

Department of Health, Physical Education, Recreation, and Safety

Dianne Bartley, Chair
Murphy Athletic Center 111

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The Department of Health, Physical Education, Recreation, and Safety offers students the opportunity to prepare for professional careers as teachers of health and of physical education; as physical education directors in industry and social agencies; as recreation and leisure service professionals in a wide range of settings; as health professionals in schools, industry, and allied areas; and as athletic trainers.

Programs in the department lead to the Bachelor of Science degree with majors in Health Education, Athletic Training, Recreation and Leisure Services, and Physical Education which also includes a concentration in Wellness and Exercise Science. Persons majoring in Health Education may select from concentrations in Health Science and Technology, Health Education and Lifetime Wellness, and Community and Public Health. Persons majoring in Recreation and Leisure Services may choose from three concentrations—Outdoor Recreation, Recreation Administration, and Recreational Therapy.

Those interested in a non-teaching career in the field can select courses accordingly. Minors in Athletic Coaching, Driver and Traffic Safety Education, Health, Health and Physical Education, Physical Education, and Recreation are also available.

Curricular listings include General Education requirements in Communication, History, Humanities and/or Fine Arts, Mathematics, Natural Sciences, and Social/Behavioral Sciences categories as outlined on pages 64–67.

Major in Physical Education

Teacher Licensure K-12 (includes Lifetime Wellness licensure)—The major in Physical Education offers preparation for teaching positions in public and private elementary and secondary schools in Tennessee. The major requires BIOL 2030; HLTH 1530; PHED 1140, 3300, 3400, 3430, 3720, 3740, 3750, 3780, 3850, 3950, 4340, 4810, 4820, and 4910. Students must take a one-hour activity class in both swimming and dance. Students must complete the Professional Education component that includes student teaching. Following is a suggested pattern of study for the Physical Education major. However, regular consultation with the assigned advisor is essential.

Recommended Curriculum

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or	
BIOL 1030 (Nat Sci)	4	HUM 2610 (Hum/FA)	3
Humanities and/or Fine Arts	3	Humanities and/or Fine Arts	3
HLTH 1530	3	PHED 3720, 3740, 3780	8
PHED 3300, 3430, 3850	8	Secondary Education minor§	3
FOED 1110, 2110§	6	HIST 2010, 2020, or 2030	6
PHED activity (dance/aquatics)	2	Mathematics	3
	32	COMM 2200 (Comm)	3
		PHED 1140	1
			30
JUNIOR		SENIOR	
BIOL 2030	3	PHED 4820, 4910	6
PHED 3400, 3750, 3950, 4340, 4810	15	Social/Behavioral Sciences (2 prefixes)	6
Secondary Education minor§	6	Secondary Education minor§	15
Natural Sciences	4	Directed electives	2
Directed electives	1		29
	29		

§See Department of Educational Leadership on page 201 for Secondary Education minor requirements.

Physical Education—Persons who wish to pursue a non-teaching career may, in consultation with the assigned advisor, select two minors appropriate for realizing a professional goal.

Concentration: Wellness and Exercise Science

The Wellness and Exercise Science concentration offers preparation for positions in corporate, hospital, and public wellness and fitness centers. The program also offers preparation for students seeking graduate degrees in exercise science and allied health, cardiac rehabilitation, and physical therapy.

Recommended Curriculum

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or	
Mathematics	3	HUM 2610 (Hum/FA)	3
COMM 2200 (Comm)	3	Humanities and/or Fine Arts	3
Natural Sciences (2 prefixes)	8	Social/Behavioral Sciences	3
HLTH 1530 (Soc/Beh Sci)	3	HIST 2010, 2020, or 2030	3
Humanities and/or Fine Arts	3	BIOL 2010	4
HIST 2010, 2020, or 2030	3	N FS 1240	3
PHED activity	1	N FS 3280	3
	30	ATHT 3580	3
		EXSC 3500	3
		Elective	3
			31

JUNIOR		SENIOR	
PHED 4910	3	PHED activity	1
EXSC 4830	4	ATHT 4000	3
EXSC 4810	3	EXSC 4260	3
BIOL 2020	4	EXSC 4010	3
EXSC 4000	3	Electives	5
EXSC 4240	3	EXSC 4250 (final course)	12
ATHC 4060	3		27
Electives	9		
	32		

Minor in Athletic Coaching

The minor requires 15 semester hours including ATHC 4690, 4800, 4060 plus 6 semester hours of professional courses related to specific coaching area(s), officiating, or intramurals.

Minor in Driver and Traffic Safety Education

The minor in Driver and Traffic Safety Education requires 15 semester hours including PHED 3300 and SAFE 4320, 4350, 4850, and 4870.

Major in Health Education

The major in Health Education provides basic experiences for those interested in preparing for numerous health and health-related professions. Persons majoring in Health Education may choose from a concentration in Health Science and Technology, Community and Public Health, and Health Education and Lifetime Wellness. Those seeking teacher licensure will complete a Secondary Education minor.

Concentration: Health Science and Technology

The Health Science and Technology concentration is designed to accommodate transfer degrees in allied health or nursing. Students enter the University having completed certification requirements in nursing or one of the allied health fields and receive transfer credit once the required courses are completed. Graduates are prepared to teach in technical training programs, staff development or continuing education programs, or (with teacher licensure) in high school health science programs. In consultation with an advisor, the student will include the following:

Recommended Curriculum

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or	
Mathematics	3	HUM 2610 (Hum/FA)	3
COMM 2200 (Comm)	3	Social/Behavioral Sciences (2 prefixes)	6
Natural Sciences (2 prefixes)	8	Humanities and/or Fine Arts (2 prefixes)	6
HLTH 1530	3	HIST 2010, 2020, or 2030	6
N FS 1240	3	BIOL 2030	3
HUM 2130	3	HLTH 2600	3
PHED Activity	1	Minor	3
	30	PHED activity	1
			31

JUNIOR		SENIOR	
BIOL 3080, 3340	6	Certification/licensure	0-17*
HLTH 3300	3	Minor	6
PHED 4810	3	Electives	6
Electives	9		29
Minor	9		
	30		

*Required to obtain professional teaching license in health science

Concentration: Health Education and Lifetime Wellness

The Health Education and Lifetime Wellness concentration is designed to prepare lifetime wellness instructors for grades 9-12. In consultation with an advisor, the student will include the following:

Recommended Curriculum

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or	
Mathematics	3	HUM 2610 (Hum/FA)	3
COMM 2200 (Comm)	3	Social/Behavioral Sciences	3
Natural Sciences (2 prefixes)	8	HLTH 1530 (Soc/Beh Sci/	
HLTH 3320	3	Major)	3
FOED 1110, 2110§	6	Humanities and/or Fine Arts	
N FS 1240	3	(2 prefixes)	6
	32	HIST 2010, 2020, or 2030	6
		Secondary Education minor§	3
		BIOL 2030	3
		Advised elective	3
			30

JUNIOR		SENIOR	
HLTH 4260, 4300, 4360,		HLTH 4270	3
4400	12	PHED 4810	3
Secondary Education minor§	6	Secondary Education minor§	12
PHED 3850	3	PHED minor	6
PHED minor	6	HLTH elective	3
PHED activity	1	Advised elective	3
	28		30

§See Department of Educational Leadership on page 201 for Secondary Education minor requirements.

Concentration: Community and Public Health

The Community and Public Health concentration is designed to prepare health educators in community and public health strategies so that they may influence changes in public health practice for individuals, organizations, and/or communities. In consultation with an advisor, the student will include the following:

Recommended Curriculum		SOPHOMORE	
FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or	
Mathematics	3	HUM 2610 (Hum/FA)	3
COMM 2200 (Comm)	3	Social/Behavioral Sciences	
Natural Sciences (2 prefixes)	8	(2 prefixes)	6
HLTH 1530	3	Humanities and/or Fine Arts	
N FS 1240	3	(2 prefixes)	6
HLTH 3320	3	HIST 2010, 2020, or 2030	6
PHED activity	1	BIOL 2030	3
	30	HLTH 2600	3
		Minor	3
		PHED activity	1
			31

JUNIOR		SENIOR	
PHED 3250	3	HLTH 4270, 4460	6
HLTH 3300, 4340, 4360,		PHED 4810	3
4400, 4600, 4860	18	Minor	6
Minor	9	Electives	5
	30	Internship	9
			29

Minor in Health

The minor in Health requires 15 semester hours including HLTH 1530, 3320, 4400, plus 6 hours of electives to be chosen from other health offerings or courses approved by the department chair.

Minor in Health and Physical Education

The minor in Health and Physical Education requires 15 semester hours to include HLTH 1530, 4340; PHED 3780, 3850, plus 4 hours of approved electives from health and physical education.

Major in Recreation and Leisure Services

The major in Recreation and Leisure Services provides knowledge, skills, and experiences for students interested in preparing for positions in the recreation and leisure services profession. The major requires a general core accredited by NRPA which includes REC 3010, 3380, 3520, 3530, 3540, 3560, 4540, 4660, 4890, and 4900/01/02 (an extensive internship). Students may choose from concentrations in Recreational Therapy, Outdoor Recreation, or Recreation Administration. Students may choose to pursue a minor or advised electives of approximately 19 credit hours.

Concentration: Recreational Therapy

Those choosing the Recreational Therapy concentration serve persons with disability and/or health-related issues in a variety of settings. Employment may be sought with clinical, psychiatric, or rehabilitation hospitals, community/transitional agencies, outdoor therapeutic programs, or other health-related agencies. A student graduating with this concentration may apply for national certification as a Certified Therapeutic Recreation Specialist. Ongoing consultation with an advisor is essential.

Recommended Curriculum—Recreational Therapy

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or	
BIOL 1030 (Nat Sci)	4	HUM 2610 (Hum/FA)	3
Natural Sciences		Humanities and/or Fine Arts	3
(CHEM or PHYS)	4	Mathematics	3
Social/Behavioral Sciences		REC 3380, 3520, 3530	9
(PSY and/or SOC)	6	HIST 2010, 2020, or 2030	3
COMM 2200 (Comm)	3	Advised electives	9
PHED activity	1		30
REC 3010	3		
Humanities and/or Fine Arts	3		
	30		

JUNIOR		SENIOR	
HIST 2010, 2020, or 2030	3	REC 4540, 4660	6
REC 4500, 4499, 3540	9	REC 4510, 4520	6
REC 4480, 4470	6	PSY 2300 or CDFS 3340	3
REC 4890 (Pre-internship)	1	Advised electives	9
REC 3560	3	REC 4900 (Internship)	6
BIOL 2030	3		30
PSY 3230	3		
PHED activity	1		
Advised elective	1		
	30		

Concentration: Outdoor Recreation

Persons choosing the Outdoor Recreation concentration might establish careers with various natural resource-based agencies such as city, state, and national parks; resource management agencies; camp settings; and commercial and travel and tourism service providers. Ongoing consultation with an advisor is essential.

Recommended Curriculum—Outdoor Recreation

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or HUM 2610 (Hum/FA)	3
BIOL 1030 (Nat Sci)	4	Humanities and/or Fine Arts	3
GEOL 1040 (Nat Sci)	4	Mathematics	3
ANTH 2010, PSY 1410, or SOC 101 (Soc/Beh Sci)	3	REC 3380, 3520, 3530	9
COMM 2200 (Comm)	3	HIST 2010, 2020, or 2030	3
PHED activity	1	Advised electives	9
REC 3010	3		30
GEOG 2000 (Soc/Beh Sci)	3		
Humanities and/or Fine Arts	3		
	30		

JUNIOR		SENIOR	
HIST 2010, 2020, or 2030	3	REC 4540, 4580, 4660	9
REC 3370, 3560, 3540	9	REC 4901 (Internship)	6
REC 3360, 4570, 3390	9	REC 3371, 3570	6
REC 4890 (Pre-internship)	1	Advised electives	10
REC 4490 or HLTH 3300	3		31
BIOL 4060, 4240, ABAS 3630, or GEOG 4530	3-4		
PHED activity	1		
	29-30		

Concentration: Recreation Administration

The Recreation Administration concentration offers preparation for careers with a variety of recreation and leisure services agencies. Potential opportunities include employment with public and municipal recreation departments, youth service providers, commercial and tourism agencies, and military recreation. Ongoing consultation with an advisor is essential.

Recommended Curriculum—Recreation Administration

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or HUM 2610 (Hum/FA)	3
Natural Sciences (2 prefixes)	8	Humanities and/or Fine Arts	3
ECON 2610 (Soc/Beh Sci)	3	Mathematics	3
P S 1010 or 2010 (Soc/Beh Sci)	3	REC 3380, 3520, 3530	9
COMM 2200 (Comm)	3	HIST 2010, 2020, or 2030	3
Humanities and/or Fine Arts	3	Advised electives	9
PHED activity	1		30
REC 3010	3		
	30		

JUNIOR		SENIOR	
HIST 2010, 2020, or 2030	3	REC 4540, 3371, 4660	9
REC 3370, 3390, 3540	9	REC 4902 (Internship)	6
REC 3560, 4570	6	BMOM 2900 or MGMT 3810	3
PSY 2210 or 4380	3	or MKT 3820	3
PSY 3020	3	Advised electives	10
REC 4500	3	PHED activity	1
BMOM 2900 or MGMT 3810	3	REC 4890 (Pre-internship)	1
or MKT 3820	3		30
	30		

Minor in Recreation

The minor in Recreation consists of 15 semester hours of coursework in Recreation, 9 hours of which must be taken at MTSU. REC 3010 and 3530 are required plus 9 hours of approved REC electives.

Major in Athletic Training

The Athletic Training Program consists of four academic years and is a **limited enrollment** program. The program's academic and clinical foundation is based upon the National Athletic Trainer's Association Educational Competencies and the Commission on Accreditation of Allied Health Education Programs accreditation standards and guidelines for entry-level athletic training education programs. The program consists of 120 credit hours, which include General Education, athletic training core courses, and major auxiliary courses. Students enter the program as pre-athletic training majors and must complete the first year of pre-athletic training curriculum consisting of General Education and athletic training prerequisite courses. Students then make formal application for admission to the last three years, which includes 45 hours of athletic training courses. When a student applies for admission and is accepted, the student is then classified as an Athletic Training major. The number of students accepted into the program is limited, making the application process competitive.

Students seeking admission to the program must have a 2.50 cumulative grade point average. The application process includes the following:

- completion of a formal application, which includes three letters of recommendation;
- successful completion of ATHT 2590 and 3580 and BIOL 2010 with a minimum grade of B- in each;
- successful completion of pre-program clinical observations as part of ATHT 2590;
- successful completion of pre-program clinical proficiencies;
- successful completion of a minimum of 24 credit hours;
- interview with Athletic Training program admission committee.

After students have met the admission requirements, acceptance is based upon weighted criteria. Meeting minimal admission requirements does not guarantee admission to the program.

All students must sign a technical standards document as part of the application process. This document is attached to the

program application form and is in the Athletic Training education program manual.

Once a student is admitted, he/she must follow a prescribed course of study, which includes both academic and clinical courses. Students must maintain a cumulative grade point average of 2.50. Students must achieve a B- or better in all ATHT courses and ATHT 4820 and a C- or better in BIOL 1110 or 1030, 2020; N FS 1240; PHED 1200, 4240, 4810, 4830, 4910; and ATHC 4060 to continue in the program. If a student does not achieve a B- or better in an ATHT course and a C- or better in the above courses he/she must retake the course.

Only admitted students are allowed to register for athletic training clinical courses (ATHT 3000, 3001, 3002, 3003, 4430, 4950, and 4990). These courses require a structured clinical rotation under an approved clinical instructor/supervisor. Clinical courses provide the student with a variety of athletic training experiences including contact-collision, collision, and non-contact sports in the collegiate, high school, and professional sport environment. Students also take a practicum (ATHT 4430) in athletic training at the completion of their junior year, which requires a clinical rotation in a non-traditional sport environment (i.e., sports medicine clinic, physical therapy clinic). Students must complete all clinical courses with a minimum grade of B- or better. If a student does not complete a clinical course with a B- or better, the student cannot progress to the next clinical course until that course has been retaken and a grade of B- or better has been achieved.

Students must have a minimum overall GPA of 2.50 to graduate from the program. Upon successful completion of the program, graduates are awarded a B.S. in Athletic Training and become eligible to sit for the National Trainer's Association Board of Certification Examination (NATABOC).

Recommended Curriculum

PRE-ATHLETIC TRAINING PROGRAM

FRESHMAN

FALL		SPRING	
ENGL 1010 (Comm)	3	ENGL 1020 (Comm)	3
ATHT 3580 or PSY 1410 (Soc/Beh Sci)	3	ATHT 3580 or PSY 1410 (Soc/Beh Sci)	3
BIOL 1110 or 1030 (Nat Sci)	4	ATHT 2590	3
MATH 1710 (Math)	3	HIST 2010, 2020, or 2030	3
COMM 2200 (Comm)	3	BIOL 2010	4
	16		16

Application to Program and Program Admission

ADMITTED ATHLETIC TRAINING PROGRAM

SOPHOMORE

FALL		SPRING	
ENGL 2020 or 2030 or HUM 2610 (Hum/FA)	3	ATHT 3950	3
ATHT 3000	3	ATHT 3001	3
BIOL 2020	4	PHYS 2010/2011 (Nat Sci)	4
N FS 1240	3	Humanities and/or Fine Arts	3
ATHT 4200	3	HIST 2010, 2020, or 2030	3
	16	PHED 1200	1
			17

JUNIOR		SPRING	
ATHT 3960	3	ATHT 4960	3
ATHT 3002	2	ATHT 4970	3
PHED 4910	3	ATHT 3003	3
ATHT 4500	3	Social/Behavioral Sciences	3
Humanities and/or Fine Arts	3	EXSC 4830	4
	15		16

SUMMER	
ATHT 4000	3
ATHT 4430	3
	6

SENIOR		SPRING	
PHED 4240	3	ATHT 4990	3
ATHT 4820	3	ATHC 4060	3
ATHT 4950	3	PHED 4810	3
	9		9

Athletic Training Program Costs

Athletic training students pay the same fee schedules as do all other undergraduate students at the University. These fees are described in detail elsewhere in this catalog. Additional expenses incurred by athletic training students include:

1. the cost of a uniform package - varies in price (yearly);
2. liability insurance - \$35 (junior/senior year);
3. membership into the National Athletic Trainer's Association (senior year).

Teacher Licensure

Students who wish to pursue licensure in the State of Tennessee must consult with the director of the Athletic Training Program early in the academic process to ensure a smooth transition through this academic program. In order to acquire teacher licensure, the student should expect to work at least one additional academic year in order to obtain teacher certification.

Courses in Physical Education [PHED]

The physical education activity courses are designed to prepare students for future participation in these activities by developing basic competencies in the fundamental skills of each activity. Opportunities for the improvement of skill and the learning of new skills are provided through intermediate and advanced level courses in certain activities.

- 1000 Team Games and Conditioning.** One credit.
- 1010 Beginning Folk and Square Dance.** One credit.
- 1020 Beginning Social Dance.** One credit.
- 1040 Beginning Tennis.** One credit.
- 1050, 1060 Adapted Physical Activity.** One credit each.
- 1080 Beginning Bowling.** One credit. Fee required.
- 1100 Beginning Karate.** One credit.
- 1110 Casting and Fishing Techniques.** One credit.

- 1120 Backpacking and Hiking.** One credit.
- 1130 Beginning Bicycling.** One credit.
- 1140 Gymnastics.** One credit.
- 1150 Beginning Badminton.** One credit.
- 1160 Beginning Archery.** One credit.
- 1170 Beginning Racquetball.** One credit.
- 1180 Beginning Aerobics (Walking/Jogging).** One credit.
- 1190 Aerobic Dance.** One credit.
- 1200 Beginning Weight Training.** One credit.
- 1210 Beginning Basketball.** One credit.
- 1220 Beginning Soccer.** One credit.
- 1230 Team Handball.** One credit.
- 1240 Water Aerobics.** One credit. No swimming skills required.
- 1250 Self Defense.** One credit.
- 1260 Intermediate Bicycling.** One credit.
- 1270 Yoga.** One credit.
- 1280 Beginning Pilates.** One credit. Series of floor exercises developed by Joseph H. Pilates designed to increase strength, flexibility, stamina, and concentration. Focus on postural alignment and body mechanics; facilitates enhancement of kinesthetic sense overall and increases body awareness.
- 1290 Tai Chi.** One credit. All 56 postures of Chen-style tai chi taught in one semester. Includes an overview of the history, philosophy, principles, and benefits of tai chi.
- 1300 Personal Fitness.** One credit. Basic concepts, techniques, and activities needed to design an individual fitness program.
- 1310 Beginning Rugby.** One credit. Introduces the basics of the game of rugby. Coed, non-contact play coupled with classroom analysis.
- 2000 Beginning Wrestling.** One credit.
- 2010 Beginning Modern Dance.** One credit.
- 2020 Beginning Golf.** One credit. Fee required.
- 2030 Tumbling and Trampoline.** One credit.
- 2040 Beginning Swimming.** One credit.
- 2050, 2060 Adapted Physical Activity.** One credit each.
- 2070 Intermediate Swimming.** One credit.
- 2080 Intermediate Modern Dance.** One credit.
- 2090 Intermediate Tennis.** One credit.
- 2100 Effective Living.** Two credits. A general health course designed to enable students to deal more effectively with personal and family health responsibilities as well as emergency situations.
- 2110 Basic Horsemanship—Equitation.** One credit.
- 2120 Scuba Diving.** Two credits. Prerequisite: PHED 2070. Students must pass a swimming proficiency test.
- 2130 Basic River Canoeing.** One credit. Prerequisite: PHED 2070. Students must pass a swimming proficiency test.
- 2140 Basic Lifeguarding.** Two credits. Includes lifeguard training, automated external defibrillation, professional rescuer oxygen administration, and preventing disease transmission.
- 2150 Synchronized Swimming.** One credit. Prerequisite: PHED 2070.
- 2160 Ballet—Primary.** One credit.
- 2170 Ballet—Intermediate.** One credit.
- 2180 Beginning Jazz Dance.** One credit.
- 2190 Beginning Tap Dance.** One credit.
- 2200 Modern Gymnastics.** One credit.
- 2240 Beginning Roller Skating.** One credit. Fee required.
- 2250 Intermediate Bowling.** One credit. Fee required.
- 2260 Basic Rock Climbing.** One credit.
- 2270 Beginning Volleyball.** One credit.
- 2280 Intermediate Tap Dancing.** One credit.
- 2290 Intermediate Roller Skating.** One credit.
- 2300 Beginning Handball.** One credit.
- 2320 Advanced Weight Training.** One credit.
- 2330 Advanced Karate.** One credit.
- 2340 Aquatic Instructor Certification.** One credit.
- 2350 Intermediate Badminton.** One credit.



- 2360 Intermediate Wrestling.** One credit.
- 2380 Intermediate Jazz Dance.** One credit.
- 2400 Intermediate Handball.** One credit.
- 2410 Beginning Softball.** One credit.
- 2420 Intermediate Golf.** One credit.
- 2430 Advanced Volleyball.** One credit.
- 2440 Advanced Swimming.** One credit.
- 2450 Advanced Tennis.** One credit.
- 3250 Workshops in Wellness.** Three credits. Preparation for conducting workshops in a variety of professional settings.
- 3300 First Aid and Safety Education.** Three credits. (Same as HLTH 3300.) Deals with first aid measures, accident prevention, and cardiopulmonary resuscitation. Addresses issues related to drug use/abuse and related acts of violence. Satisfactory completion of the course qualifies the student for American Red Cross Standard and CPR certificates.
- 3400 Motor Learning and Development.** Three credits. Explores the study of motor activity by discussing the development of motor patterns and how we learn to move under various circumstances. Students will become familiar with the concepts, terms, techniques, and activities that will lead to a better understanding of motor development and motor learning.
- 3430 Games, Gymnastics, and Rhythmic Activities for Children.** Two credits. Activities suitable for the needs, abilities, and interests of children and youth throughout the stages of their growth and development.
- 3500 Physical Education for Early Childhood.** Four credits. Principles, teaching strategies, and curriculum activities for young children. Planning age-appropriate physical activities and designing developmentally appropriate motor skill experiences for young children. Extensive practicum experiences in teaching. Two one-hour lectures and two one-hour labs per week.
- 3720 Skills and Techniques of Teaching Fitness Activities.** Three credits. Writing, planning, teaching, and participating in personalized and group fitness programs and the interpretative assessment of related components with the understanding of physiological principles related to exercise. Teaching lifetime wellness activities required in laboratory and field experiences.
- 3730 Skills and Techniques of Teaching Tumbling, Stunts, and Gymnastics.** Three credits. Objectives, materials, and techniques for teaching tumbling and gymnastics. Laboratory and field experiences required.
- 3740 Skills and Techniques of Teaching Individual and Dual Sports.** Three credits. Knowledge of skills, methods, and materials necessary for teaching activities—archery, badminton, golf, tennis, and bowling—which will contribute to lifetime wellness. Laboratory and field experiences required.
- 3750 Skills and Techniques of Teaching Team Games.** Three credits. Skills, methods, and concepts in basketball, soccer, volleyball, softball, and team handball that would allow participants to engage in physical fitness activities into middle adult years. Laboratory and field experiences required.
- 3760 Skills and Techniques of Teaching Aquatics (ARC Water Safety Instructor.)** Three credits. Emphasizes the individual's stroke development, the ability to analyze strokes, and the methods and materials for organizing, teaching, and administering aquatic programs. Laboratory and field experiences required.
- 3780 Curriculum in Physical Education.** Two credits. The role of physical education in society; the characteristics, needs, and interests of students; and the principles necessary for the development of a quality curriculum in physical education and fitness activities that will enhance a lifetime of health and wellness.
- 3810 Directing Intramurals.** Two credits. The organization and administration of intramural programs. The student experiences actual participation in developing and supervising intramural activities.
- 3850 Foundations of Physical Education.** Three credits. Lectures, discussion, and reports introduce students to the importance of physical activity and nutritional values as they relate to lifetime wellness. Study of physical education through its history, philosophy, leadership, and organization including related principles from biology, physiology, sociology, and psychology.
- 3910 Officiating.** Two credits. (Same as ATHC 3910.) Technique and practice in officiating major sports.
- 3950 Adapted Physical Activity.** Three credits. Principles of planning and conducting physical education in order to provide for the special needs, interests, and abilities of exceptional students. Field work in local schools and community agencies.
- 4250 Internship in Exercise Science and Health Promotion.** Twelve credits. (Same as EXSC/HLTH 4250.) Prerequisites: PHED 3250, 4240, 4810, 4830, 4910; HLTH 3300; BIOL 2030; N FS 1240. On-site practical experience in an exercise science/health promotion program.
- 4290 Corrective Therapy—Clinical Training Program.** Nine credits. Provides trainee-students clinical training in a paramedical specialty in order to treat illness and injury. Program is affiliated with the Veterans Administration Hospital, Murfreesboro.
- 4340 Wellness and Healthy Lifestyles.** Three credits. (Same as HLTH/REC 4340.) Developing healthy lifestyles through health appraisal, fitness evaluation, identifying cardiovascular risk factors, and individual exercise prescriptions.
- 4600 Technology Applications.** One credit. Prerequisite: An introductory course in computer literacy or equivalent with instructor permission; corequisite: PHED 4601. Understanding and competency using a variety of technology applications related to the profession. Students required to enroll in corresponding lab during the same semester.
- 4601 Technology Applications Lab.** Two credits. Corequisite: PHED 4600. Investigation and application of profession-specific software and hardware applications.
- 4700 Skills and Techniques of Teaching Rhythmic Activities.** Three credits. Skills in various dance forms, methods and materials, evaluative procedures, experiences in teaching all forms of dance to students at the K-12 level. Lab required.
- 4810 Measurement and Evaluation.** Three credits. (Same as EXSC/HLTH 4810.) Concepts and procedures used for applied measurement and evaluation in health and human performance settings. Basic statistics, reliability and validity, measurement in-

struments in field and laboratory settings, and the administration of a variety of tests within discipline.

- 4820 Organization and Administration of Physical Education.** Three credits. Provides the basic knowledge necessary to organize and manage a total physical education and sports program. Information concerning the pertinent administration processes including legal responsibilities.
- 4910 Kinesiology.** Three credits. The science of human motion. Emphasis on principles of anatomy, physiology, and mechanics of human activity.
- 4920 Independent Study.** One, two, or three credits. (Same as ATHT/EXSC/HLTH/REC 4920.) Independent study topics based on a study plan prepared in cooperation with a faculty supervisor. Culminates in a formal paper and/or comprehensive examination. Application forms must be completed and approved prior to enrollment. A maximum of three credit hours may be applied toward degree.

Courses in Health [HLTH]

- 1530 Health and Wellness.** Three credits. Explores the role and importance of health and wellness in the lives of individuals and society in general. Laboratory venues will allow opportunities for assessment of lifestyles, decision-making, and research data on health and wellness. Lectures will provide concepts, information, and data involved in maintaining optimum health and wellness. Two lectures and one laboratory.
- 2600 Introduction to Health Professions.** Three credits. Examines select health professions. Includes admission procedures, training, post-graduate training, licensure, practice options. Designed to assist students interested in a health career make a more informed choice early in their undergraduate preparation.
- 3300 First Aid and Safety Education.** Three credits. (Same as PHED 3300.) Deals with first aid measures, accident prevention, and cardiopulmonary resuscitation. Addresses issues related to drug use/abuse and related acts of violence. Satisfactory completion of the course qualifies the student for American Red Cross Standard and CPR certificates.
- 3310 Health Problems of Exceptional Children.** Three credits. Common health problems of all children with emphasis on health problems peculiar to children in various areas of exceptionality. Consideration will be given to identification and referral.
- 3320 Community and Public Health.** Three credits. Basic preparation for health educators in community and public health programs with an emphasis on identifying and solving problems. Concentrates on the role of the health educator in needs assessment, effective communication, and the management of public health concerns.
- 3330 History of Health Education and Health Organizations.** Three credits. Analysis of health education from origins to present. Emphasis on health philosophies, conferences, significant movements, associations, and pioneer health leaders.
- 4250 Internship in Exercise Science and Health Promotion.** Twelve credits. (Same as EXSC/PHED 4250.) Prerequisites: PHED 3250, 4240, 4810, 4830, 4910; HLTH 3300; BIOL 2030; N FS 1240. On-site practical experience in an exercise science/health promotion program.
- 4260 Curriculum and Teaching Methods in Health Education.** Three credits. Curriculum planning and teaching methods for prospective school, community, and public health personnel who aspire to teach health education.
- 4270 Bioethical Issues in Health Education.** Three credits. An analysis of current bioethical issues, problems, needs, trends, and interests in health education.
- 4280 Instructor's Course in First Aid and CPR.** Two credits. Prerequisite: HLTH 3300 or current Red Cross certification in multi-media first aid and CPR or standard first aid. Organization, planning, and teaching American Red Cross safety course. Red Cross instructor certification for successful completion.
- 4300 The School Health Program.** Three credits. Offers preparation for leadership roles in school health services, instruction, and emergency situations, with special emphasis on evaluation.
- 4340 Wellness and Healthy Lifestyles.** Three credits. (Same as PHED/REC 4340.) Developing healthy lifestyles through health appraisal, fitness evaluation, identifying cardiovascular risk factors, and individual exercise prescriptions.
- 4360 Teaching Human Sexuality.** Three credits. Assists teachers and future teachers in developing, implementing, and evaluating human sexuality curricula and programs for schools (K-12).
- 4370 Health and First Aid for Children (Pre-K-3).** Two credits. Skill and knowledge required to maintain a healthy and safe school or day-care environment for pre-K-3 children.
- 4390 Women's Health.** Three credits. Applies and extends the knowledge base of health care for women and provides students with the knowledge to help them enhance their own and others' health.
- 4400 Drugs and Violence in Health Education.** Three credits. Offers an understanding of the nature of drugs, relationships people form with drugs, and consequences of those relationships. Relationship of drugs to acts of violence considered as well as educational programs addressing issues related to drug use/abuse and acts of violence.
- 4460 Introduction to Epidemiology.** Three credits. Epidemiologic analysis including measures of disease frequency, measures of effect, association and causation, sources of inaccuracy, experimental and observational study designs.
- 4600 Technology Applications.** One credit. Prerequisite: An introductory course in computer literacy or equivalent with instructor permission; corequisite: HLTH 4601. Understanding and competency using a variety of technology applications related to the profession. Students required to enroll in corresponding lab during the same semester.
- 4601 Technology Applications Lab.** Two credits. Corequisite: HLTH 4600. Investigation and application of profession-specific software and hardware applications.
- 4810 Measurement and Evaluation.** Three credits. (Same as EXSC/PHED 4810.) Concepts and procedures used for applied measurement and evaluation in health and human performance settings. Basic statistics, reliability and validity, measurement instruments in field and laboratory settings, and the administration of a variety of tests within discipline.

4860 Organization and Administration of Health Education. Three credits. Theories and models of health education and promotion, needs assessment, program and intervention development (including mission, goals, objectives, and activities of programs), scheduling, budgeting, and evaluating health education programs in schools (K-12) and in the community.

4900 Certified Health Education Specialist (CHES) Review. One credit. Responsibilities and competencies on the Certified Health Education Specialist examination.

4920 Independent Study. One, two, or three credits. (Same as ATHT/EXSC/PHED/REC 4920.) Independent study topics based on a study plan prepared in cooperation with a faculty supervisor. Culminates in a formal paper and/or comprehensive examination. Application forms must be completed and approved prior to enrollment. A maximum of three credit hours may be applied toward degree.

Courses in Exercise Science [EXSC]

3500 Exercise Leadership and Program Planning. Three credits. Practical experience in adult exercise leadership in individual and group settings. Precautions for safe and effective exercise leadership, instruction, and adult fitness programming based on the guidelines of the American College of Sports Medicine included.

4000 Research Seminar in Exercise Science. Three credits. Prerequisite: EXSC 4830. Development of research ideas, application of computers in searching research databases, methods of research and data collection, and preparation and presentation of a research proposal.

4010 Applied Research in Exercise Science. Three credits. Prerequisite: EXSC 4000. Completion of a research study in exercise science including preparation of Institutional Review Board documents, collection and analysis of research data, preparation of research report, and presentation of research findings.

4240 Principles of Exercise Prescription and Assessment. Three credits. Prerequisites: EXSC 4810, 4830; PHED 4910. Provides students with practical and theoretical experiences in exercise prescription and health/fitness assessment techniques; primarily for healthy population. Upon completion, pursuit of ACSM Health/Fitness Instructor Certification recommended.

4250 Internship in Exercise Science and Health Promotion. Twelve credits. (Same as HLTH/PHED 4250.) Prerequisites: PHED 3250, 4910; EXSC 4240, 4810, 4830; HLTH 3300; BIOL 2030; N FS 1240. On-site practical experience in an exercise science/health promotion program.

4260 Exercise Assessment and Prescription for Special Populations. Three credits. Prerequisite: EXSC 4240. Practical and theoretical experiences in exercise prescription and health/fitness assessment techniques for special populations. Precautions for safe and effective participation in exercise programs identified.

4810 Measurement and Evaluation. Three credits. (Same as HLTH/PHED 4810.) Concepts and procedures used for applied measurement and evaluation in health and human performance settings. Basic statistics, reliability and validity, measurement instruments in field and laboratory settings, and the administration of a variety of tests within discipline.

4830 Physiology of Exercise. Four credits. Prerequisites: BIOL 2030 or 2010 and 2020. Principles of exercise physiology. Acute response and chronic adaptations of the body to physical activity,

exercise, and sports participation, and their impact on homeostasis examined.

4920 Independent Study. One, two, or three credits. (Same as ATHT/HLTH/PHED/REC 4920.) Independent study topics based on a study plan prepared in cooperation with a faculty supervisor. Culminates in a formal paper and/or comprehensive examination. Application forms must be completed and approved prior to enrollment. A maximum of three credit hours may be applied toward degree.

4965 Aquatic Exercise and Therapeutic Rehabilitation Techniques. Three credits. (Same as ATHT/REC 4965.) Examines the various uses of the aquatic environment to develop, maintain, and improve physical performance with practical development of skills and techniques and aquatic exercise programming. Combines both didactic and laboratory activities in an experiential learning environment.

Courses in Athletic Coaching [ATHC]

3600 Coaching Football. Two credits. Theory and practice in fundamentals as well as introduction of offensive and defensive types of play. Emphasis on the basic aspects.

3610 Coaching Basketball for Men. Two credits. Theory and practice in the fundamentals as well as introduction of offensive and defensive types of play. Emphasis on the basic aspects.

3620 Coaching Golf and Tennis. Two credits. Prepares the student to teach the fundamental aspects of golf and tennis, with emphasis on adaptation to varied approaches in teaching and coaching.

3630 Teaching and Coaching Wrestling. Two credits. Provides the prospective teacher and coach with the methods and materials needed for teaching and coaching wrestling in the public schools.

3660 Coaching of Volleyball and Basketball for Women. Two credits. Theory and practice in the fundamentals as well as introduction of offensive and defensive types of play. Emphasis on the basic aspects.

3810 Directing Intramurals. Two credits. The organization and administration of intramural programs. Actual participation in developing and supervising intramural activities.

3910 Officiating. Two credits. (Same as PHED 3910.) Technique and practice in officiating major sports.

4000 Strength, Conditioning, and Human Performance. Three credits. Prerequisites: Anatomy, physiology, kinesiology, and weight training; or by permission of instructor. Offers preparation for the National Strength and Conditioning Association's Strength and Conditioning Specialists Certification Examination.

4060 Sport Psychology. Three credits. (Same as PSY 4060.) The application of behavioral principles, motivational research, personality factors, social/psychological findings, cognitive processes, dysfunctional behavior knowledge, and psychometric assessment procedures to the arena of sports. Introduces students to this discipline and provides knowledge to help enhance their own performances and the performances of others.

4180 Coaching Speed/Strength Conditioning for Sports. Three credits. Organizing and developing speed and strength conditioning programs for sports. Setting up and supervising proper methods and techniques in running, weight lifting, and conditioning exercise for athletics today.

- 4220 Coaching Soccer.** Two credits. Theory and practice of soccer fundamentals as well as introduction of offensive and defensive plays.
- 4600 Advanced Coaching of Football.** Two credits. Philosophies of coaching and a detailed study of the master plan of coaching responsibilities.
- 4620 Advanced Coaching of Basketball.** Two credits. Offers the upper-level student an in-depth study of the profession. Philosophies of coaching discussed, along with a detailed study of the master plan of coaching responsibilities.
- 4640 Coaching of Baseball.** Two credits. Theory and practice in the fundamentals as well as reviewing various systems of types of play.
- 4650 Coaching Cross-Country, Track and Field.** Two credits. Theory and practice in fundamentals and skills.
- 4690 Psychology of Coaching.** Three credits. Application of basic psychological principles to everyday coaching situations and problems. Designed to improve communication and motivation between players and coaches.
- 4800 Administration of High School and College Athletics.** Three credits. Deals with administrative concerns of athletic eligibility, contest management, equipment, finances, budgets, safety, layout and maintenance of facilities, public relations, publicity, and current athletic trends.

Courses in Athletic Training [ATHT]

- 2590 Psychomotor Skills in Athletic Training.** Three credits. Various topics and techniques with emphasis on the application of supportive and protective taping. A minimum of 60 directed clinical hours of observation required.
- 3000 Clinical A in Athletic Training.** Three credits. Prerequisites: ATHT 2590, 3580. Psychomotor skills used in the application of protective equipment, emergency procedures, care and treatment of athletic injuries, and use of basic modalities. A minimum of 200 clinical hours under the direct supervision of an approved clinical instructor required.
- 3001 Clinical B in Athletic Training.** Three credits. Prerequisite: ATHT 3000; corequisite: ATHT 3950. Psychomotor skills used in the evaluation and assessment of injuries to the lower extremities. A minimum of 200 clinical hours under the direct supervision of an approved clinical instructor required.
- 3002 Clinical C in Athletic Training.** Three credits. Prerequisite: ATHT 3001; corequisite: ATHT 3960. Psychomotor skills used in the evaluation and assessment of injuries to the upper extremities and thorax. A minimum of 200 clinical hours under the supervision of an approved clinical instructor required.
- 3003 Clinical D in Athletic Training.** Three credits. Prerequisite: ATHT 3002; corequisite: ATHT 4960. Psychomotor skills used in the rehabilitation of musculoskeletal injuries. A minimum of 200 clinical hours under the direct supervision of an approved clinical instructor required.
- 3580 Prevention and Care of Athletic Injuries.** Three credits. Modern principles in the care, prevention, and management of sports injuries.
- 3950 Evaluation and Assessment of Injuries to the Lower Extremities.** Three credits. Prerequisites: ATHT 2580; BIOL 2010. Corequisite: ATHT 3001 or permission of instructor. Evaluation and assessment of athletic injuries to the lower extremities and lumbar spine.
- 3960 Evaluation and Assessment of Injuries to the Upper Extremities and Thorax.** Three credits. Prerequisites: ATHT 2580, 3950; BIOL 2010, 2020. Corequisite: ATHT 3002 or permission of instructor. Evaluation and assessment of athletic injuries to the upper extremities and thorax.
- 4000 Strength, Conditioning, and Human Performance.** Three credits. Prerequisites: Anatomy, physiology, kinesiology, and weight training; or by permission of instructor. Theories and principles of strength training and conditioning and techniques used to become a strength and conditioning specialist or personal fitness trainer.
- 4080 Alternative Therapies in Athletic Training.** Three credits. Examines the didactic and psychomotor concepts of various alternative and complementary therapies as they relate to the profession of athletic training.
- 4200 Acute Trauma and Emergency Care in Athletic Training.** Three credits. Prerequisite: ATHT 3580. Competencies and proficiencies used in the identification, management, and prevention of acute traumatic conditions in sports requiring emergency care.
- 4430 Practicum in Athletic Training.** Three credits. Prerequisites: ATHT 3003, 4960, and 4970. Athletic training internship in a nontraditional athletic training setting. A minimum of 150 clinical hours under the direct supervision of a clinical instructor required.
- 4500 Therapeutic Medications and Ergogenic Aids in Sports.** Three credits. Principles, theories, and issues of the physiological and psychological response to pharmacological use and abuse of therapeutic medications and ergogenic aids in sports.
- 4820 Organization and Administration of Athletic Training.** Three credits. Provides the basic knowledge necessary to organize and manage an allied health care professional setting, specifically in athletic training. Information on current laws, professional standards, ethics, and issues of confidentiality addressed.
- 4920 Independent Study.** One, two, or three credits. (Same as EXSC/HLTH/PHED/REC 4920.) Independent study topics based on a study plan prepared in cooperation with a faculty supervisor. Culminates in a formal paper and/or comprehensive examination. Application forms must be completed and approved prior to enrollment. A maximum of three credit hours may be applied toward degree.
- 4950 Pathology of Sport Illness and Consideration of Special Populations.** Three credits. Pathology of special problems and general medical conditions of athletes and others involved in physical activity. Includes an athletic training field experience.
- 4960 Rehabilitation Techniques.** Three credits. Prerequisites: BIOL 2010, 2020; ATHT 3950, 3960. Corequisite: ATHT 3003 or permission of instructor. Methods and techniques in the selection and application of rehabilitation techniques.
- 4965 Aquatic Exercise and Therapeutic Rehabilitation Techniques.** Three credits. (Same as EXSC/REC 4965.) Examines the various uses of the aquatic environment to develop, maintain, and improve physical performance with practical development of skills

and techniques and aquatic exercise programming. Combines both didactic and laboratory activities in an experiential learning environment.

4970 Therapeutic Modalities. Three credits. Prerequisites: BIOL 2010, 2020; PHYS 2010, 2011; ATHT 3950, 3960. Principles, theories, methods, and techniques in the application of selected therapeutic modalities. Includes a laboratory experience of psychomotor skills used in the application of therapeutic modalities.

4990 Senior Seminar in Athletic Training. Three credits. Prerequisites: ATHT 4960, 4970. Offers preparation for the NATABOC examination and discussion of current research in athletic training and sports medicine. Engages students in the process of reviewing, analyzing, discussing, and synthesizing research. Includes an athletic training field experience.

Courses in Recreation [REC]

3000 Leisure in Your Life. Three credits. Issues relative to choices an individual and society make when utilizing “free” time and resources. Increased understanding of the multibillion dollar leisure industry and its effect on our personal and collective lives.

3010 Introduction to Recreation and Leisure Services. Three credits. Development and basic concepts of the recreation and leisure services profession. History, definitions, theories, and social psychological concepts as well career opportunities and areas of service delivery.

3360 Camping and Camp Counseling. Three credits. Emphasis on the camp counselor, including discussion of techniques and skills appropriate in various camp settings. Day-to-day management of residential, trip/travel, and special emphasis camps examined. Some off-campus experience.

3370 Principles of Outdoor Recreation. Three credits. Concepts, principles, and practices in various types of park, recreation, and tourism settings. Emphasis on overall and critical subsystems of the outdoor recreation management system primarily in public land settings.

3371 Principles of Interpretation and Resource Education. Three credits. The study of natural, cultural, and historical interpretation and resource education concepts, principles, and practices applicable to various types of recreation and leisure service settings. Emphasis on interpretation and resource education, why and how to interpret and educate about resources, as well as how to effectively manage interpretation and resource education in varied settings.

3380 Introduction to Recreation for Persons with a Disability. Three credits. Explores issues surrounding recreation opportunities for persons with disabilities. Introduces important issues such as attitudes, advocacy, accessibility, legislation, and the broad range of opportunities in the provision of recreational services for persons with disabilities in our society.

3390 Tourism and Commercial Recreation. Three credits. Introduces the broad sector of recreation and leisure services profession which focuses on delivery of leisure travel and tourism-based recreation services and programs. Particular emphasis placed upon understanding the relationship between commercial recreation organizations and historical, cultural, and natural resources.

3520 Leadership and Group Processes in Recreation and Leisure Services. Three credits. Conceptual and human relationship skills

required of effective professionals. Emphasis on understanding group dynamics and processes associated with leading activities, programs, and personnel in recreation and leisure settings. Key component will be field application of skills.

3530 Program Planning in Recreation and Parks. Three credits. The understanding of participant leisure behavior and needs, and ways organizations create services to respond to these leisure needs.

3540 Planning of Park and Recreation Areas and Facilities. Three credits. Prerequisites: REC 3010 and 3530. Planning principles, techniques, and standards as they relate to the construction of park and recreation areas and facilities.

3560 Field Studies in Recreation and Parks. Three credits. Prerequisites: REC 3010 and 3530. Provides an opportunity for supervised practical application of classroom theory in professional field work.

3570 Outdoor Pursuits Education. Three credits. Concentration on developing student’s ability in adventure-based recreation and education. Emphasis placed on learning how to implement an outdoor pursuit experience for oneself and others. Both on- and off-campus experiences will be conducted and may involve day/overnight camping, canoeing, kayaking, rock climbing, rappelling, caving, ropes courses, and orienteering.

4340 Wellness and Healthy Lifestyles. Three credits. (Same as PHED/HLTH 4340.) Developing healthy lifestyles through health appraisal, fitness evaluation, identifying cardiovascular risk factors, and individual exercise prescriptions.

4470 Leisure and Aging. Three credits. Aging relative to the individual, family, peers, and society with an emphasis on leisure. The holistic approach including physical, psychological, social, cultural, environmental, and cognitive aspects. Interdisciplinary approach makes this course ideal for the developing or practicing human service professional.

4480 Recreational Therapy Techniques. Three credits. Exploration of the many activity-based therapeutic interventions currently utilized to alleviate existing health-related problems, maintain current level of functioning, or to assist in overall rehabilitation efforts of the transdisciplinary treatment team.

4490 Campus Recreation. Three credits. For those wishing to acquire a specific and comprehensive knowledge of the recreational sports program and an understanding of its place and value in education and society.

4499 Therapeutic Terminology in Recreational Therapy. Three credits. Designed to provide students with an understanding of therapeutic terminology and the utilization of appropriate terminology for third party reimbursement, treatment teams, counseling, and medical documentation.

4500 Introduction to Recreational Therapy. Three credits. Prerequisite: REC 3010. Explores the profession of recreational therapy, the wide range of disabilities, and the role of intervention in a variety of settings: clinical, community, and transitional. Topics include history, philosophy, professional development/certification, systemic program design, and implementation.

4510 Recreational Therapy in Clinical Settings. Three credits. Increases understanding of recreational therapy in clinical settings, working with persons with health-related issues and/or disability. Concepts of disease and disability, holistic approach, interdisciplinary treatment, assessment, intervention planning and

implementation, evaluation, documentation, and third party reimbursement explored.

- 4520 Transitional and Community Recreational Therapy.** Three credits. Addresses issues clients may face when leaving institutions and returning to their communities. Examines the role and provision of recreational therapy services in transitional and community-based settings.
- 4540 Organization and Administration of Recreation.** Three credits. Prerequisites: REC 3010 and nine additional hours of recreation coursework. Provides an opportunity for understanding the duties and responsibilities of an administrator and for developing the ability to perform these in recreation and leisure settings.
- 4570 Outdoor Recreation Workshop.** Three credits. An off-campus course that provides materials and experiences unobtainable in the traditional classroom. Exposure to issues, trends, and concerns relevant to outdoor recreation, resource management, and the delivery of programs and services in outdoor environments. Public, private non-profits, and commercial agencies will be experienced through a series of field trips, talks, groups exercises, and other experiential-based activities.
- 4580 Seminar: Outdoor Recreation and Environmental Issues.** Three credits. Increases awareness of the importance of environmental considerations when planning, managing, or administering outdoor recreation programs. Includes environmental issues and methods of seeking solutions to environmental problems.
- 4590 Readings in Parks and Recreation.** Three credits. In-depth reading; preparation of an annotated bibliography and report. Arrangements for course should be made with the instructor prior to registration.
- 4600 Technology Applications.** One credit. Prerequisite: An introductory course in computer literacy or equivalent with instructor permission; corequisite: REC 4601. Understanding and competency using a variety of technology applications related to the profession. Students required to enroll in corresponding lab during the same semester.
- 4601 Technology Applications Lab.** Two credits. Corequisite: REC 4600. Investigation and application of profession-specific software and hardware applications.
- 4660 Evaluation of Recreation and Leisure Services.** Three credits. Research and evaluation procedures and techniques applicable to assessing recreation and leisure service programs, participants, administrative structures, and resources. Emphasis on beginning and completing a "real-world" evaluation project.
- 4790 Sport and Society.** Three credits. (Same as SOC 4790.) A behavioral approach to the sport and leisure phenomena from the related perspectives of sociology and anthropology.
- 4890 Pre-Internship Seminar.** One credit. Prerequisites: REC 3010 and junior standing. Review of philosophy and professional ethics of recreation and leisure services. Self assessment of student's strengths, limitations, and career aspirations. Preparation of reference files, letters, and resumes. Identification of, application to, and acceptance by department-approved agencies for completion of internship. Pass/Fail.
- 4900 Internship in Therapeutic Recreation.** Six or nine credits. Prerequisites: Departmental approval; minimum 2.25 GPA; REC 3010, 3530, 3540, 4540, and 4890; additional prerequisites:

REC 4500, 4510, and 4480 or 4520. Provides practical experience. Student assigned to a field experience to spend an entire semester or two summer sessions in on-the-job training with a recreational agency.

- 4901 Internship in Outdoor Recreation.** Six or nine credits. Prerequisites: Departmental approval; minimum 2.25 GPA; REC 3010, 3530, 3540, 4540, and 4890. Provides practical experience. Student assigned to a field experience to spend an entire semester or two summer sessions in on-the-job training with a recreational agency.
- 4902 Internship in Recreation.** Six or nine credits. Prerequisites: Departmental approval; minimum 2.25 GPA; REC 3010, 3530, 3540, 4540, and 4890. Provides practical experience. Student assigned to a field experience to spend an entire semester or two summer sessions in on-the-job training with a recreational agency.
- 4920 Independent Study.** One, two, or three credits. (Same as ATHT/EXSC/HLTH/PHED 4920.) Independent study topics based on a study plan prepared in cooperation with a faculty supervisor. Culminates in a formal paper and/or comprehensive examination. Application forms must be completed and approved prior to enrollment. A maximum of three credit hours may be applied toward degree.
- 4965 Aquatic Exercise and Therapeutic Rehabilitation Techniques.** Three credits. (Same as ATHT/EXSC 4965.) Examines the various uses of the aquatic environment to develop, maintain, and improve physical performance with practical development of skills and techniques and aquatic exercise programming. Combines both didactic and laboratory activities in an experiential learning environment.

Courses in Safety [SAFE]

- 4320 Principles of Accident Control.** Three credits. Basic course on principles, concepts, and methodology of the safety movement. Introductory experiences dealing with accident prevention and control efforts recommended for various social institutions and agencies.
- 4350 Automotive Transportation Safety Programs.** Three credits. Safety elements of automotive and other forms of transportation. Federal, state, and local legislation concerning transportation control and design.
- 4850 Driver and Traffic Safety Fundamentals.** Three credits. Prerequisite: Valid driver's license. Introduction to driver and traffic safety education. Primary focus on current concepts related to safe driving.
- 4870 Teaching Driver and Traffic Safety.** Three credits. Prerequisite: SAFE 4850. Designed to develop teaching techniques for laboratory instruction including on-street, driving simulator, and multiple-car-range programs.

Graduate Study

The department offers the Master of Science in HPER with concentrations available in Health, Physical Education, or Recreation and a Master of Science with a major in Exercise Science and Health Promotion. A doctoral degree also is offered. Degree requirements and a list of courses offered for graduate credit are published in the Graduate Catalog.