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 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 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).