

HEALTH/PHYSICAL EDUCATION/RECREATION (HPER)

HPER 116 Archery (2 credits)

This course involves learning terminology, safety habits for the sport, basic physical exercise for archery, as well as the fundamentals of longbow shooting.

HPER 124 Fundamentals of Bowling (1 credit)

Fundamental rules, techniques, scoring, and terminology are taught along with actual learning of basic skills during practices games.

HPER 200 Nutrition (2 credits)

Nutrition is the study of food, how it nourishes the body, and how it impacts health. Students in this course study food nutrients and their actions as well as nutrient need changes throughout the life cycle. The interaction between diet and health is explored. Topics include nutritional guidelines and reading food labels. Assessment of dietary intake and the influence of culture, values, and economics will be integrated.

HPER 210 First Aid/CPR/AED (2 credits)

Instruction and laboratory practice in first aid procedures, including cardiopulmonary resuscitation (CPR), automatic external defibrillator (AED), healthy lifestyles and prevention. Successful completion leads to a nationally recognized certification in CPR for adult, child, and infant; AED for adult and child; and First Aid for emergencies.