HHD - Health and Human Development

HHD 501. Prof Comm Skills in HHD. 3 Credits. (3 Lec) F
PREREQUISITE: Graduate standing in HHD. Students will develop writing and
verbal communication skills as they relate to scholarly pursuits in the areas of health
and human development. They will also gain a working understanding of the various
types of grants and their applications within public and private settings. Students will
develop skills needed to write a successful grant concept paper and will have a working
knowledge of the various components of a grant proposal and research papers and
thesis.

HHD 512. Research Methods in HHD. 3 Credits. (3 Lec) F
PREREQUISITE: Graduate standing in HHD. A study of the tools necessary to
conduct research in the movement sciences and health fields. Includes the writing of a
research proposal.

HHD 550. Sport Physiology. 3 Credits. (3 Lec)
On demand, offered on-line. PREREQUISITE: Graduate standing in HHD. Course
will provide an overview of the bioenergetics of muscular work, neuromuscular and
cardiorespiratory function, physical training and performance in various environments,
nutrition and ergogenic aids, body composition, temperature regulation, endocrine
response, and sport testing techniques utilizing virtual laboratory experiences.

HHD 551. Sport Nutrition. 3 Credits. (3 Lec)
On demand, offered on-line. PREREQUISITE: Graduate standing in HHD.
Course will provide an overview of macronutrient and micronutrient metabolism
and function, popular ergogenic aids and sports performance, nutritional quackery,
nutritional recommendations for improved physical performance, fluid and electrolyte
needs, thermoregulation, and nutritional analyses and consultation techniques.

HHD 552. Sport Psychology. 3 Credits. (3 Lec)
On demand, offered on-line. PREREQUISITE: A Bachelor's degree; prior
undergraduate course (s) in the exercise, sport or health sciences, psychology, or
equivalent; experience with computers/software. An overview of basic concepts,
behavioral principles, and history; anxiety, arousal, and motivation; leadership,
cohesion, and audience effects; aggression and violence; populations including
ethnicity, gender, high risk, injured, youth, and elite; coaching psychology; and
personality assessment techniques.