HHP 181.01: Foundations of Health and Human Performance

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SYLLABUS

HHP 181 -- 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 beginning student of Health and Human Performance. The purpose of this course is to broaden your understanding of the foundational principles and historical relevance of programs like HHP, especially in regards to the evolution of the unity of mind and body concept. In addition, the course will provide you with a brief 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 REQUIREMENTS

Members of the class are responsible for all assigned readings and for all materials presented in class. There will be four quizzes during the semester (discussed below). Class participation and attendance will enter into the calculation of your overall course grade.

GRADING

HHP is graded Pass/No Pass. In addition to the expectation that you will
attend and participate in class, each quiz will be worth 15 points for a total of 60 points possible. A passing grade will be 42 points. Grading will be discussed in more detail the first class meeting. NOTE: Missing a quiz without a proper excuse and evidence to support the absence is unacceptable. If you anticipate missing a quiz, inform the instructor prior to the date to receive permission.

**TEXTBOOK:**


Password = HHP181

**DON'T BE TARDY ON QUIZ DAY.** BEFORE OR FOLLOWING EACH QUIZ, WE WILL FOCUS ON AREAS OF EMPHASIS IN THE DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE. WE WILL FOCUS ON GOALS & COMPETENCIES, EMPLOYMENT OPTIONS AND PREPARATION, AND SPECIFIC REQUIREMENTS.

**COURSE OUTLINE AND REQUIRED READINGS**

| September 4 | Introduction  
| Advisor/Advisee Relationship & Responsibilities  
| HHP Curriculum Goals  
| HHP General Competencies  
| Umbrella Model  
| Grading/Quizzes  
| 11 | History -- Ancient Greece |
Reading Assignment: Chapter 3

18   History -- Ancient Greece (continued)
Reading Assignment: Chapter 3

25   QUIZ

October  2   History -- Roman Empire, Medieval, Renaissance/Reformation
Reading Assignment: Chapters 3 & 4

9   History -- Enlightenment, Age of Nationalism, Early American
Reading Assignment: Chapters 4 & 5

16   History -- Enlightenment, Age of Nationalism, Early American (continued)
Reading Assignment: Chapters 4 & 5

23   QUIZ

30   History -- Antebellum, Late 19th Century, Sport (early days)
Reading Assignment: Chapters 5 & 6

November  6   History -- Antebellum, Late 19th Century, Sport (continued)
Reading Assignment: Chapters 5 & 6

13   History -- Progressive Movement, Depression, 1940s
Reading Assignment: Chapter 7

Continued

20   History -- Progressive Movement, Depression, 1940s
Reading Assignment: Chapter 7

27   QUIZ

December  4   History -- 1950's to Present
Reading Assignment: Chapter 7

11  History – 1950's to Present (continued)

20  QUIZ: Thursday, 10:10-12:00 am