

# 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 ([https://csprd.louisville.edu/psp/ps\\_class/EMPLOYEE/PSFT\\_CS/c/COMMUNITY\\_ACCESS.CLASS\\_SEARCH./x/?state=62dab551a0d600a5e8237359c50704e59007&duo\\_code=sjUx20STj21bWVEu03Z1YFIdmfxqoV0](https://csprd.louisville.edu/psp/ps_class/EMPLOYEE/PSFT_CS/c/COMMUNITY_ACCESS.CLASS_SEARCH./x/?state=62dab551a0d600a5e8237359c50704e59007&duo_code=sjUx20STj21bWVEu03Z1YFIdmfxqoV0))

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 (<https://louisville.edu/bursar/tuitionfee/university-fees/>).

### HSS 101. Beginning Swimming 1 Unit

**Term Typically Offered:** Occasionally Offered

**Fee:** An additional \$50.00 is charged for this course.

**Description:** Focuses on basic skills for swimming and water safety. Intended to encourage current and future physical activity and provide insight into the benefits of cardiovascular activity.

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:** Occasionally Offered

**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 108. Water Fitness 1 Unit

**Term Typically Offered:** Occasionally Offered

**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:** Introduces students to resistance training, with an emphasis on proper form and technique development. Individuals will learn to develop a safe and efficient weight training program.

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

**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:** Occasionally Offered

**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:** Occasionally Offered

**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>)

### HSS 114. Fitness Walking 1 Unit

**Term Typically Offered:** Fall, Spring

**Fee:** An additional \$50.00 is charged for this course.

**Description:** Promotion of cardiovascular fitness through a walking program. Students can begin at any level of fitness and progress on an individual basis toward improvement.

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

<b>HSS 116. Introduction to Yoga</b> <b>Term Typically Offered:</b> Fall, Spring <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> This course is designed to introduce the foundation poses of Yoga, the basics of healthy posture, simple breathing techniques, and progressive deep relaxation skills. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>	<b>HSS 124. Advanced Tennis</b> <b>Prerequisite(s):</b> HSS 123 or equivalent. <b>Fee:</b> An additional \$50.00 is charged for this course. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>
<b>HSS 117. Intermediate Yoga</b> <b>Prerequisite(s):</b> HSS 116 or consent of instructor. <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> This course is designed to review foundation poses of Yoga and to introduce intermediate level poses. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>	<b>HSS 125. Golf</b> <b>Term Typically Offered:</b> Occasionally Offered <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Instruction for acquiring the basic knowledge and skills for golf. The course will focus on grip, stance, swing, and other primary skill components of the game. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>
<b>HSS 118. Beginning Martial Arts</b> <b>Term Typically Offered:</b> Occasionally Offered <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Beginning judo, karate, tae-kwan-do, tai-chi, as indicated. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>	<b>HSS 127. Beginning Fencing</b> <b>Term Typically Offered:</b> Fall, Spring <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Teaches fundamental skills, techniques, tactics, and basic rules necessary to participate in fencing activities at the novice level. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>
<b>HSS 119. Intermediate Martial Arts</b> <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Intermediate judo, karate, tae-kwan-do, tai-chi, as indicated. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>	<b>HSS 128. Pickleball</b> <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> The purpose of this course is to learn the proper strokes and strategy of Pickleball. This game combines tennis and badminton skills. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>
<b>HSS 120. Beginning Racquetball</b> <b>Term Typically Offered:</b> Occasionally Offered <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Provides students with the basic racquetball rules, strategies and basic racquetball skills and techniques to enjoy playing the game at an introductory level. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>	<b>HSS 132. Canoeing</b> <b>Prerequisite(s):</b> HSS 102 or equivalent. <b>Fee:</b> An additional \$50.00 is charged for this course. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>
<b>HSS 122. Badminton</b> <b>Term Typically Offered:</b> Occasionally Offered <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Designed to familiarize students with skills, practices, techniques, rules, and theory of badminton. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>	<b>HSS 133. Backpacking and Hiking</b> <b>Term Typically Offered:</b> Fall, Spring <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Provides the knowledge of the physical activity and recreational components involved in backpacking and hiking. Emphasis is placed on planning, equipment, clothing, environmental impact and safety. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>
<b>HSS 123. Tennis</b> <b>Term Typically Offered:</b> Occasionally Offered <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Designed to familiarize students with skills, practices, techniques, and theory of tennis. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>	<b>HSS 134. Rappelling</b> <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> This course is designed to teach students the skills of rappelling. Emphasis will be placed on knots, seats, and safety. The majority of the class will be taught from a rappelling tower. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>

<b>HSS 136. Soccer</b> <b>Term Typically Offered:</b> Spring Only <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Development of fundamental skills necessary to skillfully play the team sport of soccer. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit	<b>HSS 162. Beginning Modern Dance</b> <b>Term Typically Offered:</b> Occasionally Offered <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Teaches techniques of creative dance to include movement sequences leading to individual and group dances for initial composition. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit
<b>HSS 137. Volleyball</b> <b>Term Typically Offered:</b> Fall, Spring <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Focuses on learning and developing basic volleyball skills such as passing, serving, attacking, and playing defense. Additionally, team concepts, strategies, sport history, rules and terminology, and sportsmanship are also covered. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit	<b>HSS 163. Intermediate Modern Dance</b> <b>Prerequisite(s):</b> HSS 162 or faculty consent. <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Teaches techniques of intermediate modern dance. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit
<b>HSS 138. Basketball</b> <b>Term Typically Offered:</b> Fall, Spring <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Focuses on learning and developing basic basketball skills such as dribbling, shooting, passing, and playing defense. Additionally, team concepts, strategies, sport history, rules, terminology, and sportsmanship will be covered. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit	<b>HSS 164. Beginning Country Western Dance</b> <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit
<b>HSS 140. Softball</b> <b>Term Typically Offered:</b> Occasionally Offered <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Focuses on learning and developing softball skills such as throwing, pitching, hitting, catching, and fielding. Additionally, team concepts, strategies, sport history, rules, and terminology, and sportsmanship are also covered. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit	<b>HSS 165. Ballroom Dance</b> <b>Term Typically Offered:</b> Occasionally Offered <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit
<b>HSS 150. Special Topics: Physical Education Activities</b> <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Classes announced in Schedule of Courses. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit	<b>HSS 180. First Aid and Safety Education</b> <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	3 Units
<b>HSS 160. Beginning Aerobic Dance</b> <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Develops cardiovascular fitness through the medium of dance. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit	<b>HSS 181. First-Year Experience</b> <b>Term Typically Offered:</b> Fall Only <b>Description:</b> 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. <b>Note:</b> Cross-listed with EDTP 101.  For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit
<b>HSS 161. Intermediate Aerobic Dance</b> <b>Prerequisite(s):</b> HSS 160 or equivalent. <b>Fee:</b> An additional \$50.00 is charged for this course. <b>Description:</b> Teaches techniques of intermediate aerobic dance. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	1 Unit		

<b>HSS 184. Healthy Lifestyles I</b> <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Description:</b> This class is an exploration of the relationship of human 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>	<b>HSS 254. Track and Field Coaching</b> <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>
<b>HSS 190. Exploration of Working with Collegiate Student-Athletes</b> <b>Term Typically Offered:</b> Fall, Spring <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>	<b>HSS 255. Fundamentals of Football Coaching</b> <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>
<b>HSS 200. Introduction to Health Education</b> <b>Term Typically Offered:</b> Fall Only <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>	<b>HSS 256. Fundamentals of Basketball Coaching</b> <b>Term Typically Offered:</b> Spring Only <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>
<b>HSS 202. Foundations of Anatomy &amp; Physiology - S</b> <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>	<b>HSS 257. Fundamentals of Soccer Coaching</b> <b>Term Typically Offered:</b> Spring Only <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>
<b>HSS 251. Officiating</b> <b>Term Typically Offered:</b> Spring Only <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>	<b>HSS 258. Fundamentals of Softball Coaching</b> <b>Term Typically Offered:</b> Occasionally Offered <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>
<b>HSS 252. Coaching of Aquatics</b> <b>Prerequisite(s):</b> Senior life saving. <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>	<b>HSS 261. Fundamentals of Coaching Volleyball</b> <b>Term Typically Offered:</b> Spring Only <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>
<b>HSS 253. Fundamentals of Baseball Coaching</b> <b>Term Typically Offered:</b> Fall, Spring <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>		



<p><b>HSS 263. Introduction to Exercise Physiology</b> <b>3 Units</b></p> <p><b>Term Typically Offered:</b> Fall, Spring</p> <p><b>Prerequisite(s):</b> none Prerequisites or corequisites: none Corequisite: none This foundational course is designed to provide students with a comprehensive understanding of exercise physiology, its core principles, and its significance in the modern world.</p> <p><b>Description:</b> This course offers a dynamic learning experience that combines classroom lectures, hands-on practical sessions, and experiential learning opportunities. Students will explore fundamental concepts in exercise physiology and develop essential skills required for careers in allied health, human performance, and physical and health education disciplines. Specific course topics include: A Systems-Based Approach to Exercise Physiology, the History of Exercise Physiology, Clinical Exercise Physiology, Exercise and Sport Nutrition, Exercise and Sport Psychology, Equipment and Assessment in Exercise Science, and a comprehensive look at Careers and Professional Issues in the field.</p> <p><b>Course Attribute(s):</b> 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.</p>	<p><b>HSS 293. Social and Psychological Dimensions of Physical Activity - SB</b> <b>3 Units</b></p> <p><b>Term Typically Offered:</b> Fall, Spring, Summer</p> <p><b>Description:</b> Emphasis on socialization and cultural diversity as these affect physical education. Examination of psychological factors that influence learning and enhance the effects of participation. For class offerings for a specific term, refer to the Schedule of Classes (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>
<p>For class offerings for a specific term, refer to the Schedule of Classes (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>	<p><b>HSS 300. Nutrition Coaching</b> <b>3 Units</b></p> <p><b>Term Typically Offered:</b> Fall, Spring</p> <p><b>Prerequisite(s):</b> HSS 202 or equivalent This course offers a foundational understanding of human anatomy, physiology, and the impact of nutrition coaching for select populations of individuals.</p> <p><b>Description:</b> Participants learn about macro and micronutrients, fluid balance, and effective client intake and analysis. Key focus areas include goal setting and achievement, as well as best practices in nutrition coaching. Note: Courses in anatomy and physiology from other programs and universities are appropriate pre-requisite course substitutions (BIOL 260 or 261, for instance)</p> <p>For class offerings for a specific term, refer to the Schedule of Classes (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>
<p><b>HSS 270. Introduction to Physical Education</b> <b>3 Units</b></p> <p><b>Term Typically Offered:</b> Fall Only</p> <p><b>Description:</b> This class focuses on the history, aims, objectives, and principles of physical education to their application to present-day educational programs.</p> <p><b>Course Attribute(s):</b> 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.</p>	<p><b>HSS 301. Motivation in Sport and Athletics</b> <b>3 Units</b></p> <p><b>Term Typically Offered:</b> Fall, Spring, Summer</p> <p><b>Description:</b> 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 (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>
<p>For class offerings for a specific term, refer to the Schedule of Classes (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>	<p><b>HSS 302. Nutrition in Healthy Living</b> <b>3 Units</b></p> <p><b>Term Typically Offered:</b> Fall, Spring, Summer</p> <p><b>Prerequisite(s):</b> Restricted to HSS students only.</p> <p><b>Description:</b> 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 (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>
<p><b>HSS 271. Teaching Physical Education</b> <b>3 Units</b></p> <p><b>Term Typically Offered:</b> Fall Only</p> <p><b>Description:</b> 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.</p> <p><b>Course Attribute(s):</b> 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.</p>	<p><b>HSS 303. Human Nutrition</b> <b>3 Units</b></p> <p><b>Term Typically Offered:</b> Fall, Spring, Summer</p> <p><b>Prerequisite(s):</b> CHEM 101, CHEM 201, or CHEM 105.</p> <p><b>Description:</b> 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 (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>
<p>For class offerings for a specific term, refer to the Schedule of Classes (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>	<p><b>HSS 304. Introduction to Athletic Coaching</b> <b>3 Units</b></p> <p><b>Term Typically Offered:</b> Fall, Spring, Summer</p> <p><b>Description:</b> 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 (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>
<p><b>HSS 275. Elementary School Physical Education Laboratory</b> <b>1 Unit</b></p> <p><b>Prerequisite(s):</b> HSS 274 (or concurrent).</p> <p><b>Description:</b> Experiences in an elementary school situation related to HSS 274.</p> <p>For class offerings for a specific term, refer to the Schedule of Classes (<a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a>)</p>	

<b>HSS 310. Healthy Lifestyles II</b>	<b>3 Units</b>	<b>HSS 350. Culinary Nutrition</b>	<b>3 Units</b>
<b>Term Typically Offered:</b> Fall, Spring, Summer		<b>Term Typically Offered:</b> Occasionally Offered	
<b>Description:</b> A community based approach to addressing health issues facing Americans in the 21st century.		<b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )		For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	
<b>HSS 318. Diverse Populations in Physical Activity and Health</b>	<b>3 Units</b>	<b>HSS 359. Fundamentals of Camping and Outdoor Recreation</b>	<b>3 Units</b>
<b>Term Typically Offered:</b> Fall, Spring, Summer		<b>Prerequisite(s):</b> HSS 201 or consent of instructor.	
<b>Description:</b> The study of social and cultural systems of diverse groups, related to physical activity and health.		<b>Description:</b> Development of camping and outdoor recreation skills and knowledge including backpacking, canoeing, car camping, etc. Certification through American Camping Association.	
<b>Course Attribute(s):</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	
For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )		<b>HSS 364. Women's Health Issues - SB</b>	<b>3 Units</b>
<b>HSS 320. Growth and Motor Development Across the Lifespan</b>	<b>3 Units</b>	<b>Term Typically Offered:</b> Fall, Spring	
<b>Term Typically Offered:</b> Fall, Spring, Summer		<b>Description:</b> 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.	
<b>Description:</b> Provides the student with a knowledge base in the study of growth and motor behavior across the life-span for individuals with and without disabilities.		<b>Note:</b> Cross-listed with WGST 364.	
<b>Course Attribute(s):</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	
For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )		<b>HSS 377. Foundations of Quantitative Statistics - QR</b>	<b>3 Units</b>
<b>HSS 326. Movement Skills and Concepts in Physical Education</b>	<b>3 Units</b>	<b>Term Typically Offered:</b> Fall, Spring, Summer	
<b>Term Typically Offered:</b> Spring Only		<b>Prerequisite(s):</b> Appropriate placement score or equivalent coursework.	
<b>Description:</b> The course develops content knowledge in foundational skills fundamental movement skills and concepts, rhythmic activities, gymnastics, lead-up/modified games, and fitness.		<b>Description:</b> Refer to <a href="https://reach.louisville.edu/courses/GEN103-104/#DoINeedIt">https://reach.louisville.edu/courses/GEN103-104/#DoINeedIt</a> . This course introduces key quantitative statistical methods relevant to the fields of health, human performance, and exercise physiology. Students will explore both descriptive and inferential statistics, focusing on techniques such as measures of central tendency and variability, correlation and regression analysis, hypothesis testing, t-tests, ANOVA (analysis of variance), chi-square tests, and non-parametric methods. Students will learn to use statistical methods to analyze data sets, interpret results, and present findings effectively. By the end of the course, students will have developed the quantitative skills necessary to critically evaluate research and apply statistical methods in their future academic or professional careers in health and exercise science.	
For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )		For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	
<b>HSS 327. Invasion and Net Games</b>	<b>3 Units</b>	<b>HSS 380. Medicinals: Their Use and Misuses</b>	<b>3 Units</b>
<b>Term Typically Offered:</b> Spring Only		<b>Prerequisite(s):</b> Junior standing.	
<b>Description:</b> Development and analysis of invasion and net game skills used to the respective sports.		<b>Description:</b> 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.	
For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )		<b>Note:</b> Nursing students may not register for credit without consent of the instructor.	
<b>HSS 328. Target and Fielding Games</b>	<b>3 Units</b>	For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	
<b>Term Typically Offered:</b> Spring Only			
<b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )			

**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 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 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 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, HSS 394, and HSS 395 This course provides insight into the factors required for becoming a competent strength and conditioning professional.

**Fee:** An additional \$40.00 is charged for this course.

**Description:** 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 386.

**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>)

<b>HSS 391. Advanced Anatomy and Physiology Lab II</b> <b>Term Typically Offered:</b> Fall, Spring <b>Prerequisite(s):</b> HSS 381 and HSS 386; HSS 390 (or concurrent). <b>Fee:</b> An additional \$95.00 is charged for this course. <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>	<b>HSS 396. Lab Methods in Fitness Evaluation</b> <b>Term Typically Offered:</b> Fall, Spring <b>Prerequisite(s):</b> HSS 387 and HSS 394 This course will provide hands-on experience with fitness and performance testing. <b>Fee:</b> An additional \$95.00 is charged for this course. <b>Description:</b> 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. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>
<b>HSS 392. Principles of Sport and Exercise Psychology</b> <b>Term Typically Offered:</b> Fall Only <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>	<b>HSS 397. Special Topics in Health and Sport Science</b> <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Prerequisite(s):</b> Sophomore standing. <b>Description:</b> Examination of well-defined topics not studied in regular undergraduate courses. Topics will be announced in Schedule of Courses. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>
<b>HSS 393. Medical Terminology</b> <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Prerequisite(s):</b> Sophomore standing. <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>	<b>HSS 401. Internship in Coaching</b> <b>Grading Basis:</b> Pass/Fail <b>Prerequisite(s):</b> HSS 304. <b>Description:</b> 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. <b>Note:</b> To be taken within the last 9 hours of minor coursework.  For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>2 Units</b>
<b>HSS 394. Foundations of Exercise Physiology</b> <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Prerequisite(s):</b> HSS 263 and HSS 202 or BIOL 260. <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>	<b>HSS 402. Practicum in Health and Human Performance</b> <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Prerequisite(s):</b> Admission to HHP major. <b>Description:</b> 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. <b>Course Attribute(s):</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>1 Unit</b>
<b>HSS 395. Fitness Assessment and Prescription</b> <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Prerequisite(s):</b> HSS 387 and HSS 394 Theoretical overview of competencies necessary for Health Fitness Certification through the American College of Sports Medicine and Certified Personal Trainer credential through the National Strength and Conditioning Association including functional anatomy and biomechanics, exercise leadership, exercise programming, health appraisal and program administration. <b>Fee:</b> An additional \$40.00 is charged for this course. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )	<b>3 Units</b>		



**HSS 404. Methods in Elementary Physical Education 4 Units****Term Typically Offered:** Fall Only**Prerequisite(s):** Admission to the Initial Teacher Certification Program.**Description:** 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.**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 405. Methods in Secondary Physical Education 4 Units****Term Typically Offered:** Fall Only**Prerequisite(s):** Admission to the Initial Teacher Certification Program.**Description:** 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.**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 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.

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.

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:** Occasionally Offered**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 455. Current Trends and Issues in Health Education - CUE 3 Units****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.

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

<b>HSS 460. Human Body in Health and Disease</b> 3 Units <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )		<b>HSS 485. Methods in Health Education</b> 4 Units <b>Term Typically Offered:</b> Fall Only <b>Prerequisite(s):</b> Admission to the Initial Teacher Certification Program. <b>Description:</b> 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. <b>Course Attribute(s):</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )
<b>HSS 462. Advanced Biomechanics</b> 3 Units <b>Term Typically Offered:</b> Fall, Spring <b>Prerequisite(s):</b> HSS 387 and HSS 390 This advanced course in biomechanics is designed to provide students with a comprehensive understanding of the principles and applications of biomechanics in the context of rehabilitation therapy and human movement analysis. <b>Description:</b> Throughout the course, students will explore the basic biomechanical principles governing human movement, including kinetics, kinematics, and neuromuscular control. Emphasis will be placed on the integration of biomechanical concepts with clinical applications, preparing students to analyze movement patterns, assess functional limitations, and develop effective rehabilitation strategies. For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )		<b>HSS 486. Advanced Exercise Physiology - CUE</b> 3 Units <b>Term Typically Offered:</b> Fall, Spring <b>Prerequisite(s):</b> HSS 387, HSS 390, and HSS 394 This course provides knowledge about exercise physiology through a uniform and physiology-based curriculum. <b>Course Attribute(s):</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )
<b>HSS 463. Sexuality Education</b> 3 Units <b>Term Typically Offered:</b> Fall Only <b>Description:</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )		<b>HSS 492. Exercise Science Internship</b> 1-3 Units <b>Term Typically Offered:</b> Fall, Spring, Summer <b>Prerequisite(s):</b> Exercise Physiology or Health and Human Performance Major; 90+ hours. <b>Description:</b> 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. <b>Note:</b> Course may be repeated to a maximum of 9 hours with a maximum of 6 credits (2 sections per term). <b>Course Attribute(s):</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )
<b>HSS 477. Capstone Seminar: Initial Teacher Certification - CUE</b> 3 Units <b>Term Typically Offered:</b> Spring Only <b>Prerequisite(s):</b> Admission to Initial Teacher Certification Program. <b>Corequisite(s):</b> HSS 414, HSS 415 and HSS 416. <b>Description:</b> Designed as an analysis of student professionalism and reflective teaching skills, and understanding the learner with the instructional context. <b>Course Attribute(s):</b> 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 ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )		<b>HSS 499. Directed Readings in Health and Sport Science</b> 1-3 Units <b>Term Typically Offered:</b> Spring Only <b>Prerequisite(s):</b> Faculty consent. <b>Description:</b> Supervised readings pertaining to a research topic in Health Education.  For class offerings for a specific term, refer to the Schedule of Classes ( <a href="http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm">http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm</a> )

**HSS 500. Neuromuscular Aspects of Human Performance 3 Units**

**Term Typically Offered:** Fall, Spring

**Prerequisite(s):** HSS 387; HSS 390; and HSS 394.

**Description:** This course provides an in-depth exploration of neuromuscular structure and function in respect to control of exercise and human movement, specifically as it relates to human performance and athletic adaptation. Emphasis will be placed on bioenergetics, muscle plasticity, neural control of exercise, acute responses and chronic adaptations to various exercise training, and adaptation to various stimuli.

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

**HSS 501. Advanced Applied Kinesiology 3 Units**

**Term Typically Offered:** Fall, Spring, Summer

**Prerequisite(s):** Graduate Standing or Consent of Instructor Exploration of advanced principles of applied kinesiology, focusing on structure and function of skeletal muscle to optimize movement patterns and enhance athletic performance.

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

**HSS 503. Field Testing for Athletes 3 Units**

**Prerequisite(s):** Graduate Standing or Consent of Instructor This course provides an in-depth examination of field testing methodologies used to assess athletic performance and monitor training progress in various sports and athletic populations.

**Description:** Students will learn the principles of test selection, administration, data interpretation, and application to optimize performance assessment and inform training program design.

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. Bioenergetics 3 Units**

**Term Typically Offered:** Fall, Spring, Summer

**Prerequisite(s):** Graduate Standing or Consent of Instructor This course provides a detailed exploration of the principles of bioenergetics and metabolic pathways involved in energy production in the human body, with a focus on their implications for athletic performance, exercise prescription, and training program design.

**Description:** Students will explore the biochemistry of energy metabolism, energy systems interplay, substrate utilization, and metabolic adaptations to exercise.

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:** Spring Only

**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 508. Athlete-Centered Coaching and Long-Term Athlete Development 1 Unit**

**Term Typically Offered:** Fall, Spring, Summer

**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course focuses on equipping coaches with the knowledge and skills to prioritize athlete development, enhance physical literacy, and promote lifelong physical activity.

**Description:** Coaches will learn about athlete-centered coaching philosophies and the principles associated with long-term athlete development, such as the American Development Model.

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

**HSS 509. Strategic Planning and Program Management in Sport Coaching****1 Unit****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course focuses on helping coaches establish a clear vision, set goals, and effectively manage their sport programs.**Description:** Coaches will learn about strategic planning principles, goal-setting strategies, program compliance, community needs, and responsible resource management.For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)**HSS 510. Ethical Practices and Decision-Making in Coaching Holistic Education****1 Unit****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course aims to equip coaches with a deep understanding of ethical principles, behaviors, and decision-making processes within the context of coaching.**Description:** Coaches will learn to abide by codes of conduct, model and teach ethical behavior, and develop an ethical decision-making framework to ensure the ethical development of athletes.For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)**HSS 511. Interpersonal Skills and Leadership in Sport Coaching****1 Unit****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course focuses on developing coaches' competencies in effectively communicating, collaborating, educating, and supporting all stakeholders associated with the sport program.**Description:** Coaches will learn interpersonal skills, sociocultural competencies, and leadership principles to build positive relationships, embrace diversity, and foster professionalism with athletes, administrators, assistant coaches, support staff, referees, sports medicine professionals, program supporters, parents, and the media.For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)**HSS 512. Creating a Respectful and Safe Sport Environment****1 Unit****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course is designed to equip sport coaches with the knowledge and skills necessary to establish an emotionally and physically safe environment for athletes.**Description:** Coaches will learn and implement practices outlined by sport organizations, coaching science, and state and federal laws. The course focuses on creating a respectful climate, preventing harassment and abuse, collaborating with program directors to fulfill legal responsibilities, identifying and mitigating injury risks, and promoting the overall well-being of participants.For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)**HSS 513. Training Principles & Procedures for Injury Prevention****2 Units****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course provides coaches with essential knowledge and skills to reduce injuries, respond to emergencies, support injured athletes, and promote nutritional practices that ensure the health and safety of athletes.**Description:** Coaches will learn about safe training principles, emergency response procedures, sports medicine collaboration, and sound nutritional practices. The course emphasizes the importance of providing immediate and appropriate care, supporting athletes during recovery, and advocating for drug-free sport participation.For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)**HSS 514. Creating a Positive and Inclusive Sport Environment****1 Unit****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course aims to equip coaches with the knowledge and skills to create a positive sport climate that maximizes physical, psychological, and social benefits for athletes.**Description:** Coaches will learn strategies to promote participation, foster a supportive and enjoyable environment, prioritize athlete well-being, and implement inclusive practices aligned with legal and ethical guidelines.For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)**HSS 515. Conduct Practices and Prepare for Competition: Planning for Success****2 Units****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course focuses on equipping sport coaches with the skills and knowledge necessary to effectively plan practices and prepare athletes for competition.**Description:** Coaches will learn how to create seasonal and annual plans, design appropriate progressions, incorporate competition strategies and mental skills, and develop intentional strategies to promote life skills. The course emphasizes the importance of understanding effective contest management and lays the foundation for successful coaching through comprehensive planning.For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)**HSS 516. Effective Teaching and Instruction****1 Unit****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course focuses on the pedagogical strategies and instructional methods employed by sport coaches.**Description:** Coaches will learn the skills, elements of skill combinations, techniques, competition strategies, and tactics specific to their sport. The course emphasizes the use of diverse pedagogical approaches and teaching principles to facilitate athlete development and optimize competitive performance. Coaches will also explore motivational techniques to enhance athlete engagement during practices and competitions.For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)



**HSS 517. Effective Assessment Strategies****1 Unit****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course focuses on the implementation of strategies for evaluating athlete training, development, and performance.**Description:** Coaches will learn how to engage athletes in a process of continuous self-assessment and reflection to foster responsibility for their own learning and development. The course emphasizes evidence-based strategies and tools for evaluating athlete progress, as well as the incorporation of athlete input in decision-making processes. For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)**HSS 518. Adaptive Coaching Strategies****1 Unit****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course focuses on the skills and decision-making required to adapt training and competition plans.**Description:** Coaches will learn how to adjust periodization and season plans based on athlete needs and assessment practices. They will also develop strategic decision-making skills to make adjustments or changes during competitions. The course emphasizes the importance of monitoring athlete progression, physical and mental health, and maintaining self-control to facilitate effective decision-making. For class offerings for a specific term, refer to the Schedule of Classes (<http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>)**HSS 519. Coach's Journey: Striving for Continuous Improvement****2 Units****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Admission into the Holistic Coaching Graduate Certificate program or Instructor Permission This course is designed to empower sport coaches to continuously enhance their coaching practice through self-reflection, mentorship, professional development, evaluation, and self-care.**Description:** Coaches will learn effective strategies to reflect on their coaching decisions, develop evaluation strategies to monitor and improve team performance, seek ongoing learning opportunities, engage in mentoring and communities of practice, and maintain work-life harmony to manage stress and prevent burnout. This course fosters a growth mindset and a commitment to lifelong learning, providing coaches with the tools they need to continually evolve and improve as coaches. 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****Term Typically Offered:** Fall Only**Prerequisite(s):** HSS 300, HSS 302, or HSS 303 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 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 589. Injury Prehab and Rehab****3 Units****Term Typically Offered:** Fall, Spring, Summer**Prerequisite(s):** Graduate Standing or Consent of Instructor This course focuses on the principles and practices of injury rehabilitation and prevention (pre-rehabilitation).**Description:** Students will explore evidence-based strategies for assessing, treating, and preventing musculoskeletal injuries commonly encountered in athletic populations, with an emphasis on promoting optimal recovery, restoring function, and reducing the risk of future 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>)