

HEALTH AND EXERCISE SCIENCES (HES)

HES 1011. Spinning. 1 Credit Hour.

Prerequisites: None Designed to teach specific skills of spinning and form. Class focuses on increasing cardiovascular fitness, working both aerobically and anaerobically through different energy zones. Individuals will become aware of the fundamentals of spinning and be able to perform learned skills and techniques, as well as accurate terms and etiquette. (F, Sp) Traditional course Instructional Method Physical Educ/ Recreation Activ Schedule Type

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1021. Beginning Judo. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1031. Introduction to Martial Arts. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1041. Yoga. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1051. Intermediate Judo. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1061. Beginning Taekwondo. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1071. Intermediate Taekwondo. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1081. Beginning Gymnastics. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1091. Intermediate Gymnastics. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1111. Adaptive Physical Education. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1121. Beginning Weight Training. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1131. Intermediate Weight Training. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1221. Individual Fitness. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1231. Lifestyle Physical Activity. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1321. Wall Climbing. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1341. Beginning Bowling. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1351. Recreational Activities. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1361. Beginning Golf. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1371. Intermediate Golf. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1521. Beginning Swimming. 1 Credit Hour.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1531. Intermediate Swimming. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1552. Water Safety Instruction. 2 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1561. Lifeguard Training. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1562. Lifeguard Certification. 2 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1661. Beginning Racquetball. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1681. Beginning Tennis. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1691. Intermediate Tennis. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1823. Scientific Prin-Health/Disease. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1921. Basketball. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1941. Soccer. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1961. Softball. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 1981. Volleyball. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 2022. Theory Of Coaching And Athletic Management. 2 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 2131. Introduction To Health And Sport Sciences. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 2212. First Aid. 2 Credit Hours.

Includes the theory related to causes and prevention of accidents, as well as development of sufficient knowledge to determine the nature and extent of injuries. Training focuses on taking proper procedural steps at the proper times. Upon successful completion of the course and it specific requirements, students are awarded the American Red Cross Community First Aid and CPR Certificates.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 2223. Outdoor Recreation. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 2332. Rhythmic Analysis Of Movement. 2 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 2823. Introductory Nutrition. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 2913. Personal Health. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 2970. Special Topics/Seminar. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3000. Special Topics In Health And Sport Sciences. 1-3 Credit Hours.

1 to 3 hours. Prerequisite: junior standing or permission of instructor. May be repeated with change of content; maximum credit nine hours. Topics in health and exercise science not accommodated by the existing curriculum. Example: psychological factors in exercise adherence, i.e., personality traits of select exercise individuals, reinforcement procedures, personal goals as related to exercise needs, etc. (Irreg.)

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3021. Sports Officiating. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3031. Sports Officiating. 1 Credit Hour.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3052. Theory Of Baseball. 2 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3072. Theory Of Basketball. 2 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3173. Materials & Methods In The Elementary School P E Program. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3213. Principles of Sport Management. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3253. Recreation Resources--Leisure Environment. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3430. Field Experiences In Health And Sport Sciences. 1-4 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3440. Mentored Research Experience. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3502. Care And Prevention Of Athletic Injuries. 2 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3503. Child and Family Health. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3513. Health Promotion Program Planning. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3523. Human Sexuality. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3533. Aids And Its Impact On American Society. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3543. Health and Wellness Coaching. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3553. Wellness in Native Communities. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3563. Lifestyle Intervention. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3573. Obesity & Weight Management. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3583. Sociocultural Aspects Health. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3593. Physical Activity in Society. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3803. Exercise Science For Rehabilitation Sciences. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3813. Principles Of Health And Fitness. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3823. Physiology Of Exercise. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3843. Biomechanics. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3853. Exercise Testing And Prescription. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3863. Exercise And Health Issues Of Women. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3873. Principles of Personal Training. 3 Credit Hours.

Prerequisites: Junior standing and permission of instructor. Prepares individuals who are interested in becoming certified personal trainers (CPT) through the National Strength and Conditioning Association. Instruction describes basic exercise physiology as well as the principles of developing a personal training regimen for a typical gym trainee. Course reinforces training principles and teaches the basic skills necessary for certification.

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3882. Physical Activities For Special Populations. 2 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3883. Principles Endurance Exercise. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3893. Facts/Fallacies Exer/Nutrition. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3960. Honors Reading. 1-3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3970. Honors Seminar. 1-3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3980. Honors Research. 1-3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 3990. Independent Study. 1-3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4213. Management In Health And Sport Sciences. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4223. Event Organization & Management. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4233. Psychology Of Sport. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4243. Sport In American Society. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4273. Sport Finance. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4283. Sports Economics and Policy. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4430. Internship In Health And Sport Sciences. 4-8 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4434. Internship Health/Exercise Sci. 4 Credit Hours.**Course Type:** Internship

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4503. Principles of Community Health. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4513. Public Pol Impact Health Prom. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4523. Human Sexuality Ii. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4543. Comprehensive Stress Management. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4553. Measure/Eval in Health Prom. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4573. Chronic Disease Intervention. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4623. Physical Growth & Development. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4803. Nutrition & Sport Perf Non-Maj. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4823. Sport and Exercise Nutrition. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4832. Methods In Teaching Dance. 2 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4833. Physiology Of Exercise Laboratory. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4843. Tactical Strength/Conditioning. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4853. Chronic Disease Intervention. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4863. Physical Activity And Aging. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4873. Principles-Strength/Condition. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4883. Adv Strength & Conditioning. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4933. Drug Education - Correspondence Course. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4953. Senior Capstone. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4970. Special Topics/Seminar. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 4990. Independent Study. 1-3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5000. Issues & Procedures In Health And Sport Sciences.. 1-3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5173. Facility Development And Design. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5213. Sport Organization And Management. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5223. Event Organization & Management. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5233. Psychology Of Sport. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5243. Sport In American Society. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5253. Legal Issues In Sport Management. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5263. Sport Marketing. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5273. Financing Sport. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5283. Sports Market Analytics. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5313. Athlete Monitoring in Sports. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5430. Internship In Health And Sport Sciences. 4-8 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5513. Perspectives in Global Health. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5523. Health Promotion Strategies. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5543. Stress Theory, Research And Management Applications. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5553. Health Promotion Evaluation. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5563. Health Behavior I: Individual & Small Group Influences. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5813. Exercise & Nutritional Biochem. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5823. Exercise Physiology. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5833. Advanced Exercise Physiology Laboratory. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5843. Biomechanics. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5853. Health Fitness: Theory And Application. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5863. Physiology Of Aging. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5873. Clinical Exercise Physiology. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5883. Exercise Endocrinology. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5903. Sports Performance Analytics. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5940. Intensive Studies In Health And Sport Sciences. 1-6 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5953. Scientific Investigation In Health And Sport Sciences. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5960. Directed Readings In Health And Sport Sciences. 1-6 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5963. Statistical Applications In Health & Exercise Science. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5970. Seminar In Health And Sport Sciences. 2-6 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5980. Research For Master's Thesis. 2-9 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 5990. Independent Studies In Health And Sport Sciences. 1-6 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6000. Variable Topics. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6503. Epidemiology in Health Promo. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6513. Qualitative Research Methods. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6523. Social Marketing In Health Promotion. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6543. Physical Activity And Health. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6553. Advanced Measurement and Evaluation. 3 Credit Hours.

Prerequisite: HES 5553 or permission of instructor. Issues related to measurement and evaluation in health promotion will be discussed. Different measurement techniques and instruments used in health promotion will be examined and critiqued, and principles of instrument development will be addressed. Issues related to the evaluation of health promotion program outcomes will serve as a context for the course. (Irreg.)

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6563. Health Behavior Ii: Community, Organizational & Population Infl. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6573. Intervention Mapping. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6583. Chronic Disease Assess/Interv. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6723. Sports Nutrition/Ergogenic Aid. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6813. Pulmonary Gas Exchange. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6823. Cardiorespiratory Exer Phys. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6824. Cardiorespiratory Exercise Physiology. 4 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6833. Human Body Composition. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6834. Human Body Composition. 4 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6843. Neuromuscular Physiology. 3 Credit Hours.

Prerequisite: Prerequisite: 5823 or permission of instructor. This course examines the structure and function of the central and peripheral nervous systems and skeletal muscle. Emphasis will be placed on how the central nervous system and motor units respond to conditions such as fatigue, exercise training, vibration, stretching, injury and disease. Laboratory (Irreg.)

Course Type: Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6844. Neuromuscular Physiology. 4 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6853. Chronic Disease Assessment And Intervention. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6883. Endocrinology/Metabolism-Exer. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6884. Endocrinology And Metabolism Of Exercise. 4 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6940. Independent Research In Health And Exercise Science. 1-3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6943. Special Topics/Problems In Health And Exercise Science. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6953. Measurement Issues In Health & Exercise Science. 3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6960. Directed Readings In Health And Exercise Science. 1-6 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6970. Seminar In Health And Exercise Science. 1-3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6980. Research For Doctor's Dissertation. 2-12 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).

HES 6990. Independent Study In Health And Exercise Science. 1-3 Credit Hours.**Course Type:** Lecture

This course is facilitated by the University of Oklahoma Norman Campus. For more information, please visit the OU Course Catalog (<https://ou-public.courseleaf.com/courses/>).