Human Performance (HUPF)

Courses

**HUPF 1011 Swimming I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1012 Sports Skills I: 2 semester hours.**
Theory and application of fundamental skills in flag and touch football, soccer, wrestling and gymnastics I.

**HUPF 1031 Modern Dance I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1041 Folk and Ballroom Dance I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1051 Tap Dance I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1061 Gymnastics: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1081 Golf I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1082 Fundamentals of Basic Movement: 2 semester hours.**
Theory and practice in movement improvisation, exploration, and rhythmic exercising methods, and fundamentals of presenting creative and rhythmic activities to elementary age children.

**HUPF 1091 Badminton I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1101 Basketball and Volleyball I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1111 Flag and Touch Football I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1112 Sports Skills II: 2 semester hours.**
Emphasis given to theory and application skills for fundamentals in badminton, bowling, tennis, and racquetball.

**HUPF 1121 Conditioning and Self Analysis: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1131 Physical Fitness: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1141 Personal Defense Activities: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1151 Low Organized Games: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1161 Softball, Track and Field I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.
HUPF 1171 Modern Jazz I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1172 Foundations I: 2 semester hours.
Foundations of health and human performance. Areas of concentration will focus on history and philosophy, developmental stages, movement-related experiences and career development in health and human performance.

HUPF 1181 Soccer and Field Hockey: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1191 Ballet I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1211 Aerobic Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1221 Jogging and Track and Field Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1231 Bowling I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1241 Racquetball: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1251 Wrestling I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1261 Body Mechanics and Rhythmic Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1271 Cycling: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1272 Foundations II: 2 semester hours.
Areas of concentration will focus on current health and human performance programs, physical fitness, and conditioning and self-analysis.

HUPF 1281 Tennis I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1291 Archery I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1301 Weight Training: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1312 Sports Skills III: 2 semester hours.
Emphasis given to theory and application skills for fundamentals in physical fitness, conditioning and self-analysis, archery, and softball.

HUPF 1321 Swimming II: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational. Student may enroll without Swimming I as a prerequisite if the student can demonstrate that he/she can swim.

HUPF 1401 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity.) Theory and practice of body mechanics, and techniques of relaxation; also quiet games, walking, calisthenics, and health films. Written recommendation of a physician is required.

HUPF 1411 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity.) Theory and practice of forming habits for good posture; also table tennis, rope jumping, goal shooting, walking and calisthenics. Written recommendation of a physician is required.
HUPF 1412 Sports Skills IV: 2 semester hours.
Emphasis given to theory and application skills for fundamentals in aerobics, body mechanics, folk and ballroom dance, and modern dance.

HUPF 2011 Modern Dance II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2021 Tap Dance II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2022 Fundamentals of Dance: 2 semester hours.
Application of theory and fundamental skills in dance.

HUPF 2023 First Aid, Safety, and CPR: 3 semester hours.
Certification program (The American Red Cross) for emergency care procedures for illness, injuries, and cardiopulmonary resuscitation.

HUPF 2031 Gymnastics II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2032 Life Saving: 2 semester hours.
Demonstration and practice in the fundamentals of life saving: opportunity for completion of requirements for the American Red Cross Senior Life Saving Certificate.

HUPF 2041 Badminton and Tennis II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2043 Coaching Individual and Dual Sports: 3 semester hours.
Designed for majors with intermediate and advanced skills; deals with strategy, rules, and court layouts, with special emphasis on fundamentals and materials for individual and dual sports.
Prerequisites: HUPF 1091 (http://catalog.pvamu.edu/search/?P=HUPF%201091) and HUPF 1101 (http://catalog.pvamu.edu/search/?P=HUPF%201101) and HUPF 1281 (http://catalog.pvamu.edu/search/?P=HUPF%201281) and HUPF 1291 (http://catalog.pvamu.edu/search/?P=HUPF%201291).

HUPF 2051 Basketball and Volleyball II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2052 Theory and Practice of Intramural Sports: 2 semester hours.
Theory and practice in organizing and conducting tournaments, meets, and field days.

HUPF 2053 Recreation for the Aged: 3 semester hours.
A study of the nature, scope, and significance of leisure and recreation. Emphasis is placed on methods and materials for planning, organizing, and conducting social activities for the aged in a variety of social situations.

HUPF 2061 Folk and Ballroom Dance II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2063 Outdoor Performance Activities: 3 semester hours.
Introduction to outdoor activities with emphasis on principles and purposes; skills and activities for individual and group activities; practices and skills of low and high intensity levels.

HUPF 2071 Modern Jazz II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2081 Golf and Archery II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2091 Swimming III: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2101 Advanced Basketball: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2111 Advanced Volleyball: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.
HUPF 2141 Flag Football and Track II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2151 Ballet II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 3012 Water Safety Instruction: 2 semester hours.
Swimming and lifesaving skills required for water safety instruction. Opportunity for completion of requirements for the American Red Cross Water Safety Instructor's Certificate.

HUPF 3023 Applied Anatomy and Kinesiology: 3 semester hours.
A scientific study of the muscles and human movement. 
Prerequisites: (BIOL 1054) or BIOL 1064 and HUPF 1082.

HUPF 3033 Movement Activities for Elementary Children: 3 semester hours.
Theory of human performance for young children; classroom demonstration and field laboratory assignments. Emphasis is placed on stages of development and gross motor skills.

HUPF 3053 Theory and Practice of Officiating: 3 semester hours.
Treats the theory and practice of officiating selected sports; emphasis on rules, mechanics, and officiating individual, dual and team sports.

HUPF 3063 Theory and Practice of Coaching I: 3 semester hours.
Theory and strategy of coaching football, basketball, and volleyball.
Prerequisites: (HUPF 1101) and HUPF 1111.

HUPF 3083 Theory and Practice of Coaching II: 3 semester hours.
Theory and strategy of coaching baseball/softball, track and field, and soccer.
Prerequisites: (HUPF 1161) and HUPF 1181 and HUPF 1221.

HUPF 3421 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity.) Theory and practice of physical fitness techniques; also shuffleboard, horse shoes, dance, volleyball, health and safety films, walking and calisthenics. Written recommendation of a physician is required.

HUPF 4032 Advanced Athletic Injuries: 2 semester hours.
This course provides the student athletic trainer with knowledge of clinical techniques, rules and regulations governing licensure and certification. Emphasis will be given to application techniques and therapeutic modalities.

HUPF 4033 Measurement and Evaluation: 3 semester hours.
A study of various kinds of tests and test usage in the field of health and human performance includes practical experience in the construction and administration of tests and in the use of elementary statistics to interpret test scores.

HUPF 4042 Athletic Injuries and CPR: 2 semester hours.
Theory and practice of prevention and treatment of athletic injuries; laboratory experience in techniques of massaging and bandaging; emergency care procedures for cardiopulmonary resuscitation.

HUPF 4053 Special Topics in Health and Human Performance: 3 semester hours.
Detailed study of selected topics and activities. Class meets once per week. Consent of the instructor and department head. Cross listed with HLTH 4053.

HUPF 4062 Correctives: 2 semester hours.
A study of the general organization of programs of therapeutic exercise, recreational sports, and aquatic skills for use in correctional procedures; evaluation and classification of exercises; practice in planning and presenting activities for special programs.

HUPF 4073 Secondary Physical Education: 3 semester hours.
Scientific examination of current human movement concepts. Emphasis on curricular and evaluative concepts designed to assist the student in selecting, appraising, utilizing and analyzing movement related materials, resources, and instruments.

HUPF 4083 Administrative Management of Human Performance Programs: 3 semester hours.
Principles and fundamentals in the organization, administration and supervision of the health, human performance, intramural, and athletic programs.

HUPF 4093 Practicum in Athletic Training: 3 semester hours.
Designed to acquaint the Athletic Trainer Intern, Pre-Physical Therapist, and Sports Certified Specialist with the principles of application for an orthopedic examination of the joints and muscles. A hands-on clinical approach to physical assessment and rehabilitations techniques involving basic theories and principles as they relate to applied human anatomy.
HUPF 4196 Internship in Health and Human Performance: 6 semester hours.
Supervised study and practice in community, recreation, sports, fitness and rehabilitation centers, hospitals, clinics and other approved agencies, organizations and institutions.

HUPF 4431 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity.) Theory and practice of adaptive corrective exercises; also archery, badminton, arts and crafts, musical games, calisthenics, and isometric exercises.

HUPF 4993 Independent Study: 1-3 semester hour.
Readings, research, and/or field work on selected topics.