

# HHD - Health and Human Development

## **HHD 501 Research Methods in HHD I: 3 Credits (3 Lec)**

PREREQUISITE: Graduate standing. (F) 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. (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. (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: Graduate standing. (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.