

HEALTH & EXERCISE SCIENCE (HES) - ROCK COUNTY

Courses

HES 101 BEGINNING PICKLEBALL *Repeatable* 1 Units

An activity course instructing students in the fundamentals of the sport of pickleball. The course is designed for the beginning or intermediate player, and will develop skills in footwork, grips, and basic strokes and will develop strategies for game play.

HES 103 BEGINNING FENCING 1 Units

Beginning Fencing provides a survey of all three modern (Olympic) sport fencing disciplines: foil, epee, and sabre. Students learn fundamental footwork, attacks, parries, target areas, tempo, distance, terminology, and refereeing. Open to all students.

HES 104 INTERMEDIATE FENCING 1 Units

Intermediate Fencing provides a focused examination of one or two of the modern (Olympic) sport fencing disciplines of foil, epee, and sabre. The course explores the fundamentals of footwork, attacks, parries, target areas, tempo, distance, terminology, and refereeing the chosen disciplines as well as application of these concepts to competition. Open to all students.

HES 109 WEIGHT TRAINING 1 Units

A course designed to develop a basic understanding of the use of weights as fundamental techniques and skills and to help the individual set up and understand a good program of training.

HES 123 CPR 1 Units

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

HES 127 FITNESS FOR LIFE 2 Units

A contemporary examination of the effects of lifestyle, wellness, and health promotion on the individual. Includes 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 146 YOGA - RELAXATION 1 Units

An activity course which introduces the techniques of performing basic asanas (exercises) and purposeful breathing. Extra emphasis is given to toning the body, using deep muscle isometrics, and concentration in relaxation and better mental attitudes.

HES 204 PRINCIPLES AND INTRODUCTION TO PHYSICAL EDUCATION 2 Units

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

HES 206 PERSONAL HEALTH AND WELLNESS 3 Units

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

HES 209 NUTRITION AND WEIGHT MANAGEMENT 3 Units

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

HES 217 SOCIAL ASPECTS OF SPORT 3 Units

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

HES 299 INDEPENDENT STUDY IN PHYSICAL EDUCATION *Repeatable* 1-3 Units

Program must be approved by the department chair.