

HE/HPE - HEALTH AND PHYSICAL EDUCATION

HE151 Drug Education: Stimulants and Performance Enhancing Drugs

Credits 3
Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; each with a grade of "C" or better; or placement above stated course levels. Drug Education examines how drug use affects individuals, communities and the nation. This course looks at why people use drugs as well as the physiological and psychological effects from using psychoactive substances. This course provides an overview of drug classifications while emphasizing psycho-therapeutic drugs, performance enhancing drugs and stimulants. Current drug use trends, theories of addiction, and methods of treatment are discussed. **This course fulfills:** Health & Physical Education

HE152 Drug Education: Opioids, Cannabis, Depressants and Hallucinogens

Credits 3
Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; each with a grade of "C" or better; or placement above stated course levels. Drug Education examines how drug use affects individuals, communities and the nation. This course looks at why people use drugs as well as the physiological and psychological effects from using psychoactive substances. This course provides an overview of drug classifications while emphasizing opioids, hallucinogens, marijuana and depressants. Current drug use trends, theories of addiction, and methods of treatment are discussed. **This course fulfills:** Health & Physical Education

HE202 Adult Development and Aging

Credit 1
Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; each with a grade of "C" or higher; or placement above stated course levels. This course explores common biological, psychological, and sociological effects associated with the natural human aging process. Age-related conditions and diseases will be presented along with evidence-based strategies to increase health and wellness throughout adulthood. Additional topics include the provision of dependent care; diet and nutrition; economics and retirement; exercise and activity; adult community resources; related public policy issues; and more. **This course fulfills:** Health & Physical Education

HE204 Nutrition for Health

Credits 3
Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; and MTH020; each with a grade of "C" or better; or placement above stated course levels. This course explores nutrition and dietary behavior patterns that contribute to long-term health, wellness, and disease risk. Current nutritional guidelines and recommendations are discussed to build a foundation of knowledge for evaluating nutritional habits, discussing controversies in nutrition, and nutrition to support physical activity. **This course fulfills:** Health & Physical Education

HE205 Diet Appraisal

Credit 1
Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; and MTH020; each with a grade of "C" or better; or placement above stated course levels. This course takes an in-depth look at the American diet. Students have the opportunity to analyze individual dietary habits and determine where nutritional improvements can be made. Consumer information, reliable sources of nutrition information and specialized diets (low-fat, low-salt and low-sugar) will also be explored. **This course fulfills:** Health & Physical Education

HE207 Stress Control Through Activity Intervention

Credit 1
Registration Requirement: None. This course is designed to help students identify the scope of their stress as it relates to individual factors. Through self-reflection, application of deep and mini relaxation techniques, and identifying coping strategies the student determines personal strategies and techniques to minimize the effects of stressors. **This course fulfills:** Health & Physical Education

HE208 HIV and Other Sexually Transmitted Infections

Credit 1
Registration Requirement: None. HIV and Other Sexually Transmitted Infections (STI's) is a course designed to examine the biological, social and personal implications of HIV disease as well as other STI's on one's behavior, lifestyle choices and the community at large. The student explores risk factors, how to reduce the spread of infection and evaluate their own values as they relate to AIDS and STI's. **This course fulfills:** Health & Physical Education

HE209 Sport and Exercise Nutrition

Credit 1
Registration Requirement: Recommended requisite: HE204 or HE205. RD090 and WR090, or IECC201R and IECC201W; and MTH020; each with a grade of "C" or better; or placement above stated course levels. This course explores nutrition as it relates to the demands of exercise and competitive sports. Topics covered include the interrelationship between nutrition and exercise, nutrition to optimize performance and recovery, fluid and hydration needs, timing of consumption, and the role of nutrition in injury prevention and post-injury care. **This course fulfills:** Health & Physical Education

HE225 Nutrition

Credits 4
Registration Requirement: RD090 and WR090, or IECC201R and IECC201W, each with a grade of "C" or better. Co-requisite: MTH058 or MTH065, or higher placement level. Recommended requisites: BI102A, BI112, or BI212, and CH104 and WR121. This course is an introduction to the science of nutrition. The biological functions and dietary sources of essential nutrients and non-nutrients are studied, as well as the relationship of diet to health. Contemporary national and international nutritional concerns are presented. The student is required to complete a computer-assisted, three-day diet survey and written evaluation. Students cannot earn credit for both HE225 and FN225. **This course fulfills:** Health & Physical Education; Non-Lab Science

HE242 Stress and the Human Body

Credits 3

Registration Requirement: RD090 and WR090, or IECC201R and IECC201W, each with a grade of "C" or higher; or placement above stated course levels. This course introduces students to a variety of stress management techniques including breathing techniques, mindful movement, meditation, and lifestyle changes. Students will explore the physiology and biochemistry of stress responses, identify sources of their personal stress, conduct audits of their own lifestyles to examine stress factors, discuss the impacts of stress on physical health and disease, and reflect on the efficacy of stress management techniques in their own lives.

HE250 Personal Health and Wellness

Credits 3

Registration Requirement: RD090 or IECC201R with a grade of "C" or better; or placement above stated course level. The student should have some experience with computers and the internet. This course provides information on a variety of issues that affect an individual's health and wellness. Lifestyle and behavioral strategies to manage personal health and wellness will be explored. Topics to be discussed include sexual health, alcohol and drug use, cultural influences, human development and aging, environmental health, stress management, exercise, nutrition, chronic and communicable disease prevention, and more.

This course fulfills: Health & Physical Education

HE251 Wilderness First Aid

Credits 2

Registration Requirement: Recommended Requisite: RD090 or IECC201R. This class will introduce students to the concepts of medical care in a wilderness setting. The class focuses on basic life support skills, wound management, and environmental problems such as hypothermia and heat exhaustion. The class will also cover allergic reactions, improvised splinting and spine management. Upon successful completion of the course, student may be certified in Wilderness First Aid and CPR.

Additional Course Fee: \$62.00
This course fulfills: Health & Physical Education

HE252 First Aid: Responding to Emergencies

Credits 3

Registration Requirement: RD090 or IECC201R with a grade of "C" or higher; or placement above stated course level. This course provides Citizen Responder training, according to American Red Cross standards, in respiratory and cardiac emergencies for adults, as well as the knowledge and skills necessary to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until professional medical services arrive. Course content and activities prepare the student to recognize emergencies and make appropriate decisions for first aid care. Successful completion may lead to the American Red Cross Responding to Emergencies Adult CPR/AED certification.

Additional Course Fee: \$35.00
This course fulfills: Health & Physical Education

HE255 Alcohol and the Family

Credits 3

Registration Requirement: None. This course provides an overview of the psychological and physiological effects associated with alcohol use, misuse, and dependency. This course also discusses addiction and the effects it has on individuals, families, and society.

This course fulfills: Health & Physical Education

HE261 CPR - Cardiopulmonary Resuscitation

Credit 1

Registration Requirement: RD090 or IECC201R with a grade of "C" or better; or placement above stated course level. This course provides Citizen Responder training, according to American Red Cross standards, in respiratory and cardiac emergencies for adults, children and infants. Students are presented with techniques to overcome reluctance to act in emergency situations and to recognize and care for life threatening respiratory and cardiac emergencies. Successful completion may lead to the American Red Cross Adult and Pediatric CPR/AED certification.

Additional Course Fee: \$35.00
This course fulfills: Health & Physical Education

HE262 Basic Life Support

Credit 1

Registration Requirement: RD090 or IECC201R with a grade of "C" or better; or placement above stated course level. This American Heart Association (AHA) Basic Life Support (BLS) course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. The AHA's BLS Course is designed for healthcare providers caring for patients both in pre-hospital and in-facility environments. Successful completion may lead to the American Heart Association Basic Life Support certification.

Additional Course Fee: \$12.00
This course fulfills: Health & Physical Education

HE265 Women's Health

Credits 3

Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; each with a grade of "C" or better; or placement above stated course levels. This course, open to all students interested in these topics, explores the dimensions of wellness specific to women's health with special attention to physical, social, emotional and environmental factors. Lessons will look at how various factors influence access to health care as well as choices women have in their own self-care. Female anatomy and physiology of pregnancy, childbirth, female anatomical dysfunction, female cancers, stress management and the aging process are also discussed. Students are exposed to a variety of female health topics and then asked to think critically about their own health history and lifestyle choices.

This course fulfills: Health & Physical Education

HE289 Wilderness First Responder

Credits 4

Registration Requirement: RD090 or IECC201R with a grade of "C" or better; or placement above stated course level. This course teaches how to respond to medical emergencies in a remote wilderness setting and is designed specifically to provide the tools to make critical medical and evacuation decisions in remote locations. The focus is on identifying symptoms and providing treatments given minimal first aid resources. Topics include wound management and infection, realigning fractures and dislocations, spine-injury management, improvised splinting techniques, long term patient management, environmental emergencies, and advice on drug therapies. Evacuation techniques are also covered. Emphasis is placed on prevention and decision making. Nationally recognized certification and Adult CPR/AED is included.

Additional Course Fee: \$488.00
This course fulfills: Health & Physical Education

HE289L Wilderness First Responder Part- 2

Credits 2

Registration Requirement: HE289 or instructor permission.

Recommended requisite: RD090 or IECC201R.

This course teaches you how to respond to medical emergencies in the backcountry and is designed specifically to provide the tools to make critical medical and evacuation decisions in remote locations. This course compliments HE289 and is only for students needing hands-on training. Topics include wound management, dislocations, spine-injury management, litter packaging and carries, improvised splinting techniques, patient monitoring and long-term patient management, environmental emergencies, anaphylaxis treatment, and evacuation techniques. Emphasis is placed on prevention and decision-making. Nationally recognized certification and Adult CPR/AED is included.

Additional Course Fee: \$488.00**This course fulfills:** Health & Physical Education**HE289R Wilderness First Responder - Recertification**

Credits 2

Registration Requirement: HE289 or HE289L or Instructor Permission.

This course recertifies the Wilderness First Responder certification.

This course will focus on assessing and treating traumatic injuries as well as environmental emergencies. Topics include spine management, litter packaging, improvised splinting, wound management, and hypothermia packaging. Course includes certification in Adult and Child CPR/AED and Anaphylaxis treatment.

Additional Course Fee: \$172.00**This course fulfills:** Health & Physical Education**HPE110 Teambuilding and Group Facilitation**

Credits 3

This course introduces students to teambuilding activities, group facilitation, and processing. Students learn how to lead activities that develop teamwork, communication, leadership, and trust. Topics covered include conflict-resolution, decision making, group development, leadership, and followership. Students learn facilitation techniques, problem-solving initiatives, teambuilding initiatives, ice breakers, games, and processing techniques.

This course fulfills: Health & Physical Education; Human Relations**HPE120 Introduction to Navigation**

Credit 1

This course introduces students to wilderness navigation. Students learn wilderness navigation concepts including map and field bearings, declination, triangulation, contour line interpretation, GPS receiver use, map types, scales and coordinate systems.

Additional Course Fee: \$23.00**This course fulfills:** Health & Physical Education**HPE170 Structure and Function of the Human Body**

Credits 3

Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; and MTH020; each with a grade of "C" or better; or placement above stated course levels.

This course is the first in a series of courses that introduces exercises science to students who are interested in pursuing a career in the fitness industry. This course will introduce the anatomy and physiology of components involved in the human movement system including the nervous, skeletal, muscular, endocrine, cardiovascular, and respiratory systems. The processes of how the body produces and utilizes energy for exercise will also be introduced.

This course fulfills: Health & Physical Education**HPE172 Exercise Science**

Credits 3

Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; and MTH020; each with a grade of "C" or better, or placement above stated course levels. HPE170 is recommended. This course is the second in a series of courses that introduces exercises science to students who are interested in pursuing a career in the fitness industry. This course will introduce the mechanical laws and forces that affect movement as well as the effects exercise has on the human physiology will be emphasized. Common training concepts and how exercise impacts health and fitness will also be presented.

This course fulfills: Health & Physical Education**HPE174 Fitness Assessment and Programming**

Credits 3

Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; and MTH020; each with a grade of "C" or better, or placement above stated course levels. HPE170 and HPE172 are recommended. This course is the third in a series of courses that introduces exercises science to students who are interested in pursuing a career in the fitness industry. This course will introduce methods of assessing the health and fitness status of individuals. An emphasis will be placed on assessing the exercise readiness of individuals and designing exercise programs that are safe, efficient, goal oriented and addresses the needs of the individuals.

Additional Course Fee: \$549.00**This course fulfills:** Health & Physical Education**HPE260 Prevention and Care of Exercise-Related Injuries**

Credits 3

Registration Requirement: RD090 and WR090, or IECC201R and IECC201W, each with a grade of "C" or better; or placement above stated levels. Co-requisite: MTH058 or MTH065, or placement above stated levels. Recommended requisites: HPE170 and HE252. This course is designed for future health and fitness professionals, coaches, or individuals involved in sport as an introduction to support the safety and well-being of participants. Throughout this course students will gain a basic understanding of human anatomy, learn how to recognize signs and symptoms of medical emergencies, develop and implement an appropriate emergency action plan, utilize strategies to recognize and reduce risk for injury or illness, and identify basic sport injuries. This course consists of lecture classes with an emphasis on hands-on application of skills.

Additional Course Fee: \$15.00**This course fulfills:** Health & Physical Education**HPE270 Introduction to Sport Psychology**

Credits 3

Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; and MTH020; each with a grade of "C" or better, or placement above stated course levels. This is an introductory course into the psychological principles of sport and exercise. Throughout this course students will explore different strategies for enhancing confidence, concentration, and motivation; discuss team development and leadership styles; and identify factors that influence motor skill development.

This course fulfills: Health & Physical Education

HPE2850L Wilderness Survival

Credits 3

Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; and MTH020; each with a grade of "C" or higher, or placement above stated course levels. Students must be capable of participating in the field outing associated with the class. Students with disabilities are responsible for requesting accommodations and must do so a minimum of two weeks before the beginning of the term. This course provides the information and skills necessary for safe, low-impact, outdoor travel. Topics include environmental hazards, land navigation, survival skills, introduction to search and rescue, introduction to wilderness emergency care, low-impact camping and environmental issues. This course includes information on Wilderness First Aid and Adult CPR and is recommended for all students interested in recreating outside.

Additional Course Fee: \$5.00
This course fulfills: Health & Physical Education

HPE291 Lifeguard Training

Credits 2

Registration Requirement: RD090 or IECC201R, with a grade of "C" or better; or placement above stated course level. On the first day of class, all participants must successfully complete the following: 1) 300 yd. continuous swim demonstrating rhythmic breathing, 2) 2 minute tread-water using only legs, 3) a timed event (within 1 min, 40 sec) including a 20 yd swim, dive 7-10 ft., retrieve 10# object, swim 20 yd on back using both hands to hold the object and swim with face above water. This is an American Red Cross/college course that will teach students to recognize an emergency, respond appropriately, and prevent injury in an aquatic environment. Effective pool supervision, education and enforcement of rules, and various rescue techniques will be covered. Successful completion of this course may include the American Red Cross Lifeguard Certification, CPR/AED Certification and First Aid Certification.

Additional Course Fee: \$50.00
This course fulfills: Health & Physical Education

HPE295 Health and Fitness for Life

Credits 3

Registration Requirement: RD090 and WR090, or IECC201R and IECC201W; and MTH020; each with a grade of "C" or better, or placement above stated course levels. This is a 3-credit class which includes 2 hours of lecture/wk and the face-to-face student is expected to participate in 1500 minutes of ACT Lab workouts during the term. Health and Fitness for Life explores how wellness, physical fitness, stress, nutrition and cardiovascular health affect an individual's health and well-being. This course includes an exercise component that requires students to actively engage in exercise within a designated workout facility.

Additional Course Fee: \$25.00
This course fulfills: Health & Physical Education

Course fees are subject to change. Additional section fees (web, hybrid, etc.) may apply.

★ Course offered online

🌐 Cultural Literacy course