

# HPER (HPER)

## HPER 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/>).

## HPER 1031. Aerobic Condition. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1061. Beginning Racquetball. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1111. Physical Education. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1121. Beginning Bowling. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1151. Beginning Golf. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1181. Beginning Tennis. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1191. Intermediate Tennis. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1231. Norman Course. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1261. Beginning Fencing. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1281. Rhythmic Aerobics. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1301. Volleyball. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1321. Beginning Weight Training. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1351. Rhythmic Aerobics. 0 Credit Hours.

**Course Type:** Lecture

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## HPER 1401. Beginning Swimming. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1451. 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/>).

## HPER 1462. Water Safety Instruction. 2 Credit Hours.

**Course Type:** Lecture

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## HPER 1821. Track And Field. 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/>).

## HPER 1823. Elementary Nutrition. 3 Credit Hours.

**Course Type:** Lecture

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## HPER 1861. Tumbling And Gymnastics. 1 Credit Hour.

**Course Type:** Lecture

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## HPER 1881. 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/>).

## HPER 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/>).

**HPER 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/>).

**HPER 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/>).

**HPER 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/>).

**HPER 2022. Theory of Coaching. 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/>).

**HPER 2122. Fundamentals of Philosophy of Recreation. 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/>).

**HPER 2212. First Aid. 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/>).

**HPER 2322. Social Recreation. 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/>).

**HPER 2413. Movement Exp-Pre Sch. 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/>).

**HPER 2903. Elementary School Physical Education 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/>).

**HPER 2913. Health Education. 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/>).

**HPER 2932. Leadership Techniques In Recreation. 2 Credit Hours.****Course Type:** Lecture

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**HPER 3000. Nutrition-Weight Control. 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/>).

**HPER 3233. Field Wk Rec Agencies. 3 Credit Hours.****Course Type:** Lecture

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**HPER 3242. Dev/Des-Rec Progs. 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/>).

**HPER 3502. 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/>).

**HPER 3513. Theories Of 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/>).

**HPER 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/>).

**HPER 3713. Kinesiology. 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/>).

**HPER 3853. Health/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/>).

**HPER 3882. Adaptive Programs. 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/>).

**HPER 3990. Independent Study. 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/>).

**HPER 4213. Recreation Program-Special Groups. 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/>).

**HPER 4243. Sports In American Society. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 4513. Health Promotion. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 4543. Comprehensive Stress Management. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 4633. Psychology Of Sport. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 4743. Sports In American Society. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 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/>).

**HPER 4933. Drug Education. 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/>).

**HPER 5000. Cardiovascular 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/>).

**HPER 5513. Health Promotion Programming. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 5523. Health Promotion Strategy. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 5533. Theory Of Health Behavior. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 5553. Health Promotion Evaluation. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 5633. 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/>).

**HPER 5822. Advanced Exercise Lab. 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/>).

**HPER 5823. Physics Basics-Human Performance. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 5833. Norman Course. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 5843. Biomechanics. 3 Credit Hours.**

**Course Type:** Lecture

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**HPER 5882. Theory Of Therapeutic Recreation. 2 Credit Hours.**

**Course Type:** Lecture

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**HPER 5940. Norman Course. 2 Credit Hours.**

**Course Type:** Lecture

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**HPER 5960. Directed Readings. 2 Credit Hours.**

**Course Type:** Lecture

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**HPER 5970. Seminar-Fitness/Physiology. 2 Credit Hours.**

**Course Type:** Lecture

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**HPER 5980. Research Masters Thesis. 2 Credit Hours.**

**Course Type:** Lecture

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**HPER 5990. Special Invest In HPER. 1 Credit Hour.**

**Course Type:** Lecture

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