Human Performance (HUPF)

Courses

**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 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 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 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 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 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 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).