

COACHING AND PHYSICAL EDUCATION (HPR)

HPR 100 SPECIAL PROJECT

1, 0/0

Limited for certain movement, exercise, and sport experiences. Completion of form and approval of program coordinator required. Forms available in the Coaching and Physical Education Office. Offered every semester.

HPR 114 JOGGING FOR PHYSICAL FITNESS

1, 0/2

Offered occasionally.

HPR 126 PRINCIPLES, PHILOSOPHY AND ORGANIZATION OF ATHLETICS IN EDUCATION

3, 3/0

A study of the philosophy and principles of athletics in education. Students will learn rules, regulations, risk management, personal standards and values, coaching concerns to include special populations. Designed as a required course for students choosing to meet minimal New York State standards for coaching certification. Meets part of the state-mandated requirements for interscholastic coaches. Offered every Fall and Spring

HPR 154 FITNESS THROUGH SWIMMING

1, 0/2

Prerequisite: Completion of HPR 153 or demonstration to the instructor of equivalent aquatic ability. Activity aquatic class to increase student's cardio-respiratory fitness level. Swimming skills, workout planning and participation. Offered occasionally.

HPR 180 PHYSICAL FITNESS FOR WOMEN

1, 0/2

Offered occasionally.

HPR 189 TOPICS COURSE

1-3, 1/0

Current topics in coaching. Offered occasionally.

HPR 198 STRENGTH FITNESS

1, 0/2

Offered occasionally.

HPR 201 TECHNIQUES AND THEORIES OF COACHING SPECIALTY SPORT

2, 2/0

Prerequisite: HPR 126 or Instructor Permission. Basic underlying philosophies, techniques and theories for planning, organizing and managing specialty sport, e.g. – hockey, lacrosse, volleyball, etc. - programs in educational settings. Intended for prospective coaches. Application of the principles and practices of coaching a specialty sport team. Active participation in practical coaching scenarios. Offered occasionally.

HPR 202 TECHNIQUES AND THEORIES OF SOCCER

2, 2/0

Prerequisites: HPR 126. Basic underlying philosophies, techniques and theories for planning, organizing and managing soccer programs in educational settings, ie – high school. Intended for prospective soccer coaches. Applying the principles and practices of coaching a soccer team. Active participation in practical coaching scenarios under the guidance and supervision of a New York State certified coach. Offered Fall semester

HPR 203 THEORIES AND TECHNIQUES OF FOOTBALL

2, 2/0

Prerequisites: HPR 126 or HPR 300. Underlying philosophies, theories and techniques for planning, organizing and managing football programs. Intended for prospective football coaches. Applying the principles and practices of coaching a football team. Active participation in practical coaching scenarios under the guidance and supervision of a New York State certified coach. Offered occasionally

HPR 205 THEORIES AND TECHNIQUES OF TRACK AND FIELD

2, 2/0

Prerequisites: HPR 126 or HPR 300. Basic underlying philosophies, theories and techniques for planning, organizing and managing track and field programs. Intended for prospective track and field coaches. Applying the principles and practices of coaching a track and field team. Active participation in practical coaching scenarios under the guidance and supervision of a qualified coach. Offered spring semester.

HPR 207 TECHNIQUES AND THEORIES OF BASEBALL/SOFTBALL

2, 2/0

Prerequisites: HPR 126 or HPR 300. Basic underlying philosophies, techniques and theories for planning, organizing and managing baseball/softball programs in educational settings, ie – high school. Intended for prospective baseball/softball coaches. Applying the principles and practices of coaching a baseball team/softball. Active participation in practical coaching scenarios under the guidance and supervision of a New York State certified coach. Offered Fall and Spring semester

HPR 208 TECHNIQUES AND THEORIES OF SWIMMING
2, 2/0

Prerequisites: HPR 126 or HPR 300. Basic underlying philosophies, theories and techniques for planning, organizing and managing swimming programs. Intended for prospective swimming coaches. Applying the principles and practices of coaching a swim team. Active participation in practical coaching scenarios under the guidance and supervision of a New York State certified coach. Offered occasionally

HPR 209 TECHNIQUES AND THEORIES OF BASKETBALL
2, 2/0

Prerequisites: HPR 126 or HPR 300. Basic underlying philosophies, techniques and theories for planning, organizing and managing basketball programs in educational settings, ie – high school. Intended for prospective basketball coaches. Applying the principles and practices of coaching a basketball team. Active participation in practical coaching scenarios under the guidance and supervision of a New York State certified coach. Offered Fall semester

HPR 301 KINESIOLOGY: APPLIED ANATOMY AND BIOMECHANICS
3, 3/0

Prerequisite: Sophomore status. Study of selected anatomical, physiological, and mechanical principles of movement and their application to human motion. Offered fall only.
Equivalent Course: HEW 301

HPR 306 ORGANIZATION AND ADMINISTRATION OF INTRAMURAL SPORTS
3, 3/0

Prerequisite: Sophomore status. Critical analysis of the organization and administration of intramural and recreational sports programs. Offered occasionally.

HPR 309 HEALTH SCIENCES FOR COACHING
3, 3/0

Interdisciplinary study of the health sciences as they apply to coaching interscholastic sports. Selected principles of anatomy, kinesiology, and physiology related to coaching; risk minimization; mixed competition; New York State Department of Education selection and classification of athletes; definition of age and maturity of athletes. Partially fulfills New York State requirements for interscholastic coaching certification. Offered spring and summer only.

HPR 319 SOCIOLOGY OF SPORT
3, 3/0

Sport and related social phenomena of social status, norms, goals, values, and organizational network. Offered spring only.
Equivalent Course: SOC 324

HPR 335 PREVENTION AND CARE OF ATHLETIC INJURIES
3, 3/0

The relationships among conditioning, performance, and injury prevention. Includes techniques and programs of body conditioning for specific sports, and the possible treatment of athletic injuries. A required course for students choosing either to meet minimal standards for coaching certification or to meet the requirements of the coaching minor. Offered fall only.
Equivalent Course: HEW 335

HPR 389 TOPICS COURSE
1-3, 1/0

Current advanced topics in coaching. Offered occasionally.
Equivalent Course: HEW 389

HPR 488 INTERNSHIP
1-15, 0/0

Prerequisites: Upper-division status and instructor permission. The integration of theoretical knowledge with practical field experience in coaching interscholastic sports. Offered fall only.

HPR 495 SPECIAL PROJECT
1-3, 0/0

Offered occasionally.
Equivalent Course: HEW 495

HPR 499 INDEPENDENT STUDY
3-9, 0/0

Offered occasionally.