

HPER Program	Semester: Fall/Spring/Summer	Required Courses in Major				
Level of Instruction Criteria	Program Outcomes	HPER 1103 Intro to HPER	HPER 2213 Standard First Aid & Personal Safety	HPER 2103 Care & Prevention of Athletic Injuries	HPER 1113 Personal Health & Wellness	HPER 2113 Theory of Coaching
<p>(I) Introduced</p> <p>Students are not expected to be familiar with the content or skill at the collegiate level.</p> <p>Instruction and learning activities focus on basic knowledge, skills, and/or entry-level complexity.</p>	<p>1. Upon completion of the program, the student will identify the different aspects of physical education and related fields</p> <ul style="list-style-type: none"> A. define physical education B. identify physical education terminology C. classify careers within the field of physical education and related fields 	A		I		R
<p>(R) Reinforced</p> <p>At the collegiate level, students <u>are expected</u> to possess a <u>basic level</u> of knowledge and familiarity with the content or skills.</p> <p>Instruction and learning concentrate on enhancing and strengthening previous collegiate knowledge/skills and complexity</p>	<p>2. Upon completion of the program, the student will identify healthy lifestyle choices</p> <ul style="list-style-type: none"> A. recognize the importance of physical activity B. summarize a healthy diet C. identify risk reduction of prevalent diseases 	I		R	A	
<p>(A) Advanced</p> <p>At the collegiate level, students <u>are expected</u> to possess a <u>strong foundation</u> in knowledge, skill, or competency.</p> <p>Instruction and learning activities continue to build upon previous competencies with increased complexity and application of use.</p>	<p>3. Upon completion of the program, the student will demonstrate basic treatments for common injuries/illness</p> <ul style="list-style-type: none"> A. identify common injuries and illness B. list the steps of common illness/injury assessment C. choose basic treatments for common injury/illness 		A	A	I	