

# HUMAN PERF & ATHLETIC (HHPA)

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## **HHPA 001 INTERCOLLEGIATE FOOTBALL (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 002A INTERCOLLEGIATE WRESTLING: MEN (1 credit)**

Repeatable for credit. No more than four paracurricular courses from a single department may be counted toward graduation.  
*Typically offered:* Fall Semester, Annually

## **HHPA 002B INTERCOLLEGIATE WRESTLING: WOMEN (1 credit)**

Repeatable for credit. No more than four paracurricular courses from a single department may be counted toward graduation.  
*Typically offered:* Fall Semester, Annually

## **HHPA 003A INTERCOLLEGIATE CROSS COUNTRY: MEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 003B INTERCOLLEGIATE CROSS COUNTRY: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 004A INTERCOLLEGIATE SOCCER: MEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 004B INTERCOLLEGIATE SOCCER: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 005B INTERCOLLEGIATE VOLLEYBALL: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 006A INTERCOLLEGIATE BASKETBALL: MEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 006B INTERCOLLEGIATE BASKETBALL: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 008A INTERCOLLEGIATE SWIMMING: MEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 008B INTERCOLLEGIATE SWIMMING: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 010A INTERCOLLEGIATE TRACK AND FIELD: MEN (1 credit)**

Paracurricular courses are repeatable for credit. 1 credit. (EL)  
(EXPERIENTIAL LEARNING)

## **HHPA 010B INTERCOLLEGIATE TRACK AND FIELD: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 011 INTERCOLLEGIATE BASEBALL (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 012 INTERCOLLEGIATE SOFTBALL (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 013A INTERCOLLEGIATE TENNIS: MEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 013B INTERCOLLEGIATE TENNIS: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 014A INTERCOLLEGIATE GOLF: MEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 014B INTERCOLLEGIATE GOLF: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 015B INTERCOLLEGIATE LACROSSE: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 016 INTERCOLLEGIATE CHEERLEADING & DANCE (1 credit)**

Paracurricular courses are repeatable for credit.  
(EXPERIENTIAL LEARNING)

## **HHPA 020 BADMINTON (1 credit)**

Paracurricular courses are repeatable for  
*Total Course fees:* \$70.00  
(EXPERIENTIAL LEARNING)

## **HHPA 023 TENNIS (1 credit)**

Paracurricular courses are repeatable for  
*Total Course fees:* \$70.00  
(EXPERIENTIAL LEARNING)

## **HHPA 024 POWER LIFTING (1 credit)**

Paracurricular courses are repeatable for credit.  
*Total Course fees:* \$70.00  
(EXPERIENTIAL LEARNING)

## **HHPA 025 WEIGHT TRAINING (1 credit)**

Paracurricular courses are repeatable for credit.  
*Total Course fees:* \$70.00  
(EXPERIENTIAL LEARNING)

## **HHPA 028 VOLLEYBALL (1 credit)**

Paracurricular courses are repeatable for credit.  
*Total Course fees:* \$70.00  
(EXPERIENTIAL LEARNING)

## **HHPA 032 AIKIDO (1 credit)**

Introduction to the physical techniques, philosophy, vocabulary and etiquette of traditional Aikido and to provide a supervised environment for students to practice these techniques safely both individually and with partners.

*Total Course fees:* \$70.00  
(EXPERIENTIAL LEARNING)

## **HHPA 033 PICKLEBALL (1 credit)**

Paracurricular courses are repeatable for credit.  
*Total Course fees:* \$70.00  
(EXPERIENTIAL LEARNING)

## **HHPA 034 SELF-DEFENSE (1 credit)**

Paracurricular courses are repeatable for credit.  
*Total Course fees:* \$70.00  
*Typically offered:* Fall and Spring Semesters  
(EXPERIENTIAL LEARNING)

**HHPA 035 CAPOEIRA FUNDAMENTALS (1 credit)**

This course is designed to familiarize students with the fundamentals of the afro-Brazilian martial art of Capoeira. Capoeira is a Brazilian cultural experience/martial art created by African slaves in Brazil as a form of self-defense and cultural preservation. It is a game combining martial arts with music and acrobatic movements to create a spontaneous corporal dialogue between players. Paracurricular courses are repeatable for credit.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 036 DOWNHILL SKIING (1 credit)**

Paracurricular courses are repeatable for credit.

*Total Course fees: \$250.00*  
(EXPERIENTIAL LEARNING)

**HHPA 040 COMMUNITY SERVICE (1-2 credits)**

Paracurricular courses are repeatable for credit.

(EXPERIENTIAL LEARNING)

**HHPA 042 BASKETBALL ACTIVITY (1 credit)**

Paracurricular courses are repeatable for credit.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 050 STRESS MANAGEMENT PRACTICE (1 credit)**

Introduction, performance and monitoring of stress management techniques. Paracurricular courses are repeatable for credit. OFFERED THROUGH ONLINE AND CONTINUING EDUCATION (OCE) ONLY.

(EXPERIENTIAL LEARNING)

**HHPA 060 AQUATIC FITNESS (1 credit)**

Paracurricular courses are repeatable for credit.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 062 AEROBIC FITNESS (1 credit)**

Paracurricular courses are repeatable for credit.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 065 SPEED/AGILITY/QUICKNESS CONDITIONING (1 credit)**

Paracurricular courses are repeatable for credit.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 067 SCUBA (1 credit)**

In addition to the course fee of \$400, there will be added costs for equipment & open dives. Paracurricular courses are repeatable for credit.

*Total Course fees: \$400.00*  
(EXPERIENTIAL LEARNING)

**HHPA 068 ADVANCED SCUBA (1 credit)**

In addition to the course fee of \$300, there will be added costs for equipment & open dives. Paracurricular courses are repeatable for credit.

*Total Course fees: \$300.00*  
*Prerequisites: HHPA 067.*  
(EXPERIENTIAL LEARNING)

**HHPA 071A YOGA: MINDFULNESS (1 credit)**

Principles of mindfulness and basic understanding of yoga. Physical practice of hatha yoga. Emphasis on physical and mental benefits and employment of breathing techniques (pranayama). Offered Fall and Spring. Paracurricular courses are repeatable for credit.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 071B YOGA: VINYASA (1 credit)**

Various aspects of a vinyasa flow style of yoga and discussion of traditional and current views of the practice. Emphasis on developing core stability and improving flexibility, balance and mental focus. Paracurricular courses are repeatable for credit. Prerequisite: none; HHPA 071a recommended. Offered fall and spring.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 071C YOGA: EXPLORATORY (1 credit)**

Exploration of various styles of yoga in class and via field trips.

Contrasting and comparing teaching techniques and styles with various teachers. Paracurricular courses are repeatable for credit. Offered fall and spring.

*Total Course fees: \$70.00*  
*Prerequisites: HHPA 071A or HHPA 071B or instructor consent.*  
(EXPERIENTIAL LEARNING)

**HHPA 072 MINDFULNESS: DAILY PRACTICE (1 credit)**

Students will develop a daily practice of mindfulness in order to increase healthfulness and resilience to improve their ability to calm their bodies and to bring more present moment attention into their daily tasks and activities. Students will have opportunities to integrate mindfulness into their daily lives "beyond the cushion."

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 073 PILATES (1 credit)**

To familiarize students with the series of Pilates mat exercises created by Joseph Pilates in the early 20th Century. This is a progressive course designed to introduce students to the basic principles of Pilates and to build on this foundation each week. Paracurricular courses are repeatable for credit.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 088 BACKPACKING (2 credits)**

Field-based course for individuals with minimal or no backpacking experience. Focus on packing, safe travel, navigation, environmental ethics, and nutrition in the backcountry. Includes selecting and using proper equipment for average weekend backpacking trips in Pacific Northwest. One Saturday meeting and one three-day field-based trip. Paracurricular courses are repeatable for credit.

*Total Course fees: \$50.00*  
(EXPERIENTIAL LEARNING)

**HHPA 091A INTERCOLLEGIATE WINTER TRACK AND FIELD: MEN (1 credit)**

Paracurricular courses are repeatable for credit.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 091B INTERCOLLEGIATE WINTER TRACK AND FIELD: WOMEN (1 credit)**

Paracurricular courses are repeatable for credit.

*Total Course fees: \$70.00*  
(EXPERIENTIAL LEARNING)

**HHPA 093 RESCUE DIVER (2 credits)**

In addition to the course fee of \$300, there will be added costs for equipment & open dives. Paracurricular courses are repeatable for credit.

*Total Course fees: \$300.00*  
(EXPERIENTIAL LEARNING)

**HHPA 095 MARCHING BAND (ALSO LISTED AS MUSC 095) (1 credit)**

Para-curricular course designed for students in any major. Marching band, consisting of dance team, color guard, drumline, twirlers, wind, and brass performers, is an athletic band meaning that there is a focus on both musical and physical performance. Performs at athletic events (football and basketball primarily), as well as special events on and off campus. Open to all students interested in performing in a collegiate level athletic band, no prior experience required. MUSC 095 is not a substitute or equivalent for MUSC 110. Consent of Athletic Band director required. Offered every semester.

*Prerequisites:* Consent of Athletic Band director required.  
(EXPERIENTIAL LEARNING)

**HHPA 099 TOPICS IN HEALTH & FITNESS (1-2 credits)**

Enables students engaged in a formal health and fitness class offered outside of Linfield College to obtain college credit for the activity. Paracurricular courses are repeatable for credit.

(EXPERIENTIAL LEARNING)

**HHPA 100 DRUG USE IN THE UNITED STATES (3 credits)**

Overview of problems, issues, and research surrounding use and misuse of alcohol and other drugs in the United States. Emphasis on effective approaches toward prevention.

(U.S. PLURALISM)

**HHPA 101 MEDICAL AND HEALTH TERMINOLOGY (2 credits)**

Instructor mentored, hybrid in-class/on-line course in medical and health care terminology. Lecture, workbook assignments, CD-ROM and Blackboard. Emphasis on origin, use, pronunciation, and spelling. Covers structures and human body systems. Students who earned credit for HSCI 098 may not enroll in this course.

**HHPA 112 INTRODUCTION TO HUMAN BIOLOGY (4 credits)**

Introduces normal human anatomy and physiological processes to students in the liberal arts curriculum. Emphasizes functional mechanisms of cells, tissues, organs and organ systems. Laboratory experience provides direct observation and participation.

*Total Course fees:* \$30.00

*Typically offered:* Spring Semester  
(NATURAL WORLD)

**HHPA 164 LIFEGUARD TRAINING (2 credits)**

Skill acquisition and background content for lifeguards as prescribed by the American Red Cross, including water safety, artificial respiration, actions appropriate to choking, management of spinal injury, first aid and CPR.

*Total Course fees:* \$50.00

**HHPA 165 WATER SAFETY INSTRUCTION (2 credits)**

Swimming skills and aquatics teaching progressions as prescribed by the American Red Cross for Water Safety Instruction Certification.

*Total Course fees:* \$50.00

**HHPA 170 PEER HEALTH EDUCATION METHODS: WELLNESS (2 credits)**

Information, methods, and resources for planning and implementing peer health education programs in wellness.

(EXPERIENTIAL LEARNING)

**HHPA 171 PEER HEALTH EDUCATION METHODS: INFORMED CHOICES (1 credit)**

Information, methods, and resources for planning and implementing peer health education programs for alcohol and drug prevention.

(EXPERIENTIAL LEARNING)

**HHPA 172 PEER HEALTH EDUCATION METHODS: CATS (2 credits)**

Information, methods, and resources for planning and implementing peer health education programs for sexual assault prevention.

**HHPA 180 PERSONAL HEALTH PROMOTION (2 credits)**

Health status assessed, information provided and skills taught to optimize an individual's pursuit of a healthy lifestyle. Personal responsibility in managing one's mental health, fitness, nutrition and stress.

**HHPA 183 SEMINAR IN HEALTH AND HUMAN MOVEMENT (1 credit)**

For students considering careers, fields or professions in areas relating to health and human performance including exercise science, athletic training, physical education and health education. Examination of the past, present and future of education, disciplines and careers that relate to health and human performance in contemporary society.

**HHPA 184 PREVENTION AND CARE OF ATHLETIC INJURIES (3 credits)**

Emphasis on study of etiology and mechanism of injury, pathology, and recognition of clinical signs and symptoms of athletic injury. Knowledge required for proper recognition, management, and prevention of athletic injuries.

*Total Course fees:* \$15.00

**HHPA 210 AQUATIC TRAINING & CONDITIONING FOR EXERCISE & FITNESS SPECIALISTS (3 credits)**

Theoretical principles and practices of training and conditioning in an aquatic environment; introduction to basic fluid mechanics; basic water safety and rescue; aquatic skill development; emphasis on program and course development for fitness practitioners. Lecture and lab. Focus for human performance majors.

*Typically offered:* Spring Semester

**HHPA 215 INTRODUCTION TO YOGA (ALSO LISTED AS RELS 215) (2 credits)**

Overview of philosophy, history and practice of yoga; discussion of its progression and incorporation in the west over last 100 years; emphasis on benefits of yoga and mindfulness for the individual. LECTURE. OFFERED THROUGH ONLINE AND CONTINUING EDUCATION (OCE) ONLY.

*Prerequisites:* HHPA 071A or instructor consent.

**HHPA 230 STRESS MANAGEMENT (2 credits)**

Physiological response to stress, health consequences of unmanaged stress, models of effective stress management, and exposure to various stress management techniques. Applications to health education.

**HHPA 242 HUMAN SEXUALITY (3 credits)**

An introductory overview of human sexuality topics as they relate to health including components of healthy sexuality, influences on sexuality, sexual structure and function, human sexual response, contraception, pregnancy and birth, sexually transmitted diseases, communication, love and intimacy, lifestyles, and sexual victimization. Emphasis on gender, sociocultural factors, and sexual orientation.

(INDIVID/SYSTEMS/SOCIETIES)

**HHPA 250 PREVENTION AND CONTROL OF DISEASE (3 credits)**

An introduction to epidemiological principles as they relate to the understanding of communicable and non-communicable diseases in humans. Special emphasis on prevention and control of diseases through health education and health promotion orientations and strategies.

*Typically offered:* Fall Semester

**HHPA 251 INTRO TO PUBLIC & COMMUNITY HEALTH (3 credits)**

Introduction to the field of public health. Focus on human biology, environmental health, lifestyle factors, and health care organizations as these four factors relate to one another and to the overall concept of health, health care, and health care delivery in the U.S.

(INDIVID/SYSTEMS/SOCIETIES, U.S. PLURALISM)

**HHPA 260 FUNDAMENTALS OF NEUROSCIENCE (ALSO LISTED AS BIOL 260 AND PSYC 260) (4 credits)**

Introduction to cellular, organismal and behavioral neuroscience. Examining principles of neurons, synapses, and brain systems; including structural and functional mechanisms of neurons in sensory systems, perception, movement and neural development.

*Prerequisites:* PSYC 101, BIOL 210, and BIOL 211.

*Typically offered:* Spring Semester

**HHPA 270 CORE CONCEPTS OF HEALTH & HUMAN PERFORMANCE (4 credits)**

An overview of the core concepts of health and human performance as they relate to a practitioner in the field of fitness, exercise, and athletics; laws and principles of human performance as they relate to movement and training of the human body; emphasis on the scientific foundations of training and conditioning for human performance and health from a practical perspective. Lecture and lab. Focus for non-majors.

**HHPA 280 NUTRITION (3 credits)**

Nutrients in foods and their relation to the physical well-being and behavior of people. Issues of current national and international concern.

*Total Course fees:* \$12.00

*(NATURAL WORLD)*

**HHPA 281 FUNDAMENTALS OF FOOD SCIENCE (4 credits)**

Insights into the chemical and physical properties of foods and beverages; factors influencing food quality during processing, preparation and storage; safety concepts; preservation, fermentation and cooking methods; recipe modification; sensory and objective evaluation of foods; Includes laboratory (in home kitchen). OFFERED THROUGH ONLINE AND CONTINUING EDUCATION (OCE) ONLY.

*Prerequisites:* HHPA 280

**HHPA 282 FOOD, CULTURE AND SOCIETY (4 credits)**

Explores the historical, cultural, economic and geopolitical interactions of food in a variety of cultures and examines the regional and environmental influences on taste and flavors. Topics include food related to nations, religions, class/caste, communities and other societal boundaries. Assignments, readings, and activities combined to facilitate understanding of commonalities as well as diversities in cuisines and cultures. OFFERED THROUGH ONLINE AND CONTINUING EDUCATION (OCE) ONLY.

**HHPA 284 FIRST AID & CPR I (2 credits)**

In-depth study and training in the techniques and procedures for giving emergency care to the suddenly ill or injured. Lectures, videos, demonstrations, and practice. Preparation for CPR and First Aid certification. Does not alone fulfill athletic training requirement. Not designed for Nursing majors.

*Total Course fees:* \$50.00

**HHPA 287 FOUNDATIONS OF LEADERSHIP IN PHYSICAL ACTIVITY (4 credits)**

Focus on evidence-based educational methods and adult learning strategies in physical activity environments. Effective leadership principles in schools, clinics and fitness facilities.

*Prerequisites:* HHPA 183.

**HHPA 288 PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH (4 credits)**

Focus on developmentally appropriate physical activities for children and youth ages 5-17, scope and sequence of activities, planning and critical elements of movement.

*Total Course fees:* \$25.00

*Prerequisites:* HHPA 287.

*Typically offered:* Spring Semester

**HHPA 289 GROUP PHYSICAL ACTIVITY AND FITNESS (3 credits)**

Focus on developmentally appropriate physical activities and fitness for children and adults, scope and sequence of activities, planning and management in group contexts. Lab and lecture. 40 hours co-instructing at local fitness facility or within Linfield paracurricular program.

*Total Course fees:* \$25.00

*Prerequisites:* HHPA 287.

**HHPA 297 INTRODUCTION TO RESEARCH IN PHYSICAL ACTIVITY (3 credits)**

Techniques needed to examine, analyze, conduct and report research in the area of health and human performance. Emphasis on quantitative techniques and accompanying statistical analyses. Lecture and laboratory.

*(QUANTITATIVE REASONING)*

**HHPA 298 SPECIAL TOPICS: JAN TERM TRAVEL (4 credits)**

Topics vary according to faculty availability and interest. The major topic offered in the past has been Traditional and Modern Health Care in Southeast Asia. Offered only as student interest and university resources permit. May be repeated for credit with different topics.

*Prerequisites:* IDST 098 previous fall.

*Typically offered:* January Term

**HHPA 301 FOOD SCIENCE (ALSO LISTED AS CHEM 301) (4 credits)**

Food Science General (also listed as CHEM 301) overview of the chemical and physical properties of food and beverage; quality and safety; preservation, fermentation and cooking methods; objective and subjective food evaluation, recipe modification.

*Total Course fees:* \$35.00

*Prerequisites:* Nutrition, Chemistry, and/or Biology Recommended.

*Typically offered:* January Term, Alternate Years

*(NATURAL WORLD)*

**HHPA 308 HEALTH CARE IN KENYA (3 credits)**

Off-campus service learning experience focusing on health care outreach in rural areas of Eldoret, Kenya with an Open Arms International medical team. In addition to health promotion activities, students will gain cultural insights and understanding through collaboration with local partners, visit historical and cultural sites, and engage in integrative group discussions. Students considering applying to this course should be aware that there is a U.S. Department of State Travel Warning in place in Kenya. Linfield University will continue to consult with the State Department to monitor the situation and will also survey what other institutions with programs in Kenya are doing. Linfield reserves the right to cancel this course in the event of heightened risk which we consider insurmountable. We encourage applicants to discuss this matter with their parents. OFFERED THROUGH ONLINE AND CONTINUING EDUCATION (OCE) ONLY.

*Prerequisites:* Consent of instructor.

*Typically offered:* Summer Term

*(GLOBAL PLURALISM, INDIVID/SYSTEMS/SOCIETIES)*

**HHPA 310 FOOTBALL COACHING THEORY (2 credits)**

An examination of current defensive, offensive, and kicking game schemes and strategy. Analysis of common defensive fronts and popular offensive systems from integrated offensive and defensive perspectives.

**HHPA 315 BASKETBALL COACHING THEORY (2 credits)**

System of offensive and defensive play, analysis of fundamentals, conditioning, game strategy, team travel, finance, care of equipment, officiating at contests, and public relations.



**HHPA 320 TRACK & FIELD COACHING THEORY (2 credits)**

Conditioning, development, and selection of individuals for events; planning, officiating, and conducting meets; strategy and psychology of individual and team competition.

*Typically offered:* Spring Semester

**HHPA 322 HEALTH & SOCIAL POLICY (3 credits)**

Examination of U.S. health and social policy. Analysis of the public policy process, major public social and health programs, special interests, and political differences. The role of federal, state, as well as local governments and the legal system in policy implementation. Understanding complex health and social problems as they are translated into standards of conduct.

*(MAJOR WRITING INTENSIVE)*

**HHPA 325 SCIENTIFIC ILLUSTRATION (3 credits)**

Application of the scientific method to the artistic process to increase visual awareness of scientific subject matter. (Listed as ARTS 325 and ARTS 325.) Students who earned credit for HSCI/ARTS 325 may not enroll in this course.

*Total Course fees:* \$30.00

*Prerequisites:* ARTS 120 and BIOL 210 or instructor consent.

*Typically offered:* Spring Semester, Odd Years

*(CREATIVE STUDIES)*

**HHPA 330 GLOBAL HEALTH (3 credits)**

A multi-disciplinary introduction to key public health issues in the developed world, the emerging world, and developing world. Intended for students from any major who want a foundation in global health issues from a science, social, political, economic and business perspective. Students who earned credit in HSCI 330 may not enroll in this course.

*(GLOBAL PLURALISM, INDIVID/SYSTEMS/SOCIETIES)*

**HHPA 335 SOFTBALL COACHING THEORY (1 credit)**

Fundamentals, techniques of position play, problems and duties of the coach, strategy, rules, scoring, conditioning, scheduling and team problems.

*Typically offered:* Spring Semester, Odd Years

**HHPA 336 VOLLEYBALL COACHING THEORY (2 credits)**

An examination of the current fundamental techniques and coaching strategies involved with successful performance in volleyball.

*Typically offered:* Fall Semester

**HHPA 340 SOCCER COACHING THEORY (2 credits)**

Fundamentals, techniques, conditioning, game strategy, team travel problems, finance, care of equipment, officiating and conducting games, strategy and psychology of competition.

**HHPA 342 RESEARCH SEMINAR (3 credits)**

Initial stages of field or laboratory research on topics in Human Performance. Further development and refinement of research design and use of statistical analysis. Library work and extensive written report, including literature review and research design proposal. Oral presentation required.

*Prerequisites:* HHPA 297 and junior standing.

*Typically offered:* Fall and Spring Semesters

*(MAJOR WRITING INTENSIVE)*

**HHPA 345 BASEBALL COACHING THEORY (2 credits)**

An examination of the current fundamental techniques and coaching strategies involved with successful performance in baseball.

**HHPA 350 PSYCHOLOGICAL ASPECTS OF SPORT AND PHYSICAL ACTIVITY (3 credits)**

Thoughts, feelings, and behaviors of people in physical activity contexts. Foundations approach to theory/research in sport and exercise psychology. Application in youth through adult age groups will be addressed.

*Prerequisites:* HHPA 297 (HHPA majors) or 30 credits at time of registration (for majors outside HHPA).

**HHPA 352 KINESIOLOGY (3 credits)**

Human movement related to anatomical structure and mechanical principles; kinesiological analysis by means of a motor skills classification system and an outline for a systematic analysis that includes description, evaluation, and prescription.

*Prerequisites:* BIOL 212.

**HHPA 355 PRINCIPLES AND THEORY OF COACHING (4 credits)**

An examination of the fundamental coaching techniques and strategies involved with successful performance in interscholastic sports. A variety of topics will be discussed using the American Sport Educational Program stressing athletes first winning second. Topics include developing a coaching philosophy, communicating and motivating today's athletes, coaching technical and tactical skills, fitness, organizing a team, problem solving and developing personal skills when communicating with players, parents and colleagues.

*Typically offered:* Spring Semester

**HHPA 360 PHYSIOLOGICAL BASIS OF EXERCISE, TRAINING, AND CONDITIONING (4 credits)**

Laws and principles of exercise science as they relate to physical activity and training of the human body; emphasis on physiological foundations of training and conditioning for human performance and health from physiological perspective. Lecture and Lab.

*Total Course fees:* \$25.00

*Prerequisites:* HHPA 352, BIOL 212, BIOL 213. HHPA 280 recommended.

**HHPA 361 SCIENCE: A CANDLE IN THE DARK (3 credits)**

Seminar examining how science has changed our view of our world and the universe in which we live through critical examination of some of our most fundamental beliefs and cultural practices. Possible topics: science as a method of discovery; scientific discoveries that change the way humans perceive themselves, their world, and the universe; connections between natural sciences, social sciences, and humanities. Emphasis on historical conflicts between science and religion including evolution and creationism.

*(ULTIMATE QUESTIONS)*

**HHPA 375 PATHOPHYSIOLOGY AND THERAPEUTIC EXERCISE (3 credits)**

Analysis of the physiological response to injury and the use of rehabilitative techniques for athletic injuries. Lecture, discussion and laboratory.

*Total Course fees:* \$10.00

*Prerequisites:* HHPA 376 or consent of instructor.

*(MAJOR WRITING INTENSIVE)*

**HHPA 376 THERAPEUTIC MODALITIES (3 credits)**

Principles of electrophysics and biophysics, specific physiological effects, and therapeutic indications and contraindications associated with use of therapeutic modalities. Lectures, discussion, and laboratory.

*Total Course fees:* \$25.00

*Prerequisites:* HHPA 184, BIOL 212 and BIOL 213, or consent of instructor.

**HHPA 381 SCHOOL HEALTH PROGRAMS (3 credits)**

Policies and practices within the school program of health services, healthful environment, and health curriculum. Speakers and resources from various state and local health agencies; field experience in the public school health program.

**HHPA 383 HEALTH EDUCATION METHODS (3 credits)**

Materials, resources, and methods for health instruction. Construction, organization and delivery of lessons in health education, including use of technology. Health Education standards and assessment training. Application of andragogical and pedagogical principles. Prerequisites: 180, junior standing, and Health Major status, or consent of instructor. Prerequisites: HHPA 180, junior standing, and Health Major status, or consent of instructor.

**HHPA 384 ADVANCED ASSESSMENT OF ATHLETIC INJURIES (4 credits)**

Outlines the more common types of athletic injuries occurring to various anatomical structures. Advanced techniques in evaluation, recognition of clinical signs and symptoms, pathology, and management. Lecture, discussion, and laboratory.

Prerequisites: HHPA 184, BIOL 212, or consent of instructor.

**HHPA 387 PERFORMANCE ENHANCEMENT FOR THE INJURED ATHLETE (3 credits)**

Course will discuss psychological and sociological issues present in sport injury and sport injury rehabilitation. Antecedent factors, pain perception, athletic identity, psychosocial response to injury, and psychosocial intervention techniques included.

Prerequisites: HHPA 184 and PSYC 281, or consent of instructor. (EXPERIENTIAL LEARNING)

**HHPA 389 TOPICS IN ATHLETIC TRAINING (2 credits)**

Emphasis on contemporary issues in athletic training. Topics include organization and administration of athletic training, legalities, pharmacology, special populations, and medical practices in relation to the field of athletic training.

Prerequisites: HHPA 184 or instructor consent.

**HHPA 390 ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION (3 credits)**

Emphasis on the nature of administration and management in sport and physical education within intramural, interscholastic, and intercollegiate athletic programs; principles and practices of organizational leadership, policy, politics, and power; practicalities of program development, management, and supervision; issues of laws, risk management, professionalism, and ethics.

**HHPA 395 PHYSICAL ACTIVITY AND FITNESS ASSESSMENTS (3 credits)**

Focus on valid physical activity and health-related physical fitness assessment practices. Emphasis placed on authentic assessments used by teachers and clinicians to evaluate student/client progress.

Prerequisites: HHPA 287.

Typically offered: Fall Semester  
(MAJOR WRITING INTENSIVE)

**HHPA 398 SPECIAL TOPIC: HHPA JAN TERM TRAVEL (4 credits)**

See individual sections in specific terms for descriptions. 4 credits.

Prerequisites: IDST 098 previous fall.

**HHPA 401 NUTRITION IN HEALTH & DISEASE (4 credits)**

Examines the role of nutrition in the prevention and treatment of chronic disease. Basic overview of the etiology of chronic disease through a nutrition lens. Critical analysis of popular and recommended eating patterns related to wellness and chronic disease. Topics include disease process and prevention, public health concerns and scientific progress in the role of nutrition in disease. Introduction to the role of nutrition in medical treatment. OFFERED THROUGH ONLINE AND CONTINUING EDUCATION (OCE) ONLY.

Prerequisites: HHPA 280

**HHPA 402 NUTRITION IN SPORT & PHYS ACT (4 credits)**

Presents the scientific basis for nutrition needs during physical activity and sport. Course topics include energy expenditure during physical activity and sport, weight control, nutritional supplements and ergogenic aids. Timing of meals and macronutrient composition to optimize performance will be explored. Special topics include making weight and eating disorders. Designed to provide evidence based information for competitive athletes and those engaging in regular physical activity as part of a healthy life. OFFERED THROUGH ONLINE AND CONTINUING EDUCATION (OCE) ONLY.

Prerequisites: HHPA 280

**HHPA 410 GENDER ISSUES IN EDUCATION & SPORT (3 credits)**

An overview of gender issues in education and sport, with special attention on understanding gender bias and evolving educative, legislative and legal efforts to overcome historic gender biases.

(INDIVID/SYSTEMS/SOCIETIES, U.S. PLURALISM)

**HHPA 412 HUMAN ANATOMY II (3 credits)**

Advanced regional study of human gross anatomy with dissection of upper limb and in-depth study of one area of the human body chosen by student. Recommended for students interested in health care professions. Lecture, discussion and laboratory with prosection of human cadaver.

Total Course fees: \$60.00

Prerequisites: BIOL 212 and consent of instructor. HHPA 412L required co-requisite.

**HHPA 420 HEALTH ADMINISTRATION (3 credits)**

Introduction to the concepts of health care administration. Focus on the U.S. health care system, general concepts of health care management, and aspects of leadership as they apply to the health care system. Theories of motivation, budgeting concepts, strategic planning, quality improvement principles, control in health care service organization, health care reform, government regulations, and private, state and local health care insurance structures.

**HHPA 422 PLANNING & EVALUATION IN PUBLIC HEALTH (3 credits)**

Principles of program planning, including needs assessment, health promotion planning models, intervention theories and approaches, elements of marketing, implementation strategies, and evaluation.

Practical application of all aspects of the program planning process to address a selected health problem affecting groups.

Prerequisites: HHPA 251, junior standing, and Health Education or Public Health major status or instructor consent.

Typically offered: Fall Semester  
(MAJOR WRITING INTENSIVE)

**HHPA 425 SPORT IN AMERICAN SOCIETY (3 credits)**

The impact of sports on American society and the social order. The cultural response to sports in this country and abroad.

(INDIVID/SYSTEMS/SOCIETIES)

**HHPA 430 EPIDEMIOLOGY (3 credits)**

Introduction to epidemiology of disease. Acute and chronic diseases are discussed from population point of view. Topics include modes of transmission, outbreak investigation, surveillance of acute infections and chronic diseases, and microbial and environmental causes. (Listed as ENVS 430 and HHPA 430.) Students who have earned credit for HSCI/ENVS 440 may not enroll in this course.

*Prerequisites:* ENVS 201 or BIOL 210 and BIOL 285 or MATH 140.

*Typically offered:* Fall Semester, Odd Years

(QUANTITATIVE REASONING)

**HHPA 432 INTERNATIONAL HEALTH (3 credits)**

Examines health, health care, and health care delivery in developed, developing, and newly developed countries and regions of the world. Diseases (old and emerging), disease processes, health care practices and beliefs, and international world health organizations.

(GLOBAL PLURALISM, INDIVID/SYSTEMS/SOCIETIES, MAJOR WRITING INTENSIVE)

**HHPA 439 PEER INSTRUCTION (1-3 credits)**

Advanced study opportunity for outstanding students to assist faculty members in the classroom or laboratory. Focus on course content and pedagogy. May be repeated for up to 5 credits.

*Prerequisites:* Application and consent of instructor required.

(EXPERIENTIAL LEARNING)

**HHPA 442 SENIOR SEMINAR (1 credit)**

Field or laboratory research on topics in Human Performance. Data collection, statistical analysis and discussion of results. Written report in scientific journal format and oral presentation required. Possibility for presentation at regional/national conferences and/or publication.

*Total Course fees:* \$55.00

*Prerequisites:* HHPA 297, HHPA 342 and senior standing.

(MAJOR WRITING INTENSIVE)

**HHPA 445 MOTOR LEARNING AND MOTOR DEVELOPMENT (4 credits)**

An examination of fundamental motor learning principles and theory. Application of those principles toward physical education, coaching, and the therapeutic setting. Analysis of current motor developmental models and viewpoints.

*Prerequisites:* BIOL 212, BIOL 213, and PSYC 101.

**HHPA 450 ENVIRONMENTAL HEALTH (ALSO LISTED AS ENVS 450) (3 credits)**

Study of the effects of water and air pollution, food additives, pesticides, heavy metals, organic solvents, mycotoxins, and radiation. Examines concepts of toxicology, epidemiology, risk assessment, safety control, and environmental law. (Listed as ENVS 450 and HHPA 450.) Students who have earned credit for HSCI/ENVS 450 may not enroll in this course.

*Prerequisites:* ENVS 201 or BIOL 210.

*Typically offered:* Fall Semester, Even Years

(GLOBAL PLURALISM, INDIVID/SYSTEMS/SOCIETIES)

**HHPA 452 APPLIED BIOMECHANICS OF SPORT AND EXERCISE (3 credits)**

Mechanical laws and principles applied to the human body; forms of motion, linear and angular kinematics and kinetics; quantitative and qualitative analysis of sport techniques. Lecture and laboratory.

*Total Course fees:* \$10.00

*Prerequisites:* HHPA 352.

**HHPA 455 ADAPTED PHYSICAL EDUCATION (3 credits)**

Principles and practices of adapted physical activity programs emphasizing the nature and needs of exceptional persons. History, recent legislation, growth and developmental factors, assessments, and individualized education plans related to adapted physical activity programming. Service project in the community serving special needs populations.

**HHPA 465 MENTAL AND SOCIAL VARIABLES IN SPORT & PERFORMANCE (3 credits)**

Principles of the behavioral sciences applied to studying and enhancing human physical performance. Socialization, motivation, personality, anxiety and stress management, concentration and attention styles. Application to sport performance at all skill levels and to fitness, health, and rehabilitation.

**HHPA 470 MENTAL HEALTH (2 credits)**

Topics designed to lead students through a self-growth process. Lecture-discussion on individual personality traits, self concept, and learned defense mechanisms and coping devices.

**HHPA 480 INDEPENDENT STUDY (1-5 credits)**

Opportunity to pursue special interests, conduct research, or obtain work experience. Credit often dependent upon submission of a paper.

*Prerequisites:* Departmental approval required.

**HHPA 482 APPLIED EXERCISE PHYSIOLOGY (4 credits)**

Study of acute and adaptive physiological responses to exercise in regard to nutrition, bioenergetics, cardiovascular, clinical and environmental effects on performance. Specific focus includes the study of hemodynamic function in diseased and stressed states, clinical exercise physiology and environmental influences. Laboratory components include electrophysiology, stress testing, and wellness programming.

*Total Course fees:* \$35.00

*Prerequisites:* HHPA 280, HHPA 360, and one from PSYC 101, PSYC 281, PSYC 282, PSYC 283, PSYC 284, PSYC 286, PSYC 287, PSYC 288.

*Typically offered:* Spring Semester

**HHPA 486 PRACTICUM (2 credits)**

Application of evidence-based practices. Firsthand experiences with feedback from a mentor. Reflection on implementation of specific evidence-based practices in physical activity and sport settings.

**HHPA 487 INTERNSHIP (1-10 credits)**

Practical experience delivering programs in athletic training, health, exercise science, or physical education. Opportunities in private organizations (YMCA, Health/Fitness Centers), corporate education or fitness programs, or public organizations (schools, correctional institutions, hospitals, day care centers). Open to advanced students who have completed prerequisites including requirements for entrance into a teacher education program, if applicable. Maximum 5 credits count toward the major.

*Prerequisites:* Junior or senior standing, internship contract and instructor approval.

(EXPERIENTIAL LEARNING)

**HHPA 490 SENIOR THESIS (1 credit)**

Intensive field or laboratory research on a topic in human performance. Requires a comprehensive written report and public oral presentation of the project. For the advanced, self-reliant student.

*Prerequisites:* HHPA 342. HHPA 442 (concurrent) and senior standing.

**HHPA 491 SENIOR CAPSTONE IN PUBLIC HEALTH (4 credits)**

The Public Health Capstone is an integrative experience in which students bring together the knowledge, skills and abilities acquired during their time in the Public Health - Health Promotion Major course of study. The theory learned is applied in a real world setting providing students opportunities to identify, assess and address current public health issues. Prerequisites: Senior Standing: Public Health: Health Promotion, HHPA 250, 422 or with Instructor Consent. Offered spring. 4 credits (MWI)  
*Prerequisites:* Senior Standing: Public Health: Health Promotion required. HHPA 250 and HHPA 422, or consent of instructor.  
*Typically offered:* Spring Semester  
 (MAJOR WRITING INTENSIVE)

**HHPA 492 SENIOR SEMINAR IN HEALTH AND HUMAN PERFORMANCE (1 credit)**

This course is designed to bring together content covered throughout students' programs of study. Students will integrate overlapping health and human performance concepts and theories that are critical as they transition to professional careers and/or graduate studies. Various career tools will be explored and applied, including the creation of a professional portfolio for graduate school or professional career.  
*Prerequisites:* Senior standing.  
*Typically offered:* Fall and Spring Semesters

**HHPA 495 EXERCISE SCIENCE CAPSTONE (4 credits)**

A capstone experience required of all Exercise Science majors. Students complete one of the following options: a) an original research study [Prerequisite: HHPA 342 - Research Seminar]; b) literature review; c) internship (90 hours) with an associated project; or, d) project.  
*Prerequisites:* Senior standing or consent of instructor.  
*Typically offered:* Fall and Spring Semesters

**HHPA 512 EXPERIMENTAL DESIGN IN SPORTS SCIENCE (3 credits)**

Preparation of knowledge, skills, and abilities necessary to implement evidence-based practice in careers. Focus will be evidence-based practice with emphasis on forming answerable questions, effective literature review strategies, best methodologies, and drawing conclusions.  
*Typically offered:* Summer Term, Annually

**HHPA 545 SENSORY AND MOTOR PERFORMANCE (3 credits)**

Provide students the scientific foundation of the behavioral bases of movement control and motor skill learning with an emphasis on fundamental concepts and methodologies, which is used to enhance human motor control and learning and skill acquisition including sensory and cognitive functions for sport performance.  
*Total Course fees:* \$50.00  
*Typically offered:* Fall Semester, Annually

**HHPA 552 SPORT BIOMECHANICS (3 credits)**

Concepts of movement integration and assessment to possess a general appreciation of biomechanical relationship for sport performance. Students will recognize and apply technology for the programming and restoration to enhance movement quality for various sport populations.  
*Total Course fees:* \$50.00  
*Typically offered:* Fall Semester, Annually

**HHPA 560 SPORT PERFORMANCE TRAINING TECHNIQUES (2 credits)**

Refining and progressing training methods and techniques as they pertain to high-performing competitive clients. Focus will be on teaching advanced resistance training, speed, and power skills and their applicability to a given sport or phase within that sport. Emphasis will be placed upon weightlifting movements, plyometric training and sport-specific resistance training practices. Largely hands-on, experiential learning with Linfield sport programs. Students to be supervised by Linfield sport performance specialists.  
*Prerequisites:* HHPA 545, HHPA 552  
*Typically offered:* Spring Semester, Annually

**HHPA 562 PERIODIZATION FOR SPORT PERFORMANCE (2 credits)**

Focus will be on advanced training programs and periodization schemes and their applicability to a given sport or phase within that sport. An array of programs will be examined with focuses in hypertrophy, strength and power development, speed, and aerobic conditioning.  
*Prerequisites:* HHPA 545, HHPA 552, HHPA 582  
*Typically offered:* Fall Semester, Annually

**HHPA 565 MENTAL AND SOCIAL VARIABLES FOR SPORT PERFORMANCE (3 credits)**

Principles of behavioral sciences applied to studying and enhancing human physical performance. Socialization, motivation, personality, anxiety and stress arousal and anxiety management, concentration and attentional styles, group and team dynamics, psychological skills training. Application to sport performance at all skill levels and to fitness, health, and rehabilitation. Examines approaches to psychological training that lead to peak performance in sport and other endeavors. Develops individualized training procedures for maintaining optimal arousal, motivation, cohesion, concentration and confidence.  
*Typically offered:* Fall Semester, Even Years

**HHPA 582 SPORT PHYSIOLOGY (3 credits)**

This course will provide a specific overview of integrative physiology underlying sport movement and measures. Major emphases will be placed on cardiorespiratory and bioenergetic systems in the intensity and duration of voluntary, sport movement. The course will focus on molecular and physiologic aspects of cardiorespiratory and metabolic functions with an applied approach to examine physiological adaptations to sport and the influence on physical function.  
*Total Course fees:* \$50.00  
*Typically offered:* January Term, Annually

**HHPA 584 TECHNOLOGY AND DATA ANALYSIS IN SPORTS SCIENCE (3 credits)**

Focus on understanding and applying available technology to on- and off-field assessments, measure movement variables, and analysis to address hypotheses. Reliability and validity of variables output from commonly used commercial technologies will be discussed, critiqued, and considered in the context of various sport and client demands. Data processing, organization, interpretation, and visualization techniques will be practiced.  
*Total Course fees:* \$50.00  
*Typically offered:* Spring Semester, Annually

**HHPA 586 SPORTS SCIENCE PRACTICUM (2-4 credits)**

Supervised practical work experiences in sports science and performance. This will be a guided discovery class led by Linfield sport performance specialists, as the students will assist with specific sport programs on campus to apply their classroom knowledge and skills. Focus can range from participation in day-to-day training and conditioning, to sport performance leadership opportunities.  
*Typically offered:* Annually



**HHPA 587 SPORTS SCIENCE INTERNSHIP (3-5 credits)**

Opportunities to gain supervised practical work experiences in sports science outside of the Linfield community. Open to advanced students in the program who have completed prerequisites.

*Prerequisites:* HHPA 545, HHPA 552, HHPA 582, HHPA584.

*Typically offered:* Summer Term, Annually

**HHPA 599 INDEPENDENT STUDY IN SPORTS SCIENCE (2-4 credits)**

Presents the opportunity to pursue specialized topics and interests within the field of sports science. With direction of a faculty advisor, or professional in the field, students will create a semester-long curriculum examining and applying specific concepts within sports science.

*Prerequisites:* HHPA 545, HHPA 552, HHPA 582, HHPA 584.

*Typically offered:* Annually

**HHPA 610 SUMMATIVE RESEARCH I (3 credits)**

Research and explore a specific area of sports science working closely with a faculty member who has substantive interest in the proposed field of study. The primary products of this course are the formation of the research faculty advisory committee, an extensive literature review, design of proper methodology to answer the research question, successful IRB application and approval, and research proposal to faculty advisory committee for guidance and feedback on the research process.

*Prerequisites:* HHPA 512, HHPA 545, HHPA 552, HHPA 582, HHPA 584

*Typically offered:* Fall Semester, Annually

**HHPA 612 SUMMATIVE RESEARCH II (3 credits)**

Continuation of HHPA 610. The primary products of this course are the carrying out of data collection/methodology, data analysis upon completion of data collection, final defense of full research study with faculty advisory committee, and final draft of full publication manuscript.

*Prerequisites:* HHPA 610.

*Typically offered:* Spring Semester, Annually

**HHPA 687 FNDTNS LEADERSHIP IN PHYSICAL ACTIVITY (4 credits)**

Focus on evidence-based educational methods and learning strategies in physical activity environments. Effective leadership principles in schools, clinics and fitness facilities. This course requires you to complete a 12-hour practicum that will take place off-campus.

*Typically offered:* Fall, Spring, and Summer Terms, As Needed