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The mission of McKendree University is to provide a high-quality educational experience to outstanding students.

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HPE 158 Health and Wellness (3)

The Health and Wellness course will afford students the opportunity to reinforce the basics in all eight dimensions of wellness for promoting a healthy lifestyle in addition to exploring the most current thinking on health and wellness topics and related controversial issues. Students will learn practical ways in which to integrate positive health and wellness behaviors into their lifestyle to become a healthy student and citizen.

Student Learning Outcomes

Students will:

1. Understand the meaning of physical wellness in relation to exercise/nutrition and its direct application to you.
2. Apply techniques to manage stress, time management, critical and creative thinking.
3. Have a deeper awareness for happiness, compassion, gratitude, patience, and being present.
4. How to efficiently do your part in the upkeep of environmental quality.
5. Understanding rhythm and balance of work/life
6. Find stability with a personal budget and financial obligations.
7. Use your resourcefulness and initiative deal with most problems.

Course Topics

1. Introduction to health and wellness
2. Physical wellness
3. Physical wellness and nutrition
4. Emotional wellness
5. Mental wellness
6. Social wellness
7. Intellectual wellness
8. Spiritual wellness
9. Environmental wellness
10. Financial wellness
11. Occupational wellness
12. Your responsibilities in health and wellness



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HPE 200 Foundations of Human Movement (3)

This course will introduce the composition and function of the musculoskeletal system with principles and mechanical concepts for human movement, functional anatomy of the skeletal, connective tissue, articular, and neuromuscular systems. Students will also learn the structural adaptation of musculoskeletal components during aging as well as the etiology of the musculoskeletal disorders and injuries.

Student Learning Outcomes

Students will:

1. Identification of anatomy and physiological functions
2. Understanding basic Range of Motion concepts
3. Assessment of anthropometry
4. Recognition of basic equipment used for physical measurement
5. Describe and generally identify the composition of the human body
6. Compare and contrast pediatrics and gerontology
7. Describe and identify modern imaging techniques.
8. Recognition and understanding of the various stages of development during the life span.
9. Describe and identify specific effects of activity on the various body structures.
10. Describe basic components of kinematics and kinetics
11. Generally understand concepts of energetics, exercise metabolism, and nutrition and exercise.
12. Introduction of Vo2Max assessment
13. Introduction of body composition techniques
14. Introduction of Palpation techniques
15. Introduction of Muscle function testing
16. Introduction of Joint Motions
17. Introduction of Ligamentous stress testing and joint play
18. Introduction of Neurologic functions

Course Topics

1. Human Movement Studies as a Discipline
2. Basic concepts of the musculoskeletal system
3. Basic concepts of anthropometry
4. Musculoskeletal changes across the life span
5. Musculoskeletal adaptations to training
6. Basic concepts of kinematics and kinetics
7. Basic concepts of energetics
8. Biomechanics across the life span
9. Biomechanical adaptations to training
10. Exercise metabolism
11. Nutrition and exercise
12. Physiological capacity across the life span
13. Physiological adaptations to training



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14. Motor Control
15. Psychological factors across the life span
16. Psychological adaptations to training
17. Health in injury prevention and management
18. Performance enhancement through cardiovascular and pulmonary function



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HPE 214 Principles and Foundations of Health Promotion and Wellness (3)

An introduction to the theories and concepts of health, health education, and wellness that guide the practice of professionals in the field. Also examines the role of the professional in a variety of health and wellness work settings through service hours in the urban, suburban, and rural districts of the county. Students will be introduced to the professional arena by becoming a member of both the student and national professional organization and participating in service-learning. Prerequisites: HPE 158 and either HPE 210 or EDU 115.

Student Learning Outcomes

Students will:

1. Recognize professional language for the entry level health education specialist.
2. Understand the emphasis of history on health education and promotion over the last 150 years.
3. Describe their personal and professional philosophies in health education.
4. Identify the different theories and planning models for health education/ promotion.
5. Identify ethical issues in a health education and promotion setting.
6. Identify and understand the roles, responsibilities, certifications, and advanced studies in health education/promotion.
7. Identify the four major settings of health education/promotion.
8. Recognize the different agencies, associations, and organizations associated with health education/ promotion.
9. Access health-related information and be able to recognize reliable sources.
10. Identify future trends in health education/promotion.

Course Topics

1. A Background for the Profession
2. Why Health Education (1 page +)
3. The History of Health and Health Education/Promotion
4. Health Newsletter
5. Philosophical Foundation slides
6. Health education philosophy (use outline given)
7. Theories and Planning Models
8. Behavior Change
9. Using Health Belief Model Identify (Group Activity)
10. Ethics in Health education/promotion
11. Ethical Dilemma
12. Health Education Specialists: Roles, Responsibilities, Certifications, and Advanced Study
13. Health Education Responsibilities
14. The setting for Health education/promotion
15. Agencies, Associations, and organizations associated with Health education/promotion
16. Become a member of National Health Organization
17. The Literature of Health Education/Promotion
18. Future Trends



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HPE 250 Assessment Through Tests and Measurements for Health Professions (3)

This course is designed to provide the foundational skills necessary for effective assessment of the multiple dimensions of health and wellness in a variety of health and wellness settings, including schools (physical education and health education), worksites, fitness facilities, and with diverse populations. Emphasis will be given to principles governing assessment, basic statistical procedures required to make meaningful conclusions from data, specific fitness and skills tests and test batteries, lifestyle behavior assessments, and skills related to data presentation and reporting.

Student Learning Outcomes

Students will:

1. Develop knowledge of the principles of physical fitness assessment and exercise prescription
2. Develop knowledge of and apply basic statistical terms and methods
3. Develop an understanding of the use of assessment data
4. Develop ability to review professional journal articles related to tests and measurements for health professions
5. Understand various exercise and conditioning programs for development of each physical fitness component
6. Understand the various principles for weight management
7. Demonstrate the use of field and laboratory tests for the appraisal of physical fitness status and the design of exercise and weight-management programs (including comparing and contrasting various types of flexibility, strength training, and cardiovascular conditioning programs to meet expected outcomes, safety precautions, hazards and contraindications)
8. Assess and design individualized physical fitness programs

Course Topics

1. Physical Activity and Disease
2. Health and Lifestyle Evaluation
3. Health and Lifestyle Evaluation
4. Assessing Heart Rate/ BP Rest and Exercise
5. Principles of Assessment Prescription, and Exercise Program Adherence
6. Assessing Flexibility
7. Designing Program for Flexibility and Low Back
8. Assessing and Designing Flexibility Programs
9. Assessing Balance and Designing Balance Programs
10. Assessing Cardiorespiratory Fitness
11. Designing Cardiorespiratory Exercise Programs Plagiarism Certificate
12. Improving Aerobic Performance
13. Periodization of Training
14. Assessing Muscular Fitness
15. Muscular Fitness
16. Resistance Exercise Prescription
17. Designing Resistance Programs
18. Foundations of Strength Training for Special Populations
19. Assessing Body Composition



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20. Designing Weight Management and Body Composition Programs



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HPE 300 Human Nutrition (3)

An examination of basic principles of nutrition, the role of nutrients in maintaining health and wellness, the relationship of nutrition to diseases and disorders, as well as consumer issues such as using nutritional tools (i.e. guidelines, recommendations, and food labels) and integrating healthy nutritional practices into the lifestyle. Prerequisite: HPE 158.

Student Learning Outcomes

Students will:

1. Identify the food choices, nutrition guidelines, and assessment strategies for overall health.
2. Discuss the way in which the body obtains and uses carbohydrates.
3. Describe the way in which the body obtains and uses lipids.
4. Explain the role that proteins and amino acids play in overall health and nutrition.
5. Discuss how alcohol is metabolized and the ways in which our body uses metabolism as the source for energy.
6. Describe the role that energy balance plays in weight management.
7. Identify vitamins and the ways in which the body uses these vitamins.
8. Identify the nutritional needs of athletes and discuss the role that sports nutrition plays in optimal physical performance.
9. Describe the various nutritional needs throughout the lifecycle of a person.

Course Topics

1. Choices/Guidelines
2. Protein
3. Fat
4. Carbohydrates
5. Macronutrients
6. Micronutrients
7. Vitamins
8. Alcohol
9. Supplements
10. Physical Performance
11. Obesity



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HPE 325 Exercise Nutrition (W) (3)

Integration of nutrition and exercise and its impact on optimal exercise performance and training responsiveness within a diverse population of active individuals. Prerequisite: PED 349.

Student Learning Outcomes

Students will:

1. Understand the effects of excesses and deficiencies of nutrients on the body during exercise.
2. Understand the benefits and hazards of including supplements in the diet and critically evaluate the potential effects of supplements.
3. Understand unique nutritional needs and practices of active individuals, including those with acute and chronic illness, pregnant women and athletes with special dietary needs.
4. Recognize the variation of nutritional needs among different types of athletes as determined by their sport.
5. Locate information about sports nutrition and supplements.
6. Interpret the information contained in professional resources.
7. Explain the importance of the timing of ingesting nutrients, and plan meals and snacks for athletes and others in these and other special circumstances.
8. Determine fluid ingestion for pre-exercise, during exercise and post-exercise consumption.

Course Topics

1. Carbs and Communication
2. Brown Fat
3. Communication Strategies
4. supplements and ergogenic aids
5. Needs Assessment
6. Calculation
7. Diet Presentations
8. Assessing Body Composition
9. Calculating Energy Needs
10. Weight Management and Energy Balance
11. Nutrition Across the Life Cycle
12. Health Literacy
13. Nutrition for Athletes with Illness or Injury
14. Eating and Exercise Disorders and discussion on Communication Strategies – Orthorexia
15. Nutrition for Athletes with Special Dietary Needs and Communication Strategies



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HPE 390 Administrative Skills in Health Promotion and Wellness (3)

This course is designed to help the health and wellness student prepare for administrative responsibilities that are inherent in a job setting. The course will offer the student the opportunity to learn and practice leadership skills in a variety of program and administrative areas. Students will learn what health literacy is and incorporate the concepts into assignments. How to identify potential funding sources and grant writing skills will be learned and practiced. Prerequisites: HPE 158, 210, 214.

Student Learning Outcomes

Students will:

1. Distinguish between management and leadership and how they are related.
2. Understand the differences between transactional and transformational leadership
3. Understand how organizational culture affects decision making.
4. Describe the six levels of leadership
5. Determine the reasons and benefits for creating teams.
6. Discover the five essentials of successful leadership.
7. Show ability to write a personal leadership philosophy
8. Understand the importance of emotional intelligence for leaders.
9. Recognize and differentiate leadership at community level and global level.
10. Describe the benefits of joining professional public health organization.

Course Topics

1. The management and Leadership Continuum
2. Transactional vs. Transformational Leadership
3. Public Health and Adaptive Leadership
4. The Six Levels of Leadership
5. Leadership and the Personal Level
6. Leadership and Quality of Life
7. Leadership at the Team Level
8. Survival Leadership Team Activity
9. Collaboration and Change
10. Boards of Health and Country Commissioners
11. Leadership at the Community Level
12. The Community Crisis
13. Discussion On Health Crisis that they found, Leadership at the Global Level
14. Cross Cultural Communication
15. Professional Public Health Organization



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HPE 410 Evaluation in Health Promotion and Wellness (3)

This course will investigate assessment and evaluation techniques used to measure the impact of health education and wellness strategies in a given sample or population. Discussion will include selection and development of valid and reliable measures, use of appropriate statistical procedures for school and community settings and evaluation tools currently used in health and wellness disciplines. Students will continue to explore professional venues through service hours in a variety of settings and by maintaining membership in both the student and a national professional organization. Prerequisites: HPE 158, 214.

Student Learning Outcomes

Students will:

1. Develop a rationale for planning and implementing, and evaluating a health promotion program.
2. Understand and explain the importance of gaining the support of decision makers.
3. Explain why a needs assessment is an important part of the planning process and be able to conduct a needs assessment in each given population.
4. Be able to develop questions and response options for a data collection instrument.
5. List the variables that are often measured by health education specialist.
6. Write program goals and objectives that relate to the needs of the population.
7. Describe key considerations in planning and conducting an evaluation.

Course Topics

1. Starting the Planning Process
2. Competency
3. Assessing Needs
4. Survey questions
5. Assessing Needs, Discussion
6. Measurements, measuring, sampling, Instruments
7. Response options in groups for surveys, Sampling in Focus Groups, Presentation of Survey
8. Mission Statement, Goals, Objectives
9. Collect Data, Analyze Data, Review Chapter 6 Mission statement, goals, objectives
10. Implementation, Logic Model
11. Evaluation
12. Analysis and Reporting