

HEALTH AND PHYSICAL EDUCATION (HPE)

HPE 103 STRETCHING WITH YOGA 1 Credit

Expected to be offered: Fall and Spring semesters

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

HPE 110 WELLNESS PERSPECTIVES 3 Credit

Course examines the past, present and future trends in human wellness in order to gain an understanding of what motivates people to take care of their health. Offered in an experiential and interactive format students taking the course will be asked to participate in, and observe, health enhancing activities as well as reflect on these experiences from a physical, psychological, sociological, aesthetic, and ethical perspective. Age old questions, the individual's relationship with the environment will be examined to enhance the students' understanding of the mind/body relationship.

Grade Mode: Standard Letter, Audit, Pass/Fail

Course Attributes: Fulfills ELA Social Science

Course Offerings: Hybrid, Lecture, Web Based

Equivalencies: HPE 110SS

HPE 110SS WELLNESS PERSPECTIVES 3 Credit

Course examines the past, present and future trends in human wellness in order to gain an understanding of what motivates people to take care of their health. Offered in an experiential and interactive format students taking the course will be asked to participate in, and observe, health enhancing activities as well as reflect on these experiences from a physical, psychological, sociological, aesthetic, and ethical perspective. Age old questions, the individual's relationship with the environment will be examined to enhance the students' understanding of the mind/body relationship.

Grade Mode: Standard Letter, Pass/Fail

Course Offerings: Lecture

Equivalencies: HPE 110

HPE 111 SELF DEFENSE 1 Credit

Students will learn the basic kicks, blocks, and strikes of CHA-3 Kenpo, basic forms, practical self defense techniques using empty hands, and the Kubotan Self Defense Keychain as well as preventive self defense measures.

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture

HPE 112 WEIGHT TRNG & PERSONAL FITNESS 1 Credit

Expected to be offered: Fall and Spring semesters

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture

HPE 119 TAI CHI 1 Credit

Students will learn the Yang short form of T'ai Chi Chuan. Topics include an overview of the history and philosophy underlying the development of this martial art, the classic 24 step form, and techniques for meditation and relaxation.

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture

HPE 121 GOLF 1 Credit

Expected to be offered: Fall semester

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture

HPE 122 AEROBICS 1 Credit

Expected to be offered: Fall and Spring semesters

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture

HPE 123 DANCE HIP HOP 1 Credit

Expected to be offered: Fall and Spring semesters

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture

HPE 130 SNOW SKIING AND BOARDING 1 Credit

Expected to be offered: Spring semesters

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture

HPE 131 HIKING & CAVING 1 Credit

A practical introduction to outdoor recreation opportunities-visits to prominent geologic features that are accessed by foot trail to the Dome Room in Lick Creek Cave. Emphasis placed on proper and safe practices for hiking and spelunking. Local features are discussed and explained. In the 3-fold classification scheme of difficulty (easy, moderately strenuous, and strenuous), these trips are moderately strenuous. (These trips can be completed by most Middle School students, senior citizens in their 70's who are fit, and people in between.)

Grade Mode: Standard Letter, Pass/Fail

Course Offerings: Hybrid, Lecture

HPE 134 WHITE WATER RAFTING 1 Credit

Expected to be offered: Fall semesters

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture

HPE 175 THERAPEUTIC MASSAGE 1 Credit

Expected to be offered: Fall semesters

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture

HPE 188 PERSONAL HEALTH 3 Credit

Focuses on health issues that confront individuals, parents, and educators. Critical thinking about personal health issues is vital to this course. Some topics included are: nutrition, safety, conflict resolution, drugs, self concept, stress, communicable disease, and physical fitness. Health issues are examined from these perspectives: mental, society, physical, emotional, spiritual, and environmental.

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Attributes: Fulfills ELA Social Science

Course Offerings: Hybrid, Lecture, Web Based

HPE 192 SPECIAL TOPICS 1-3 Credit

Expected to be offered: Sufficient demand

Grade Mode: Standard Letter, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

HPE 210 HST, PHL, & SOC OF HPE & REC 2 Credit

Historical, philosophical, and conceptual perspectives of health, physical education, recreation, and sport. Provides Practical teaching methods for physical education and sports are emphasized. Actual or simulated K-12 teaching sessions are expected of the students. Motor skill competence in a variety of movement activities is required. The course presents a variety of teaching styles, assessments of learning, and school management styles.

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

HPE 215 PE, REC, FITNESS & SPT MGMT 3 Credit

Management, planning, organization, coordination, and evaluation of sport and physical education activities are presented in this course. Topics included are: finance, facility design, scheduling, personnel management, budgeting, safety, game management, and gender equity.

Grade Mode: Standard Letter, Audit

Course Offerings: Hybrid, Lecture, Web Based

HPE 230 ADAPTED PHYSICAL EDUCATION 2 Credit

Physical education, recreation and exercise program development and implementation for children, senior citizens, the disabled and others with special needs. Students will examine the ways movement activity is developed to people with special needs. Emphasis is on developing and assessing adapted physical education programs. Federal and state mandates, IEP's, LRE, inclusion, and other topics are covered.

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

HPE 252 MOA OFFICIATING CERT COURSE 1 Credit

Students will have an opportunity to learn how to officiate a variety of sports. This instruction will be given by MOA certified officials and be overseen by the course instructor (s). Students will be qualified to work Junior High and Sub-Varsity Games for pay during the semester.

Grade Mode: Standard Letter, Audit, Pass/Fail

Course Offerings: Hybrid, Lecture, Web Based

HPE 300 STRATS IN HEALTH ENHANCEMENT 3 Credit

Focuses on the health enhancement standards for educators. Motor development, health-related physical fitness, safety, dance, nutrition, health education, educational gymnastics and developmentally appropriate learning are some of the topics included. The value of critical thinking, learning theory application, and practical teaching strategies are covered.

Pre-requisite: HPE 188, HPE 110SS, ENG 117

Grade Mode: Standard Letter, Audit, Homestudy, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

HPE 305 HEALTH CURRICULUM PLANNING 1 Credit

Approaches to curriculum planning, with the purpose of knowing how schools can meet state and national standards in health education, is examined and applied through class projects and assignments. Functional knowledge of health promotion and disease prevention concepts, related to alcohol and other drugs, injury prevention, nutrition, physical activity, sexual health, tobacco, mental health, suicide prevention, personal and consumer health, including goal settings, interpersonal communication, and decision skills that enhance health and community and environmental health, are emphasized. Students completing HPE 305 will be able to develop scope and sequence plans that align with state and national standards.

Pre-requisite: ENG 117, HPE 188, HPE 110SS

Grade Mode: Standard Letter, Pass/Fail

Course Offerings: Hybrid, Lecture, Web Based

HPE 312 MTHD IN PHYS EDUC AND SPORT 3 Credit

Practical teaching methods for physical education and sports are emphasized. Actual or simulated K-12 teaching sessions are expected of the students. Motor skill competence in a variety of teaching styles, assessments of learning, and school management styles.

Pre-requisite: ENG 117

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

HPE 315 KINESIOLOGY & BIOMECHANICS 3 Credit

Students will apply knowledge of human anatomy and mechanical principles to human motion. Emphasis is placed upon sports related movements to increase efficiency, safety, and purposefulness. The neurological, muscular, and skeletal systems are emphasized.

Restrictions: Students with a classification of Freshman may not enroll

Grade Mode: Standard Letter, Pass/Fail

Course Offerings: Hybrid, Lecture, Web Based

Equivalencies: HPE 415

HPE 330 ASSESSMENT AND TESTING 2 Credit

Students will learn and apply assessment techniques to health and physical education. Students will learn to apply assessment strategies to both national and Montana health enhancement standards. Students will learn to conduct research, including framing research question, literature review, hypotheses formulation, HPE data collection methods and tools, and ethical issues. In addition, this course will provide preparation in statistical practices, including descriptive statistics, correlation, t-testing, and analysis of variance.

Pre-requisite: MTH 108, MTH 252, ENG 117

Grade Mode: Standard Letter, Audit, Homestudy, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

HPE 392 SPECIAL TOPICS IN PHYSICAL ED 1-6 Credit

Expected to be offered: Sufficient demand

Grade Mode: Standard Letter, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

HPE 405 PREV & CARE-ATH INJURIES 3 Credit

Study of physical examination, bandaging and taping, massage, physio and hydrotherapy, diet, conditioning, treatment of specific injuries, and training room procedures.

Pre-requisite: ENG 117

Fees: Yes, see schedule for amount

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

HPE 485 PHYSIOLOGY OF EXERCISE 3 Credit

An overview of exercise science studying the effect of exercise on the body. Topics covered include: anaerobic and aerobic energy systems, nutrition, homeostasis, metabolism, cellular chemical reactions, and health related physical fitness.

Pre-requisite: BIO 103, BIO 151, BIO 152, ENG 117

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, Lecture, Web Based

Equivalencies: EXS 305

HPE 495 INTERNSHIP 1-15 Credit

Consent of instructor required.

Pre-requisite: ENG 117

Grade Mode: Standard Letter, Audit, Pass/Fail, Transfer

Course Offerings: Hybrid, IN/FE/Rsrch/Thsis/Prjct/Capstn