CGS HEALTH AND EXERCISE SCIENCES (CGS HES)

CGS HES 5 Team Sports: Basketball
1 cr.
Team Sports courses are designed to help students develop skills, strategies, and sporting behavior. This course will develop skills, teach rules, and prepare students for the recreational enjoyment of the game of basketball.
Current Offerings: https://catalog.uwm.edu/course-search/

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: Fall 2020, Spring 2020.
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 2022, Fall 2021.
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: Fall 2020, 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
Last Taught: Spring 2022, Fall 2021.
Current Offerings: https://catalog.uwm.edu/course-search/

CGS HES 102 Healthcare Delivery in the United States
3 cr.
An introduction to healthcare delivery focusing on consumers, providers, organization, financing, quality and utilization of services, health planning, and political and governmental impacts.
Prerequisites: none.
Course Rules: CGS HES 102 and HS 102 are jointly offered and count as repeats of one another.
Last Taught: Spring 2022, Fall 2021.
Current Offerings: https://catalog.uwm.edu/course-search/

CGS HES 103 Life Balance: An Understanding of Leisure
3 cr.
Introductory survey of the historical, philosophical, sociological, developmental, and cultural aspects of recreation, leisure, and play.
Prerequisites: none.
Course Rules: CGS HES 103 and THERREC 103 are jointly offered and count as repeats of one another.
General Education Requirements: HU
Last Taught: Spring 2022, Fall 2021.
Current Offerings: https://catalog.uwm.edu/course-search/

CGS HES 105 Survey of the Health Professions
3 cr.
An introduction to health professions, professional pathways, their work settings, and roles on the healthcare team. Other topics include: patient-professional communication, patient characteristics, medical terminology.
Prerequisites: none.
Course Rules: CGS HES 105 and HS 105 are jointly offered and count as repeats of one another.
Last Taught: Fall 2021.
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: Fall 2020, Summer 2020.
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.
Last Taught: Spring 2021.
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: Spring 2021.
Current Offerings: https://catalog.uwm.edu/course-search/

CGS HES 209X 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
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
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
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 2020, 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 2022, Spring 2020.
Current Offerings: https://catalog.uwm.edu/course-search/