Spring 2-1-2005

HHP 181.01: Foundations of Health and Human Performance

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COURSE PRESENTATION
The essential treatment of the various topics to be presented in this course is intended for the novice student of Health and Human Performance. The intent of this course is to broaden your understanding of the foundational principles (philosophy, humanities, sociology, psychology, pedagogy, and the life sciences) with special emphasis on historical and philosophical relevance of programs like HHP, especially in regards to the evolution of the unity of mind and body concept. The purpose of this course is to offer you a comprehensive overview and analysis of Health and Human Performance to involve you assessing future directions. In addition, the course will provide an overview of the specific program emphases and options comprising the Health and Human Performance Department and what they offer in terms of career potential.

COURSE OBJECTIVES
At the completion of HHP 181, students will:
1. Understand, define, and communicate the uniquely broad scope of HHP and how it relates to other educational domains and the larger educational environment
2. Recognize the various academic focuses (disciplines and subdisciplines) that comprise the study of HHP
3. Develop a distinct understanding and appreciation for the significant contributions of history and philosophy in the development, study, and current practices of HHP
4. Develop a keen awareness of the role ethics plays in HHP applications
5. Become more aware of the current issues impacting HHP, education, and society
6. Understand the composition of the various program emphases in the HHP Department and what they offer in terms of career preparation and potential
7. Become more cognizant of the distinctive role that the unity of mind and body concept plays in the study and practice of HHP

COURSE REQUIREMENTS
Members of the class are responsible for all assigned readings and for all materials presented in class. There will be three midterm examinations and a final. Exams will not be comprehensive. Class participation and attendance will enter into the calculation of your overall course grade.

ASSESSMENT
A modified curve/percentage grading system will be used; approximately 90% and above is A, 80-89% is B, 70-79% is C, 60-69% is D, and below 60% is F. The standardized exams will be worth 15, 30, 30, and 25 points respectively, for a total of 100 points. Any student who accumulates 68 or more points following the third exam will be exempt from the final.

Note: Missing an exam without a proper excuse and evidence to support the absence is unacceptable. If you anticipate missing an exam, inform the instructor prior to exam date to receive permission.

January  
25  Introduction; Advisor/Advisee Relationship & Responsibilities; HHP Curriculum Goals; HHP General Competencies; Grading/Exams
27  Umbrella Model; Educational Hierarchy; Educational Policies Commission

February  
1   Umbrella Model; Educational Hierarchy; Educational Policies Commission (continued)
3, 8  Defining the Field – Chapter 1
      Academic Foundations of Health & Human Performance – Chapter 2
10  EXAM
15, 17, 22, 24  Historical Heritage (Greeks & European) – Chapters 3, 4

March  
1, 3, 8  Historical Heritage (Greeks & European) – Chapters 3, 4
10  EXAM
15, 17, 29, 31  Historical Heritage (American) – Chapters 5, 6, 7

April  
5, 7, 12  Historical Heritage (American) – Chapters 5, 6, 7
14  EXAM
19, 21, 26  Philosophical Heritage – Chapter 8
28  Ethics and Problems in Health & Human Performance – Chapter 9

May  
3   Ethics and Problems in Health & Human Performance – Chapter 9
5  Careers, current issues, future (HHP) – Chapters 10, 11, 15, 16
12  FINAL EXAM – Thursday, 8:00 – 10:00