

# HEALTH, PHYSICAL EDUCATION AND EXERCISE SCIENCE LAB (HPEZ)

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**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.