

# Health and Exercise Studies Minor (HESM)

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**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 only*

**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 and Spring*

**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 GER 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.

**HESM 214/PRT 214 Foundations in Outdoor Leadership and Adventure Education** (3 credit hours)  
Foundations in outdoor leadership and adventure education topics include outdoor education history, group development models, experiential education theories, leadership styles and facilitation, risk management for groups, expedition and trip planning, employment opportunities, current trends and issues, environmental stewardship, assessment and evaluation.

*Typically offered in Spring 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, Spring, and Summer*

**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 current critical topics in women's health will also take place. Minor courses.

*Typically offered in Fall, Spring, and Summer*

**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 GER 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 in the practicum; the fee is automatically charged upon registration. Contact University Insurance & Risk Management for more details.

Prerequisite: Requires departmental consent, First Aid, and CPR Certification 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 insurance to participate in the practicum; the fee is automatically charged upon registration. Contact University Insurance & Risk Management for more details.

Prerequisite: Completed coursework in Sports Science Minor

*Typically offered in Fall, Spring, and Summer*

**HESM 315 Challenge Course and Team Building Facilitation** (3 credit hours)

Participants will learn the theory and practical skills necessary to facilitate and operate team building activities and high ropes challenge courses. Students will facilitate group initiatives, low course elements, zip lines and high course elements. Safety, risk management, programming, facilitation and debriefing techniques are presented and discussed in detail. Participate in one weekend of low elements and high course element training. Additional charge assessed for the field trip. Students are required to purchase internship liability insurance to participate in the class; the fee is automatically charged upon registration. Contact University Insurance & Risk Management for more details.

*Typically offered in Spring only*

**HESM 316 Outdoor Education Pedagogy** (3 credit hours)

Techniques for teaching outdoor skills and activities are covered including teaching and learning styles, lesson planning, classroom management and risk management. Emphasis is placed on presentations of skills instruction for outdoor educators. Students will make numerous outdoor activity skills presentations, including a student-led group presentation. Students will also evaluate and provide feedback for classmates. Students must participate in two required weekend field trips and a one-day group project at the NC State instructional climbing center. Additional charge assessed for the field trips. Refer to the online schedule of classes for the current charge and dates. Students are required to purchase internship liability insurance to participate in the class; the fee is automatically charged upon registration. Contact University Insurance & Risk Management for more details.

P: Two of the three courses: HESO 255, HESO 257, HESO 258

*Typically offered in Fall 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)

Incidence, causes, prevention and treatment of sports-related injuries. Conditioning for sports, injury recognition and evaluation, taping techniques, first aid care, treatment and reconditioning.

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 402 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 315, HESM 316, First aid/CPR certification or equivalent

*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*