

## Park/Rec/Leisure/Health & PE

The following matrix indicates those courses deemed transferable among institutions listed across the top of the matrix. The numbers on the matrix represent the number of semester hours associated with the course at each institution and which institutions have agreed to transfer the commonly numbered course in each row.

A list of the academic discipline liaisons contacts for each institution are listed at the bottom of this document.

Prefix	Number	Course Title	BSC	LRSC	NDSCS	WSC	DCB	DSU	MASU	MISU	NDSU	UND	VCSU	NHSC	SBC
HPER	100	Concepts of Fitness & Wellness	2		2	2	2	2	2	2	2		2		
HPER	101	Walking												1	
HPER	103	Archery I												1	
HPER	199	Archery II												1	
HPER	197	Practicum in Sports Medicine I			1										
HPER	207	Prevention & Care of Injuries	2	3	3	3	2	2	3	2		3	2		
HPER	208	Introduction to Physical Education	2	2	2	3	2	2				3	2		
HPER	210	First Aid & CPR	1	3	2	1	2	1	1	2		2	2	1	2
HPER	213	Taping and Bracing			2										
HPER	217	Personal & Community Health	3		3	3	3	2	2	3	3				2
HPER	218	Personal Trainer Preparation			3										
HPER	297	Practicum in Sports Medicine II			1										

### 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 its 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 101 Walking**

This course offers instruction, practice and participation in the basic skills, body mechanics and terminology associated with walking. This course is also designed to improve the student's knowledge of healthy living and exercise practices so that they can incorporate what they learn into their lifelong journey of health and wellness.

**HPER 103 Archery I**

This course offers instruction, practice and participation in the basic skills, body mechanics and terminology associated with archery.

**HPER 199 Archery II**

This course offers instruction, practice and participation in the basic skills, body mechanics and terminology associated with archery.

**HPER 197 Practicum in Sports Medicine I**

Practicum in Sports Medicine I provides the student athletic trainer with the basic knowledge of policies and procedures of the training room facility. It introduces students to the athletic department members, college athletic team atmosphere, and athletic injury care. Students learn basic athletic injury treatment and first aid procedures through hands on contact with varsity athletes. Students observe varsity practices and games throughout the semester. Practicum in Sports Medicine I is an arranged time schedule and takes place under the direct supervision of a Certified Athletic Trainer.

**HPER 207 Prevention & Care of Injuries**

Methods of prevention and caring for the various types of injuries received in activities.

**COURSE COMPETENCIES:**

1. Identify medical specialists who make up a quality sports medicine team.
2. Realize the duties commonly expected of the dual role played by the coach/trainer.
3. Utilize supplies and equipment in the athletic training room.
4. Apply scientific principles in physical conditioning to a specifically designed training program.
5. Demonstrate and describe the purpose of taping techniques presented in class.
6. Identify common treatments and rehabilitation procedures for various athletic injuries.
7. 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.
8. Develop first aid skills and recognition skills of athletic injuries.

### **HPER 208 Introduction to Physical Education**

The nature and scope of physical education by means of a critical examination of sport, play, exercise, and dance.

#### **COURSE COMPETENCIES:**

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.

#### **COURSE COMPETENCIES:**

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 213 Taping and Bracing**

Taping and Bracing will focus on the stabilizing procedures used to assist in the healing process of athletic injuries. A hands-on approach will be used throughout the course.

## **HPER 217 Personal & Community Health**

### **COURSE COMPETENCIES:**

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.
9. Describe the advantages, disadvantages, and effectiveness of the most common types of birth control and list some criteria for selecting the most appropriate method.
10. Identify patterns of drug use in our society and outline the impact drugs have on our physical, psychological, and social health.
11. 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.
12. Describe the detrimental effects smoking has on the individual and on society, and some methods of smoking cessation.
13. Identify the common psychoactive drugs, their physiological effects on the body, & the hazards and consequences of drug use and abuse.
14. Identify common sexually transmitted diseases, their causative agents, modes of transmission, and methods of control and prevention.
15. Identify the common disorders of the heart and cardiovascular system.
16. Identify several things that a person can do to minimize the risk of developing some cancers.

## **HPER 218 Personal Trainer Preparation**

This course is designed to prepare and qualify students to work as personal trainers. The course bridges the gap between exercise science related course work and the practical skills of personal training.

## **HPER 297 Practicum in Sports Medicine II**

The purpose of Practicum in Sports Medicine II is to give further instruction toward the principles and practices of athletic training. The instruction will be hands-on and will take place on on-campus facilities under the direction of a Certified Athletic Trainer. Practicum schedule will be arranged individually for the entire semester.

The following individuals are liaisons for this discipline. Those marked with an asterisk (\*) are chairs.

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