HCA 591 - Master’s Thesis in Health Care Administration (3)

This course is for HCA M.S. candidates who are preparing a thesis under the supervision of a faculty member. Students will take this course in their final semester and complete research for and write a master's thesis on a health-related topic that has been approved by the Health Care Administration graduate program director or by their graduate advisor.

Prerequisite: Completion of all required HCA graduate courses with the exception of HCA 567 or persmission of program director.

Offered: Fall, Spring, Summer.

## HPE - Health and Physical Education

HPE 101 - Human Sexuality (3)

This is an introduction to human sexuality through multidisciplinary research and theory. Attention is given to sociological perspectives. Guest lectures and films add to the breadth of approach.

Offered: Fall, Spring, Summer.

HPE 102 - Personal Health (3)

Students are introduced to personal health and wellness through lecture, discussion, and class projects. Focus is on basic health issues, problems, and associated health behaviors.

Offered: Fall, Spring, Summer.

HPE 105 - Bowling (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 contact hours.

Offered: As needed.

HPE 109 - Swimming Beginning (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 credit hours.

Offered: Fall, Spring.

HPE 110 - Mind-Body Stress Reduction (1)

In this experiential course, students learn mindfulness-based stress reduction skills, including meditation and Hatha yoga, and explore the practice of nonjudgmental awareness in daily life. This is an eight-week course. 2 contact hours.

Offered: Fall, Spring.

HPE 111 - Field Hockey (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 credit hours.

Offered: As needed.

HPE 115 - Fundamentals of First Aid and Cardiopulmonary Resuscitation (2)

Fundamental principles and skills of basic first aid and cardiopulmonary resuscitation (CPR) are presented. Upon satisfactory completion of each unit, appropriate certification is available. This is an eight-week course. 4 contact hours.

Offered: Fall, Spring, Summer.

HPE 118 - Lacrosse (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 contact hours.

Offered: As needed.

HPE 119 - Lifesaving (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 contact hours.

Offered: Fall.

HPE 120 - Beginning Yoga (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 contact hours.

Offered: Fall, Spring.

**HPE 121 Restorative Yoga (1)**

Students are brought into a state of deep relaxation with the intention of healing and restoring the physical body.

This is an eight-week course. 4 contact hours.

Offered: Fall, Spring

HPE 122 - Softball (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 contact hours.

Offered: As needed.

HPE 123 - Outdoor Activities (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 contact hours.

Offered: As needed.

HPE 124 - Swimming Intermediate (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 contact hours.

Offered: Spring.

HPE 125 - Soccer (1)

The development of fundamental skills to promote participation in this activity is stressed. Social skills, strategies, and rule interpretations relevant to each activity are included. This is an eight-week course. 4 contact hours.

Offered: As needed.