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### HHP 181.01: Foundations of Health and Human Performance

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## SYLLABUS

HHP 181 -- FOUNDATIONS OF HEALTH AND HUMAN PERFORMANCE

Autumn 2001

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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:

On Reserve in Library <http://eres.lib.umt.edu/>

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 19<sup>th</sup> Century, Sport (early days)  
**Reading Assignment: Chapters 5 & 6**

November 6 History – Antebellum, Late 19<sup>th</sup> 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	<b>QUIZ;</b> Thursday, 10:10- 12:00 am