Health and Sport Sciences (HSS)

Subject-area course lists indicate courses currently active for offering at the University of Louisville. Not all courses are scheduled in any given academic term. For class offerings in a specific semester, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

500-level courses generally are included in both the undergraduate- and graduate-level course listings; however, specific course/section offerings may vary between semesters. Students are responsible for ensuring that they enroll in courses that are applicable to their particular academic programs.

Course Fees
Some courses may carry fees beyond the standard tuition costs to cover additional support or materials. Program-, subject- and course-specific fee information can be found on the Office of the Bursar website (http://louisville.edu/bursar/tuitionfee/).

HSS 101. Beginning Swimming 1 Unit
Term Typically Offered: Fall, Spring
Fee: An additional $50.00 is charged for this course.
Description: Introduces students to the components of fitness: cardiovascular endurance, muscular strength and endurance, flexibility and body composition. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 102. Advanced Swimming 1 Unit
Term Typically Offered: Fall, Spring, Summer
Fee: An additional $50.00 is charged for this course.
Description: This course, fundamentals and skills will be reviewed. Advanced swimming concepts will be taught to further participation in swimming.
Note: Enrollment is contingent upon passing a swimming competency test.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 103. Life Saving 1 Unit
Prerequisite(s): HSS 102 or equivalent or Red Cross Junior Life Saving Certificate.
Fee: An additional $50.00 is charged for this course.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 104. Scuba 1 Unit
Term Typically Offered: Fall, Spring
Prerequisite(s): HSS 101.
Fee: An additional $50.00 is charged for this course.
Description: This course is designed for students who have basic swimming skills and desire to learn the basic principles of underwater scuba diving. Upon successful completion of the course, the student will be prepared to take the Open Water Diving Certification.
Note: The open water dives are not included in the scope of the course.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 108. Water Fitness 1 Unit
Fee: An additional $50.00 is charged for this course.
Description: An activity class designed to enhance aerobic fitness, performed in water without submersion of the head. Information relating to health and fitness will be distributed throughout the semester.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 109. Weight Training 1 Unit
Term Typically Offered: Fall, Spring
Fee: An additional $50.00 is charged for this course.
Description: An exercise/fitness program, done to music, based on weight training, aerobic activity and flexibility.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 110. Physical Fitness and Conditioning 1 Unit
Term Typically Offered: Fall, Spring, Summer
Fee: An additional $50.00 is charged for this course.
Description: Introduces students to the components of fitness: cardiovascular endurance, muscular strength and endurance, flexibility and body composition.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 111. Aerobic Fitness 1 Unit
Term Typically Offered: Fall, Spring
Fee: An additional $50.00 is charged for this course.
Description: An exercise/fitness program, done to music, based on weight training, aerobic activity and flexibility.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 112. Mini-Marathon Training 1 Unit
Term Typically Offered: Spring Only
Fee: An additional $50.00 is charged for this course.
Description: This course is designed for students who are novice runners and desire to learn the basic training principles and the physiology of long distance running.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
## Health and Sport Sciences (HSS)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Term Typically Offered</th>
<th>Fee</th>
<th>Description</th>
<th>Prerequisite(s)</th>
<th>Credit Hours</th>
<th>Prerequisites</th>
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</thead>
<tbody>
<tr>
<td>HSS 114</td>
<td>Fitness Walking</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Provides fundamental skills, techniques, and strategies of cardiovascular fitness through a walking program. Students can begin at any level of fitness and progress on an individual basis toward improvement.</td>
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<tr>
<td>HSS 115</td>
<td>Step Aerobics</td>
<td>1</td>
<td>Occasionally Offered</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Introduction to the step techniques used to develop cardiovascular fitness, muscular endurance, and flexibility.</td>
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<tr>
<td>HSS 116</td>
<td>Introduction to Yoga</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>The basics of healthy posture, simple breathing techniques, and progressive deep relaxation skills.</td>
<td>HSS 116 or consent of instructor.</td>
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<tr>
<td>HSS 117</td>
<td>Intermediate Yoga</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>The basics of healthy posture, simple breathing techniques, and progressive deep relaxation skills.</td>
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<tr>
<td>HSS 118</td>
<td>Beginning Martial Arts</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Beginning judo, karate, tae-kwan-do, tai-chi, as indicated.</td>
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<tr>
<td>HSS 119</td>
<td>Intermediate Martial Arts</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Intermediate judo, karate, tae-kwan-do, tai-chi, as indicated.</td>
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<tr>
<td>HSS 120</td>
<td>Beginning Racquetball</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Provides students with the basic racquetball rules, strategies and basic racquetball skills and techniques to enjoy playing the game at an introductory level.</td>
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<tr>
<td>HSS 121</td>
<td>Billiards and Table Games</td>
<td>1</td>
<td>Occasionally Offered</td>
<td>An additional $50.00 is charged for this course.</td>
<td>This course covers fundamental strokes, techniques, strategies, and rules of billiards and table games.</td>
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<td>HSS 122</td>
<td>Badminton</td>
<td>1</td>
<td>Occasionally Offered</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Designed to familiarize students with skills, practices, techniques, rules, and theory of badminton.</td>
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<tr>
<td>HSS 123</td>
<td>Tennis</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>An additional $50.00 is charged for this course.</td>
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<tr>
<td>HSS 124</td>
<td>Advanced Tennis</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Designed to familiarize students with skills, practices, techniques, rules, and theory of tennis.</td>
<td>HSS 123 or equivalent.</td>
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<tr>
<td>HSS 125</td>
<td>Golf</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Instruction for acquiring the basic knowledge and skills for golf.</td>
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<tr>
<td>HSS 126</td>
<td>Tumbling and Apparatus</td>
<td>1</td>
<td>Occasionally Offered</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Teaches fundamental skills of tumbling and the use of apparatus.</td>
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<td>HSS 127</td>
<td>Beginning Fencing</td>
<td>1</td>
<td>Fall, Spring</td>
<td>An additional $50.00 is charged for this course.</td>
<td>Teaches fundamental skills, techniques, tactics, and basic rules necessary to participate in fencing activities at the novice level.</td>
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For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Term Typically Offered</th>
<th>Fee</th>
<th>Description</th>
<th>Prerequisite(s)</th>
<th>Term Typically Offered</th>
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<th>Prerequisite(s)</th>
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<th>Description</th>
<th>Prerequisite(s)</th>
<th>Fees</th>
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<tbody>
<tr>
<td>HSS 128</td>
<td>Pickleball</td>
<td>1 Unit</td>
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<tr>
<td>HSS 132</td>
<td>Canoeing</td>
<td>1 Unit</td>
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<td><strong>HSS 102 or equivalent.</strong></td>
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<td>HSS 133</td>
<td>Backpacking and Hiking</td>
<td>1 Unit</td>
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<td>HSS 134</td>
<td>Rappelling</td>
<td>1 Unit</td>
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<tr>
<td>HSS 136</td>
<td>Soccer</td>
<td>1 Unit</td>
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<td><strong>HSS 102 or equivalent.</strong></td>
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<tr>
<td>HSS 137</td>
<td>Volleyball</td>
<td>1 Unit</td>
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<td>HSS 138</td>
<td>Basketball</td>
<td>1 Unit</td>
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<tr>
<td>HSS 140</td>
<td>Softball</td>
<td>1 Unit</td>
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<td>HSS 144</td>
<td>Physical Activity for the Older Adult</td>
<td>1 Unit</td>
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<td>HSS 145</td>
<td>Activity for the Physically Challenged</td>
<td>1 Unit</td>
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<td>HSS 150</td>
<td>Special Topics: Physical Education Activities</td>
<td>1 Unit</td>
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<td>HSS 160</td>
<td>Beginning Aerobic Dance</td>
<td>1 Unit</td>
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<tr>
<td>HSS 161</td>
<td>Intermediate Aerobic Dance</td>
<td>1 Unit</td>
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<td><strong>HSS 160 or equivalent.</strong></td>
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<tr>
<td>HSS 162</td>
<td>Beginning Modern Dance</td>
<td>1 Unit</td>
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For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
HSS 163. Intermediate Modern Dance
Prerequisite(s): HSS 162 or faculty consent.
Fee: An additional $50.00 is charged for this course.
Description: Teaches techniques of intermediate modern dance. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 164. Beginning Country Western Dance
Fee: An additional $50.00 is charged for this course.
Description: Course is designed to teach the basic steps of two-steps, waltz, East-Coast swing, and a variety of line dances. Additional emphasis is on terminology and history. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 165. Ballroom Dance
Term Typically Offered: Fall, Spring
Fee: An additional $50.00 is charged for this course.
Description: This course is designed to teach students the basic ballroom dance steps including the foxtrot, waltz, cha-cha, East-West swing and others. Dance terminology and history of ballroom dance will be covered. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 166. African Dance
Term Typically Offered: Occasionally Offered
Fee: An additional $50.00 is charged for this course.
Description: This course is designed to teach students various West African dances, emphasizing movement, improvisation and individual expression. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 167. Country Line Dance
Fee: An additional $50.00 is charged for this course.
Description: This course is designed to teach students the basic steps to Country Western line dances and become familiar with the basic terminology and appropriate music selections for each dance. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 180. First Aid and Safety Education
Term Typically Offered: Fall, Spring, Summer
Description: Safety procedures and first aid measures; lecture and demonstration with skill training in all procedures. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 181. First-Year Experience
Term Typically Offered: Fall Only
Description: An introduction to the University of Louisville and the College of Education and Human Development. The course focuses on individual student success, as well as students' personal and academic development as they navigate their first year of college. The course helps students clarify purpose and meaning through exploration of their individual skills, and interests; students are also introduced to potential career paths in their major of interest.
Note: Cross-listed with EDTP 101.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 184. Healthy Lifestyles I
Fee: An additional $50.00 is charged for this course.
Description: This class is an exploration of the relationship of health characteristics and behaviors to wellness; specifically, the biological, psychological, and sociological factors that influence and promote healthy lifestyles and wellness. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 190. Exploration of Working with Collegiate Student-Athletes 3 Units
Term Typically Offered: Fall, Spring
Description: This course will explore the various career options that work directly with collegiate student-athletes, specifically at a Division I institution, and will provide tools and strategies for working with this population. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 200. Introduction to Health Education 3 Units
Term Typically Offered: Fall, Spring
Description: An introduction to the historical, philosophical, and biopsychosocial foundations of health education and prevention science. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 201. Introduction to Prevention Science 3 Units
Description: The foundations of school health and public health education as a profession, a discipline, and an occupation. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 202. Foundations of Anatomy & Physiology - S 3 Units
Term Typically Offered: Fall, Spring, Summer
Description: Introduction to structure and function of human body. Covers basic concepts related to anatomical terminology, cells, tissues, integument, skeletal, muscular, nervous, and endocrine systems. Interrelationships of organ systems are emphasized. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
HSS 225. Skill Acquisition & Analysis  
**Term Typically Offered:** Spring Only  
**Description:** The purpose of this course is to provide learning experiences that will lead to the development of teaching skills in both the individual and team sports. In addition to skill acquisition, the course will focus on how to plan and implement skill development in individual and team sports for students in grades 5-12.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 251. Officiating  
**Term Typically Offered:** Spring Only  
**Description:** Classroom and laboratory experiences in the ethics of sports officiating; the mastery, interpretation, and application of sports rules.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 252. Coaching of Aquatics  
**Prerequisite(s):** Senior life saving.  
**Description:** Basic techniques in various events. Knowledge of personnel, training procedures, facilities, equipment, and management.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 253. Fundamentals of Baseball Coaching  
**Term Typically Offered:** Fall Only  
**Description:** The techniques of position play, offensive and defensive team play, strategy, rules, scoring, facilities, equipment, and management.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 254. Track and Field Coaching  
**Description:** Basic techniques in various events; knowledge of personnel, training procedures, facilities, equipment, and management.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 255. Fundamentals of Football Coaching  
**Description:** Fundamentals of individual play, offensive and defensive team play, rules, program organization, training methods, and management.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 256. Fundamentals of Basketball Coaching  
**Term Typically Offered:** Spring Only  
**Description:** Fundamentals of individual play. Offensive and defensive team play, organization, training methods.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 257. Fundamentals of Soccer Coaching  
**Term Typically Offered:** Spring Only  
**Description:** Theoretical study of Soccer from a coaching standpoint; fundamental individual and team play; methods of teaching fundamental skills associated with the sport and team organization.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 258. Fundamentals of Softball Coaching  
**Term Typically Offered:** Fall Only  
**Description:** Theoretical study of Softball from a coaching standpoint; fundamental individual and team play; methods of teaching fundamental skills associated with the sport and team organization.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 261. Fundamentals of Coaching Volleyball  
**Term Typically Offered:** Spring Only  
**Description:** Theoretical study of Volleyball from a coaching standpoint; fundamental individual and team play; methods of teaching fundamental skills associated with the sport and team organization.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 263. Environmental Biology  
**Description:** A study of the biological principles of environmental effects on living organisms; emphasis on ecological relationships of man, including resource exploitation, pollution, environmental degradation, and human behavior.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 270. Introduction to Physical Education  
**Term Typically Offered:** Fall, Spring  
**Description:** This class focuses on foundations of teaching and classroom management strategies, observational techniques and tools, instructional design, and teacher reflection for working with diverse learners.  
**Course Attribute(s):** CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 271. Teaching Physical Education  
**Term Typically Offered:** Fall Only  
**Description:** This course focuses on foundations of teaching and classroom management strategies, observational techniques and tools, instructional design, and teacher reflection for working with diverse learners.  
**Course Attribute(s):** CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 274. Physical Education and Health for Elementary Teachers  
**Term Typically Offered:** Fall, Spring, Summer  
**Description:** Physical education and health practices, activities, and basic approaches for the elementary classroom teacher.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
HSS 275. Elementary School Physical Education Laboratory  
Prerequisite(s): HSS 274 (or concurrent).
Description: Experiences in an elementary school situation related to HSS 274.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 293. Social and Psychological Dimensions of Physical Activity - SB  
Term Typically Offered: Fall, Spring, Summer  
3 Units

HSS 300. The Theory and Art of Movement  
Description: Basic movements and the elements in them, observation of, and appreciation for, skilled movement; application of principles of movement.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 301. HSS 301  
Grading Basis: Credit/No Credit  
Description: Theoretical study of motivation in sport and athletics, including the strategies and tactics teachers and coaches, utilize to provide sport participants with genuine and impactful experiences.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 302. Nutrition in Healthy Living  
Term Typically Offered: Fall, Spring, Summer  
Prerequisite(s): Restricted to HSS students only.
Description: Introduction to nutritional needs from prenatal to elderly. Issues relevant to diet and popular topics in nutrition.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 303. Human Nutrition  
Term Typically Offered: Fall, Spring, Summer  
Prerequisite(s): CHEM 101, CHEM 201, or CHEM 105.
Description: Principles of nutrition and the importance of food for physical and social needs.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 304. Introduction to Athletic Coaching  
Term Typically Offered: Fall, Spring  
Description: The purpose of this course is to provide a basic overview of key concepts in the coaching profession. Content will discuss sports coaching at various levels. The primary goal of the course is to develop and enhance students' knowledge and understanding of concepts and techniques of coaching and their application to working with athletes.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 310. Healthy Lifestyles II  
Term Typically Offered: Fall, Spring, Summer  
3 Units

HSS 318. Diverse Populations in Physical Activity and Health  
Term Typically Offered: Fall, Spring, Summer  
3 Units

HSS 319. Adapted Physical Education  
Term Typically Offered: Fall Only  
3 Units

HSS 320. Growth and Motor Development Across the Lifespan  
Term Typically Offered: Fall, Spring, Summer  
3 Units

HSS 326. Movement Skills and Concepts in Physical Education  
Term Typically Offered: Spring Only  
3 Units

HSS 327. Invasion and Net Games  
Term Typically Offered: Spring Only  
3 Units
HSS 328. Target and Fielding Games 3 Units
Term Typically Offered: Spring Only
Description: Development and analysis of target game and fielding game skills used in the respective sports.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 350. Culinary Nutrition 3 Units
Term Typically Offered: Occasionally Offered
Description: Principles of healthy cooking techniques and hands-on experience to create flavorful and appealing nutrient dense foods. The focus is on using herbs and spices to enhance the taste and nutritional value of food.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 359. Fundamentals of Camping and Outdoor Recreation 3 Units
Prerequisite(s): HSS 201 or consent of instructor.
Description: Development of camping and outdoor recreation skills and knowledge including backpacking, canoeing, car camping, etc. Certification through American Camping Association.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 364. Women's Health Issues - SB, D1 3 Units
Term Typically Offered: Fall, Spring
Description: This course will identify a broad range of health issues that can be unique to women or of special importance to women throughout the world. The course will examine the roles women play as both providers and consumers of health care nationally and internationally.
Note: Cross-listed with WGST 364.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 374. Elementary Physical Education Methods 3 Units
Prerequisite(s): HSS 326.
Corequisite(s): HSS 493.
Description: An elementary physical education methods course that provides in-depth analysis of basic, rhythmic movements, fundamental motor and manipulative skills, and physical fitness activities at the elementary grade level. Students will learn age appropriate strategies for instruction in elementary physical education.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 377. Foundations of Quantitative Statistics-QR - QR 3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): ACT Score of 19 or above or equivalent.
Description: Theory and practice of measurement; administration of tests and interpretation of their results by fundamental statistical procedures.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 380. Medicinals: Their Use and Misuses 3 Units
Prerequisite(s): Junior standing.
Description: A study of the mechanisms by which drugs influence living systems, with emphasis on heavy metals, birth control drugs, pesticides, noxious gases, natural poisons, various nonprescription drugs, and the use and abuse of drugs affecting the central nervous system.
Note: Nursing students may not register for credit without consent of the instructor.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 381. Advanced Anatomy and Physiology Lab I 1 Unit
Term Typically Offered: Fall, Spring
Prerequisite(s): HSS 202 or BIOL 260; HSS 386 or BIOL 261 (or concurrent).
Fee: An additional $95.00 is charged for this course.
Description: This course will introduce the fundamental structures of the human body and physiological mechanisms involved in normal functioning, disease, and exercise through lectures and student participation activities. There will be a strong emphasis on the connection between structures and function, usually in the healthy individual but with some exploration of abnormalities found in disease states. This course specifically focuses on the histology, physiology, and anatomical characteristics of the muscular, skeletal, cardiovascular, and respiratory systems.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 382. Wellness Coaching 3 Units
Term Typically Offered: Fall, Spring
Prerequisite(s): HSS 184 or instructor consent.
Description: This course is designed to provide a hands-on wellness coaching opportunity for university students. Students will practice wellness coaching techniques with their peers in class, under direct supervision of their instructor.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 383. Public Health Principles and Practices 3 Units
Term Typically Offered: Fall Only
Description: Philosophy of public health; the structure, personnel, and programs of public health agencies.
Note: Offered as needed.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 384. Teaching Health Education 3 Units
Term Typically Offered: Fall Only
Description: The effective design, implementation and evaluation of health instruction within the school and community setting; emphasis on the development of sequential learning opportunities.
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
HSS 385. Teaching Health Education 3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 384 or permission of instructor.
Description: Selecting methods, resources and media for implementing health program plans for diverse learners. Focus on strategies for Coordinated School Health and community based programs.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

HSS 386. Advanced Anatomy and Physiology I 3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 202 or BIOL 260.
Description: The course will introduce the fundamental structure of the human body and the physiological mechanisms involved in normal functioning and during exercise through lecture and student participation activities. This course specifically focuses on the histology, skeletal, muscular, cardiovascular, lymphatic, and respiratory systems.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

HSS 387. Biomechanics 3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 202 or BIOL 260.
Fee: An additional $40.00 is charged for this course.
Description: The anatomical and physiological analysis of human motion emphasized for the purpose of promoting normal development and improvement of performance. Mechanical physics principles will be discussed as they are related to the structure and function of the human body as it moves. Students will learn anatomy and structure of the neuromuscular system and be able to observe and describe human movement.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

HSS 388. Foundations of Strength and Conditioning 3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 387.
Fee: An additional $40.00 is charged for this course.
Description: Restricted to students admitted to the School of Education. This course provides insight into the factors required for becoming a competent strength and conditioning professional. Students will learn how to properly design programs to match an individual’s goals and abilities. Through the application of human performance concepts, including basic nutrition, bioenergetics, biomechanics, and applied anatomy, students will create training and rehabilitation programs for healthy and injured populations.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

HSS 389. Prevention and Care of Athletic Injuries I 3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 387.
Description: Restricted to students admitted to the College of Education and Human Development. Course stresses importance of prevention of injuries by conditioning and material aids and offers supervised training in caring of injuries.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

HSS 390. Advanced Anatomy and Physiology II 3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 202 or BIOL 260; HSS 386 or BIOL 261.
Description: The course will introduce the fundamental structure of the human body and the physiological mechanisms involved in normal functioning through lecture and student participation activities. This course specifically focuses on the nervous, endocrine, digestive, urinary, and reproductive systems.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

HSS 391. Anatomy and Physiology Lab II 1 Unit
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 202 or BIOL 260; HSS 386 or BIOL 261; HSS 381 or BIOL 262; HSS 390 (or concurrent).
Fee: An additional $95.00 is charged for this course.
Description: This course will introduce the fundamental structures of the human body and physiological mechanisms involved in normal functioning, disease, and exercise through lectures and student participation activities. There will be a strong emphasis on the connection between structures and function, usually in the healthy individual but with some exploration of abnormalities found in disease states. This course specifically focuses on the histology, physiology, and anatomical characteristics of the muscular, skeletal, cardiovascular, and respiratory systems. Students will also be introduced to the embryological origin and development of key structures and body systems.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

HSS 392. Principles of Sport and Exercise Psychology 3 Units
Description: Examination of psychological factors influencing participation in physical activity and performance of motor skills. Consideration of practices to enhance the psychological effects of participation.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

HSS 393. Medical Terminology 3 Units
Term Typically Offered: Fall, Spring
Prerequisite(s): Sophomore standing.
Description: This course will familiarize students with the basics of vocabulary used in the medical and health professions. Students will gain an understanding of basic elements, rules of building and analyzing medical words, and medical terms associated with the body as a whole.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

HSS 394. Foundations of Exercise Physiology 3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 202 or BIOL 260.
Description: This course provides an overview of selected topics in exercise physiology and sports medicine with emphasis on practical applications.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Term Typically Offered</th>
<th>Fee</th>
<th>Prerequisite(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSS 395</td>
<td>Fitness Assessment and Prescription</td>
<td>3</td>
<td>Fall, Spring, Summer</td>
<td></td>
<td>HSS 394</td>
<td>Restricted to students admitted to the College of Education and Human Development. Theoretical overview of competencies necessary for Health Fitness Certification. It will cover the fundamentals of fitness assessment, including anthropometric measurements, and discussions on the definition of fitness, flexibility, aerobic fitness, anaerobic capacity, and body composition. Students will also discuss the importance of testing for special populations. This course is designed to prepare students for a career in fitness assessment and prescription.</td>
</tr>
<tr>
<td>HSS 396</td>
<td>Lab Methods in Fitness Evaluation</td>
<td>3</td>
<td>Fall, Spring, Summer</td>
<td></td>
<td>HSS 394</td>
<td>Hands-on experience with fitness and performance testing. It will cover health risk assessment, anthropometric measurements, and measurements of strength, flexibility, aerobic fitness, anaerobic capacity, and body composition. The course will also discuss how to create an appropriate testing battery and fitness testing for special populations. Students will learn to collect appropriate physiological data and be able to interpret it.</td>
</tr>
<tr>
<td>HSS 397</td>
<td>Special Topics in Health and Sport Science</td>
<td>3</td>
<td>Fall, Spring, Summer</td>
<td></td>
<td>HSS 394</td>
<td>Examination of well-defined topics not studied in regular undergraduate courses. Topics will be announced in Schedule of Classes.</td>
</tr>
<tr>
<td>HSS 401</td>
<td>Internship in Coaching</td>
<td>2</td>
<td></td>
<td></td>
<td>HSS 304</td>
<td>This course is designed to provide students with experiential learning within professional careers associated with coaching. The course is designed to prepare the student for an internship or full-time employment within the fields relevant to coaching.</td>
</tr>
<tr>
<td>HSS 402</td>
<td>Practicum in Health and Human Performance</td>
<td>1</td>
<td>Fall, Spring, Summer</td>
<td></td>
<td></td>
<td>Admission to HHP major. The purpose of HSS 402 is to provide HHP majors with opportunities to understand their intended discipline and have a chance to participate in practical applications.</td>
</tr>
<tr>
<td>HSS 404</td>
<td>Methods in Elementary Physical Education</td>
<td>4</td>
<td>Fall Only</td>
<td></td>
<td></td>
<td>Admission to the Initial Teacher Certification Program. This course includes the philosophy, objectives, curriculum and methods of teaching physical education to elementary children. This course includes 70+ hours of field experience in elementary physical education in public schools.</td>
</tr>
<tr>
<td>HSS 405</td>
<td>Methods in Secondary Physical Education</td>
<td>4</td>
<td>Fall Only</td>
<td></td>
<td></td>
<td>Admission to HHP major. This course includes the philosophy, objectives, curriculum and methods of teaching physical education to secondary students. Must be taken prior to student teaching. This course includes 70+ hours of field experience in secondary (middle or high) physical education in public schools.</td>
</tr>
<tr>
<td>HSS 402</td>
<td>Health and Human Performance</td>
<td>1</td>
<td>Fall, Spring, Summer</td>
<td></td>
<td></td>
<td>Major in HSS or consent of instructor. This course will develop the necessary skills to lead outdoor-experiential education programs.</td>
</tr>
</tbody>
</table>

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
HSS 410. Theories of Sport Pedagogy - CUE 3 Units
Term Typically Offered: Fall Only
Corequisite(s): HSS 493.
Description: Provides students with the basic effective teaching strategies along with research from which they are based.
Course Attribute(s): CUE - This course fulfills the Culminating Undergraduate Experience (CUE) requirement for certain degree programs. CUE courses are advanced-level courses intended for majors with at least 90 earned credits/senior-level status.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 411. Theory and Analysis of Team Sport Skills 3 Units
Term Typically Offered: Fall Only
Prerequisite(s): HSS 320.
Description: Instruction, analysis, and evaluation of team sport skills.
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 412. Theory and Analysis of Individual Sport Skills 3 Units
Term Typically Offered: Spring Only
Description: Instruction, analysis, and evaluation of individual sport skills.
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 414. Student Teaching in Elementary Physical Education 3 Units
Term Typically Offered: Spring Only
Prerequisite(s): HSS 404, HSS 405, and HSS 485.
Description: This course provides supervised observation, participation and teaching in physical education at the elementary school level (K-5).
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 415. Student Teaching in Health Education 3 Units
Term Typically Offered: Spring Only
Prerequisite(s): HSS 404, HSS 405, and HSS 485.
Description: Five weeks of supervised observation, participation, and teaching health education in middle and high schools.
Note: Must be taken concurrently with HSS 414 and HSS 416.
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 416. Student Teaching in Secondary Physical Education 3 Units
Term Typically Offered: Spring Only
Prerequisite(s): HSS 404, HSS 405, and HSS 485.
Description: This course provides supervised observation, participation and teaching in physical education at the secondary school level (middle or high school).
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 430. Epidemiology of Health, Physical Activity and Nutrition 3 Units
Term Typically Offered: Spring Only
Description: The course provides an overview of the epidemiology of physical activity and nutrition in relationship to coronary heart disease, stroke, cancer and type II diabetes.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 431. Leadership in Health Promotion - CUE 3 Units
Term Typically Offered: Spring Only
Description: Analysis of administrative and organizational factors of health education and promotion from within the program, within the organization, and between organizations. Emphasis will be placed on policy making, administration, and functional issues such as collaboration and consultation at the organizational level.
Note: Cross-listed with HSS 631.
Course Attribute(s): CUE - This course fulfills the Culminating Undergraduate Experience (CUE) requirement for certain degree programs. CUE courses are advanced-level courses intended for majors with at least 90 earned credits/senior-level status.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 432. Biostatistics in Health and Exercise Science 3 Units
Term Typically Offered: Fall Only
Prerequisite(s): HSS 377 or permission of instructor.
Description: An introduction to biostatistical methods in health and exercise science.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
HSS 434. Public Health Education Methods  
Term Typically Offered: Fall, Spring  
Description: This course is designed to cover strategies and methods for delivering public health education. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 455. Current Trends and Issues in Health Education - CUE  
Term Typically Offered: Spring Only  
Description: Examination of current literature, research, and trends in the health education field.  
Course Attribute(s): CUE - This course fulfills the Culminating Undergraduate Experience (CUE) requirement for certain degree programs. CUE courses are advanced-level courses intended for majors with at least 90 earned credits/senior-level status.

HSS 460. Human Body in Health and Disease  
Term Typically Offered: Fall Only  
Description: Basic structure and function of body cells, tissues, organs, and organ systems; their interrelationship in health and disease. Infectious and degenerative diseases, mental and emotional problems, nutrition, environmental health, health care delivery.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 462. Alcohol and Drug Education  
Term Typically Offered: Fall Only  
Description: Study of key components of alcohol and drug education, i.e., self-concept information, coping skills, refusal skills, and decision-making. Alcohol and drug education programs at the national, state, and local level will be reviewed.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 463. Sexuality Education  
Term Typically Offered: Fall Only  
Description: Survey of the dynamics of family life and parenting skills. Scope of family life education, methods, source materials and current issues.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 469. Administering Health Promotion and Disease Prevention Programs  
Prerequisite(s): Senior standing.  
Description: Special problems in administering health promotion and disease prevention programs in a variety of community organizations. Program planning and organization; financing and budgeting; measuring program effectiveness; integration of programs and strategies with existing healthcare delivery systems.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 477. Capstone Seminar: Initial Teacher Certification - CUE  
Term Typically Offered: Spring Only  
Prerequisite(s): Admission to Initial Teacher Certification Program.  
Corequisite(s): HSS 414, HSS 415 and HSS 416.  
Description: Designed as an analysis of student professionalism and reflective teaching skills, and understanding the learner with the instructional context.  
Course Attribute(s): CUE - This course fulfills the Culminating Undergraduate Experience (CUE) requirement for certain degree programs. CUE courses are advanced-level courses intended for majors with at least 90 earned credits/senior-level status.

For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 485. Methods in Health Education  
Term Typically Offered: Fall Only  
Prerequisite(s): Admission to the Initial Teacher Certification Program.  
Description: This course covers planning, instructional strategies, implementation and assessment of health education related to practical living at the middle and high school levels. This course includes 70+ hours of field experience in secondary (middle or high) physical education in public schools.  
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 486. Advanced Exercise Physiology - CUE  
Term Typically Offered: Fall, Spring  
Prerequisite(s): HSS 394, HSS 387.  
Description: Restricted to students admitted to the College of Education and Human Development. This course provides knowledge about exercise physiology through a uniform and physiology-based curriculum.  
Course Attribute(s): CUE - This course fulfills the Culminating Undergraduate Experience (CUE) requirement for certain degree programs. CUE courses are advanced-level courses intended for majors with at least 90 earned credits/senior-level status.  
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
HSS 492. Exercise Science Internship 1-3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 402; HHP - Exercise Science Major; 90+ hours.
Description: This course involves practical application of the exercise science knowledge and skills through community engagement. The internship is an individually arranged course combining work experience with critical thinking skills project.
Note: Course may be repeated to a maximum of 9 hours with a maximum of 6 credits (2 sections per term).
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 493. Internship in Physical Education 1-3 Units
Term Typically Offered: Spring Only
Prerequisite(s): HSS 410 (or concurrently) An individually arranged course combining a work experience with a related academic or creative project.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 494. Internship in Public Health Education 1-3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 402.
Description: This course involves practical application of public health knowledge and skills in a community setting.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 495. Internship in School Health Education 1-3 Units
Term Typically Offered: Fall, Spring, Summer
Prerequisite(s): HSS 402.
Description: This course involves practical application of school health knowledge and skills in a community setting.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 496. Internship in Wellness Coaching 3 Units
Term Typically Offered: Occasionally Offered
Prerequisite(s): HSS 382.
Description: Provides a hands-on wellness opportunity for university students to coach participants toward a positive health behavior change.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 499. Directed Readings in Health and Sport Science 1-3 Units
Term Typically Offered: Spring Only
Prerequisite(s): Faculty consent.
Description: Supervised readings pertaining to a research topic in Health Education.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 500. Neuromechanics of Human Performance 3 Units
Term Typically Offered: Fall, Spring
Prerequisite(s): HSS 387; HSS 394, and Consent of Instructor.
Description: This course provides a foundation for the interaction of the nervous system, musculoskeletal system, and the control of human performance.
Note: Cross-listed with EXP 607.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 501. Stress and Tension Control 3 Units
Term Typically Offered: Occasionally Offered
Prerequisite(s): HSS 202 or equivalent.
Description: A study of physiological, sociological, and psychological stresses and their underlying mechanisms of action. Emphasis on modification of stress via developed proficiency in relaxation techniques.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 503. Obesity: Causes, Control 3 Units
Prerequisite(s): HSS 202 or equivalent.
Description: A study of the physiological, psychological, and sociological factors in the development and modification of obesity. Laboratory experiences in the assessment of obesity will be provided.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 504. Physical Activity and Public Health 3 Units
Term Typically Offered: Fall, Spring
Description: Students will examine individual, social, organizational, community, environmental, and policy factors that serve as facilitators and barriers to the promotion of physical activity and public health. This course is designed to provide students with the knowledge, skills, and abilities to conduct physical activity and public health needs assessments; to plan, implement, evaluate, lead, and manage physical activity and public health interventions, initiatives, and programs; to conduct physical activity and public health research; and to communicate and advocate for physical activity and public health promotion.
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 505. Stress and Disease 3 Units
Prerequisite(s): HSS 202 or equivalent.
Description: Relationship of stress to acute and chronic disease and the effects of contemporary stressors on psychophysiological responses. Examination of mechanisms of adaptation, treatment, and prevention.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
HSS 506. Athlete Monitoring and Data Management 3 Units
Term Typically Offered: Fall, Spring
Prerequisite(s): Graduate Standing or Consent of Instructor.
Description: Basic Data Management will be taught including data collection, entry, and management in both XCEL and R Programs. Students will learn data collection techniques for Global Positioning Systems (GPS), Force Plate, and Velocity-Based Training forms of athlete monitoring. By the end of the course, students will have strong skills in analyzing monitoring data, visualization of data into meaningful charts, and be proficient in the ability to interpret results into comprehensive reports for coaches and the sports performance team.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 507. Senior Seminar in Exercise Physiology 3 Units
Term Typically Offered: Occasionally Offered
Prerequisite(s): HSS 387 and HSS 394; 90+ hours; and permission of instructor.
Description: Critical and comprehensive examination of well-defined topics related to exercise physiology that are not studied in regular courses. Topics will be announced in schedule of courses.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 530. Nutrition and Athletic Performance 3 Units
Prerequisite(s): HSS 302 and HSS 303; or consent of instructor.
Description: Principles of nutrition with special emphasis on nutrient and energy needs of athletes of optimal performance.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 564. Women's Health Issues 3 Units
Description: This course will identify a broad range of health issues that can be unique to women or of special importance to women throughout the world. The course will examine the roles women play as both providers and consumers of health care nationally and internationally.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 565. Nutrition for Children and Adolescents 3 Units
Description: Nutritional needs during childhood are covered with emphasis on diet evaluation, menu planning and disease prevention.
Nutrition units will be developed using the curriculum planning map.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 567. Healthy Sexuality and AIDS Education 3 Units
Description: A study of the basic competencies required for AIDS/STD education and prevention within the framework of healthy sexual functioning.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 575. Administration of Physical Education Program and Athletics 3 Units
Description: Administration of the total Physical Education Program on the secondary school level, including units on budget, staff, facilities, programs, equipment, public relations, and evaluation.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 589. Prevention and Care of Athletic Injuries II 3 Units
Prerequisite(s): HSS 389 or equivalent or consent of instructor.
Description: Focuses on basic anatomy and its relationship in sports-induced injuries. Provides framework for adapting prevention, evaluation, management and rehabilitation techniques to aid in the treatment of athletic injuries.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 597. Special Topics in Health and Sport Science 3 Units
Term Typically Offered: Occasionally Offered
Prerequisite(s): Consent of instructor.
Description: Examination of well-defined topics not studied in regular courses. Topics will be announced in Schedule of Courses.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

HSS 598. Independent Study in Health and Sport Science 1-3 Units
Description: Opportunity for the student, under the supervision of a sponsoring faculty member, to pursue individualized study related to research or practice that is not included in regular courses in the curriculum.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)