

Human Performance (HUPF)

Courses

HUPF 1130 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 1164 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 1217 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 1227 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 1232 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 1242 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 3308 Theory and Practice of Coaching II: 3 semester hours.

Theory and strategy of coaching baseball/softball, track and field, and soccer.