

HEALTH AND HUMAN PERFORMANCE (HEHP)

HEHP 100 Aerobic Conditioning 1 cr.

This course is an introduction to the physiological concepts of cardiovascular components of fitness. A variety of training techniques will be explored including jogging, power walking, stationary cycling, ellipticals, treadmills, and rhythmic exercise to promote lifetime participation. Code 1 course fee.

HEHP 101 Weight Training and Body Building 1 cr.

This course is an introduction to the concepts of weight training and basic physiology and science behind effective strength conditioning and muscular development to promote lifetime participation. A variety of proper training and spotting techniques will be examined. Code 1 course fee.

HEHP 160 First Aid/CPR/AED 3 cr.

This is an elective course designed to prepare the student in basic first aid care to the sick or injured. Classroom drills and practice will prepare students to react properly in an accident situation, and plan their actions and exercise good judgment in adapting classroom training to the accident scene. Students who successfully demonstrate necessary mastery of skills will earn available certifications, including CPR and other relevant First Aid certifications. Code 2 course fee.

HEHP 183 Introduction to Health Administration 3 cr.

This course studies particular healthcare delivery organizations such as hospitals, clinics, physicians' offices, and ancillary service providers. The basic management functions of planning, organizing, leading and controlling are applied to these organizations. Ethics and professionalism in healthcare are examined.

HEHP 184 Exploration of the U.S. Healthcare System and Healthcare Professions 3 cr.

This course will provide an overview of the healthcare system in the United States and is tailored for students with an interest in diverse health-related careers. Students will gain insight into the significance of critical thinking, professionalism, communication, and essential competencies and theories crucial to the healthcare system and the roles of health professionals. Code 1 course fee.

HEHP 186 Principles of Coaching 3 cr.

This course is a comprehensive introduction to the coaching profession with emphasis on coaching for high school and club-level sports as well as for youth, recreational, and intercollegiate sports programs. Students will learn concepts and techniques of coaching used in working with athletes. Upon successful completion of the course, students may take a comprehensive exam administered by the American Sport Education Program (ASEP). Students who already possess a standard teaching certificate or a county substitute teacher certificate and who pass this exam will fulfill the educational portion (one of several requirements) of the New Jersey State Interscholastic Athletic Association's (NJSIAA) coaching certification regulations. Code 1 course fee.

HEHP 188 Introduction to Nutrition 3 cr.

This course introduces students to the basic concepts of nutrition and provides information for use in making dietary decisions. Topics covered include making healthy food choices, the connection between nutrition and chronic diseases, and behaviors related to healthy versus unhealthy choices. Carbohydrates, lipids, proteins, vitamins, and water and minerals are examined. Discussion will include digestion, energy balance, and the importance of physical activity and how nutrient requirements change as we age. HEHP 188 may provide a foundation for the more advanced Nursing Nutrition course. However, students enrolling in the AAS in Nursing program cannot use this course to replace NURS 174: Nutrition. Code 1 course fee.

HEHP 225 Contemporary Health 3 cr.

Students will develop skills needed to meet challenges to their health and optimize their physical and psychological well-being. Topics to be examined include consumer education, fitness, family living, nutrition, mental health, dependency, substance abuse, and infectious and chronic diseases. The focus of the course will be on the importance of critical thinking emphasizing self-empowerment, prevention and understanding of the health impact on human diversity. Code 2 course fee.

HEHP 227 Introduction to Public Health 3 cr.

This course introduces the student to current issues in public health today from a local to a global perspective. It includes such areas as community health problems, communicable disease control and the roles of public health professionals including nurses. Topics will include the differences between medical care versus public health, essential public health services, science, prevention, intervention and terrorism of public health. Strategies to educate and improve community health will be discussed. Code 1 course fee.

HEHP 228 Care and Prevention of Athletic Injuries 3 cr.

This introductory course is designed to instruct students in the care and prevention of athletic injuries. This course is essential for the future physical education teacher, coach or athletic trainer. Instruction in First Aid, taping techniques, hot and cold therapy, and situational practices will be included. Code 2 course fee.

HEHP 237 Sports Officiating 3 cr.

This is an elective course designed to teach students and adults in the community the rules and regulations for specific sports and how to apply them in games. Current rules changes will be reviewed and discussed, as well as the psychology of officiating, responsibilities of the official, game control techniques, and issues faced by sports officials. Code 2 course fee.

HEHP 238 Management and Rehabilitation of Athletic Injuries 3 cr.

This course is designed to present information and techniques in the use of therapeutic modalities and exercise. This information will be used to relate theory to practice in order to effectively rehabilitate the injured athlete. Students will not only participate in the classroom, but they will also gain valuable field experience. Code 2 course fee.

HEHP 239 Strength and Conditioning Physiology 3 cr.

This course is designed to present information and techniques associated with the physiological effects of movement and exercise on the human body. Students will gain valuable knowledge in basic human anatomy, along with the movements for which various musculature are responsible. This information will be used by students to train athletes to reach their greatest level of fitness, as well as prevent athletic injury. Code 2 course fee.

HEHP 252 Nutrition for Fitness and Sport 3 cr.

This course is designed to improve fitness and athletic abilities for individuals participating in exercise. Students will examine the significance of nutrition, fluid intake, and body composition as well as their relationship to physical performance, with special considerations for age and gender. Students enrolling in the AAS in Nursing program cannot use this course to replace NURS 174: Nutrition. Code 2 course fee.

HEHP 265 Kinesiology 3 cr.

This course focuses on the study of human motion, structure and function. Principles governing movements related to the muscles, bones and joints are emphasized. This information will be used to analyze performance and motor skills. Code 2 course fee.

Prerequisite(s): BIOL 130

HEHP 266 Exercise and Health Counseling 3 cr.

This is a personal trainer certification course designed to develop and enhance clinical and practical fitness assessment and performance skill. The student will learn to properly screen and evaluate individuals for safe participation in an exercise program, design and implement exercise prescriptions for multiple populations, and apply principles of exercise in a personal training environment. Students may earn their Certified Personal Trainer credentials upon successful completion of a nationally recognized certification exam. It is highly recommended that students who enroll in this course have completed HEHP 228, HEHP 239, and HEHP 188 or HEHP 252. Code 1 course fee.

HEHP 267 Sports Management 3 cr.

This course will provide students with an introduction to the planning, organizing, and management of sports organizations and facilities. This course provides students with an overview of the sports industry, as well as issues encountered by managers. The course will emphasize how management techniques can be applied to effectively address these issues. Code 1 course fee.