Health and Exercise Studies Minor (HESM)

HESM 201 Coaching Baseball/Softball (2 credit hours)
Theories, techniques, and strategies of coaching baseball/softball.

HESM 202 Coaching Basketball (2 credit hours)
Theories, techniques, and strategies of coaching basketball.

Typically offered in Fall, Spring, and Summer

HESM 203 Coaching Football (2 credit hours)
Theories, techniques, and strategies of coaching football.

Typically offered in Fall and Spring

HESM 204 Coaching Golf (2 credit hours)
Theories, techniques, and strategies of coaching golf.

Typically offered in Fall, Spring, and Summer

HESM 205 Coaching Soccer (2 credit hours)
Theories, techniques, and strategies of coaching soccer.

HESM 207 Coaching Tennis (2 credit hours)
Theories, techniques, and strategies of coaching tennis.

HESM 209 Coaching Volleyball (2 credit hours)
Theories, techniques, and strategies of coaching volleyball.

Typically offered in Fall, Spring, and Summer

HESM 211 Strength Training and Conditioning (2 credit hours)
Knowledge and skills necessary for designing and implementing strength and conditioning programs. This course does not constitute credit toward meeting the minimum university Physical Education requirements

Typically offered in Fall, Spring, and Summer

HESM 212 Alcohol, Drugs and Tobacco (2 credit hours)
Theories of drug use, pharmacology, tolerance, dependence, nicotine, alcohol usage, alcoholism, sedative-hypnotics, narcotics, amphetamines, cocaine, marijuana, hallucinogens, steroids and treatment. This course does not constitute credit toward meeting the Physical Education GEP requirement

Typically offered in Fall, Spring, and Summer

HESM 213 Human Sexuality (2 credit hours)
Physiological and psychosocial aspects of human sexuality. Emphasis placed on health-related topics of birth control, pregnancy, childbirth, abortion and sexually-transmitted diseases. Concepts of gender acquisition, sexual values, and sexual morality discussed as related to the promotion of healthy lifestyles within contemporary American culture.

Typically offered in Fall, Spring, and Summer

HESM 214/PRT 214 Introduction to Adventure Education (3 credit hours)
History and philosophy, social psychology of adventure, theories of adventure, benefits, risk-taking behavior, current rends and issues, research and evaluation, and model programs. Field trip required. Students are responsible for their own transportation for field trip.

Typically offered in Fall only

HESM 215/PRT 215 Principles and Practices of Outdoor Leadership (3 credit hours)
Principles and practices of leadership in adventure education and recreation programs: group management, trip planning, staffing, group dynamics, health and safety issues, risk management and other relevant topics.

Typically offered in Spring only

HESM 216 Backcountry Instruction Methodology (2 credit hours)
Techniques for teaching outdoor skills and activities are covered. Emphasis is placed on trip planning, presentations, and skills instruction for outdoor educators. Students will make numerous outdoor activity skills presentations. Students will also evaluate and provide feedback for classmates. Students must participate in two required weekend field trips. Additional charge assessed for the field trips. Refer to the online schedule of classes for the current charge and dates.

Typically offered in Fall only

HESM 275 Behavior Change in Wellness (2 credit hours)
This course introduces students to the eight dimensions of wellness (social, physical, emotional, occupational, intellectual, environmental, spiritual, financial) and features a series of lectures, in-class activities and discussions, course readings, and personal wellness profile, co-curricular wellness activities, and a behavior change project. Wood Wellness Village first time residents; This course does not fulfill the health and exercise studies GEP requirement.

Restricted to: Wood Wellness Village Students only

Typically offered in Fall only

HESM 280 Responding to Emergencies (2 credit hours)
This course introduces the basics of first aid treatment for the lay rescuer. Topics include CPR, AED use, choking and bleeding emergencies, and other basic first aid procedures. This course does not satisfy the Physical Education GEP requirement.

Typically offered in Fall only

HESM 284 Women’s Health Issues (2 credit hours)
This course will review health and wellness issues affecting women through their life span. It will explore medical concerns and prevention as well as social health issues that disproportionately affect women in contemporary society. Discussions of cur

Typically offered in Fall only

HESM 285 Personal Health (2 credit hours)
Behavior change, wellness, stress management, cardiovascular diseases, alcohol and tobacco use, cancer, infectious diseases, arthritis, human sexual response, sexual assault, contraception, and sexually transmitted diseases. This course does not constitute credit toward meeting the Physical Education GEP requirement.

Typically offered in Fall, Spring, and Summer

HESM 286 Nutrition, Exercise and Weight Control (2 credit hours)
A nutrition, exercise and weight management program emphasizing the basics of proper nutrition and exercise. Emphasis on lifestyle changes and their relationship to appropriate weight management. Medical request

Typically offered in Fall, Spring, and Summer
HESM 287 Stress Management (2 credit hours)
Impact of stress upon the psychological and physiological function of the body. Exploration and interaction with stress management techniques. This course does not constitute credit toward meeting the Physical Education GER requirement.

Typically offered in Spring only

HESM 300 Practicum in Health (1 credit hours)
This course focuses on applying program development, management, evaluation, and educational strategies and techniques within a health-related setting. Students are required to purchase internship liability insurance to participate in the practicum; the fee is automatically charged upon registration. Contact University Insurance & Risk Management for more details.

Prerequisite: HESM 285, HESM 375, HESM 377, and 6 hours of electives from the Health Minor
Typically offered in Fall, Spring, and Summer

HESM 301 Coaching Practicum (1 credit hours)
A 30-hour practical coaching experience in a middle school or high school setting. Specific placement will depend upon the various playing sessions for the sports involved. Students are required to purchase internship liability insurance to participate.

Prerequisite: Requires departmental consent, First Aid, and CPR Certification or Equivalent
Typically offered in Fall, Spring, and Summer

HESM 302 Practicum Experience in Outdoor Programs (1 credit hours)
The practicum experience provides a short-term, supervised opportunity for students to participate in leading an outdoor activity course or program. The practicum is the integration of academic preparation with its application in a field setting. The student may be assigned to a Department of Health and Exercise Studies outdoor activity course, program or to an approved non-University program in order to meet this requirement. The practicum student must be directly involved in the program for a minimum of 30 hours. Students are required to purchase internship liability insurance to participate in the practicum; the fee is automatically charged upon registration. Contact University Insurance & Risk Management for more details.

Prerequisite: HESM 214, HESM 215, HESM 216, HESM 280 or equivalent
Typically offered in Fall, Spring, and Summer

HESM 303 Sports Science Practicum (1 credit hours)
A 30-hour practical sports science specialist experience in a fitness specific setting within the triangle area. Course does not constitute credit toward meeting the physical education requirement. Students are required to purchase internship liability.

Prerequisite: Completed coursework in Sports Science Minor
Typically offered in Fall, Spring, and Summer

HESM 304 Dance Practicum (1 credit hours)
A 30-hour practical experience in the dance field. Assigned internships could include dance teaching, performing, choreographing, research, or other dance-related work dependent upon the student's experiences and interests. Specific placement will be determined by the student and the instructor. Students are required to purchase internship liability insurance to participate in the practicum; the fee is automatically charged upon registration. Contact University Insurance & Risk Management for more details.

Typically offered in Fall and Spring

HESM 320 Movement Improvisation (1 credit hours)
Conceptually guided, spontaneous movement generation and invention reached through individual and group experiences.

Typically offered in Fall and Spring

HESM 322 Dance and Society (3 credit hours)
Dance and Society examines dance as an artistic, religious, cultural, and social form, including historic and aesthetic influences, basic dance elements, and relationship to other arts. This course incorporates multiple modalities of dance knowledge — lectures, films, demonstrations, and practical dance experience. A small fee may be required for concert attendance.

GEP Global Knowledge, GEP Visual and Performing Arts
Typically offered in Fall only

HESM 324 Concert Dance History (3 credit hours)
An overview of the development of Western theatrical dance. This course introduces the major figures and movement theories of the 18th & 20th Centuries with particular emphasis on major stylistic trends and cultural influences. Readings, discussions, lectures, and films/video tapes will introduce selected choreographers and the concerns that inform their work. Additional readings in dance philosophy and aesthetics will address ideas such as form, expression, audience expectations, and performance conventions. A small fee may be required for concert attendance.

GEP U.S. Diversity, GEP Visual and Performing Arts
Typically offered in Fall only

HESM 326 Current Trends in Dance (3 credit hours)
Critical and contextual examination of current trends in dance. While specific readings and video resources will vary by semester as the field of dance continues to change, major course topics will include at least three of the following: the role of dance supporters and presenters, media influences, non-concert and site-specific dance, current movement trends, political significance, and international concerns.

GEP Visual and Performing Arts
Typically offered in Fall only

HESM 328 Dance Composition - Group Forms (2 credit hours)
This course builds on skills and concepts learned in Movement Improvisation. Various approaches to group choreography will be discussed and explored. A student-choreographed group work will be created and performed.

Prerequisite: HESM 320
GEP Visual and Performing Arts
Typically offered in Spring only
HESM 330  Introduction to Laban Movement Analysis and Bartenieff Fundamentals  (2 credit hours)
An introduction to Laban Movement Analysis (LMA) and Bartenieff Fundamentals (BF) through movement integration, observation, notation, analysis, and application. LMA is a method and language for describing, visualizing, interpreting, and documenting all varieties of human movement. It consists of the study of four major components: Body, Effort, Shape and Space, the relationships between them, and ways of notating them. BF consists of a set of concepts, principles and exercises developed by Irmgard Bartenieff in applying Laban's movement theory to the physical/kinesiological functioning of the human body. LMA/BF is used by dancers, actors, musicians, and dance therapists, among others.

Typically offered in Spring only

HESM 332  Dance and Technology  (2 credit hours)
The exploration of dance creation, performance, documentation, practice, and analysis through existing and emerging practices in film, digital video production, and interactive media.

Typically offered in Spring only

HESM 370  Foundations of Sport Coaching and Instruction  (2 credit hours)
This course will introduce methods of skill instruction, basic teaching strategies, and pedagogy in the area of sport coaching. Students will learn how to properly organize drills, plan safe and effective practices, present age-appropriate sport skills to athletes at the youth, middle and high school levels, and evaluate motor-skill development of athletes. This course will also explore psychomotor, cognitive, and affective development and performance of athletes in school and community settings. Students in this course will have the opportunity to teach cooperatively with peers and will also be presented with opportunities to teach micro-lessons in their area of sport interest.

Typically offered in Spring only

HESM 375  Health Planning and Programming  (2 credit hours)
This course is designed to assist students in developing a foundation in health programming. Students will learn the necessary skills to develop, implement, and evaluate health education programs.

Prerequisite: HESM 285 Personal Health

Typically offered in Fall only

HESM 377  Methods of Health Promotion  (2 credit hours)
This course focuses on methods and techniques for delivering health-related content to diverse populations. Cooperative learning, critical thinking, peer educator training, and decision-making will be applied to various health dimensions.

Typically offered in Spring only

HESM 381  Athletic Training  (3 credit hours)

Prerequisite: HESM 280 or HESM 281 or or CPR/First aid Certification

Typically offered in Fall, Spring, and Summer

HESM 395  Special Topics in Health and Exercise Studies  (1-3 credit hours)
Examination of selected topics in health, outdoor leadership, sports science, coaching, and dance. This course does not fulfill the GEP requirement for Health and Exercise Studies.

Typically offered in Fall, Spring, and Summer

HESM 476  Motor Learning and Sport Performance  (3 credit hours)
This course will introduce the concepts, principles, and theories dealing with the performance of motor skills as applied in the areas of sport performance and physical activity. Topics will discuss how skilled movements are learned, maintained, and enhanced as well as explore some of the basic physiological, bio-mechanical, and cognitive influences which affect the quality of skilled performance. This course is primarily designed to benefit sport coaches, physical educators, and fitness instructors.

Typically offered in Fall only

HESM 477  Coaching Concepts  (3 credit hours)
Practical and theoretical concepts essential to the preparation of coaches. This course does not constitute credit toward meeting Physical Education requirements

Typically offered in Fall, Spring, and Summer

HESM 478  Exercise Physiology and Sports Science  (3 credit hours)
Basic principles of human anatomy, physiology, and biomechanics and their relationship to athletic coaching.

Typically offered in Fall, Spring, and Summer

HESM 479  Sport Management  (3 credit hours)
Planning, organizing, leading, and evaluating within a sport context; fundamentals of accounting, budgeting, economics, marketing, strategic planning, ethics, and their use in sport settings; techniques of personnel, facility, and sporting event management.

HESM 480  Principles of Exercise Programming  (3 credit hours)
Fundamentals and scientific principles necessary to plan, design, implement, and evaluate individual exercise programs.

Prerequisite: HESM 478

Typically offered in Fall and Spring