

Health Exercise Studies Specialty (HESS)

HESS 237 Weight Training (1 credit hours)

This is an introductory weight training course in which students will learn the principles of muscular development, as well as development of overall fitness. Free weights, machines, exercise equipment, and body weight exercises will be used to apply these principles. Various training systems and protocols will be introduced along with content of muscular physiological adaptations.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESS 239 Self Defense (1 credit hours)

Basic self defense and techniques. Skills covered include strikes, blocks, and escapes; plus psychology of general and sexual assault. Physical contact will occur between students and with the instructor as well.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESS 243 Bowling (1 credit hours)

This is a beginning bowling course in which the students will develop the basic skills necessary to play and enjoy the game of bowling. Technical skills include ball rotation and delivery along with proper foot work. Students will also learn the fundamental rules, basic strategies for throwing a strike ball, general theory for converting spares, and scoring along with bowling etiquette, terminology, rules, and safety precautions. Basic fitness and training principles will be discussed as applicable to the sport of bowling. Additional fee assessed.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESS 245 Golf (1 credit hours)

This course will provide golf instruction at an introductory level. Coursework will introduce full swing fundamentals, chipping, pitching, and putting fundamentals, rules and etiquette on the golf course, and history of the game. Students will develop an appreciation for the game of golf through practice, play, and time on the golf course. There is a required charge for class meetings held at local golf courses. Refer to the online schedule of classes for the current charge. Students must provide their own transportation to the golf course.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESS 251 Target Archery (1 credit hours)

Shooting fundamentals, safety, selection, and care of equipment.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESS 252 Skiing/Snowboarding (1 credit hours)

Instruction and experience in the fundamentals of skiing or snowboarding. Emphasis on safety, controlled turns and stops, equipment selection, and pre-season preparation. Slope instruction held at a selected site during spring break. Additional charge assessed for the trip with a non-refundable deposit. Refer to the online schedule of classes for trip dates and current charges. Students are responsible for providing their own transportation, lodging, and meals.

Typically offered in Spring only

HESS 253 Target Archery II (1 credit hours)

This course is designed to introduce students to advanced archery topics and skill acquisition. Emphasis will be placed on the topics of equipment maintenance, tuning, design, sight leveling and learning how to utilize stabilizers. Advanced skill acquisition of shooting at distance, aiming at various elevation, and mental preparation for competition shooting.

Pre-requisite: HESS 251 Target Archery or instructor approval

GEP Health and Exercise Studies

Typically offered in Fall and Spring

HESS 296 Independent Study in Physical Education (1-3 credit hours)

Independent study in Physical Education will vary according to the specialized topic of interest. Credit and content determined by instructor. Individualized/Independent Study and Research courses require a "Course Agreement for Students Enrolled in Non-Standard Courses" be completed by the student and faculty member prior to registration by the department.

Typically offered in Fall, Spring, and Summer