

# HEALTH & FITNESS MANAGEMENT (HFMG)

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## **HFMG 1101. Survey-Health & Fitness Prof. (1)**

An introduction to professional career opportunities available in the fields of health and fitness.

## **HFMG 2110. First Aid & CPR (3)**

This course is designed to teach the student basic first aid and emergency management procedures and skills for a variety of injuries and sudden illnesses. The course contains both a lecture and practical component. Certification in first aid and CPR will be awarded upon the satisfactory completion of the written and practical course requirements.

## **HFMG 3101. Kinesiology (3)**

A study of human movement. Topics will include, but are not limited to, structural anatomy, biomechanics, and neuro-physiology. The biomechanical etiology of various injuries will be studied.

**Prerequisites:** BIOL 1152 (may be taken concurrently) and BIOL 1152L (may be taken concurrently)

## **HFMG 3102. Exercise Physiology (3)**

A study of physiological responses of the human body to exercise. Topics will include, but are not limited to, the neuromuscular, cardiovascular, respiratory, metabolic, hormonal, and thermal responses and adaptations to exercise.

**Prerequisites:** BIOL 1152 (may be taken concurrently) and BIOL 1152L (may be taken concurrently)

## **HFMG 3110. Personal Health & Wellness (3)**

An introduction to a variety of topics concerning health and wellness. Topics will include, but are not limited to, wellness and lifestyle management, basic principles of physical fitness, nutrition, weight management, stress management, sexually transmitted diseases, substance use and abuse and chronic diseases.

## **HFMG 3120. Prevention,Care&Rehab-Injuries (3)**

An introduction to the principles of injury prevention, care and rehabilitation. Emphasis is placed on orthopedic injuries/conditions to the extremities. An opportunity to obtain certifications in standard first aid adult CPR is available through this course.

**Prerequisites:** (BIOL 1151 and BIOL 1151L)

## **HFMG 3121. Injury Prevention & Rehab (3)**

This course is designed to provide a fundamental understanding of the most common musculoskeletal injuries of the spine and extremities. Broad-based methods of rehabilitation for these regions will also be taught. The course contains both a lecture and lab component.

**Prerequisites:** BIOL 1151 and BIOL 1151L

## **HFMG 3130. Principles of Fitness (3)**

A study of the role of physical activity on health and the design of conditioning programs across populations from the very young to the elderly, from the able-bodied to the physically challenged.

**Prerequisites:** BIOL 1152 (may be taken concurrently) and BIOL 1152L (may be taken concurrently)

## **HFMG 3140. Exercise Testing & Prescript. (3)**

An emphasis on the proper knowledge and skills required to conduct health and fitness testing. A variety of assessments principles and techniques are covered with a focus on both measurement expertise and safe and effective exercise prescription.

**Prerequisites:** BIOL 1152 (may be taken concurrently) and BIOL 1152L (may be taken concurrently)

## **HFMG 3382. Substance Use in Hlth Fitness (3)**

This course will provide students with the background to determine the safety and efficacy of nutritional supplements and ergogenic aids. This course will also provide students with an understanding of the most commonly used nutritional supplements and ergogenic aids. This course will also examine the physiological mechanisms, as well as the risks and benefits, of these substances.

**Prerequisites:** BIOL 1152 (may be taken concurrently) and BIOL 1152L (may be taken concurrently)

## **HFMG 3970. Practicum in Health & Fitness (3)**

This practicum course enables HFMG students to expand their clinical expertise for a total of 225 hours during the semester and broaden their exposure to the roles of fitness specialists.

## **HFMG 4060. Personal Nutrition for Health (3)**

The goal of the this course is to promote healthful eating and physical activity by using information from the Dietary Guidelines for Americans and food labels. Students will learn how to identify, purchase, and prepare healthful foods. Course information presents a wide variety of topics including cultural diversity, the obesity epidemic, food technology and safety of our food supply.

**Prerequisites:** BIOL 1151 and BIOL 1151L

## **HFMG 4110. Health Fitness Management (3)**

The study of the management and operation of programs and facilities in the health fitness field. The topics will include, but are not limited to, the planning, designing, constructing, equipping, and staffing of health fitness facilities. Management theories and operational models for health fitness programs will also be covered.

**Prerequisites:** MGMT 3101

## **HFMG 4400. Exercise & Sport Psychology (3)**

The goal of this course is to discuss professional and ethical issues relevant to the practice of sport psychology. Students will study different methods to understand and evaluate psychological aspects of sport performance. Students will learn how to enhance exercise and health behavior change as well as how to increase motivation. Knowledge of different counseling approaches and the effects of exercise on anxiety, eating disorder, self-esteem and psychophysiology will be studied. Referrals to a medical/mental allied health professional will be discussed.

**Prerequisites:** (PSYC 2101 or PSYC 2103 or HFMG 3101)

**HFMG 4970. Health & Fitness Internship/Pr (3)**

Students enrolled in Health & Fitness Management bachelor of Science degree program are required to complete an internship related to their area of study. Students must have completed all Health & Fitness Management core classes prior to enrollment in the internship program. The purpose of the internship is to provide a mechanism for students to assimilate learning experiences in the classroom with real world situations. The internship consists of an experiential learning experience for 15 hours per week for the entire semester in Health & Fitness focus of the student's choice. Students are expected to arrange their own internships after consulting with their advisor. There are some agencies with which the University has negotiated possible internships. However, if the student is investigating another agency, it must be approved by the program coordinator to ensure an appropriate placement. All students enrolled in this course are required to attend the orientation session which is scheduled during the first week of the semester. The intern is required to meet all of the requirements set up by the agency such as schedules, dress code, health history (physical examination, immunizations, etc...) and other pertinent requirements that will relate to that agency. Students should also schedule appointments with their prospective agencies to negotiate the particulars of that facility. The final requirement for each intern is the completion of a portfolio. It is given to the instructor supervising the internships for that semester. Grades are determined by the combination of the instructor's evaluation of the submitted weekly logs and the site supervisor's evaluation of the intern.

**Restrictions:** Health Fitness Management

**HFMG 4999. Health & Fitness Mgmt Capstone (3)**

This course will provide students with an opportunity to synthesize their knowledge, skills, and abilities with regard to Health and Fitness Management. Specifically, students will use their previous coursework and experience to create a mock business plan for a health/fitness facility.