HHD - Health and Human Development

HHD 501  Research Methods in HHD I: 3 Credits (3 Lec)
PREREQUISITE: Graduate standing in HHD. (F) PREREQUISITE:
Graduate standing in HHD. Students will develop written and verbal
communication skills as they relate to scholarly pursuits in the health
sciences. This course introduces students to writing research-related
literature reviews and reading and understanding published research
literature. The focus of the course is on application, using students’ future
thesis or graduate project topics.

HHD 512  Research Methods in HHD II: 3 Credits (3 Lec)
PREREQUISITE: Graduate standing; HHD 501. (F, Sp) Students will
learn and apply concepts to propose and conduct a graduate-level research
project in the health sciences. The course emphasizes the research process,
including quantitative, qualitative, and mixed method design, sampling,
measurement issues, ethics, and science communication.

HHD 550  Sport Physiology: 3 Credits (3 Lec)
PREREQUISITE: Graduate standing in HHD. (Su) 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)
PREREQUISITE: Graduate standing in HHD. (Su) 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)
PREREQUISITE: A Bachelor’s degree; prior undergraduate course (s) in
the exercise, sport or health sciences, psychology, or equivalent; experience
with computers/software. (Su) 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.

HHD 591  Special Topics: 4 Credits ()
Offered as needed based on student demand. Repeatable up to 12 credits.