

HEALTH & EXERCISE SCIENCE (HES) - ROCK COUNTY

Courses

HES 002 Badminton 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 003 Curling 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 004 Soccer 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 005 Basketball 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 006 Beginning Bowling 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 007 Intermediate Bowling 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules & prepare students for recreational enjoyment. .

HES 009 Beginning Golf 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 010 Intermediate Golf 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules & prepare students for recreational enjoyment.

HES 012 Racquetball & Handball 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 014 Softball 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 015 Introduction to Tai Chi 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 016 Beginning Tennis 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 017 Intermediate Tennis 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules & prepare students for recreational enjoyment.

HES 018 Beginning Volleyball 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 019 Weight Training 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 022 Intermediate Volleyball 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules & prepare students for recreational enjoyment.

HES 023 Kickboxing 1 Units

Develops skills, teaches rules & prepares students for recreational enjoyment.

HES 024 Aerobic Dance 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 026 Bicycling 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 027 Introduction to Fitness 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 028 Advanced Fitness 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules & prepare students for recreational enjoyment.

HES 029 Core Strength Training and Plyometrics, Beginning 1 Units

Basic physical education course open to all students. This course develops skills, teaches rules, & prepares students for recreational enjoyment.

HES 030 Core Strength Training and Plyometrics, Intermediate 1 Units

This course develops skills, teaches rules & prepares students for recreational enjoyment.

PREREQ: HES 029 OR CONSENT OF INSTRUCTOR

HES 031 Ballroom Dance 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 032 Beginning Fencing 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 033 Intermediate Fencing 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules & prepare students for recreational enjoyment. Beginning level courses or consent of instructor required for enrollment in all Int. & Advanced level courses.

HES 037 Martial Arts 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 041 Beginning Downhill Skiing/Snowboarding 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 042 Intermediate Downhill Skiing/Snowboard 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules & prepare students for recreational enjoyment.

HES 043 Cross Country Skiing 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 046 Yoga-Relaxation 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 047 Intermediate Yoga 1 Units

Basic Physical Activity Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

PREREQ: HES 046 OR CONSENT OF INSTRUCTOR

HES 050 Outdoor Pursuits 1 Units

These courses develop skills, teach rules & prepare students for recreational enjoyment.

HES 055 Beginning Swimming 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 056 Intermediate Swimming 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules & prepare students for recreational enjoyment.

HES 058 Life Guard Training 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment.

HES 061 Scuba Diving 1 Units

Basic Physical Course Open to All Students. These courses develop skills, teach rules, & prepare students for recreational enjoyment

HES 062 Intermediate Tai Ch 1 Units

PREREQ: HES 015 OR CONSENT OF INSTRUCTOR

HES 070 Racquet Sports 1 Units

This course develops skills, teaches rules, & prepares students for recreational enjoyment of the games of badminton, tennis & pickleball.

HES 080 Team Sports 1 Units

This course develops skills, teaches rules, & prepares students for recreational enjoyment of the games of volleyball, basketball, & team h&ball.

HES 123 CPR 1 Units

Examines the causes & prevention of cardiovascular disease & related illnesses. Recognition of cardiovascular emergencies & first aid procedures for adults, children & infants are fully explored. Proficiency in checking victims, clearing obstructed airways, rescue breathing, CPR & AED will be tested through skill practice. American Red Cross or American Heart Association certification will be earned.

HES 124 Alcohol and Other Drugs: Awareness, Alternatives 1 Units

Content includes an overview of different classes & types of psychotropic drugs (including alcohol, prescription drugs & illegal drugs) & the risks associated with abuse of these substances. The impact of substance use/abuse on physical & emotional health, relationships, & productivity will also be discussed.

HES 127 Fitness for Life 2 Units

A contemporary examination of the effects of lifestyle, wellness, & health promotion on the individual. Instruction in procedures for self evaluation as well as individualization of exercise prescription for the development of fitness. Participation in a planned program of aerobic activity is required.

HES 131 Officiating Volleyball 1 Units

Officiating courses present a theoretical & practical approach to officiating athletic contests at various levels of competition. The mechanics of officiating, knowledge, interpretation of rules, & field experience are integral parts of the courses.

HES 132 Officiating Basketball 1 Units

Officiating courses present a theoretical & practical approach to officiating athletic contests at various levels of competition. The mechanics of officiating, knowledge, interpretation of rules, & field experience are integral parts of the courses.

HES 150 Introduction to Patient Care 3 Units

Intro to patient care teaches principles & procedures in emergency, home, hospital, & nursing home medical care & is designed to prepare the student for emergencies likely to be encountered in daily living & while working in a hospital or nursing home facility. Upon successful completion, the student will be eligible to sit for the State of Wisconsin Nursing Assistant Competency Examination (Condition: 305431 Nursing Assistant Admission Requirements Met).

HES 190 Intercollegiate Athletics - Golf 1 Units

This course is designed for students who participate in intercollegiate athletics, to develop skills, game strategies, & leadership/team-building skills. Active membership on the intercollegiate team through the end of the season/Sem. is required. Note: A student may take only one intercollegiate activity course per Sem..

PREREQ: PERMISSION OF HEAD COACH/ATHLETIC DIRECTOR.

PARTICIPANTS WILL BE APPROVED BY THE HEAD COACH/ATHLETIC DIRECTOR TO PARTICIPATE ON THE TEAM, AND MUST BE ELIGIBLE AS DEFINED BY THE WISCONSIN COLLEGIATE CONFERENCE HANDBOOK.

HES 191 Intercollegiate Athletics - Soccer 1 Units

This course is designed for students who participate in intercollegiate athletics, to develop skills & behaviors related to game strategies, sportsmanship, leadership, & team-building. Active membership on the intercollegiate team through the end of the season/Sem. is required.

Note: A student may take only one intercollegiate activity course per Sem..

HES 192 Intercollegiate Athletics - Volleyball 1 Units

This course is designed for students who participate in intercollegiate athletics, to develop skills, game strategies, & leadership/team-building skills. Active membership on the intercollegiate team through the end of the season/Sem. is required.

PREREQ: PERMISSION OF HEAD COACH/ATHLETIC DIRECTOR.

PARTICIPANTS WILL BE APPROVED BY THE HEAD COACH/ATHLETIC DIRECTOR TO PARTICIPATE ON THE TEAM, AND MUST BE ELIGIBLE AS DEFINED BY THE WISCONSIN COLLEGIATE CONFERENCE HANDBOOK.

HES 193 Intercollegiate Athletics - Basketball 1 Units

This course is designed for students who participate in intercollegiate athletics, to develop skills, game strategies, & leadership/team-building skills. Active membership on the intercollegiate team through the end of the season/Sem. is required.

PREREQ: PERMISSION OF HEAD COACH/ATHLETIC DIRECTOR.

PARTICIPANTS WILL BE APPROVED BY THE HEAD COACH/ATHLETIC DIRECTOR TO PARTICIPATE ON THE TEAM, AND MUST BE ELIGIBLE AS DEFINED BY THE WISCONSIN COLLEGIATE CONFERENCE HANDBOOK.

HES 194 Intercollegiate Athletics - Tennis 1 Units

This course is designed for students who participate in intercollegiate athletics, to develop skills, game strategies, & leadership/team-building skills. Active membership on the intercollegiate team through the end of the season/Sem. is required.

PREREQ: PERMISSION OF HEAD COACH/ATHLETIC DIRECTOR.

PARTICIPANTS WILL BE APPROVED BY THE HEAD COACH/ATHLETIC DIRECTOR TO PARTICIPATE ON THE TEAM, AND MUST BE ELIGIBLE AS DEFINED BY THE WISCONSIN COLLEGIATE CONFERENCE HANDBOOK.

HES 204 Principles and Introduction to Physical Education 2 Units

An overview of health education, physical education, intramurals, athletics & recreation; specialized areas in the various fields & the vocational opportunities offered in each; personal & professional qualifications of a physical educator with emphasis on establishing the role of physical education in society.

HES 205 Athletic Injuries 2-3 Units

Procedures & techniques in the prevention & care of common athletic injuries. Common topics include assessment, rehabilitation, & the relationship of an athletic trainer to athletes, coaches, & administrators. Practical procedures to be completed during regular class time. A third credit may be earned if the student enrolls in & completes the additional field work/service learning portion of the course.

HES 206 Personal Health and Wellness 3 Units

In depth examination of the various aspects of health & wellness. Students will Surv. various aspects of health & wellness which affect both the individual & the community. Topics will look at personal health & wellness throughout the lifespan. Topics include foundations of personal health & wellness, psychological health, stress, Nut., physical activity, weight Mgmt., drug use & abuse, healthy relationships, sexuality, infectious disease, & chronic disease.

HES 208 Developmental Activities for Children 2 Units

This course will provide a thorough examination of the theory, organization, & teaching of Physical Education to elementary school children. The development of curriculum, including written lesson & unit plans, & peer teaching assignments are requirements of this course. Students may receive credit in either HES 208 or HES 211, not both courses.

HES 209 Nutrition and Weight Management 3 Units

This course will examine the basic principles of Nut., digestion, & metabolism & the effects of these principles on one's diet, weight, fitness level, & overall health. The functions, requirements, & applications of nutrients & Nut.al needs throughout the life cycle will be studied. The course will also include the basic knowledge & application of nutrient recommendations, dietary guidelines, & interrelationships of foods. It will also examine the issues of alternative Nut., food safety, & eating disorders. The course will include personal diet assessment & development of personal health goals.

HES 210 Theory of Coaching 3 Units

Theory & methodology of coaching both team & individual sports. Coaching psychology, Phil., & administrative responsibilities (skill assessment, practice/game organization, rules, fundamentals, & play of various sports) will be explored through lecture, lab, & field experience. Possible sports may include, but are not limited to: tennis, golf, wrestling, swimming, basketball, volleyball, soccer, & football.

HES 211 Physical Education for Elementary Schools 3 Units

This course will provide a thorough examination of the theory, organization, & instruction of elementary school Physical Education. Course requirements include the development of curriculum, including lesson & unit plans, & peer teaching assignments. Completion of 15 hours field experience involving the observation of local elementary school Physical Education classes is also required. Students may receive credit in either HES 208 or HES 211, not both courses.

HES 213 First Aid and Emergency Care 3 Units

Examines the causes, prevention & care of first aid emergencies. Topics include recognizing & responding to emergencies, checking victims, breathing & cardiac emergencies, severe bleeding, shock, injuries, medical emergencies, special situations & healthy lifestyles. Proficiency in checking victims & caring for severe bleeding & extremity injuries will be tested through skill practice. Skills in testing & clearing obstructed airways, CPR, & AED completed for the adult only. American Red Cross or American Heart Association certification can be earned.

HES 217 Social Aspects of Sport 3 Units

A course focusing on sport institutions as social organizations & how they function within a culture or society. Emphasis is placed on group structure & membership, as well as group pressure, socialization, stratification, & deviance as they apply to the sport's setting. Significant emphasis is placed on the role of minorities in sports. Selected topics include sport &: educational institutions, socialization, children, deviance, violence & aggression, gender & equity, race & ethnicity, social class, social mobility & stratification, economy, politics, religion, & the media.

HES 218 Women and Sport 3 Units

(HES 218 & GSW 218 are the same course.) A course focusing on the social dimensions & the historical & cultural foundations of women & sport in our society. Emphasis will be placed on exploring the changing roles & opportunities in sports for women, as well as how past & current beliefs regarding gender, sexuality, & race & ethnicity shape the experiences of women in sports in our society. Selected topics include: the history of physical education, activity & fitness for women in the U.S., barriers/structural constraints facing women in sports, race & ethnicity, women's health issues, sexuality & homophobia, the role of journalism & the media, career opportunities for women, & the future of sports for women in our society.

HES 219 Introduction to Sports/Fitness Mgt 3 Units

(BUS 219 & HES 219 are the same course.) This course will provide an Intro to the sport & fitness Mgmt. industry. Emphasis will be placed on basic Mgmt. principles, marketing, public relations, finance, Eco., organizational theory, & career opportunities as they apply to the field of sports & fitness Mgmt..

HES 220 Water Safety Instructor 2 Units

of program materials, planning & conducting effective courses, evaluation of student progress & preparation & submission of accurate reports & records are included in the course. Students successfully completing the course will be ARC certified.

HES 224 Drugs, Behavior and Society 3 Units

The course will explore alcohol & other drug use/abuse & its impact on human behavior & society. Info will be presented in a variety of contexts including pharmacological, behavioral historical, social, legal & clinical.

HES 225 Advanced Concepts of Personal Training 3 Units

This course is designed to prepare & qualify students to work as a certified personal trainer. The course bridges the gap between exercise Sci. related course work & practical skills of personal training. This professional development course prepares students for successful attainment of the National Council of Strength & Fitness Certified Personal Trainer (CPT) credential. Course content includes biomechanics, Nut., components of fitness & fitness assessments, & functional training concepts.

HES 226 Leadership in Adventure Education & Outdoor Pursuits 3 Units

This course is designed to prepare future professionals in the health, physical education, wellness, & recreation fields for facilitating an effective adventure educational Env. & for leading groups on outdoor excursions. Students will learn advanced concepts of various outdoor pursuits, safety & risk Mgmt. considerations, & large group facilitation & dynamics.

HES 291 Special Topics in Physical Education 1-3 Units

Course content must be approved by the local campus & the department chair.

HES 299 Independent Study in Physical Education 1-3 Units

Program must be approved by the department chair.

HES 330 Exercise Physiology 4 Units

The primary emphasis of this course is to present info on normal human physiological function & how it is altered & restored in response to exercise. This includes neuromuscular, metabolic, cardiovascular, hormonal, & respiratory systems. Students will be participating within the Lab with emphasis on practical application of measuring the body's response & recovery to exercise.