HPS - Human Performance Studies

Courses numbered 500 to 799 = undergraduate/graduate. (Individual courses may be limited to undergraduate students only.) Courses numbered 800 to 999 = graduate.

HPS 510. Coaching Principles (3).
Provides the skills and knowledge necessary for individuals to successfully coach and officiate both elementary and secondary school interscholastic and intramural athletics. Instruction for coaching and officiating techniques, coaching progression, skill analysis and skill development is provided. Management techniques for interscholastic and intramural athletics are included. A variety of coaching strategies as well as discipline and motivation techniques are discussed. Prerequisite: completion of Core I of teacher education program if undergraduate standing, graduate standing at WSU, or instructor's consent.

HPS 541. Seminar in Strength and Conditioning (3).
Helps prepare students for the National Strength and Conditioning Association (NSCA) Certification Commission's Certified Strength and Conditioning Specialist (CSCS) examination and/or the NSCA-Certified Personal Trainer certification examination. Anatomy, biochemistry, biomechanics, endocrinology, nutrition, exercise physiology, psychology and the other sciences that relate to the principles of designing safe and effective training programs are covered. Prerequisite: junior classification or graduate student status.

HPS 590. Independent Study (1-3).
Prerequisite: departmental consent.

HPS 595. Human Performance Research (3).
Experiential learning course provides opportunities to engage in research activities conducted in the Human Performance Laboratory. Repeatable for a total of 6 credit hours. Prerequisite: departmental consent.

HPS 715. Body Composition and Weight Management (3).
A comprehensive coverage of the theoretical and scientific aspects of body composition assessment and current strategies for effective weight management. The limitations and usefulness of reference and field methods for assessing body composition in research, clinical and health/fitness settings are addressed. The overall intent of this course is not only to provide classroom-based theory regarding body composition assessment, but also hands-on experience and training in applying the different assessment techniques.

HPS 716. Psychosocial Aspects of Sports Injury, Illness and Rehabilitation (3).
Cross-listed as CLES 750AF. Explores the psychosocial factors related to sport injury and illness and their effects on the rehabilitation process, mostly connected to sports and physical culture. Offers an opportunity to develop critical thinking and applicable skills as students consider the place of injury, illness and pain within the social and psychological worlds of sport. Explores the mechanisms through which psychosocial factors influence sports injury, illness, understanding, prevention, treatment and rehabilitation outcomes.

HPS 732. Pathophysiology of Cardiovascular Disease (3).
Introduces the pathophysiology of multiple cardiovascular conditions and the developing industry of cardiac rehabilitation. Introduces assessment techniques in electrocardiography (ECG) to assist in the diagnosis of cardiovascular disease. Includes an introduction to ECG leads, rate and rhythm, ECG complexes and intervals, conduction disturbances, arrhythmia, ECG identification of myocardial infarction location and drug effects on an ECG. Prerequisite: HPS 490.

HPS 740. Endocrinology and Metabolism of Exercise (3).
Provides students an in-depth examination of the energy metabolism during exercise and the role of the endocrine system in regulating acute and chronic metabolic responses to exercise. Special endocrine issues related to exercise physiology are discussed.

HPS 750L. Motivation (3).
This course is designed to provide the skills and knowledge necessary to properly motivate individuals, groups and teams in a leadership role. Focus is placed on enhancing, creating or maintaining intrinsic motivation through the comprehension of motivation theory, primarily Self-Determination Theory, Achievement Goal Theory and The Progressive Motivation Cycle. In addition, techniques will be developed to apply concepts learned from theory and research to real situations. The knowledge and skills gained from this course will help students excel as leaders in sport, education, business or any chosen career.

HPS 750P. ACE Group Fitness Instructor Course (1).
Designed to give students the knowledge and understanding necessary to prepare for the ACE group fitness instructor exam. In addition, students become more effective education fitness instructors. Students can take the exam for an additional $249.

HPS 750Q. ACE Personal Training Course (1-2).
Gives students the knowledge and understanding necessary to prepare for the ACE personal training certification exam. Students learn a comprehensive system for designing individualized programs based on the unique health and fitness goals of clients. Students can take the exam for an additional $249.

HPS 780. Physical Dimensions of Aging (3).
Cross-listed as AGE 780. Develops an understanding of the complex physiological changes that accompany advancing age and the effects of physical activity on these factors. Also develops an appreciation for how functional consequences affect mental and social dimensions of life. Attention is given to sensory, motor, cognitive and psychological changes. Emphasizes factors associated with the preparation, implementation and evaluation of research projects involving older adult populations.

HPS 781. Cooperative Education (1-3).
Provides the graduate student with a field placement which integrates theory with a planned and supervised professional experience designed to complement and enhance the student's academic program. Individualized programs must be formulated in consultation with appropriate graduate faculty. The plan of study for a graduate degree-bound student must be filed before approval of enrollment for cooperative education graduate credit. Repeatable for credit. A maximum of 3 hours (for nonthesis option) or 6 hours (for thesis option) may count toward the graduate degree.

HPS 790. Applied Exercise Physiology (3).
Focuses on the applied aspect of exercise physiology. Includes the areas of environmental influences on performance; optimizing performance through training, nutrition and ergogenic aids; training and performance of the adolescent athlete and the differences in performance and training between genders. Prerequisite: HPS 490 or 830.
HPS 795. Physiology of Athletic Performance  (3).
Explores the physiological responses involved with various athletic performances, including sports requiring endurance, speed and power. Includes such areas of physiological study as metabolic energy systems, cardiovascular and skeletal muscle adaptation, muscle fiber type differentiation and responses to extreme environmental conditions. Discovers parameters for performance and establishes guidelines for training at high levels of performance.

HPS 797. Exercise in Health and Disease  (3).
Introduction to the physiology of disease and the effects of short- and long-term exercise on specific conditions. Understanding the guidelines for exercise testing and prescription in high risk populations. Prerequisite: HPS 490.

HPS 800. Recent Literature in the Profession  (3).
Survey and critical analysis of research and other pertinent materials in the field.

HPS 815. Fitness Assessment/Exercise Recommendations  (3).
Introduces techniques appropriate for screening, health appraisal and fitness assessment as required for prescribing exercise programs for individuals without disease or with controlled disease. Requires out-of-class laboratory experiences. Prerequisites: HPS 490 or equivalent and graduate standing.

HPS 830. Advanced Physiology and Anatomy of Exercise  (3).
In-depth study of the physiological and anatomical basis of exercise and training. Includes respiratory dynamics, cardiovascular function, energy metabolism, regulation during rest, steady state and exhaustive physical activity, identification of joint movements, and the recognition of muscles and nerves that are involved in movement. Emphasizes immediate and long-term adaptation to exercise and training. Prerequisite: HPS 490.

HPS 857. Internship in Exercise Science/Wellness  (6).
Internship in selected area of specialization within the exercise science program. Students spend the equivalent of full-time employment in an appropriate agency for one full semester. Prerequisite: departmental consent.

HPS 860. Research Methods in the Profession  (3).
Examination of research methodology as related to topics in health, PE, sports studies and exercise science/wellness. Includes review and critical evaluation of the literature, research design and statistical processes, methodology, data collection techniques, computer-based analysis of data and thesis/report writing. Fulfills the university's professional and scholarly integrity training requirement covering research misconduct, publication practices and responsible authorship, conflict of interest and commitment, ethical issues in data acquisition, management, sharing and ownership. Students design and complete a mini research project.

HPS 875. Thesis Research  (1-2).
Development of a research problem and proposal with the direction of a graduate faculty member. Repeatable for credit, but total credit hours counted toward degree requirements must not exceed 2. Prerequisites: admission to graduate school in good standing, HPS 860, departmental consent.

HPS 876. Thesis  (1-2).
Repeatable for credit, but total credit hours counted toward degree requirements must not exceed 2. Students must be enrolled in this course during the semester in which all requirements for the thesis are met. Prerequisites: HPS 875 and consent of the student's committee chair.

HPS 890. Special Topics  (1-4).
Directed reading and research under supervision of a graduate instructor. Prerequisite: departmental consent.

Provides opportunity for the student to develop, in collaboration with a departmental faculty member, objectives and protocol for independent work.