

# HLSC - Health Science

<i>Global Citizenship Program Knowledge Areas (....)</i>	
ARTS	Arts Appreciation
GLBL	Global Understanding
PNW	Physical & Natural World
QL	Quantitative Literacy
ROC	Roots of Cultures
SSHB	Social Systems & Human Behavior

<i>Global Citizenship Program Skill Areas (....)</i>	
CRI	Critical Thinking
ETH	Ethical Reasoning
INTC	Intercultural Competence
OCOM	Oral Communication
WCOM	Written Communication
** Course fulfills two skill areas	

## HLSC 1300 Topics in Health Sciences (1)

These courses are designed for students to study the concepts of lifetime fitness through lecture, discussions, lifestyle assessment, and health risk management and fitness activities. A maximum of 4 credit hours may be applied toward graduation requirements. May be repeated for credit if content differs.

## Life Long Fitness and Sports Courses

These courses are designed for students to study the concepts of lifetime fitness through lecture, discussion, lifestyle assessment, and health risk management and fitness activities. Students will meet the following objectives: 1) understand the basic concepts of physical fitness and the interaction of exercise and lifelong health; 2) participate in activities that promote the development of muscular strength, flexibility, and cardiovascular fitness; 3) become aware of their current level of fitness; 4) become aware of their own nutritional habits and needs; and 5) become familiar with stress theories and stress management techniques. A maximum of 4 credit hours may be applied toward graduation requirements. Class cannot be repeated for credit.

- HLSC 1345 Water Exercises (1)
- HLSC 1550 Tennis I (1)
- HLSC 1551 Golf I (1)
- HLSC 1554 Volleyball I (1)
- HLSC 1555 Volleyball II (1) **Prerequisite:** HLSC 1554 or permission of the instructor.
- HLSC 1570 Basketball I (1)
- HLSC 1572 Yoga and Wellness I (1)
- HLSC 1573 Yoga and Wellness II (1) **Prerequisite:** HLSC 1572 or permission of the instructor.
- HLSC 1574 Soccer I (1)
- HLSC 1575 Soccer II (1) **Prerequisite:** HLSC 1574 or permission of the instructor.
- HLSC 1579 Fencing I (1) Instructor approval required.

- HLSC 1580 Bowling I (1)
- HLSC 1581 Bowling II (1) **Prerequisite:** HLSC 1580 or permission of the instructor.
- HLSC 1582 Strength and Conditioning I (1)
- HLSC 1583 Strength and Conditioning II (1) **Prerequisite:** HLSC 1582 or permission of the instructor.
- HLSC 1589 Fencing II (1) **Prerequisite:** HLSC 1579. Instructor approval required.
- HLSC 1590 Swimming I (1)
- HLSC 1591 Swimming II (1)
- HLSC 1600 Walking for Fitness (1)
- HLSC 1685 Kickball (1)
- HLSC 1690 Outdoor Recreation Activities (Frisbee, Kickball, Flag Football, etc. (1)
- HLSC 1710 Dodgeball (1)
- HLSC 1720 Handball (1)
- HLSC 1725 Co-Ed Softball (1)
- HLSC 1730 Body Fit (1)
- HLSC 1750 Running for Fitness (1)

## HLSC 1310 Wellness and Healthy Lifestyle (3)

Introduces issues of wellness including theory, theorists, and developing a healthy lifestyle. Emphasizes principles of learning styles, health promotion, intimacy, grieving process, fitness, and alcohol and other drugs. Will also examine current research in the area of wellness and healthy lifestyles.

## HLSC 1340 Lifeguard Training (1)

Covers basic swimming and water safety techniques, including personal water safety, public relations, accident prevention, surveillance, emergency preparation, and spinal injury. Prepares students to qualify for American Red Cross certification in life guarding, CPR, and first aid. **Prerequisite:** Must be experienced swimmer or permission of the instructor.

## HLSC 1350 Water Safety Instructor (2)

Covers methods of instruction of all levels of swimming, infant through adult. Topics covered will include hydrodynamic principles, theories of learning, child development, program planning, and administration of swimming classes. Prepares students to qualify for certification as a Red Cross water safety instructor. **Prerequisite:** HLSC 1340 or Red Cross certification in water safety and life guarding, CPR, and first aid, or permission of the instructor.

## HLSC 1660 RAD (Rape, Aggression, and Defense) (1)

An introduction to basic self-defense skills. The course includes an exploration of escape and avoidance strategies, offensive and defensive postures, defensive techniques, and simulated attacks. This course will also examine community services available for both violence prevention and victim abuse services. Fitness principles, such as strength, flexibility, and cardiovascular fitness, will be addressed, particularly in regard to the impact of personal fitness on one's ability to perform the self-defense skills. Note: For women only.

## HLSC 1670 RAD II (Rape, Aggression and Defense) (1)

Advanced RAD. Builds on self-defense techniques and awareness, prevention, and avoidance strategies learned in basic RAD, adding defenses against the edged weapon and firearm. Covers more prone defense strategies, multiple subject encounters, and low and diffused light simulation exercises. Note: For women only. **Prerequisite:** HLSC 1660 offered in the fall semester or permission of the instructor.