HEALTH, PHYSICAL EDUCATION
AND EXERCISE SCIENCE LAB
(HPEZ)

HPEZ 220. Introduction to Athletic Training Laboratory. 1 Hour.
Semester course; 2 laboratory hours. 1 credit. Corequisite: HPEX 220.
Laboratory fee required. A laboratory to introduce the basic skills used
by an athletic trainer in the prevention and care of athletic injuries in the
physically active.

HPEZ 320. Upper Extremity Assessment of Athletic Injuries Laboratory. 1 Hour.
Semester course; 2 laboratory hours. 1 credit. Corequisite: HPEX 320.
Laboratory fee required. This laboratory course includes practice in
the skills of assessment and management of upper extremity athletic
injuries in the physically active. Includes head, neck, thoracic, abdominal,
shoulder, elbow, forearm, wrist, hand and finger injuries.

HPEZ 321. Lower Extremity Assessment of Athletic Injuries Laboratory. 1 Hour.
Semester course; 2 laboratory hours. 1 credit. Corequisite: HPEX 321.
Laboratory fee required. This laboratory course is designed to acquaint
the student with the proper assessment and treatment procedures for
lower extremity athletic injuries in the physically active. The lab will
include prevention, care and treatment of lower back, hip, thigh, knee,
lower leg, ankle and foot athletic injuries.

HPEZ 322. Therapeutic Exercise in Athletic Training Laboratory. 1 Hour.
Semester course; 2 laboratory hours. 1 credit. Corequisite: HPEX 322.
This laboratory course is designed to acquaint the student with the
proper use of therapeutic exercise in the treatment and rehabilitation of
athletic injuries in the physically active. The lab course will include the
skills of the therapeutic exercise used in the treatment of groin, thigh, hip,
knee, lower leg, ankle, foot, shoulder, elbow, wrist, hand, finger and back
athletic injuries.

HPEZ 324. Therapeutic Modalities in Athletic Training Laboratory. 1 Hour.
Semester course; 2 laboratory hours. 1 credit. Corequisite: HPEX 324.
Laboratory fee required. This laboratory course will allow the student
to develop the practical skills required to properly apply therapeutic
modalities used to treat athletic injuries in the physically active.

HPEZ 334. Measurement and Analysis in Teaching and Exercise Science
Laboratory. 1 Hour.
Semester course; 2 laboratory hours. 1 credit. Corequisite: HPEX 334.
Laboratory experience applying knowledge and skills presented in
HPEX 334.

HPEZ 373. Structural Kinesiology Laboratory. 1 Hour.
Semester course; 2 laboratory hours. 1 credit. Prerequisite: BIOL 205.
Corequisite: HPEX 373. Laboratory experience applying knowledge and
theory from HPEX 373.

HPEZ 375. Physiology of Exercise Laboratory. 1 Hour.
Semester course; 2 laboratory hours. 1 credit. Prerequisite: PHIS 206.
Corequisite: HPEX 375. Provides practical application of the physiological
principles presented in HPEX 375; assists students in the development of
practical application competencies associated with assessment of acute
and chronic effects of exercise on the human body.

HPEZ 450. Service-learning in Community Health Education Planning and
Evaluation. 1 Hour.
Semester course; 1 service-learning/laboratory hour. 1 credit. Corequisite:
HPEX 450. Provides experience working with community partners to gain
firsthand exposure to specific target populations, observing the needs
of those populations and current efforts, if any, to address those needs.
Community partners include nonprofit agencies, schools, worksites,
hospitals and state and local health departments.