**HPER 100 Concepts of Fitness & Wellness**
A course designed for students of all ages that teaches facts about exercise and physical fitness. This course is designed to teach the student the role of physical activity in maintaining adequate health and improve quality of life. Also, how to assess, develop and implement a complete lifetime fitness and wellness program and it's components. The course is designed to incorporate these ideas through lecture and activity.

Objectives:
1. To enable the student to understand the role of physical activity in our society.
2. To help the student develop an understanding of the human body, its structure, function, capacities and limitations in relation to physical activity.
3. To acquaint the student in designing an effective program of personal exercise training.

**HPER 207 Prevention and Care of Injuries**
Identify medical specialists who make up a quality sports medicine team.
1. Realize the duties commonly expected of the dual role played by the coach/trainer.
2. Utilize supplies and equipment in the athletic training room.
3. Apply scientific principles in physical conditioning to a specifically designed training program.
4. Demonstrate and describe the purpose of taping techniques presented in class.
5. Identify common treatments and rehabilitation procedures for various athletic injuries.
6. Identify nutritional needs of athletes and develop meal plans to meet requirements for energy used in athletics and apply these needs to a specifically designed program.
7. Develop first aid skills and recognition skills of athletic injuries.

**HPER 208 Introduction to Physical Education**
1. Improve insight into the foundations of Physical Education (PE).
2. Develop an appreciation for the historical perspective of PE.
3. Identify objectives of PE.
4. Understand the relationship between PE and sport.
5. Identify issues, problems, and trends confronting the profession today.
6. Develop a personal philosophy of PE.
HPER 210 First Aid & CPR
Instruction and laboratory practice in first aid procedures, including CPR; healthy lifestyles; prevention. American Red Cross and American Heart Association standards. Successful completion leads to American Red Cross certification in cardiopulmonary resuscitation (CPR) for adult, child, and infant; and First Aid to Emergencies.

1. Explain how the EMS system works and the citizen responder’s role in the EMS system, including how and when to call EMS personnel.
2. Identify the signs and symptoms of breathing emergencies, including choking, and demonstrate how to provide rescue breathing and first aid for choking.
3. Identify the major risk factors for cardiovascular disease, and describe how to minimize them.
4. Recognize the signs and symptoms of a possible heart attack, and describe how to care for someone who is experiencing persistent chest pain.
5. Identify the signs of cardiac arrest, and demonstrate how to provide cardiopulmonary resuscitation (CPR) until emergency medical personnel arrive.
6. Identify life-threatening bleeding, and demonstrate how to control it.
7. Identify the signs and symptoms of shock, and describe how to minimize its effects.

HPER 217 Personal & Community Health
1. Define health, wellness, health promotion, diseases of lifestyle, self-responsibility and social norm.
2. Distinguish among primary, secondary and tertiary health care.
3. Describe some developmental and social influences on emotional growth, some common types of mental disorders prevalent in our society, and some methods of promoting mental health.
4. Identify the psychological and physiological responses to stress and some coping strategies.
5. Identify the basic components of food, individual nutritional needs, and outline some criteria for making healthy food choices.
6. Discuss some social, psychological and physiological issues associated with obesity and describe safe methods of weight control.
7. Describe the health benefits of exercise; identify several procedures useful in evaluating one’s physical fitness, and be able to outline the criteria for designing a safe physical fitness program.
8. Describe the impact of gender identity on human sexual behavior and the physiology of human sexual response.
9. Outline the process of conception, prenatal development, labor and birth.
10. Describe the advantages, disadvantages and effectiveness of the most common types of birth control and list some criteria for selecting the most appropriate method.

11. Identify patterns of drug use in our society and outline the impact drugs have on our physical, psychological and social health.

12. Identify problems associated with the use of alcohol in our society, describe the physiological and psychological effects of alcohol on the body, and outline a 5 step process for making low-risk drinking choices.

13. Describe the detrimental effects smoking has on the individual and on society, and some methods of smoking cessation.

14. Identify the common psychoactive drugs, their physiological effects on the body, & the hazards and consequences of drug use and abuse.

15. Identify common sexually transmitted diseases, their causative agents, modes of transmission, and methods of control and prevention.

16. Identify the common disorders of the heart and cardiovascular system.

17. Identify several things that a person can do to minimize the risk of developing some cancers.