## Community Health and Wellness

**Department of Health and Physical Education**
**Department Chair:** Robin Kirkwood Auld

**Community Health and Wellness Program Director:** Carol Cummings

**Community Health and Wellness Program Faculty: Professor** Castagno; **Associate Professors**Auld, Cummings, Tunnicliffe; **Assistant Professors** Clark, England-Kennedy, Fisher, Heath, Pepin

Students must consult with their assigned advisor before they will be able to register for courses. Students must present current certification in basic first aid, adult-child-infant CPR, and AED in order to enroll in an internship.

Community Health and Wellness B.S.

Retention Requirements

1. A minimum cumulative GPA of 2.75 each semester.

2. A minimum grade of B- in all other required program courses, except for BIOL 108, BIOL 231, BIOL 335, and PSYC 110 or PSYC 215, which, when needed, require a minimum grade of C.

Course Requirements

Core Courses

|  |  |  |  |
| --- | --- | --- | --- |
| BIOL 108 | Basic Principles of Biology | 4 | F, Sp, Su |
| BIOL 231 | Human Anatomy | 4 | F, Sp, Su |
| BIOL 335 | Human Physiology | 4 | F, Sp, Su |
|  |   |  |  |
| ENGL 230 | Writing for Professional Settings | 4 | F, Sp, Su |
|  | -Or- |  |  |
| MKT 201 | Introduction to Marketing | 3 | F, Sp, Su |
|  |   |  |  |
| HPE 102 | Personal Health | 3 | F, Sp, Su |
| HPE 205 | Conditioning for Personal Fitness | 3 | F, Sp |
| HPE 221 | Nutrition | 3 | F, Sp |
| HPE 233 | Social and Global Perspectives on Health | 3 | F, Sp, Su |
| HPE 303 | Community Health | 3 | F, Sp |
| HPE 406 | Program Development in Health Promotion | 3 | Sp or as needed |
| HPE 410 | Stress Management | 3 | F, Sp |
| PSYC 215 | Social Psychology | 4 | F, Sp, Su |

Note: BIOL 231, BIOL 335: Students concentrating in recreation and leisure studies do not take BIOL 231 and BIOL 335.

Note: PSYC 215: Students concentrating in wellness and movement studies or women’s health may take either PSYC 215 or PSYC 110.

Concentrations

Choose Concentration A, B, C, D, or E below.

A. Community and Public Health Education

|  |  |  |  |
| --- | --- | --- | --- |
| COMM 208 | Public Speaking | 4 | F, Sp |
| HPE 101 | Human Sexuality | 3 | F, Sp, Su |
| HPE 202 | Principles of Health Education | 3 | F, Sp |
| HPE 300 | Concepts of Teaching | 3 | F, Sp |
| HPE 307 | Dynamics and Determinants of Disease | 3 | F, Sp |
| HPE 419 | Practicum in Community Health | 3 | F |
| HPE 426 | Internship in Community Health | 10 | F, Sp, Su |
| HPE 429 | Seminar in Community Health | 2 | F, Sp, Su |

ONE COURSE from

|  |  |  |  |
| --- | --- | --- | --- |
| GEND 200 | Gender and Society | 4 | F, Sp |
| SOC 200 | Society and Social Behavior | 4 | F, Sp |
| SOC 202 | The Family | 4 | F, Sp, Su |

ONE COURSE from

|  |  |  |  |
| --- | --- | --- | --- |
| ANTH 309 | Medical Anthropology | 4 | Alternate years |
| HCA 201 | Introduction to Health Care Systems | 3 | F, Sp |
| PSYC 424 | Health Psychology | 4 | Annually |
| SOC 314 | The Sociology of Health and Illness | 4 | Annually |

TWO COURSES from

|  |  |  |  |
| --- | --- | --- | --- |
| COMM 330 | Interpersonal Communication | 4 | F |
| COMM 351 | Persuasion | 4 | F, Sp |
| ENGL 230 | Writing for Professional Settings | 4 | F, Sp, Su |
| GEND 354 | Teenagers in/and the Media | 4 | As needed |
| GEND 356 | Class Matters | 4 | F |
|  |   |  |  |
| GRTL 314 | Health and Aging | 4 | F, Sp, Su |
|  | -Or- |  |  |
| NURS 314 | Health and Aging | 4 | F, Sp, Su |
|  |   |  |  |
| HPE 431 | Drug Education | 3 | F, Sp |
| MKT 201 | Introduction to Marketing | 3 | F, Sp, Su |
| MKT 329 | Global Marketing | 3 | F, Sp |
| MKT 334 | Consumer Behavior | 3 | F, Sp |

Total Credit Hours: 84-88

Note: ENGL 230, MKT 201: Students cannot double-count this course if taken as a Core Course option

B. Health and Aging

|  |  |  |  |
| --- | --- | --- | --- |
| COMM 208 | Public Speaking | 4 | F, Sp |
| HPE 101 | Human Sexuality | 3 | F, Sp, Su |
| HPE 202 | Principles of Health Education | 3 | F, Sp |
| HPE 300 | Concepts of Teaching | 3 | F, Sp |
| HPE 307 | Dynamics and Determinants of Disease | 3 | F, Sp |
| HPE 419 | Practicum in Community Health | 3 | F |
| HPE 426 | Internship in Community Health | 10 | F, Sp, Su |
| HPE 429 | Seminar in Community Health | 2 | F, Sp, Su |
| SOC 217 | Aging and Society | 4 | F, Sp, Su |

ONE COURSE from

|  |  |  |  |
| --- | --- | --- | --- |
| GRTL 314 | Health and Aging | 4 | F, Sp, Su |
| NURS 312 | Death and Dying | 3 | Sp |
| NURS 314 | Health and Aging | 4 | F, Sp, Su |

TWO COURSES from

|  |  |  |  |
| --- | --- | --- | --- |
| ANTH 308 | Culture, Aging, and the Life Course | 4 | Alternate years |
| HPE 451 | Recreation and Aging | 3 | As needed |
| PSYC 339 | Psychology of Aging | 4 | Annually |
| SOC 314 | The Sociology of Health and Illness | 4 | Annually |
| **Total Credit Hours: 85-88** |

C. Recreation and Leisure Studies

|  |  |  |  |
| --- | --- | --- | --- |
| HPE 151 | Introduction to Recreation in Modern Society | 3 | As needed |
| HPE 243 | Motor Development and Motor Learning | 3 | F, Sp |
| HPE 251 | Recreation Delivery Systems | 3 | As needed |
| HPE 253 | Introduction to Therapeutic Recreation | 3 | As needed |
| HPE 301 | Principles of Teaching Activity | 3 | F, Sp |
| HPE 323 | Teaching in Adventure Education | 3 | F, Sp |
| HPE 351 | Leadership and Supervision of Recreation | 3 | As needed |
| HPE 356 | Recreation Practicum | 4 | As needed |
| HPE 427 | Internship in Movement Studies and Recreation | 10 | F, Sp, Su |
| HPE 430 | Seminar in Movement Studies and Recreation | 2 | F, Sp, Su |
| HPE 451 | Recreation and Aging | 3 | As needed |

TWO COURSES from

|  |  |  |  |
| --- | --- | --- | --- |
| ANTH 308 | Culture, Aging, and the Life Course | 4 | Alternate years |
| HPE 252 | Camping and Recreational Leadership | 3 | As needed |
| HPE 278 | Coaching Skills and Tactics | 3 | F, Sp |
| HPE 307 | Dynamics and Determinants of Disease | 3 | F, Sp |
| HPE 404 | School Health and Physical Education Leadership | 3 | Sp |
| PSYC 339 | Psychology of Aging | 4 | Annually |

Total Credit Hours: 78-81

D. Wellness and Movement Studies

|  |  |  |  |
| --- | --- | --- | --- |
| HPE 140 | Foundations of Wellness and Health Promotion | 3 | F, Sp |
| HPE 201 | Prevention and Care of Athletic Injuries | 3 | Sp |
| HPE 243 | Motor Development and Motor Learning | 3 | F, Sp |
| HPE 278 | Coaching Skills and Tactics | 3 | F, Sp |
| HPE 301HPE 309 | Principles of Teaching ActivityExercise Prescription | 33 | F, SpF |
| HPE 411 | Kinesiology | 3 | F |
| HPE 420 | Physiological Aspects of Exercise | 3 | F |
| HPE 421 | Practicum in Movement Studies and Assessment | 3 | F |
| HPE 427 | Internship in Movement Studies and Recreation | 10 | F, Sp, Su |
| HPE 430 | Seminar in Movement Studies and Recreation | 2 | F, Sp, Su |

TWO COURSES from

|  |  |  |  |
| --- | --- | --- | --- |
| HPE 151HPE 244 | Introduction to Recreation in Modern SocietyGroup Exercise Instruction | 33 | As neededSp |
| HPE 247 | Rhythmic Movement | 3 | Sp |
| HPE 307 | Dynamics and Determinants of Disease | 3 | F, Sp |
| HPE 308HPE 310 | The Science of CoachingStrength and Conditioning for the Athlete | 33 | SpF |
| HPE 323 | Teaching in Adventure Education | 3 | F, Sp |
| HPE 404 | School Health and Physical Education Leadership | 3 | Sp |
| HPE 408 | Coaching Applications | 3 | F |
| HPE 451 | Recreation and Aging | 3 | As needed |
| SOC 217 | Aging and Society | 4 | F, Sp, Su |

Total Credit Hours: 85-87

E. Women’s Health

|  |  |  |  |
| --- | --- | --- | --- |
| COMM 208 | Public Speaking | 4 | F, Sp |
| GEND 200 | Gender and Society | 4 | F, Sp |
| HPE 101 | Human Sexuality | 3 | F, Sp, Su |
| HPE 202 | Principles of Health Education | 3 | F, Sp |
| HPE 300 | Concepts of Teaching | 3 | F, Sp |
| HPE 307 | Dynamics and Determinants of Disease | 3 | F, Sp |
| HPE 419 | Practicum in Community Health | 3 | F |
| HPE 426 | Internship in Community Health | 10 | F, Sp, Su |
| HPE 429 | Seminar in Community Health | 2 | F, Sp, Su |
| SOC 342 | Women, Crime, and Justice | 4 | F, Sp |
| SOC 345 | Victimology | 4 | F, Sp, Su |

ONE COURSE from

|  |  |  |  |
| --- | --- | --- | --- |
| COMM 332 | Gender and Communication | 4 | F |
| GEND 354 | Teenagers in/and the Media | 4 | As needed |
| GEND 357 | Gender and Sexuality | 4 | F |
| GEND 458 | Gender and Education | 4 | As needed |
| PSYC 356 | Psychology of Gender | 4 | Annually |
| HPE 323 | Teaching in Adventure Education | 3 | F, Sp |
| SOC 202 | The Family | 4 | F, Sp, Su |

Total Credit Hours: 86-88

of motor development and the kinesiological principles associated with how individuals move. 4 contact hours.

Offered: Fall, Spring.

HPE 207 - Motor Skill Development for Lifetime Wellness I (3)

Basic competencies are developed in a variety of team activities. Included are relevant skill and tactical development and background information. Emphasis is placed on relating the activities to wellness concepts. 4 contact hours.

Prerequisite: HPE 206.

Offered: Fall, Spring.

HPE 208 - Motor Skill Development for Lifetime Wellness II (3)

Basic competencies are developed in a variety of individual and dual activities. Included are skill analysis, strategies, rules and history relevant to the activities. Emphasis is on the role of individual and dual sports in achieving a lifestyle of wellness. 4 contact hours.

Prerequisite: HPE 206

Offered: Fall, Spring.

HPE 221 - Nutrition (3)

The fundamental principles of human nutrition are presented, with application to the planning of dietaries.

Offered: Fall, Spring.

HPE 233 - Social and Global Perspectives on Health (3)

Students explore social, global and population perspectives on health, health equity and social justice. Sociocultural factors influencing health decision-making are studied. Health behavior theories are integrated. Advocacy skills are developed.

Prerequisite: 24 credit hours or consent of department chair.

Offered: Fall, Spring, Summer.

HPE 243 - Motor Development and Motor Learning (3)

Through lecture and lab experiences the fundamentals of motor development and motor learning theories are explored. Studies focus on the effects of growth and developmental factors throughout the lifespan.

Offered: Fall, Spring.

**HPE 244:  Group Exercise Instruction** **(3)**

Students will augment existing fitness abilities with knowledge and skills on how to design and teach group exercise classes based on exercise physiology concepts and professional standards.  3 Credit Hours.

Prerequisite: HPE 205 and HPE 243.

Offered: Spring.

HPE 247 - Rhythmic Movement (3)

Focus is on the development of movement concepts and skill themes to promote exploration of a variety of educational gymnastic movements as well as rhythmic activities. 4 contact hours.

Prerequisite: HPE 206.

Offered: Spring.

HPE 251 - Recreation Delivery Systems (3)

Services provided by agencies in both the public and private sectors of leisure-service industries are examined. The functions of these agencies are investigated through lectures, field trips and on-site volunteer work. 4 contact hours.

Offered: As needed.

HPE 252 - Camping and Recreational Leadership (3)

The philosophy and problems of camping and recreational leadership are studied. The principles, practices, processes and techniques of leadership are studied in depth. Lecture and laboratory.

Offered: As needed.

HPE 253 - Introduction to Therapeutic Recreation (3)

Students are introduced to the history, concepts and philosophy of therapeutic recreation in community and institutional settings. Field trips and on-site observations are included.

Offered: As needed.

HPE 278 - Coaching Skills and Tactics (3)

Skill development and tactical awareness are introduced. Students acquire the ability to explain, demonstrate, analyze and provide feedback for physical movements while coaching players of all ages.

Prerequisite: HPE 243.

Offered: Fall, Spring.

HPE 300 - Concepts of Teaching (3)

This is the analytical study of teaching health education. Included are teaching models, the technical skills of teaching, instructional planning, classroom management strategies, and several observational techniques. School visits are required.

Prerequisite: Minimum cumulative GPA of 2.75 and admission into the health education teacher preparation program, or community health and wellness program, or consent of department chair.

Offered: Fall, Spring.

HPE 301 - Principles of Teaching Activity (3)

Techniques of activity presentation are studied, including the task, problem-solving and guided discovery methods. Individual philosophies of teaching are considered. Supervised teaching experiences are included.

Prerequisite: HPE 140 and HPE 243; and admission to the Feinstein School of Education and Human Development or consent of department chair.

Offered: Fall, Spring.

HPE 302 - Practicum in Team Activities (3)

Students analyze select team sport skills and tactics to develop appropriate teaching progressions in team activities. Observations and supervised teaching experiences in pre-K-12 school settings are included. 6 contact hours.

Prerequisite: HPE 207 and HPE 301, or consent of department chair; and admission to the physical education teacher preparation program.

Offered: Spring.

HPE 303 - Community Health (3)

Readings, discussions, and presentations are given on the critical issues of community health. Included is an interpretation of vital statistics, special populations, and communicable diseases.

Prerequisite: Admission to the Feinstein School of Education and Human Development or consent of department chair.

Offered: Fall, Spring.

HPE 305 - Advanced Prevention and Care of Athletic Injuries (3)

Preventative screening, pathomechanics of injury and evaluation techniques are analyzed. Relying heavily on the case-study approach, laboratory sessions include opportunities for supervised practice and the application of training procedures.

Prerequisite: HPE 201.

Offered: As needed.

HPE 307 - Dynamics and Determinants of Disease (3)

Focus is on the causes and impact of selected chronic and infectious diseases in specific human populations and environments. Included are prevention strategies and resources for health care.

Prerequisite: HPE 102 and 30 credit hours or consent of department chair.

Offered: Fall, Spring.

HPE 308 - The Science of Coaching (3)

Scientific aspects of coaching, motor skill acquisition, sport psychology and developmentally appropriate sport programs are analyzed. Emphasis is on coaching philosophy, methodology as well as ethics in coaching.

Prerequisite: HPE 205, HPE 243 and HPE 278, or consent of department chair.

Offered: Spring.

**HPE 309: Exercise Prescription (3)**

Students will learn how to prescribe appropriate and effective personalized fitness programs.  Lectures, practical applications, written exercise prescription, and case studies allow for effective practice designing programs for all populations.

Prerequisite: HPE 205 and HPE 243.

Offered: Fall.

**HPE 310: Strength and Conditioning for the Athlete (3)**

Students will explore the roles and responsibilities of strength and conditioning specialists and acquire skills to design and instruct strength programs for athletes and clients desiring higher level performance.

Prerequisite: BIOL 231.

Offered: Fall.

HPE 313 - Elementary Activities (3)

Basic competencies are developed to build a movement framework for children (BSER framework). Included are exploration related to locomotor, non-locomotor, manipulative and creative movement concepts at the elementary level.

Prerequisite: 12 credit hours, including HPE 243, or consent of department chair.

Offered: Fall.

HPE 314 - Middle School Activities (3)

Basic competencies are developed to enhance skill development. Included are skill analysis, development of strategies and tactics of individual/dual, team, adventure education and rhythmic activities at the middle school setting.

Prerequisite: HPE 301 and 313, or consent of department chair.

Offered: Fall.

HPE 315 - High School Activities (3)

Basic competencies are developed to enhance skill development. Included are skill analysis, development of strategies and tactics of individual and dual/team, adventure education and rhythmic activities in the high school setting.

Prerequisite: HPE 314; consent of department chair.

Offered: Fall.

HPE 323 - Teaching in Adventure Education (3)

In-depth analysis is given of adventure education and outdoor pursuits. Emphasis is on implementing alternative physical activities. Teaching experiences in pre-K-12 school settings are included. 4 contact hours.

Prerequisite: Students in the teacher preparation program must complete two of the three practicums or have consent of department chair. Students majoring in community health and wellness must complete HPE 323 within one year of enrolling in HPE 427.

Offered: Fall, Spring.

HPE 325 - Assessment in Health and Physical Education (3)

Construction, administration, and interpretation of measuring devices for classroom and program assessment are covered. Student performance, achievement, and program status are also evaluated and discussed.

Prerequisite: HPE 300 or HPE 301, or concurrent enrollment in HPE 300 or HPE 301, or consent of department chair.

Offered: Fall.

HPE 345 - Wellness for the Young Child (3)

Wellness topics for early childhood education (B-8) programs are addressed. This course includes experiences in teaching specific basic wellness topics (e.g., health, safety, nutrition and overall wellness). Hybrid course.

Prerequisite: Admission to the ECED Program or consent of the Health and Physical Education department chair.

Offered: Spring, Summer.

HPE 346 - Pedagogical Skills in Elementary Health/Physical Education (3)

Basic principles of comprehensive health education and physical education programs for elementary schools are addressed. 4 contact hours.

Prerequisite: Admission to the Feinstein School of Education and Human Development.