

# Department of Health and Human Performance

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**Dianne Bartley, Chair**  
**Murphy Athletic Center 111**

Anshel, Armstrong, Belcher, Binkley, Caputo, Cato, Chmielewski, Colclough, Cook, Corlew, Craze, Cunningham, Edgington, Edwards, Ellis, Eveland-Sayers, Farley, Gray, Hayes, Higginbotham, Insell, Jubenville, Kang, Kerr, MacBeth, McGuire, McLaury, Marshall, Moore, Morgan, Motluck, Neal, Ness, O'Hara-Murdock, Ojeda, Owusu, Peck, Perry, Peterson, Petrone, Phillips, Podlesney, Ramos, Rhoden, Shelar, Short, Stockstill, Thompson, Veal, Weatherby, Whitehill, Whitworth, Winborn, Zengaro

The Department of Health and Human Performance offers students the opportunity to prepare for professional careers as teachers of health and of physical education; as fitness professionals in corporate 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 minor in the field can select courses accordingly. Minors in Athletic Coaching, Driver and Traffic Safety Education, Health, Health and Physical Education, Health and Human Performance, and Recreation are 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**—The major in Physical Education offers preparation for teaching positions in public and private elementary and secondary schools in Tennessee. The major requires PHED 3430, 3720, 3760, 3800, 3900, 3930, 4280, 4400, 4470, 4710, 4780, 4800, 4900, 4910, 4930, 4940, and 4990. HLTH 1530 is recommended. Students must complete a Secondary Education minor that includes student teaching. The following curriculum is the recommended sequence of courses. Consultation with an advisor is required each semester.

### Recommended Curriculum

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or	
Natural Sciences	4	HUM 2610 (Hum/FA)	3
HLTH 1530 (Soc/Beh Sci)	3	Natural Sciences	4
PHED 3930	3	Social/Behavioral Sciences	3
FOED 1110	3	PHED 3800	3
Humanities and/or Fine Arts	6	FOED 2110	3
HIST 2010, 2020, or 2030	6	PHED 4470, 4930	6
	<b>31</b>	SPED 3010	3
		Math (statistics rec.)	3
		COMM 2200 (Comm)	3
			<b>31</b>
JUNIOR		SENIOR	
PHED 4710, 3760, 3900,		PHED 4800, 4910, 4990	9
3720, 3430	14	YOED 3500	3
PHED 4900, 4940, 4780,		Elective	3
4400	12	YOED 4110, 4000	12
SPSE 3220	3		<b>27</b>
HLTH 4280	2		
	<b>31</b>		

**NOTE:** See Department of Educational Leadership on page 210 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 2010/2011	4
HIST 2010, 2020, or 2030	3	NFS 1240	3
PHED activity	1	NFS 3280	3
	<b>30</b>	ATHT 3580	3
		EXSC 3500	3
		Elective	3
			<b>31</b>

### JUNIOR

PHED 4910	3	PHED activity	1
EXSC 4830	4	ATHT 4000	3
EXSC 4810	3	EXSC 4260	3
BIOL 2020/2021	4	EXSC 4010	3
EXSC 4000	3	Electives	5
EXSC 4240	3	EXSC 4250 (final course)	12
ATHC 4060	3		<b>27</b>
Electives	9		
	<b>32</b>		

### SENIOR

## 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	
Natural Sciences (2 prefixes)	8	(2 prefixes)	6
HLTH 1530	3	Humanities and/or Fine Arts	
NFS 1240	3	(2 prefixes)	6
HUM 2130	3	HIST 2010, 2020, or 2030	6
PHED Activity	1	BIOL 2030/2031	3
	<b>30</b>	HLTH 2600	3
		Minor	3
		PHED activity	1
			<b>31</b>

JUNIOR		SENIOR	
BIOL 2030/2031, 3340	6	Certification/licensure	0-17*
HLTH 3300	3	Minor	6
HLTH 4810	3	Electives	6
Electives	9		<b>29</b>
Minor	9		
	<b>30</b>		

\*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 HUM 2610 (Hum/FA)	3
Mathematics	3	Social/Behavioral Sciences	3
COMM 2200 (Comm)	3	HLTH 1530 (Soc/Beh Sci/ Major)	3
Natural Sciences (2 prefixes)	8	Humanities and/or Fine Arts (2 prefixes)	6
HLTH 3320	3	HIST 2010, 2020, or 2030	6
FOED 1110, 2110§	6	Secondary Education minor§	3
NFS 1240	3	BIOL 2030/2031	3
	<b>32</b>	Advised elective	3
			<b>30</b>

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

§See Department of Educational Leadership on page 210 for Secondary Education minor requirements.

**Concentration: Community and Public Health**

The Community and Public Health concentration, approved by SABPAC (SOPHE/AAHE Baccalaureate Program Approval Committee), 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**

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or HUM 2610 (Hum/FA)	3
Mathematics	3	Social/Behavioral Sciences (2 prefixes)	6
COMM 2200 (Comm)	3	Humanities and/or Fine Arts (2 prefixes)	6
Natural Sciences (2 prefixes)	8	HIST 2010, 2020, or 2030	6
HLTH 1530	3	BIOL 2030/2031	3
NFS 1240	3	HLTH 3340	3
HLTH 3320	3	Minor	3
PHED activity	1	PHED activity	1
	<b>30</b>		<b>31</b>

JUNIOR		SENIOR	
HLTH 3300, 4270, 4340, 4360, 4400, 4600, 4860	21	HLTH 4460, 4810, 4870	9
Minor	9	Minor	6
	<b>30</b>	Electives	5
		Internship	9
			<b>29</b>

**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 including HLTH 1530/1531, 4340; PHED 3800, 3930; and three credits in HLTH/PHED.

**Minor in Health and Human Performance**

The minor in Health and Physical Education requires 15 semester hours including REC 3000, PHED 3300, EXSC 3500, and HLTH 4340; HLTH 1530 or 3 activity hours for a total of 3 credits from PHED 1180, 1190, 1200, 1240, 1280, 1300, 1270, 1290, 1340, and 2071 or an additional upper-level class (3000 and above) from the Department of Health and Human Performance with the permission of an advisor.

**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 HUM 2610 (Hum/FA)	3
BIOL 1030/1031 (Nat Sci)	4	Humanities and/or Fine Arts	3
Natural Sciences (CHEM or PHYS)	4	Mathematics	3
Social/Behavioral Sciences (PSY and/or SOC)	6	REC 3380, 3520, 3530	9
COMM 2200 (Comm)	3	HIST 2010, 2020, or 2030	3
PHED activity	1	Advised electives	9
REC 3010	3		<b>30</b>
Humanities and/or Fine Arts	3		
	<b>30</b>		

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 2030/2031	3		<b>30</b>
PSY 3230	3		
PHED activity	1		
Advised elective	1		
	<b>30</b>		

### 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 1030/1031 (Nat Sci)	4	Humanities and/or Fine Arts	3
GEOL 1040/1041 (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		<b>30</b>
GEOG 2000 (Soc/Beh Sci)	3		
Humanities and/or Fine Arts	3		
	<b>30</b>		

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		<b>31</b>
BIOL 4060, 4240/4241, ABAS 3630, or GEOG 4530	3-4		
PHED activity	1		
	<b>29-30</b>		

### 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		<b>30</b>
REC 3010	3		
	<b>30</b>		

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	BCEN 2900 or MGMT 3810 or MKT 3820	3
PSY 2210 or 4380	3	Advised electives	10
PSY 3020	3	PHED activity	1
REC 4500	3	REC 4890 (Pre-internship)	1
BCEN 2900 or MGMT 3810 or MKT 3820	3		<b>30</b>
	<b>30</b>		

### 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 Athletic Training Education 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 50 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 2010/2011 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 a C- or better in BIOL 2020/2021; NFS 1240; EXSC 4240, 4260, 4830; PHED 4910; ATHC 4060; and the natural sciences 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 for males and females 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 fails to get a minimum grade of B-, the student cannot matriculate on to the next clinical course. The student will be on leave from the clinical portion of the program for one year. The student can, however, continue taking academic coursework that does not require clinical courses as co-requisites or prerequisites **upon approval of the program director**. A student must successfully pass ATHT 3000-3001-3002-3003 and ATHT 4430 with a B- or better before continuing on to ATHT 4950 and the semi-independent field experience.

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 Board of Certification Examination (BOC) for the Athletic Trainer.

#### Recommended Curriculum

##### PRE-ATHLETIC TRAINING PROGRAM

##### FRESHMAN

FALL		SPRING	
ENGL 1010 (Comm)	3	ENGL 1020 (Comm)	3
ATHT 3580	3	PSY 1410 (Soc/Beh Sci)	3
MATH 1710 (Math)	3	ATHT 2590	3
COMM 2200 (Comm)	3	HIST 2010	3
Humanities and/or Fine Arts	3	BIOL 2010/2011	4
	<b>15</b>		<b>16</b>

#### Application to Program and Program Admission

##### ADMITTED ATHLETIC TRAINING PROGRAM

##### SOPHOMORE

FALL		SPRING	
ATHT 3000	3	ATHT 3950	3
ATHT 3590	2	ATHT 3001	3
ATHT 4200	3	PHYS 2010/2011 OR	
BIOL 2020/2021	4	CHEM 1110/1111 (Nat Sci)	4
PHED 4910	3	HIST 2020 or 2030	3
	<b>15</b>	ENGL 2020 or 2030 or	
		HUM 2610 (Hum/FA)	3
			<b>16</b>

##### JUNIOR

FALL		SPRING	
ATHT 3960	3	ATHT 4960	3
ATHT 3002	3	ATHT 4970	3
ATHT 4500/4820	3	ATHT 3003	3
Social/Behavioral Sciences	3	EXSC 4830	4
NFS 1240	3	Humanities and/or Fine Arts	3
	<b>15</b>		<b>16</b>

##### SUMMER

ATHT 4430	3
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##### SENIOR

FALL		SPRING	
ATHT 4500/4820	3	ATHT 4990	3
ATHT 4950	3	ATHC 4060	3
ATHT 4000	3	EXSC 4260	3
EXSC 4240	3	ATHT 4965	3
	<b>12</b>		<b>12</b>

#### 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 (yearly);
3. membership into the National Athletic Trainer's Association (yearly);
4. maintenance of professional rescuer CPR (yearly).

Verification of immunization status is required.

#### 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 Aerobic Walking.** 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 Conditioning.** One credit. Basic concepts, techniques, and activities needed to design an individual conditioning program. Basic nutrition also covered.
- 1310 Beginning Rugby.** One credit. Introduces the basics of the game of rugby. Coed, non-contact play coupled with classroom analysis.
- 1320 Intermediate Rugby.** One credit. Continued study of the continuous game. Principles of play with additional emphasis on coaching, officiating, and the laws and strategies of Rugby.
- 1330 Intermediate Tai Chi.** One credit. Prerequisite: PHED 1290 with a minimum grade of B or permission of instructor. All 40 postures of Yang International Competition Style Tai Chi taught in one semester. Explores history, philosophy, principles, and benefits of tai chi.
- 1340 Chi Gong.** One credit. Involves the coordination of different breathing patterns with various physical postures and motions of the body. Two basic forms of Chi Gong: Ba Duan Jing and Liu Zi Jue covered.
- 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.
- 2071 Fitness Swimming.** One credit. Refining swimming strokes so students can swim with more ease, efficiency, and power. Offers information needed to design workout for using swimming as a fitness activity.
- 2080 Intermediate Modern Dance.** One credit.
- 2090 Intermediate Tennis.** One credit.
- 2110 Basic Horsemanship—Equitation.** One credit.
- 2120 Scuba Diving.** Two credits. Prerequisite: PHED 2070. Students must pass a swimming proficiency test.
- 2121 Advanced Scuba Diving I.** Two credits. Prerequisite: Open water certification; not a prerequisite for PHED 2122. Exposes divers to Scuba equipment maintenance, navigation skills, ability to safely participate in night and limited visibility diving, and basic seamanship skills.
- 2122 Advanced Scuba Diving II.** Two credits. Prerequisite: Open water certification; can be taken before PHED 2121. Offers training to prevent, recognize, and handle in-water problems and diving emergencies; search and recovery; oxygen administration; CPR; and to utilize enriched air nitrox as a breathing medium.
- 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 and Instructional Methods in Health Education.** Three credits. (Same as HLTH 3250.) 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.
- 3430 Skill Themes: Games, Gymnastics, Rhythms.** Two credits. Fundamental areas of educational gymnastics, educational games, and educational/creative dance/rhythms. How movement education relates to an individual child's personal development—intellectually, emotionally, socially, and physically. Activities suitable for the needs, abilities, and interests of children and developmentally appropriate practices.
- 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 Fitness Education K–12.** Three credits. Planning, teaching, and participating in individual and group fitness programs for K–12. Offers preparation to administer and interpret assessment of related components with the understanding of physiological principles related to exercise in the K–12 student. Major lifetime wellness activities covered.
- 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 Water Safety Instructor.** Three credits. Prerequisite: Permission of instructor. Designed to teach students how to be water safety instructors according to the guidelines issues by the American Red Cross. Provides knowledge and skills needed to teach the Red Cross Swimming and Water Safety Program in a logical progression for aquatic skill development and to be certified as an American Red Cross Water Safety Instructor.
- 3800 Teaching Physical Education.** Three credits. Opportunity to observe the art of teaching and the act of learning in physical and health classes at the elementary, middle, and high school levels. Students will use observation tools in public school settings designed to help them recognize the varied responsibilities and skills needed in teaching physical education.
- 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.
- 3900 Adapted Physical Education.** Three credits. For physical education teacher candidates interested in improving the quality of physical education programs for students with disabilities. Includes best practices and approaches to planning and implementing physical education instruction for the inclusion of children and adults with disabilities in the educational, recreational, and physical fitness process and placement in the least restrictive environments and community programs. Addresses the unique needs of future physical education teachers.
- 3910 Officiating.** Two credits. (Same as ATHC 3910.) Technique and practice in officiating major sports.
- 3930 Concepts and Tactics of Teaching Games.** Three credits. Introduces the tactical approach to teaching games in physical education. Striking, fielding, and target games emphasized.
- 4250 Internship.** Twelve credits. Prerequisites: PHED 3250, 4240, 4810, 4830, 4910; HLTH 3300; BIOL 2030/2031; NFS 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 Fitness Education for the Adult.** Three credits. (Same as HLTH/REC 4340.) Planning, teaching, and participating in individual and group fitness programs for the adult. Offers preparation for administering and interpreting assessments of related components with understanding of physiological principles related to exercise in the adult. Major lifetime wellness activities covered.
- 4400 Motor Behavior.** Three credits. Processes related to the learning, control, and coordination of movement. Principles in motor learning, motor development, and motor control addressed in relation to movement and skill acquisition. Examines the major behavioral and control processes underlying the learning and performance of motor skills.
- 4470 Educational Rhythms for Teachers.** Three credits. Educational rhythms for teaching physical education. Rhythmic skills, progressive movement, and creative physical activities explored and utilized for the student's understanding of educational rhythms. Explores educational rhythms as an academic discipline as well as an art form and as a lifelong social/recreational activity.

- 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.
- 4710 Authentic Assessment in Teaching Physical Education.** Three credits. Authentic assessment techniques used in teaching physical education. Matching appropriate assessment to different types of assessment instruments and to the objectives of the physical education curriculum. Computer applications related to assessment in physical education used.
- 4780 Curriculum in Physical Education.** Three credits. For physical education teacher candidates interested in improving the quality of physical education programs for students with and without disabilities. Reviews best practices and approaches to planning and implementing instruction, as well as the curriculum models of physical education. Addresses unique needs of future physical education teachers.
- 4800 Elementary Physical Education Teaching Methods.** Three credits. Prerequisite: Admission to teacher education program. Planning, implementing, and evaluating the teaching-learning process at the elementary school level. Requires field experience in teaching physical education at an area elementary school.
- 4900 Secondary Physical Education Teaching Methods.** Three credits. Prerequisite: Admission to teacher education. Opportunity to observe the art of teaching and the act of learning in physical education classes at the secondary level. Advanced study and practice of effective teaching and learning theory in secondary physical education related to classroom, gymnasium, and field situations.
- 4910 Applied Kinesiology and Biomechanics.** Three credits. Study of the analysis of human movement based on the anatomical, physiological, and mechanical principles of human activities. Laboratory experiences included.
- 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.
- 4930 Concepts and Tactics of Teaching Territory Games.** Three credits. Games and skills associated with a variety of territory games. Includes basketball, soccer, flag football, lacrosse, field hockey, etc. Emphasis on planning and applying developmentally appropriate activities for all learners.
- 4940 Concepts and Tactics of Teaching Net/Wall Games.** Three credits. Games and skills associated with a variety of net/wall games, including volleyball, tennis, badminton, table tennis, racquetball, etc. Emphasis placed on planning and applying developmentally appropriate activities for all learners.

- 4990 Seminar in Teaching Physical Education.** Three credits. Prerequisites: PHED 3800 and 3900. A comprehensive review of the organization and management of physical education, presenting students with skills and strategies for becoming effective beginning teachers and administrators. Crucial issues and trends affecting the fields of physical education and sport discussed, including issues of advocacy, legal liability, alternative teaching strategies, ethics and professionalism, diversity, classroom management, and career planning.

## Courses in Health [HLTH]

- 1530 Health and Wellness.** Three credits. Corequisite: HLTH 1531. 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.
- 1531 Health and Wellness Lab.** Zero credits. Corequisite: HLTH 1530.
- 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.
- 3020 Terminology in Health and Human Performance.** Three credits. Develops vocabulary skills and provides content important to the health and human performance field. **Self-study using the Internet.**
- 3250 Workshops and Instructional Methods in Health Education.** Three credits. (Same as PHED 3250.) Preparation for conducting workshops in a variety of professional settings.
- 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.
- 3340 Foundations of Health Education.** Three credits. Historical issues, philosophical foundations, ethical considerations, and theories of health behavior and learning which provides a foundation for the practice of health education.



- 4250 Internship.** Nine to twelve credits. Prerequisite: Permission of department; must be taken after major classes. 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 Fitness Education for the Adult.** Three credits. (Same as PHED/REC 4340.) Planning, teaching, and participating in individual and group fitness programs for the adult. Offers preparation for administering and interpreting assessments of related components with understanding of physiological principles related to exercise in the adult. Major lifetime wellness activities covered.
- 4360 Teaching Human Sexuality.** Three credits. Assists individuals in developing, implementing, and evaluating human sexuality curricula and programs for schools (K-12) and other educational venues.
- 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 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 Program Planning in Health Education.** Three credits. Historical and contemporary health education philosophy and theories, *Health Objectives for the Nation*, the Certified Health Education Specialist (CHES) process, ethical issues, diversity issues, and practice in various setting.
- 4870 Methods of Communicating and Marketing Health Education.** Three credits. Prerequisites: HLTH 3320 and 3340. Theory and practice of planning, implementing, and evaluating marketing and communication programs in community and public health education. Includes a review of health communication theories, social marketing, assessment of population needs, coalition-building, health literacy, health advocacy and campaign design, implementation, and evaluation.
- 4900 Certified Health Education Specialist (CHES) Review.** One credit. For Health majors; to be taken with HLTH 4250. 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. Prerequisite: EXSC 4830. 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.** Twelve credits. Prerequisites: Permission of department. 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 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 2010/2011; EXSC 4831 must be taken concurrently. Acute response and chronic adaptations of the body to physical activity, exercise, and sports participation, and their impact on homeostasis examined.
- 4831 Physiology of Exercise Lab.** Zero credits. Laboratory to accompany EXSC 4830.
- 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]

- 2710 Coaching and Officiating Fall Intramurals.** Two credits. Terminology, rules, strategies, and skills for players, coaches, and officials in flag football, outdoor soccer, volleyball, dodge ball, and 3-on3 basketball. Officiating mechanics, positioning, and signals emphasized. Students will work a minimum of 20 hours officiating flag football or outdoor soccer plus one other sport or game. Practicum hours included.
- 2720 Coaching and Officiating Spring Intramurals.** Two credits. Terminology, rules, strategies, and skills for players, coaches, and officials in basketball, indoor soccer, arena football, softball, and dodge ball. Officiating mechanics, positioning, and signals emphasized. Students will work a minimum of 20 hours officiating basketball or indoor soccer plus one other sport or game. Practicum hours included.
- 3600 Coaching and Officiating Football.** Three credits. Fundamentals of football coaching and officiating. Students will teach and analyze the fundamental skills, especially offensive and defensive, as well as understand, interpret, and apply the rules of football. Practicum hours included.
- 3610 Coaching and Officiating Basketball.** Three credits. Prerequisite: PHED 1210 or permission of instructor. Fundamentals of basketball coaching and officiating. Students will teach and analyze the fundamental skills, especially offensive and defensive, as well as understand, interpret, and apply the rules of basketball. Practicum hours included.
- 3620 Coaching and Officiating Golf.** Three credits. Prerequisite: PHED 2020 or permission of instructor. The fundamental skills of golf coaching and officiating. Students will teach and analyze the fundamental skills, especially the swing, as well as understand, interpret, and apply the rules of golf. Practicum hours included.
- 3630 Coaching and Officiating Wrestling.** Three credits. Prerequisite: PHED 2000 or permission of instructor. The fundamentals of wrestling coaching and officiating. Students will teach and analyze the fundamental skills, especially offensive and defensive moves, as well as understand, interpret, and apply the rules of wrestling. Practicum hours included.
- 3640 Coaching and Umpiring Softball.** Three credits. Prerequisite: PHED 2410 or permission of instructor. The fundamental skills of softball coaching and umpiring. Students will teach and analyze the fundamental skills, especially hitting and fielding, as well as understand, interpret, and apply the rules of softball. Practicum hours included.
- 3650 Coaching and Officiating Tennis.** Three credits. Prerequisite: PHED 1040 or permission of instructor. The fundamental skills of tennis coaching and officiating. Students will teach and analyze the fundamental skills, especially the ground strokes, as well as understand, interpret, and apply the rules of tennis. Practicum hours included.
- 3660 Coaching and Officiating Volleyball.** Three credits. Prerequisite: PHED 2270 or permission of instructor. The fundamental skills of volleyball coaching and officiating. Students will teach and analyze the fundamental skills, especially offensive and defensive, as well as understand, interpret, and apply the rules of volleyball. Practicum hours included.
- 3670 Coaching and Umpiring Baseball.** Three credits. The fundamental skills of baseball coaching and umpiring. Students will teach and analyze the fundamental skills, especially hitting and fielding, as well as understand, interpret, and apply the rules of baseball. Practicum hours included.
- 3810 Directing Intramurals.** Two credits. The organization and administration of intramural programs. Actual participation in developing and supervising intramural activities.
- 3910 Athletic Coaching and Officiating.** Three credits. Pre- or corequisite: ATHC 2710 or 2720. An overview of the professions of athletic coaching and officiating. Numerous roles coaches and officials play in the athletic environment emphasized: philosophy of athletics, ethical behavior of participants, safety, teaching and communicating with all publics, successful organization and administration of competition, and evaluation of performances.
- 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 and Officiating Soccer.** Three credits. Prerequisite: PHED 1220 or permission of instructor. The fundamental skills of soccer coaching and officiating. Students will teach and analyze the fundamental skills, especially offensive and defensive, as well as understand, interpret, and apply the rules of soccer. Practicum hours included.
- 4600 Intermediate Coaching and Officiating Football.** Three credits. Prerequisite: ATHC 3600. Incorporates multiple drills to refine football skills and fundamentals. Emphasizes offensive, defensive, and special team strategies as well as the application of rules, officiating mechanics, signals, and positioning for coaching and officiating interscholastic and intercollegiate competition in football. Practicum hours included.
- 4620 Intermediate Coaching and Officiating Basketball.** Three credits. Prerequisite: ATHC 3610. Incorporates multiple drills to refine basketball skills and fundamentals. Emphasizes offensive, defensive, and special situations as well as the application of rules, officiating mechanics, signals, and positioning for coaching and officiating interscholastic and intercollegiate competition in basketball. Practicum hours included.
- 4640 Intermediate Coaching and Umpiring Baseball.** Three credits. Prerequisite: ATHC 3670. Incorporates multiple drills to refine baseball skills and fundamentals. Emphasizes offensive, defensive, and special situations as well as the application of rules, umpiring mechanics, signals, and positioning for coaching and umpiring interscholastic and intercollegiate competition in baseball. Practicum hours included.
- 4650 Coaching and Officiating Cross Country/Track and Field.** Three credits. The fundamental of coaching and officiating cross country and track and field. Students will teach and analyze the fundamental skills, especially distance running, sprints, relays, and field events, as well as understand, interpret, and apply the rules of cross country and track and field. Practicum hours included.
- 4690 Psychology of Coaching and Officiating.** Three credits. Prerequisite: ATHC 3910. The applications of psychological principles to the coaching, officiating, and playing of athletics at various levels. Emphasis will be on the motivation of and communication with and between all participants in athletic competition at a variety of levels.
- 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.
- 3590 Athletic Training Medical Documentation and Terminology.** Two credits. Athletic training medical terminology and how to utilize appropriately for medical records and documentation, medical insurance and reimbursement, allied/medical health teams, case studies, and medical referrals. **Not a substitute class for HUM 2130.**
- 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. Taught Fall semester, odd years.
- 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 stan-

dards, ethics, and issues of confidentiality addressed. Taught Fall semester, even years.

- 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 2010/2011, 2020/2021; 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 BOC 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. Prerequisite: REC 3010. 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.
- 4110 Youth Sport Programming and Administration.** Three credits. Explores and examines youth sport history, philosophy, developmental stages of youth, administration and programming for youth, and current issues and events necessary to deliver youth sport activities within a variety of settings, agencies, and/or organizations. Addresses the various learning stages of youth sport and the impact these experiences can have on youth.
- 4340 Fitness Education for the Adult.** Three credits. (Same as HLTH/PHED 4340.) Planning, teaching, and participating in individual and group fitness programs for the adult. Offers preparation for administering and interpreting assessments of related components with understanding of physiological principles related to exercise in the adult. Major lifetime wellness activities covered.

- 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. 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.
- 4550 Business Applications in Leisure Services.** Three credits. Explores the application of public relations, customer service, marketing principles, and financial management of leisure service delivery systems, including procedures for developing marketing and budget plans for leisure services. Emphasizes public and customer relations, budgeting, and organizing and analyzing the marketing strategies in leisure service organizations.
- 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. 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.
- 4700 Challenge Course Facilitation.** Three credits. A systematic approach to the fundamentals of group management in an experiential ropes course setting. Focuses on both interpersonal and technical facilitation skills. Several on- and off-campus experiential, demonstration, and practical application sessions required.
- 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.
- 4850 Cross-Cultural Perspectives in Leisure and Tourism.** Three credits. An in-depth study of the leisure experience in other (non-U.S.) cultures through onsite observations; visits to cultural/historic sites; and interactions with managers and staff at selected parks, museums, attractions, and world heritage sites.
- 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 Health and Human Performance with concentrations available in Health, Physical Education, Recreation, and Sport Management and a Master of Science with a major in Exercise Science. A Ph.D. in Human Performance with specializations available in Exercise Science, Health, Leisure Studies, or Physical Education. Degree requirements and a list of courses offered for graduate credit are published in the Graduate Catalog.