis is given to the study of coaching theories and techniques. Individual demonstration of skills is required.

*2071 Dance Production
Pre-requisite: permission of instructor.
Advanced course designed to prepare students for half-time dance productions.

2102 First Aid
(Fall, Spring, Summer)
Standard first aid course.

2122 Care and Prevention of Athletic Injuries
(Fall, Spring, Summer)
Pre-requisite: HPER 2102
Practical applications in taping, wrapping, and exercise to prevent and treat athletic injuries. Techniques used in the emergency procedures of athletic events will be examined.

2212 School and Community Health Programs
(Fall, Spring)
Health as it relates to the school and community. Three phases of school health education--service, instruction, and healthful school living.
2222 Personal Health and Drug Awareness  
(Fall, Spring)  
Health principles and their applications to the individual, the community, and the schools.  
Emphasis on drug awareness.

2253 Foundations of Physical Education  
(Fall, Spring)  
Introductory course to the field of health and physical education with study of the development and basic principles upon which the profession of physical education is founded.

*2281 Tennis  
(Fall, Spring)  
Instruction and practice for beginners.

*2681 International Dance  
Selected dances of various national groups now in popular use. Square dance included.

*2691 Intermediate Swimming  
(Fall, Spring)  
Pre-requisite: HPE 1011 or permission of instructor.  
Wide variety of swimming skills.

3072 Fundamentals and Coaching of Strength and Conditioning  
(Fall, Spring)  
Pre-requisite: Jr/Sr standing  
Designed to provide students interested in coaching with experience which will allow them to develop an understanding and basic fundamental skills unique to strength and conditioning. Individual demonstration of skills is required.

3162 Evaluation of Physical Activities  
(Fall, Spring)  
Pre-requisite: Jr/Sr standing  
Knowledge and principles in techniques of evaluation, measurement, and physical education.

3172 Adapted and Therapeutic PE  
(Fall, Spring)  
Pre-requisite: Jr/Sr standing  
Principles and practices of physical education for the physically limited.

3263 Kinesiology  
(Fall, Spring)  
Pre-requisite: BIOL 2104  
Scientific study of mechanical and anatomical fundamentals of human motion.
**3273 Internship I**  
(Every Fall)  
*Pre-requisite: Junior standing*  
Practical application and experience in sports and exercise management

3693 Physiology of Exercise  
(Fall, Spring)  
*Pre-requisite: HPE 3263*  
A study of the physiological principles as applied to muscular activity and the effects of muscular activity on the human organism.

4000 Problems in HPER  
1-3 credit hours  
Seminar course covering various topics in HPER.

4012 Skills and Techniques of Teaching Team Activities  
(Spring)  
*Pre-requisite: Jr/Sr standing*  
Designed for the physical education major to develop personal skills and understandings in selected team activities. Emphasis on the teaching of skills. Individual demonstration of skills is required.

4022 Skills and Techniques of Teaching Individual and Dual Activities  
(Fall)  
*Pre-requisite: Jr/Sr standing*  
Designed for the physical education major to develop personal skills and understandings in selected individual and dual activities. Emphasis on the teaching of skills. Individual demonstration of skills is required.

4032 Methods and Materials of Teaching Physical Education in Elementary Schools  
(Fall)  
*Pre-requisite: Must be admitted to Teacher Education Program*  
Theory and practice of games of low organization, quiet and group games, story plays, and rhythmic activities for the elementary school. Practicum experiences involved.

4042 Methods and Materials of Teaching Physical Education in Secondary Schools  
(Spring)  
*Pre-requisite: Must be admitted to Teacher Education Program*  
Theory and practice of techniques and procedures of teaching physical education in the secondary schools. Practicum experiences involved.

4103 Sports Information Management  
(Fall, Spring, Summer)  
Training and practical experience in the collection and use of game statistics. Students will actively participate at home athletic events including football, basketball, volleyball, baseball, and softball.
4123 Organization and Administration of Health and Physical Education  
(Fall)  
Pre-requisite: Jr/Sr standing  
Problems in physical education; classification of students; organization of programs; class schedules; equipment; records; finance; intramural; construction of gymnasiums, swimming pools, and play areas.

**4273 Internship II  
(Spring)  
Pre-requisite: Jr/Sr standing  
Practical application and experience in sports and exercise management

**4822 Exercise and Fitness Prescription  
(Spring)  
Pre-requisite: Jr/Sr standing  
Assessing of individuals from all demographics and prescribing correct exercise based on individual needs and goals. Emphasis on specific training/exercise for people to achieve the maximum benefit.

*Activity Class—does not count toward degree  
**Only required for students seeking Sports and Exercise Management degree option