

Department of Health and Human Performance

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Murphy Athletic Center 111

The Department of Health and Human Performance offers two Master of Science degrees: one with a major in Health, Physical Education, and Recreation with concentrations in Health, Physical Education, Recreation, and Sport Management and one with a major in Exercise Science. All students in the Master of Science program in Health, Physical Education, and Recreation **must** choose one of the four concentrations.

The department also offers the Ph.D. in Human Performance with specializations in four areas: Exercise Science, Health, Leisure Studies, and Physical Education.

Admission decisions will be made after reviewing all materials and determining the applicant's capacity, suitability, and preparation for graduate study. Admission decisions are based upon consideration of a number of criteria which are believed to indicate a high potential in the graduate program. Successful applicants to the master of science programs typically have scores on the GRE Verbal and Quantitative measures which exceed 400 with a total combined score that exceeds 800 or a score on the Miller Analogies Test above 400 (38 on the old scale). Successful applicants to the Ph.D. program typically have scores on the GRE Verbal and Quantitative measures each of which exceeds 450 with a combined score that typically exceeds 1000. The Analytical Writing Assessment score is also considered. Applicants should provide three letters of recommendation from persons who can address their academic qualifications and potential for success in graduate study.

Applicants to the M.S. in HPER are required to provide a 400-word statement of purpose giving their reason for applying to the program, their academic interest, and professional goals.

NOTE: *The Department of Health and Human Performance has developed proposals establishing individual M.S. degrees in Health Behavior and Promotion, Teaching Physical Education, and Leisure and Sport Management. If these three new degrees are approved the existing M.S. in HPER will be phased out. Please contact the College of Graduate Studies for further information.*

Admissions Process

Listed below are the general admission and graduation standards for the M.S. in HPER, the M.S. in Exercise Science, and the Ph.D. in Human Performance. Applications for Summer/Fall admission must be complete by March 1 and applications for Spring admission must be complete by October 31. Late applicants who meet the admission criteria may be considered on a case-by-case basis.

Requirements for the Master of Science— HPER Major (5000 and 6000 level)

Thesis Option

Candidate must

1. have earned undergraduate prerequisites of at least 18 semester hours in health and human performance professional courses or a baccalaureate degree from an approved college in an area determined by the admissions committee to be related to the competencies required in the fields of health, physical education, or recreation.
2. complete 30 semester hours of academic work to include thesis requirements; degree core course requirements (HHP 6610 and 6700); and 21 semester hours of concentration requirements to be selected in consultation with the candidate's advisor. **NOTE:** No more than 30 percent of the total degree hours (or 3 courses) at the 5000 level can be counted toward the degree.
3. complete a minimum of 3 semester hours of thesis credit.
4. select a thesis committee composed of two members, one of whom must be from the Department of Health and Human Performance.
5. file a degree plan with the Graduate Office prior to the completion of 21 credit hours.
6. successfully complete a written comprehensive examination during the last semester of coursework (may be taken no more than twice).
7. successfully complete an oral examination relating to the thesis.

Candidate may incorporate 6 semester hours of designated cognate courses or a minor of 12 semester hours into the program upon approval of the graduate advisor and the dean of Graduate Studies.

Non-thesis Option

Candidate must

1. have earned undergraduate prerequisites of at least 18 semester hours in health and human performance professional courses or a baccalaureate degree from an approved college in an area determined by the admissions committee to be related to the competencies required in the fields of health, physical education, or recreation.
2. complete 32 semester hours of academic work to include degree core course requirements (HHP 6610 and 6700) and 26 semester hours of concentration requirements to be selected in consultation with the candidate's advisor.

NOTE: No more than 30 percent of the total degree hours (or 3 courses) at the 5000 level can be counted toward the degree.

3. file a degree plan with the Graduate Office prior to the completion of 21 credit hours.
4. successfully complete a written comprehensive examination during the last semester of coursework (may be taken no more than twice).

Candidate may incorporate 6 semester hours of designated cognate courses or a minor of 12 semester hours into the program upon approval of the graduate advisor and the dean of Graduate Studies.

Concentration: Health

Candidate must have earned appropriate undergraduate prerequisites.

Student is required to select either the thesis or non-thesis option.

Thesis Option Requirements:

Core Requirements (6 hours):

HHP	6610	Research Methods in Health and Human Performance
HHP	6700	Data Analysis and Organization for Human Performance

Concentration Requirements (21 hours):

HLTH	6102	Theory of Health Education and Behavior
HLTH	6510	The Nation's Health
HLTH	6850	Methods in Epidemiology
HLTH	6860	Program Planning for Health Promotion
HLTH	6910	Special Problems
HLTH	5600	Technology Applications
HLTH	5601	Technology Applications Lab
HLTH	6640	Thesis Research

Guided Electives (select 3 hours from the following):

HLTH	5270	Bioethical Issues in Health Education
HLTH	5340	Fitness Education for the Adult
HLTH	5900	Certified Health Education Specialist (CHES) Review (1 hr.)
HLTH	6000	Stress Management in Health and Health Promotion
HLTH	6010	Holistic and Complementary Health Care
HLTH	6020	Somatic Therapy Techniques for Health Care Providers
HLTH	6500	Pathopharmacology in Health and Human Performance
HLTH	6870	Health Promotion
HLTH	6930	Principles and Philosophy of School Health Education Programs
HLTH	6950	Advanced Methods of Community Health Education
HLTH	6970	Advanced Methods in Human Sexuality Education

Non-thesis Option Requirements:

Core Requirements (6 hours):

HHP	6610	Research Methods in Health and Human Performance
HHP	6700	Data Analysis and Organization for Human Performance

Concentration Requirements (21 hours):

HLTH	6102	Theory of Health Education and Behavior
HLTH	6510	The Nation's Health
HLTH	6850	Methods in Epidemiology
HLTH	6860	Program Planning for Health Promotion
HLTH	5600	Technology Applications
HLTH	5601	Technology Applications Lab
HLTH	6880	Internship/Special Projects (6 hours)

Guided Electives (select 5 hours from the following):

HLTH	5270	Bioethical Issues in Health Education
HLTH	5340	Fitness Education for the Adult
HLTH	5900	Certified Health Education Specialist (CHES) Review (1 hr.)
HLTH	6000	Stress Management in Health and Health Promotion
HLTH	6010	Holistic and Complementary Health Care

HLTH	6020	Somatic Therapy Techniques for Health Care Providers
HLTH	6500	Pathopharmacology in Health and Human Performance
HLTH	6870	Health Promotion
HLTH	6910	Special Problems (1 hr.)
HLTH	6930	Principles and Philosophy of School Health Education Programs
HLTH	6950	Advanced Methods of Community Health Education
HLTH	6970	Advanced Methods in Human Sexuality Education

Concentration: Physical Education (NCATE Accredited)

Candidate must have earned appropriate undergraduate prerequisites.

Core Requirements (6 hours):

HHP	6610	Research Methods in Health and Human Performance
HHP	6700	Data Analysis and Organization for Human Performance

Concentration Requirements (18 hours):

FOED	6020	Educational Foundations
SPSE	6430	Introduction to Curriculum Development
EXSC	6650	Physiological Bases of Human Performance
PHED	6800	Program Planning in Physical Education
PHED	6820	Administration and Supervision of Physical Education and Sport
EXSC	6830	Measurement in Exercise Science

Electives (3-8 hours)*

LSM	6500	Legal Issues and Risk Management in Sport and Leisure Services
LSM	6730	Sociocultural, Philosophical, and Ethical Issues in Sport and Human Performance
EXSC	6840	Advanced Principles of Exercise Prescription and Assessment
PHED	6910	Special Problems
PHED	5600	Technology Applications
PHED	5601	Technology Applications Lab
PHED	5910	Applied Kinesiology and Biomechanics
ATHC	5060	Sport Psychology
ATHC	5690	Psychology of Coaching
ATHC	5800	Administration of High School and College Athletics
PHED	6640	Thesis Research (3 hours minimum requirement; no more than 3 hours apply to degree)

*The student is required to take the thesis option of 3 hours of thesis research plus 3 hours of electives or the non-thesis option with 8 hours of electives.

Concentration: Recreation

Candidate must have earned appropriate undergraduate prerequisites.

Core Requirements (6 hours):

HHP	6610	Research Methods in Health and Human Performance
HHP	6700	Data Analysis and Organization for Human Performance

Concentration Requirements (Select 12 hours from the following):

LSM	6500	Legal Issues and Risk Management in Sport and Leisure Services
LSM	6510	Financial Management and Marketing of Leisure and Sport Services
LSM	6520	Management Practices in Recreation and Leisure Services
LSM	6530	History and Philosophy of Leisure
LSM	6570	Issues, Trends, and Research in Recreation and Leisure
LSM	6670	Behavioral Concepts in Recreation and Leisure Services

Concentration Electives (9-12 hours):

In consultation with the advisor, student selects a minimum of: a) if thesis option, 3-6 hours from the REC/LSM courses listed below and 3-6 hours of non-REC/LSM coursework, or b) if non-thesis option, 6-9 hours from the REC/LSM courses listed below and 3-6 hours of non-REC/LSM coursework. **NOTE:** Students are highly encouraged to take non-REC/LSM course(s) outside the department.

REC	5340	Fitness Education for the Adult
REC	5380	Introduction to Recreation for Persons with Disability
REC	5480	Recreational Therapy Techniques
REC	5490	Campus Recreation
REC	5500	Introduction to Recreational Therapy
REC	5510	Recreational Therapy in Clinical Settings
REC	5520	Transitional and Community Recreational Therapy
REC	5560	Field Studies in Recreation and Parks
REC	5570	Outdoor Recreation Workshop
REC	5580	Seminar: Outdoor Recreation and Environmental Issues
REC	5590	Readings in Parks and Recreation
REC	5600	Technology Applications
REC	5601	Technology Applications Lab
REC	5660	Evaluation of Recreation and Leisure Services
REC	5790	Sport and Society
LSM	6500	Legal Issues and Risk Management in Sport and Leisure Services
LSM	6510	Financial Management and Marketing of Leisure and Sport Services
LSM	6520	Management Practices in Recreation and Leisure Services
LSM	6530	History and Philosophy of Leisure
LSM	6550	Outdoor Environmental Education
LSM	6570	Issues, Trends, and Research in Recreation and Leisure
LSM	6670	Behavioral Concepts in Recreation and Leisure Services
LSM	6850	Cross-Cultural Perspectives in Leisure and Tourism
LSM	6880	Internships/Special Projects
LSM	6910	Special Problems

Thesis Option Requirements:

LSM	6640	Thesis Research (3 hours minimum requirement; no more than 3 hours apply to degree)
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Non-thesis Option Requirements

LSM	6910	Special Problems (2 hours minimum requirement; no more than 2 hours apply to degree)
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Concentration: Sport Management

Candidate must have earned appropriate undergraduate prerequisites.

Core Requirements (6 hours):

HHP	6610	Research Methods in Health and Human Performance
HHP	6700	Data Analysis and Organization for Human Performance

Concentration Requirements (18 hours):

LSM	6500	Legal Issues and Risk Management in Sport and Leisure Services
LSM	6710	The Sport Industry
LSM	6720	Sport Event Planning, Promotion, and Fundraising
LSM	6730	Sociocultural, Philosophical, and Ethical Issues in Sport and Human Performance
PHED	6820	Administration and Supervision of Physical Education and Sport
LSM	6050	Design and Management of Leisure and Sport Facilities

Electives (5 hours):

ACTG	6000	Survey of Accounting Principles
ATHC	5060	Sport Psychology
ATHC	5800	Administration of High School and College Athletics
BLAW	6430	Legal Environment of Management
FIN	6000	Survey of Financial Management

HIST	5680	History of Sport in America
MC	6300	Media Law and Ethics
MGMT	6000	Management and Operations Concepts
PHED	5600	Technology Applications
PHED	5601	Technology Applications Lab
LSM	6910	Special Problems
REC	5790	Sport and Society

Thesis Option Requirement:

LSM	6640	Thesis Research (3 hours minimum requirement; no more than 3 hours apply to degree)
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Non-thesis Option Requirement:

LSM	6880	Internship/Special Project (3 hours minimum)
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NOTE: All students (thesis or non-thesis) MUST do an internship, LSM 6880, at the end of their coursework.

Requirements for the Master of Science— Exercise Science Major (5000 and 6000 level)

Thesis Option:

Candidate must

1. have completed a course in human anatomy and physiology, be certified in CPR, and submit three letters of recommendation.
2. complete 30 semester hours to include the following courses:

Required courses - preferred sequence (21 hours):

HHP	6700	Data Analysis and Organization for Human Performance
EXSC	6650	Physiological Bases of Human Performance
HHP	6610	Research Methods in Health and Human Performance
EXSC	6830	Measurement in Exercise Science
EXSC	6840	Advanced Principles of Exercise Prescription and Assessment
EXSC	6880	Internship/Special Project (3 credits)
EXSC	6640	Thesis Research

Approved electives (9 hours):

Nine hours of electives selected in consultation with advisor. Six hours must have an EXSC prefix.

3. select a thesis committee composed of two members, one of whom must be from the Department of Health and Human Performance.
4. file a degree plan with the Graduate Office prior to the completion of 21 credit hours.
5. successfully complete an oral examination relating to the thesis.

Non-thesis Option:

Candidate must

1. have completed a course in human anatomy and physiology, be certified in CPR, and submit three letters of recommendation.
2. complete 36 semester hours which include the following courses:

Required courses (24 hours)

HHP	6610	Research Methods in Health and Human Performance
HHP	6700	Data Analysis and Organization for Human Performance
EXSC	6650	Physiological Bases of Human Performance
EXSC	6830	Measurement in Exercise Science
EXSC	6840	Advanced Principles of Exercise Prescription and Assessment

EXSC	6880	Internship/Special Projects (6 credits)
EXSC	6890	Seminar in Exercise Science and Health Promotion

Approved electives (12 hours)

Twelve hours of electives selected in consultation with advisor. Six hours must have an EXSC prefix.

3. file a degree plan with the Graduate Office prior to the completion of 21 credit hours.
4. successfully complete a written comprehensive examination during the last semester of coursework (may be taken no more than twice).

Requirements for the Doctor of Philosophy in Human Performance (6000 and 7000 level)

The Ph.D. degree is offered for the purpose of developing doctoral level expertise in research (both applied and theoretical) and as preparation for teaching at the collegiate level.

The Ph.D. in Human Performance requires 60 credit hours past the master's degree. A maximum of 12 hours from the master's degree may be transferred in from an accredited program. Two-thirds of the program must be at the 7000-level. Applicants holding only a bachelor's degree will complete the requirements for an M.S. (thesis option) in addition to the Ph.D. requirements.

The general degree plan includes 10 hours of pedagogy, 15 hours of research tools, 23 hours in coursework and independent research in one of four areas of specialization (Exercise Science, Health, Leisure Studies, Physical Education). Twelve credit hours of dissertation are included in the 60 hours required.

Ph.D. in Human Performance (60 credit hours)**Pedagogy (10 hours)**

HHP	7600	Practicum in Human Performance (2 credits)
HHP	7610	Practicum in Human Performance (2 credits)
<i>Select 6 hours from the following:</i>		
FOED	7520	Problems of Evaluation in Higher Education (3 credits)
FOED	7560	Seminar in College Teaching (3 credits)
FOED	7570	Issues in Higher Education (3 credits)
FOED	7580	The College Student (3 credits)
SPSE	7210	Legal Issues in Higher Education (3 credits)
SPSE	7530	Administration of Higher Education (3 credits)
SPSE	7540	Overview of Higher Education (3 credits)
SPSE	7550	Instructional Development in Higher Education (3 credits)
PHED	7680	Current Issues in Physical Education Pedagogy (3 credits)

Research Tools (15 hours)

HHP	7700	Advanced Data Analysis and Organization for Human Performance (3 credits)
HHP	7710	Experimental Design in Human Performance (3 credits)
HHP	7030	Research Seminar in Human Performance (3 credits)

Choose 6 additional hours (two courses) from statistics, research design, and data analysis in consultation with the graduate program advisor (6 credits).

Dissertation (12 hours)

HHP	7640	Dissertation Research (12 credits)
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Specialization (23 hours)

A total of 23 hours coursework and independent research is to be selected in consultation with the graduate program advisor.

Note: *Two-thirds (40 hours) of total credits must be at the 7000 level.*

Admissions

Admissions decisions will be made after reviewing all materials and determining the applicant's capacity, suitability, and preparation for doctoral study. Admission decisions are based on consideration of a number of criteria that are believed to predict success in the Ph.D. program including

1. scores on the Graduate Record Examination (GRE). Successful applicants usually have scores on the GRE Verbal and Quantitative measures each of which exceeds 450, with a combined score that typically exceeds 1000. The Analytical Writing Assessment score on the GRE is also considered.
2. previous academic performance. Successful applicants typically have a grade point average (GPA) on the last 60 hours of academic work of 3.00 or above on a 4.00 scale.
3. letters of recommendation. Applicants should provide three letters of recommendation from persons who can address their academic qualifications and potential for success in doctoral study.
4. statement of purpose. Applicants should provide a 400–500 word statement of purpose giving their reasons for applying to the Ph.D. program, academic interests, and professional goals.
5. research skills. Successful applicants typically have statistical and research methodology skills as evidenced by coursework in both areas.
6. coursework in a related field. Applicants with a bachelor's degree will be expected to have completed at least 30 hours of coursework in a related field. Applicants with a master's degree are expected to have completed at least 20 graduate hours in a related field.

NOTE: *All students will have completed a thesis or scholarly equivalent prior to admission to candidacy.*

Pre-dissertation Advising

Upon admission to the Ph.D. program the candidate will be assigned an advisor who (in cooperation with the graduate coordinator) will serve to advise the student on an appropriate program of study and of any deficiencies to correct.

Preliminary Examinations

Upon completion of coursework the candidate will be eligible to take preliminary exams.

The written exams will be structured to test the student on the breadth of knowledge gained from statistics, research methods, and design components as well as the specialization component. All exams are to be taken within one calendar year.

Advancement to Candidacy

Upon successful completion of the preliminary exams the student will file an Advancement to Candidacy form with the Graduate Studies Office. No more than six credit hours of C

grade will count toward the Ph.D. degree requirements. D and F grades will not count toward degree requirements but will be computed in the GPA. The student must have a GPA of 3.25 for the program of studies to advance to candidacy.

Dissertation Committee

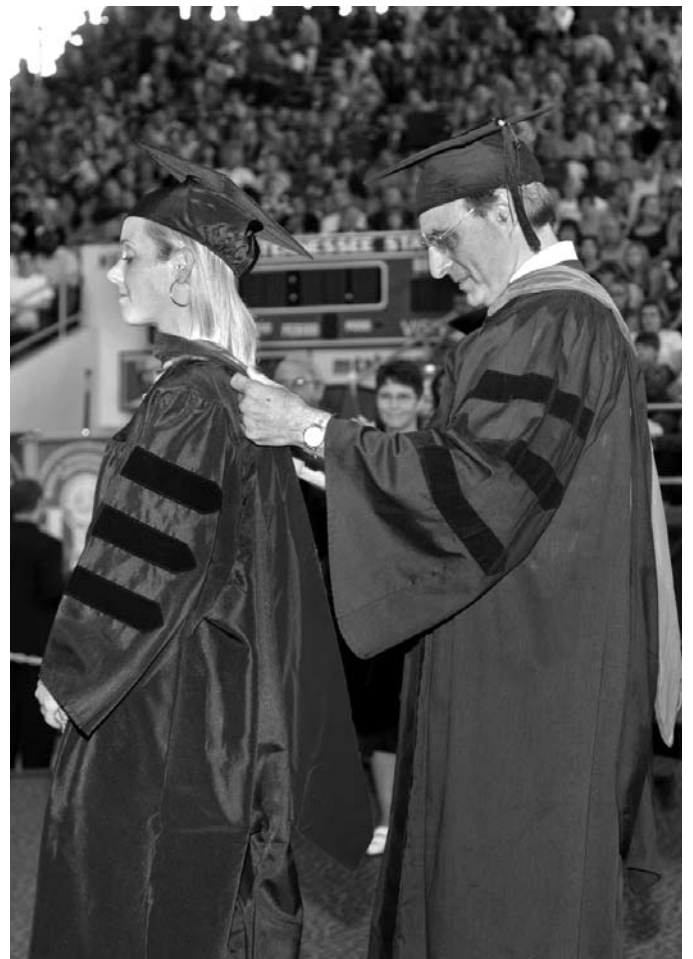
Upon advancement to candidacy the student will formally construct his/her dissertation committee. The committee should include at a minimum three faculty members; two must be from the department and one must be from outside the department. The chair of the committee must be a doctoral-level graduate faculty member.

Residency

Ph.D. students must be enrolled in full-time study (9 semester hours) for at least one semester to fulfill residency requirements.

Time Limit

There is a ten-year limit for completing all Ph.D. degree requirements, i.e., all doctoral coursework taken at MTSU, as well as the dissertation must be completed within ten years of the first semester of enrollment.



Courses in Athletic Coaching [ATHC]

- 5060 Sport Psychology.** Three credits. (Same as PSY 5060.) Application of the knowledge base of psychology to the human endeavors of athletics. Introduction of behavioral principles, motivational research, personality factors, social/psychological findings, cognitive processes, dysfunctional behavior knowledge, and psychometric assessment procedures for the purpose of enhancing performance.
- 5180 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.
- 5220 Coaching Soccer.** Two credits. Theory and practice of soccer fundamentals as well as introduction of offensive and defensive plays.
- 5600 Advanced Coaching of Football.** Two credits. Philosophies of coaching football and close examination of the master plan of coaching responsibilities.
- 5620 Advanced Coaching of Basketball.** Two credits. Philosophies of coaching basketball discussed, along with a detailed study of the master plan of coaching responsibilities.
- 5640 Coaching of Baseball.** Two credits. Theory and practice in baseball fundamentals as well as reviewing the various systems and types of plays.
- 5650 Coaching Cross-Country, Track and Field.** Two credits. Theory and practice in fundamentals and skills.
- 5680 Coaching and Judging Women's Gymnastics.** Three credits. Includes classroom instruction and practical experience in principles and techniques of coaching, spotting, and judging women's gymnastics; a USGF Judges Rating may be obtained.
- 5690 Psychology of Coaching.** Three credits. Application of basic psychological principles to everyday coaching situations and problems. Designed to improve communication and motivation for players and coaches.
- 5800 Administration of High School and College Athletics.** Three credits. National, state, and local policies concerning athletic eligibility, contest management, equipment, awards, finances, budgets, safety, maintenance of facilities, public relations, publicity, and current athletic trends.

Courses in Athletic Training [ATHT]

- 5610 Prevention and Care of Athletic Injuries.** Three credits. Theory and practice in the prevention and care of athletic injuries including treatment, taping, and rehabilitation.
- 5960 Rehabilitation Techniques in Sports Medicine.** Three credits. Methods and techniques in the selection and application. The N.A.T.A. *Competencies in Athletic Training* will be a guideline for knowledge that each student should obtain. Students will engage in the process of reviewing, analyzing, discussing, and reflecting about athletic training.
- 5965 Aquatic Exercise and Therapeutic Techniques.** Three credits. (Same as EXSC/REC 5965.) 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.

- 5970 Therapeutic Modalities in Sports Medicine.** Three credits. Methods and techniques in the application of selected therapeutic modalities and the evaluation of injuries relative to modalities. The N.A.T.A. *Competencies in Athletic Training* will be a guideline for knowledge that each student should obtain. Reviewing, analyzing, discussing, synthesizing, and reflecting about athletic training.
- 6020 Somatic Therapy Techniques for Health Care Providers.** Three credits. (Same as HLTH 6020.) Examines the concepts, knowledge, theories, and history of Somatic Therapy. Emphasis on Swedish-Esalen, Sports Massage, Shiatsu, and Connective Tissue. Includes advanced rehabilitative and therapeutic modality techniques and combines didactic and some experiential opportunities.

Courses in Exercise Science [EXSC]

- 5000 Strength, Conditioning, and Human Performance.** Three credits. Prerequisites: Anatomy, physiology, kinesiology, and weight training or permission of instructor. Theories and principles of strength training and conditioning and techniques used to become a certified strength and conditioning specialist or personal trainer.
- 5240 Principles of Exercise Prescription and Assessment.** Three credits. Prerequisites: EXSC 4810 and 4830; PHED 4910. Application of knowledge gained to practical situations; develop proficiency in using equipment and skills to evaluate an individual's health risks and fitness.
- 5965 Aquatic Exercise and Therapeutic Techniques.** Three credits. (Same as ATHT/REC 5965.) 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.
- 6640 Thesis Research.** One to six credits. (Same as HLTH/PHED/LSM 6640.) Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of thesis. Once enrolled, student should register for at least one credit hour of master's research each semester until completion. S/U grading.
- 6650 Physiological Bases of Human Performance.** Three credits. Principles of exercise physiology. Acute responses and chronic adaptations of the body to physical activity, exercise, and sports participation and their impact on homeostasis examined. Physiological systems examined in detail.
- 6750/ 7750 Exercise Physiology for the Child and Adolescent.** Three credits. Prerequisite: EXSC 4830 or 6650. Review, analysis, and synthesis of current knowledge and literature about the exercise responses of children. Emphasis on understanding the influence of physical growth and measurement on the mechanisms which underlie the developing functional capacities of the exercising child and adolescent.
- 6800/ 7800 Environmental Exercise Physiology.** Three credits. Prerequisite: EXSC 6650. Examines how the human body responds and adapts to diverse forms of environmental stress during exercise. Emphasis on delineating the mechanisms which underlie immediate responses and long-term adaptations that humans make while exercising under various environmental conditions.
- 6810 Cardiovascular Exercise Physiology.** Three credits. Prerequisite: EXSC 6650. Overview of the physiological and biophysical mechanisms underlying cardiac function. Neurochemical properties of

the myocardial cell, the physiological basis of cardiac muscle function, and the overall performance of the intact heart during exercise.

- 6830 Measurement in Exercise Science.** Three credits. Laboratory experiences in testing, evaluating, and reporting in exercise science. Measurement theory related to validity and reliability of assessments addressed.
- 6840 Advanced Principles of Exercise Prescription and Assessment.** Three credits. Prerequisite: EXSC 4240 or equivalent. Provides theoretical and laboratory learning experiences for health risk appraisal, cardiovascular evaluation, and exercise prescription for healthy people and special populations.
- 6850/7850 Physical Activity, Exercise, and Disease.** Three credits. Prerequisite: EXSC 6650 or equivalent. In-depth survey and synthesis of the research literature examining historical and recent trends in physical activity participation and the health-related aspects of exercise, physical activity, and physical fitness. Physiological mechanisms underlying the positive effects of physical activity and exercise on risk reduction for disease identified and explored. Behavioral and environmental determinants of physical activity and regular participation in exercise reviewed.
- 6880 Internship/Special Projects.** Three to six credits. (Same as HLTH/PHED/LSM 6880.) On-site practical experience in an exercise science, health promotion, or sport management program. Those with extensive work experience will develop, implement, and conclude a project (research or applied) in consultation with the major professor.
- 6890 Seminar in Exercise Science and Health Promotion.** Three credits. Current issues and research in exercise science and health promotion. Written and oral presentation of a research project required.
- 6910 Special Problems.** One, two, or three credits. (Same as HLTH/PHED/LSM 6910.) Individual study of current problems or areas of interest. S/U grading.
- 7100 Mechanical Analysis of Sports Skills.** Three credits. A synthesis of scientific principles as they relate to teaching simple and complex motor patterns.
- 7200 Applied Human Exercise Physiology.** Three credits. Prerequisite: EXSC 6650. Investigation of how the physiological response to exercise is impacted by intensity, duration, type of muscular contraction, limbs involved, and body position.

Courses in Health [HLTH]

- 5270 Bioethical Issues in Health Education.** Three credits. Analysis of current bioethical issues, problems, needs, trends, and interests in health education.
- 5280 Instructor Course: First Aid and CPR.** Two credits. Prerequisite: HLTH 3300 or current American Red Cross certification in multimedia first aid or standard first aid and CPR. Organizing, planning, and teaching American Red Cross safety courses. Red Cross instructor certification awarded for successful completion.
- 5340 Fitness Education for the Adult.** Three credits. (Same as PHED and REC 5340.) Planning, teaching, and participating in individual and group fitness programs for the adult. Administers and interprets assessments of related components with an understanding of physiological principles related to exercise in the adult. Major lifetime wellness activities covered.
- 5600 Technology Applications.** One credit. (Same as PHED and REC 5600.) Prerequisite: Introductory course in computer literacy or equivalent with instructor permission. Corequisite: 5601. Focus on understanding of and competency in use of a variety of technology applications related to the profession. Students required to enroll in the corresponding lab during the same semester.
- 5601 Technology Applications Lab.** Two credits. (Same as PHED and REC 5601.) Corequisite: HLTH 5600. Investigation and application of profession-specific software and hardware applications.
- 5900 Certified Health Education Specialist (CHES) Review.** One credit. Responsibilities and competencies on the Certified Health Education Specialist examination. Pass/Fail.
- 6000 Stress Management in Health and Health Promotion.** Three credits. Evaluation techniques and instruments considered. Effects of stress on physical and mental domains of health examined. Methods of conducting stress management workshops and classes emphasized.
- 6010 Holistic and Complementary Health Care.** Three credits. Concepts and theories that make up the disciplines and practices constituting the holistic and complementary approach to health promotion and disease treatment and prevention.
- 6020 Somatic Therapy Techniques for Health Care Providers.** Three credits. (Same as ATHT 6020.) Theoretical concepts, knowledge, theories, and history of Somatic Therapy. Emphasis on Swedish-Esalen, Sports Massage, Shiatsu, and Connective Tissue. Includes advanced rehabilitative and therapeutic modality techniques. Combines didactic and some experiential opportunities.
- 6102 Theory of Health Education and Behavior.** Three credits. (Same as PSY 6102.) Links behavioral change theory to the research and practice of interventions in health behaviors. Application of the theoretical constructs is linked to design, implementation and evaluation of individual, and group behavioral change programs.
- 6320 Global Health.** Three credits. Explores patterns of medical care delivery and public health practices; factors that inhibit or enable the reduction of excess morbidity, mortality, and disease among the poor; threats to health resulting from economic crises, unhealthy environments, and risky behaviors; and demographic influences on the status of health around the world.
- 6500 Pathopharmacology in Health and Human Performance.** Three credits. Etiology and pathology of disease and how functional physiological changes affect health and human performance. Involves the study of pharmacological considerations used in the treatment of disease and musculoskeletal conditions.
- 6510 The Nation's Health.** Three credits. Investigates the determinants of health and the role of public health and health care on the health status of the population of the United States. Study of biological, socioeconomic, cultural, and behavioral factors that influence health status and care in America.
- 6640 Thesis Research.** One to six credits. (Same as EXSC/PHED/LSM 6640.) Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of thesis. Once enrolled, student should register for at least one credit hour of master's research each semester until completion. S/U grading.
- 6850 Methods in Epidemiology.** Three credits. Principles and methods of epidemiologic analysis including standardization; stratified analysis; confounding and its control; planning and conducting epidemiologic research; role of multivariate analysis in epidemiologic research.

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- 6860 Program Planning for Health Promotion.** Three credits. Program planning, theories and models of health education and promotion, development of interventions, and program implementation, including mission, goals, objectives, and activities of health education and promotion programs. Introduces needs assessment and program evaluation.
- 6870 Health Promotion.** Three credits. Health promotion knowledge as well as the ability to impart this knowledge to the lay population. In-depth information will be covered regarding lifestyle and its relationship to risk factors for cardiovascular disease and cancer.
- 6880 Internship/Special Projects.** Three to six credits. (Same as EXSC/PHED/LSM 6880.) On-site practical experience in an exercise science, health promotion, or sport management program. Those with extensive work experience will develop, implement, and conclude a project (research or applied) in consultation with the major professor.
- 6910 Special Problems.** One, two, or three credits. (Same as EXSC/PHED/LSM 6910.) Individual study of current problems or areas of interest. S/U grading.
- 6930 Principles and Philosophy of School Health Education Programs.** Three credits. A detailed overview.
- 6950 Advanced Methods of Community Health Education.** Three credits. Review of program planning, development of interventions, and implementation of programs. Budgeting, needs assessment, and evaluation of health education and promotion programs covered.
- 6970 Advanced Methods in Human Sexuality Education.** Three credits. Methodology, teaching techniques, and the organization of sexuality education programs for schools (K-12) and other community settings. Additional emphasis directed to concepts and information about human sexuality education, i.e., the psychological, physiological, sociological, and ethical aspects.
- 7120 Research in Epidemiology.** Three credits. Advanced study in epidemiological analysis, methods, and critique with an emphasis within the field of health and human performance. Areas include epidemiology and chronic disease, public health, exercise science, and sports medicine.

Courses in Health and Human Performance [HHP]

- 6610 Research Methods in Health and Human Performance.** Three credits. Location of information, methods of research, methods of collecting data, application of the computer in analyzing data, and preparation and presentation of a research paper.
- 6700 Data Analysis and Organization for Human Performance.** Three credits. Prerequisites: PHED 4810 or equivalent, good understanding of mathematical concepts, and computer literacy. Pertinent skills needed to analyze and organize research data through introduction of concepts, principles, techniques, and activities that lead to the appropriate organization and analysis of research data collected for health and human performance.
- 6999/ 7999 Comprehensive Examination and Preparation.** One credit. Open only to students who are not enrolled in any other graduate course and who will take the master's comprehensive examination during the term. The student must contact the graduate advisor during the first two weeks of the term for specifics regarding the details of this comprehensive examination preparatory course. Credit may not be applied to degree requirements.

- 7030 Research Seminar in Human Performance.** Three credits. Current problems, issues, trends, and research in human performance; selected lectures, reports, and class discussion.
- 7060 Field Work or Laboratory Experiment in Human Performance.** One to six credits. Professional assignments in human performance appropriate to the student's background and interests will be pursued.
- 7080 Professional Preparation in Human Performance.** Three credits. Comparisons of current programs and trends; the development of individual programs.
- 7300 Current Measurement Issues in Health and Human Performance.** Three credits. Prerequisites: HHP 6610 and 6700 or equivalent. Advanced applications of measurement theories (i.e., item response theory), test construction, statistical techniques, and computer software for measurement research in the area of health and human performance.
- 7600/ 7610 Practicum in Human Performance.** Two credits. Careful supervision given to actual teaching, clinical, or research experience. Assignment by department or chair of candidate's committee. S/U grading.
- 7640 Dissertation Research.** One to six credits. Assignment by department or chair of candidate's committee. Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of dissertation. Once enrolled, student should register for at least one credit hour of doctoral research each semester until completion. S/U grading.
- 7700 Advanced Data Analysis and Organization for Human Performance.** Three credits. Prerequisites: HHP 6610 and 6700 or equivalent. Skills and understanding necessary to read, conduct, report, and interpret advanced data analytical techniques using data from HHP. Practical and written assignments, presentations, examinations, and projects will furnish doctoral student with tools necessary for data analysis associated with dissertation requirement.
- 7710 Experimental Design in Human Performance.** Three credits. Prerequisites: HHP 6610 and 7700 or equivalent. Skills and understanding necessary to evaluate designs used in HHP research literature. Practical and written assignments, evaluation of current research, examinations, and projects; knowledge and skills for planning appropriately the design for future research projects.

Courses in Leisure and Sport Management [LSM]

- 6050 Design and Management of Leisure and Sport Facilities.** Three credits. The planning, design, and management process as it relates to leisure and sport facilities. Design and planning process, facility operation, and risk management.
- 6500 Legal Issues and Risk Management in Sport and Leisure Services.** Three credits. Understanding the legal basis for management actions, concepts of legal liability including torts, contracts, and constitutional law as applied to sport and leisure services organizations. Emphasis on the ability to plan, develop, and implement risk management programs.
- 6510 Financial Management and Marketing of Leisure and Sport Services.** Three credits. Principles and practices of budgeting, financial methods and strategies, and revenue sources for recreation and leisure service agencies and sport organizations, including cost accounting and fiscal control. Includes traditional approaches to

marketing with particular focus on approaches unique to leisure and sport organizations.

- 6520 Management Practices in Recreation and Leisure Services.** Three credits. Administrative processes and management techniques used in planning, organizing, staffing, directing, and controlling with respect to leisure service delivery systems.
- 6530 History and Philosophy of Leisure.** Three credits. In-depth study of history and philosophy as related to recreation and leisure in society. Emphasis on tracing the historical and philosophical underpinnings of the profession and their impact on current research and practice.
- 6550 Outdoor Environmental Education.** Three credits. Camping leadership and outdoor education principles with implications for management, planning of, and interpretation in recreation areas as well as for policy development.
- 6570 Issues, Trends, and Research in Recreation and Leisure.** Three credits. Identification and analysis. Emphasis on meaningful, outstanding studies and research in the field of recreation and leisure.
- 6640 Thesis Research.** One to six credits. (Same as EXSC/HLTH/PHED 6640.) Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of thesis. Once enrolled, student should register for at least one credit hour of master's research each semester until completion. S/U grading.
- 6670 Behavioral Concepts in Recreation and Leisure Services.** Three credits. Social psychological concepts concerning recreation and leisure behavior in various types of park, recreation, and tourism settings. Range of different theoretical perspectives and behavioral concepts underlying pertinent research.
- 6710 The Sport Industry.** Three credits. Overview of career paths in the sport industry with a focus on philosophical foundations, management theory, business communications, and marketing integration in the performance, promotion, and production segments of the sports industry.
- 6720 Sport Event Planning, Promotion, and Fundraising.** Three credits. In-depth synthesis of marketing practices in sports including general marketing theory; pricing, distribution, and promotional techniques; media relations; and branding and sponsorship theory.
- 6730 Sociocultural, Philosophical, and Ethical Issues in Sport and Human Performance.** Three credits. Philosophical and sociocultural basis of sport and consideration of ethical issues that provide a foundation for the development of sound judgment by sport professionals.
- 6850 Cross-Cultural Perspectives in Leisure and Tourism (Study Abroad).** Three credits. In-depth study of the leisure experience in other cultures (non-U.S.) through on-site observation; visits to cultural/historic sites; and interactions with managers and staff at parks, museums, attractions, and world heritage sites.
- 6880 Internship/Special Project.** Three to six credits. (Same as EXSC/HLTH/PHED 6880.) On-site practical experience in an exercise science, health promotion, or leisure/sport industry program. Those with extensive work experience will develop, implement, and conclude a project (research or applied) in consultation with the major professor.
- 6910 Special Problems.** One, two, or three credits. (Same as EXSC/HLTH/PHED 6910.) Individual study of current problems or areas of interest. S/U grading.

Courses in Physical Education [PHED]

- 5340 Fitness Education for the Adult.** Three credits. (Same as HLTH and REC 5340.) Planning, teaching, and participating in individual and group fitness programs for the adult. Administers and interprets assessments of related components with an understanding of physiological principles related to exercise in the adult. Major lifetime wellness activities covered.
- 5600 Technology Applications.** One credit. (Same as HLTH/REC 5600.) Prerequisite: Introductory course in computer literacy or equivalent with instructor permission. Corequisite: 5601. Focus on understanding of and competency in use of a variety of technology applications related to the profession. Students will be required to enroll in the corresponding lab during the same semester.
- 5601 Technology Applications Lab.** Two credits. (Same as HLTH/REC 5601.) Corequisite: PHED 5600. Investigation and application of profession-specific software and hardware applications.
- 5700 Skills and Techniques of Teaching Rhythmic Activities.** Three credits. (Same as DANC 5700.) Various dance forms, methods and materials, evaluative procedures, and experiences in teaching all forms of dance to students at the K-12 level.
- 5810 Directing Intramural.** Two credits. The organization and administration of intramural programs. Actual participation in developing and supervising intramural activities.
- 5910 Applied Kinesiology and Biomechanics.** Three credits. The science of human motion. Emphasis on principles of anatomy, physiology, and mechanics of human activity.
- 6090/7090 Motor Learning in Physical Education.** Three credits. Theories of learning related to the acquisition of motor skills; a review of the literature pertaining to motor skill development and the implications for teaching.
- 6640 Thesis Research.** One to six credits. (Same as EXSC/HLTH/LSM 6640.) Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of thesis. Once enrolled, student should register for at least one credit hour of master's research each semester until completion. S/U grading.
- 6680/7680 Current Issues in Physical Education Pedagogy.** Three credits. Examines current issues in contemporary physical education pedagogy with an emphasis on teaching P-16 physical education. Particular attention given to professional issues for practitioners teaching physical education in the public schools and trends in current professional literature.
- 6800 Program Planning in Physical Education.** Three credits. Modern programs of physical education for all grade levels and the contribution of activities to the goals of education.
- 6801 Advanced Sport and Exercise Psychology.** Three credits. Examines the psychological factors that explain high quality performance in sport and exercise. Sample topics include motivation, coaching psychology, the use of mental skills, communication strategies, and factors that affect participation and adherence to exercise.
- 6820 Administration and Supervision of Physical Education and Sport.** Three credits. The organization, planning, and functions involved in administering and supervising programs of physical education and sport. Clinical or field experience required of students with a sport management concentration.
- 6880 Internship/Special Projects.** Three to six credits. (Same as EXSC/HLTH/LSM 6880.) On-site practical experience in an exercise

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science, health promotion, or sport management program. Those with extensive work experience will develop, implement, and conclude a project (research or applied) in consultation with the major professor.

6910 Special Problems. One, two, or three credits. (Same as EXSC/HLTH/LSM 6910.) Individual study of current problems or areas of interest. S/U grading.

6920/7920 Analysis of Teaching Physical Education. Three credits. Prerequisite: at least one year teaching experience in a physical activity setting or permission of instructor. Explores systematic and informal observation techniques for identifying and analyzing teacher and student behaviors occurring in physical activity settings.

6940/7940 Supervision of Teaching in Physical Education. Three credits. Theoretical and clinical approaches to instructional supervision in physical activity settings.

7000 Adapted Physical Activity. Three credits. Cognitive, neuromuscular, sensory, and orthopedic impairments; identification of current topics and procedures for testing and programming for individuals with disabilities; current research findings and practices to assist students in developing necessary skills to design and implement appropriate physical activity programs for individuals with disabilities.

7010 Analysis and Criticism of Professional Literature. Three credits. Thorough consideration of selected specialized literature most likely to influence physical education programs, procedures, and practices in the school and community.

7020 College Physical Education Administration. Three credits. Provides administrators and professional students with a broad base of workable administrative principles and guides.

7040 History of Physical Education. Three credits. The role of physical activity in the lives of people from antiquity to the present with an emphasis on the major events, movements, and people that have influenced the development of physical education.

Courses in Recreation [REC]

5340 Fitness Education for the Adult. Three credits. (Same as HLTH and PHED 5340.) Planning, teaching, and participating in individual and group fitness programs for the adult. Administers and interprets assessments of related components with an understanding of physiological principles related to exercise in the adult. Major lifetime wellness activities covered.

5380 Introduction to Recreation for Persons with Disability. Three credits. Important issues such as advocacy, accessibility, legalities, and the importance of and broad range of opportunities in the provision of recreational services for persons with disability in our society.

5470 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 explored. Interdisciplinary approach ideal for the developing or practicing human service professional.

5480 Recreational Therapy Techniques. Three credits. 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 transdisciplinary treatment team.

5490 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.

5499 Therapeutic Terminology in Recreational Therapy. Three credits. Offers preparation for establishing a vital knowledge base necessary to work in today's fast changing rehabilitation settings. Terminology related to third-party reimbursement, accreditation of health care organizations, and basic medical abbreviations used in charting.

5500 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.

5510 Recreational Therapy in Clinical Settings. Three credits. Prerequisites: REC 3010 and 4500. Increases understanding of recreational therapy in clinical settings working with persons with health-related issues and/or disabilities. Concepts of disease and disability, holistic approach, interdisciplinary treatment, assessment, intervention planning and implementation, evaluation, documentation, and third-party reimbursement explored.

5520 Transitional and Community Recreational Therapy. Three credits. 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.

5540 Organization and Administration of Recreation. Three credits. Prerequisites: REC 3010 and 9 hours of recreation courses. Duties and responsibilities of an administrator and how these are performed.

5560 Field Studies in Recreation and Parks. Three credits. Prerequisites: REC 2500 and 3530. Opportunity for supervised practical application of classroom theory in professional field work.

5570 Outdoor Recreation Workshop. Three credits. Off-campus course that provides materials and experiences not available in the 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 experienced through a series of field trips, lectures, group exercises, and other experiential-based activities.

5580 Seminar: Outdoor Recreation and Environmental Issues. Three credits. 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.

5590 Readings in Parks and Recreation. Three credits. In-depth reading and preparation of an annotated bibliography and report. Arrangements for this course should be made with the instructor prior to registration.

5600 Technology Applications. One credit. (Same as HLTH and PHED 5600.) Prerequisite: Introductory course in computer literacy or equivalent with instructor permission. Corequisite: 5601. Focus on understanding of and competency in use of a variety of technology applications related to the profession. Students required to enroll in the corresponding lab during the same semester.

- 5601 Technology Applications Lab.** Two credits. (Same as HLTH and PHED 5601.) Corequisite: REC 5600. Investigation and application of profession-specific software and hardware applications.
- 5660 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.
- 5700 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 will be required.
- 5790 Sport and Society.** Three credits. (Same as SOC 5790.) A behavioral approach to the sport and leisure phenomena from the related perspectives of sociology and anthropology.
- 5965 Aquatic Exercise and Therapeutic Techniques.** Three credits. (Same as ATHT/EXSC 5965.) 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]

- 5320 Principles of Accident Control.** Three credits. Principles, concepts, and methodology of the safety movement. Introductory experiences dealing with accident prevention as well as control efforts recommended by various social institutions and agencies reviewed.
- 5350 Automotive Transportation Safety Programs.** Three credits. Federal, state, and local legislation concerning transportation control and design.
- 5850 Driver and Traffic Safety Fundamentals.** Three credits. Prerequisite: Valid driver’s license. Introduction to the field of driver and traffic safety education. Primary focus is on current concepts related to safe driving.
- 5870 Teaching Driver and Traffic Safety.** Three credits. Prerequisite: SAFE 4850 or 5850. Designed to develop teaching techniques for laboratory instruction including on-street, driving simulator, and multiple-car range programs.
- 6410 Administration and Supervision of Safety Programs in Schools and Colleges.** Three credits. An overview of the total program administration through analysis of tasks, strategies, and situational factors affecting them; examines handicaps to safety programming, needed change, and methods for implementation.
- 6450 Field Practice in Safety Education.** Three credits. Professional assignment under supervision of one or more safety educators or agency directors in school or community organizations.
- 6470 Disaster Preparedness and Emergency Care Systems.** Three credits. Major elements involved in disasters and emergencies, preparedness planning, systems utilization, and attention to essential human services, with emphasis on community action.
- 6920 School Safety and Safety Education.** Three credits. School safety education concepts in all disciplines and levels, including content, methodology, and teacher liability.