

# CGS HEALTH AND EXERCISE SCIENCES (CGS HES)

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## CGS HES 15 Lifetime Activity: Tai Chi

1 cr.

Lifetime activity courses are designed to provide a foundation for a healthy, physically active lifestyle. This course will teach and develop the basic fundamentals and movements of tai chi.

**Prerequisites:** none.

**General Education Requirements:** AP

**Last Taught:** Spring 2020, Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## CGS HES 19 Lifetime Activity: Weight Training

1 cr.

Lifetime activity courses are designed to provide a foundation for a healthy, physically active lifestyle. This course will teach basic concepts of weight training, focusing on muscular strength, endurance, or general fitness.

**Prerequisites:** none.

**General Education Requirements:** AP

**Last Taught:** Spring 2020, Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## CGS HES 37 Lifetime Activity: Martial Arts

1 cr.

Lifetime activity courses are designed to provide a foundation for a healthy, physically active lifestyle. This course will teach and develop the basic movements and techniques involved in self-defense.

**Prerequisites:** none.

**General Education Requirements:** AP

**Last Taught:** Spring 2020, Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## CGS HES 62 Intermediate Tai Chi

1 cr.

**Prerequisites:** Successful completion of CGS PED 015 Introduction to Tai Chi, or consent of instructor.

**General Education Requirements:** AP

**Last Taught:** Spring 2020.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## CGS HES 101 Introduction to Public Health

3 cr.

Introduction to history, science and philosophy of Public Health including scientific research, policy development and health education.

**Prerequisites:** none.

**Course Rules:** PH 101 and CGS HES 101 are jointly offered; they count as repeats of one another.

**General Education Requirements:** SS

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## CGS HES 124 Alcohol and Other Drugs: Awareness, Alternatives

1 cr.

Content includes an overview of different classes and types of psychotropic drugs including alcohol, prescription drugs and illegal drugs and the risks associated with abuse of these substances. The impact of substance use/abuse on physical and emotional health, relationships, and productivity will also be discussed.

**Prerequisites:** none.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## CGS HES 127 Fitness for Life

3 cr.

A contemporary examination of the effects of lifestyle, wellness, and health promotion on the individual. Instruction in procedures for self-evaluation as well as individualization of exercise prescription for the development of fitness.

**Prerequisites:** none.

**Course Rules:** Participation in a planned program of aerobic activity and resistance training is required.

**General Education Requirements:** AP

**Last Taught:** Summer 2020, Spring 2020.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## CGS HES 190 Intercollegiate Athletics - Golf

1 cr.

Designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required.

**Prerequisites:** none.

**Course Rules:** Note: A student may take only one intercollegiate activity course per semester. Repeatable to 2 credits max.

**General Education Requirements:** AP

**Last Taught:** Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## CGS HES 191 Intercollegiate Athletics - Soccer

1 cr.

Designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required.

**Prerequisites:** none.

**Course Rules:** A student may take only one intercollegiate activity course per semester. Repeatable to 2 credits max.

**General Education Requirements:** AP

**Last Taught:** Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## CGS HES 192 Intercollegiate Athletics - Volleyball

1 cr.

Designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required.

**Prerequisites:** none.

**Course Rules:** A student may take only one intercollegiate activity course per semester. Repeatable to 2 credits max.

**General Education Requirements:** AP

**Last Taught:** Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**CGS HES 193 Intercollegiate Athletics - Basketball**

1 cr.

Designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required.

**Prerequisites:** none.**Course Rules:** A student may take only one intercollegiate activity course per semester. Repeatable to 2 credits max.**General Education Requirements:** AP**Last Taught:** Spring 2020, Fall 2019.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 194 Intercollegiate Athletics - Tennis**

1 cr.

Designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required.

**Prerequisites:** none.**Course Rules:** A student may take only one intercollegiate activity course per semester.**General Education Requirements:** AP**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 204 Introduction to Physical Education, Exercise Science and Sport**

3 cr.

An overview of physical education, exercise science and sport with a focus on the specialization areas and vocational opportunities offered in the various fields. Personal and professional qualifications in the fields of physical education and exercise science and sport will be examined, with an emphasis on establishing the role of physical education in society.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 205 Athletic Injuries**

2-3 cr.

This course will explore the assessment, treatment and prevention of common athletic injuries. The relationship of an athletic trainer to the field of sports medicine is explored. Practical taping techniques will be completed during class time. Course content includes anatomy/physiology and the principles of biomechanics. Students may enroll as either a 2-credit or 3-credit option.

**Prerequisites:** none.**Course Rules:** Students enrolling in the 3-credit option are required to complete 15 hours field experience with a licensed athletic trainer.**General Education Requirements:** AP**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 206 Personal Health and Wellness**

3 cr.

This course will provide an in depth examination of the various aspects of health and wellness. Students will survey various aspects of health and wellness which affect both the individual and the community. Foundations of personal and community health and wellness and the dynamic interaction between psychological health, stress, nutrition, physical activity, weight management, drug use and abuse, healthy relationships, sexuality, infectious disease, and chronic disease throughout the lifespan will be integrated throughout the course.

**Prerequisites:** none.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 209 Nutrition and Weight Management**

3 cr.

Through the lens of the natural sciences, this course will examine the basic principles of nutrition, digestion, and metabolism. Students will interpret and analyze the effects of these principles on one's diet, weight, fitness level, and overall health. Students will reflect upon the conclusions drawn from the data, with the goal of integrating healthy behaviors into their personal lifestyle.

**Prerequisites:** none.**General Education Requirements:** NS**Last Taught:** Summer 2020, Spring 2020.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 210 Theory of Coaching**

3 cr.

A thorough examination of the Theory and methodology of coaching both team and individual sports. Coaching psychology, philosophy, administrative responsibilities, skill assessment, practice/game organization, rules, fundamentals, and play of various sports will be explored through lecture, lab, and field experience. Students will execute analytical, practical, or creative tasks in relationship to complete assignments/projects. Part of their process will allow them to synthesize existing ideas or expertise in original ways.

**Prerequisites:** none.**General Education Requirements:** AP**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 213 First Aid for Emergencies**

3 cr.

This course examines the causes, prevention and care of first aid emergencies. Procedures in CPR/AED and first aid will prepare the student for emergencies likely to be encountered in daily living. American Red Cross or American Heart Association in CPR/AED and First Aid certification can be earned.

**Prerequisites:** none.**General Education Requirements:** AP**Last Taught:** Spring 2020.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 217 Social Aspects of Sport**

3 cr.

A course focusing on sport institutions as social organizations and how they function within a culture. Emphasis is placed on group structure and membership, group pressure, socialization, stratification, and deviance as they apply to the sports' setting. Selected interdisciplinary topics demonstrating the connections between sport and: media, business/economy, gender, race/ethnicity, social class, politics, and religion.

**Prerequisites:** none.**General Education Requirements:** CD, SS**Last Taught:** Spring 2020, Fall 2019.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 224 Drugs, Behavior and Society**

3 cr.

The course will explore alcohol and other drug use/abuse and its impact on human behavior and society. Information will be presented in a variety of contexts including pharmacological, behavioral historical, social, legal and clinical.

**Prerequisites:** none.**General Education Requirements:** SS**Last Taught:** Fall 2019.**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**CGS HES 225 Advanced Concepts of Personal Training**

3 cr.

This course is designed to prepare and qualify students to work as personal trainers. The course bridges the gap between exercise science related course work and practical skills of personal training. This professional development course prepares students for the opportunity to pursue certification as a personal trainer. Course content includes anatomy/physiology, biomechanics, nutrition, components of fitness and fitness assessments, and functional training concepts.

**Prerequisites:** none.**General Education Requirements:** NS**Last Taught:** Fall 2019.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**CGS HES 299 Independent Study in Physical Education**

1-3 cr.

Independent study in Physical Education.

**Prerequisites:** program must be approved by the department chair.**Course Rules:** Repeatable.**Last Taught:** Spring 2020.**Current Offerings:** <https://catalog.uwm.edu/course-search/>