

HEALTH & HUMAN PERFORM - HHP

HHP 506 Epidemiology 1-2 Credits

The study of the distribution and determinants of health related states or events in a population and applications to control specific health problems. Emphasis will be placed on discussing evidence for the role of lifestyle choices in determining long-term health and chronic disease risk.

Offered: every fall, online only.

HHP 521 Exercise Testing 3 Credits

Didactic instruction and practical training will be used to educate students in the various methodologies used to assess adult health and fitness. Practical experiences include the assessment of cardiovascular risk, coronary artery disease risk stratification, body composition assessment, functional capacity assessment and muscular fitness assessment.

Offered: every spring.

HHP 565 Electrocardiography and Clinical Stress Testing 4 Credits

This course is designed to present the theoretical principles of electrocardiography. Topics include a review of cardiac physiology including the normal sequence of cardiac muscle depolarization and repolarization, determination of heart rate and rhythm, electrical axis and the diagnosis of cardiac rhythm in 12-lead ECG. Special emphasis will be placed on myocardial ischemia, myocardial infarction, treatment and clinical evaluation. Pharmacological interventions and the impact of the ECG, as well as exercise will be discussed. There will also be a laboratory component in which students will gain hands-on practical experience in ECG electrode placement and clinical stress testing, culminating in a practical exam in which students are expected to run an ECG stress test.

Offered: every spring.

HHP 583 Advanced Movement Analysis 3 Credits

In this course, students will learn how to perform functional movement screens to evaluate movement patterns. Students will also learn how to interpret and analyze movement patterns to identify muscular weaknesses/ imbalances as well as areas where flexibility limits proper execution of a movement. Finally, students will learn to customize an exercise/stretching routine to address the limitations of the athlete to both improve their athletic performance and reduce the risk of injury.

Prerequisite: ALH 582.

Offered: every spring.

HHP 603 Internship I 3 Credits

A supervised part-time internship in clinical and non-clinical exercise programs or in clinical exercise testing laboratories. Includes clinical exercise testing, exercise prescription and/or exercise leadership experiences. Requires students to complete a minimum of 120 hours.

Prerequisite: permission of program director & associate dean.

Offered: fall, spring & summer.

HHP 604 Internship II 3 Credits

Continues HHP 603.

Prerequisite: HHP 603 & permission of program director.

Offered: fall, spring & summer.