Department of Health and Human Performance

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Exercise and Sports Science

The Bachelor of Exercise and Sports Science (B.E.S.S.) has several specializations that allow graduates to prepare for careers in education, exercise prescription, health professions, management of exercise programs, and coaching. The BESS with All-Level (EC-12) Teacher Certification in Physical Education prepares graduates to teach in elementary and secondary schools. The BESS with a concentration in Health and Wellness Promotion prepares graduates for careers in cardiopulmonary, clinical exercise physiology, and diagnostic testing and programming for cardiac rehabilitation and other special populations. The BESS with a concentration in Pre-Physical Therapy provides students a degree that is well aligned with entrance requirements of advanced study in health care and allied health professions like physical therapy, occupational therapy, orthotics/prosthetics, chiropractics, or physician’s assistant. The BESS with a major in Health and Fitness Management and minor in Business Administration blends exercise science knowledge with the management and leadership skills needed to direct fitness enterprises and wellness/health awareness programs in commercial, corporate, and institutional settings.

Athletic Training

Athletic trainers (ATs) are health care professionals who specialize in the prevention, diagnosis, clinical management and rehabilitation of musculoskeletal injuries and medical conditions.

Texas State University has a long and rich history with regard to athletic training education. Our Professional Program in Athletic Training was one of the first programs in the United States to be accredited, and has been continuously accredited since 1972. The Commission on Accreditation of Athletic Training Education (CAATE) has accredited our Bachelor of Science degree program in Athletic Training through the 2019-2020 academic year. Admission to the Professional Program in Athletic Training at Texas State University is a competitive process that involves successful completion of all of the requirements associated with a Pre-Athletic Training Program, e.g., 5 specific prerequisite courses, 50 hours of directed observation, a formal written application due April 1st, a formal admission interview on or about May 1st, and a minimum Texas State GPA of 2.75. Admission selections are made once per year, at the end of the academic year. In early June each year, the 20 top-ranked applicants are offered admission for the upcoming year as sophomores in the program. Once admitted to the Athletic Training sophomore cohort, the student will take six long semesters (three years) of supervised clinical education experiences in conjunction with a formal sequence of lecture and laboratory-based courses. Completion of our Bachelor of Science degree in Athletic Training qualifies the student to take the national Board of Certification examination and the Texas Advisory Board of Athletic Trainers state licensure examination. For the most current program information and a comprehensive list of all of the Athletic Training Program admission requirements, please refer to our website, http://www.hhp.txstate.edu/Divisions/Athletic-Training.html.

Health Education

Health education is the process of empowering people to make informed decisions to improve personal and community health. The Bachelor of Health and Wellness Promotion provides students the opportunity to become competent in the seven areas of responsibility to improve the practice of health education and promotion. Degree focus areas offered include community health promotion or school health education with the option of becoming a Certified Health Education Specialist or obtaining teacher certification. Professionals in health education and health promotion work in many settings, including community, school (K-12), health care, business/industry, college/university professional preparation programs, and university health services settings.

Recreational Administration

The Bachelor of Science in Recreational Administration combines classroom learning and on-the-job training in two career tracks: recreation administration and therapeutic recreation. Students study such areas as recreation programming, leadership, marketing, evaluation, administration, and therapeutic recreation. Recreational Administration graduates work in camps, nursing homes, recreation centers, resorts, hospitals, rehabilitation facilities, fitness centers, and state and national parks. The program is nationally accredited in recreation administration and therapeutic recreation. Graduates of this program are eligible to sit for certification examinations for National Council for Therapeutic Recreation Certification (CTRS) and/or the National Recreation and Park Association’s National Certification Board (CPRP).

PFW Service Courses

Several Texas State degree programs require Physical Fitness and Wellness (PFW) classes to give students knowledge, skills, and health-related benefits of physical activity. All students may elect to take PFW classes to learn new skills/activities, relieve stress, maintain health, and meet others with similar activity interests. The PFW program provides a wide variety of activity classes that include sports, games, indoor or outdoor activities both on and off campus. PFW classes are for students of all ages, skill ranges, and abilities or disabilities. Some PFW classes, however, are restricted to students who are involved in athletics, band, ROTC, and other organizations. Some off-campus classes have an additional activity fee appropriate for the instructor and facilities used. Contact the Director of the PFW Division if you have any questions about PFW classes.

Admittance to the Teacher Preparation Program

The All-Level Physical Education and All-Level Health Teacher Certifications require formal admittance into the Teacher Preparation Program by the Office of Educator Preparation. (Refer to “Admittance to the Teacher Preparation Program” section under the College of Education.)

Bachelor of Exercise and Sports Science (B.E.S.S.)

- Major in Exercise and Sports Science (Health and Wellness Promotion for Clinical Populations Concentration) (http://
Courses in Athletic Training (AT)

**AT 1298. Orientation to Athletic Training Education.**
Pre-Athletic Training majors will be introduced to the academic and clinical aspects of the CAATE accredited athletic training education program. The course is utilized as part of the rigorous student evaluation process before formal entrance into the athletic training education program.

- **Grade Mode:** Standard Letter
- **About Orientation to Athletic Training Education**

**AT 2156. Taping and Bandaging Athletic Injuries.**
This course focuses on the use of taping, bracing, and bandaging techniques in the prevention and care of athletic injuries.

- **Grade Mode:** Standard Letter
- **About Taping and Bandaging Athletic Injuries**

**AT 2260. Acute Care of Injuries and Illnesses.**
This course will address the knowledge and skills related to the immediate evaluation and specialized care of acute injuries and illnesses common in sports settings. Lectures and laboratory experiences are focused on key aspects of emergency sports health care, including the rapid assessment, resuscitation, packaging and transportation of injured patients. Must be admitted to the Pre-Athletic Training major to enroll.

- **Grade Mode:** Standard Letter
- **About Acute Care of Injuries and Illnesses**

**AT 2356. Prevention and Care of Athletic Injuries.**
This course focuses on the theoretical and practical aspects of the prevention, treatment, and rehabilitation of athletic injuries.

- **Grade Mode:** Standard Letter
- **About Prevention and Care of Athletic Injuries**

**AT 2497. Clinical Experience in Athletic Training I.**
This course addresses emergency management and athletic injury prevention. These topics are integrated into a clinical education experience to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic education and clinical education at an assigned clinical site under the supervision of a clinical instructor. Must be admitted to an Athletic Training major to enroll.

- **Grade Mode:** Standard Letter
- **About Clinical Experience in Athletic Training I**

**AT 2498. Clinical Experience in Athletic Training II.**

- **Grade Mode:** Standard Letter
- **About Clinical Experience in Athletic Training II**

**AT 2499. Clinical Experience in Athletic Training III.**

- **Grade Mode:** Standard Letter
- **About Clinical Experience in Athletic Training III**

**AT 2597. Clinical Experience in Athletic Training IV.**

- **Grade Mode:** Standard Letter
- **About Clinical Experience in Athletic Training IV**

**AT 2697. Clinical Experience in Athletic Training V.**

- **Grade Mode:** Standard Letter
- **About Clinical Experience in Athletic Training V**

**AT 2797. Clinical Experience in Athletic Training VI.**

- **Grade Mode:** Standard Letter
- **About Clinical Experience in Athletic Training VI**

**AT 2897. Clinical Experience in Athletic Training VII.**

- **Grade Mode:** Standard Letter
- **About Clinical Experience in Athletic Training VII**

**AT 2997. Clinical Experience in Athletic Training VIII.**

- **Grade Mode:** Standard Letter
- **About Clinical Experience in Athletic Training VIII**
AT 2498. Clinical Experience in Athletic Training II.
This course addresses athletic injury evaluation and management. These topics are integrated into a clinical education experience to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic education and clinical education at an assigned clinical site under the supervision of a clinical instructor. Must be admitted to Athletic Training major to enroll.

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 3126. Applied Laboratory of Upper Extremity Injuries.
This course will present a study and critical analysis of the anatomy, injury signs and symptoms, and specific tests used in the clinical evaluation of upper extremity injuries to the physically active individual. Must be admitted to the Athletic Training Program or Pre-Physical Therapy Concentration to enroll. Co-requisite: AT 3326.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Co-requisite(s): AT 3326
Grade Mode: Standard Letter

AT 3128. Applied Laboratory of Lower Extremity Injuries.
This course will present a study and critical analysis of the anatomy, injury signs and symptoms, and special tests used in the clinical evaluation of lower extremity injuries to the physically active individual. Must be admitted to the Athletic Training Program or Pre-Physical Therapy Concentration to enroll. Co-requisite: AT 3328.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Co-requisite(s): AT 3328
Grade Mode: Standard Letter

AT 3136. Applied Laboratory for Therapeutic Modalities.
This course provides students with experiences in laboratory and field applications of therapeutic modalities of all athletic injuries. Must be admitted to the Athletic Training Program or Pre-Physical Therapy Concentration to enroll. Co-requisite: AT 3336.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Co-requisite(s): AT 3336
Grade Mode: Standard Letter

AT 3146. Applied Laboratory for Therapeutic Exercise and Rehabilitation.
This course provides students with experiences in laboratory and field applications of therapeutic exercise and rehabilitation of athletic injuries. Must be admitted to the Athletic Training Program or Pre-Physical Therapy Concentration to enroll. Co-requisite: AT 3346.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Co-requisite(s): AT 3346
Grade Mode: Standard Letter

AT 3226. Medical Conditions and Disabilities.
This course focuses on evaluation and management strategies of primarily non-orthopaedic conditions commonly encountered in a physically active population and, to a lesser extent, special populations. Must be admitted to the Athletic Training Program or Pre-Physical Therapy Concentration to enroll. Prerequisites: BIO 1421, or BIO 1330 and BIO 1130; BIO 2430.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

The course will present a study and critical analysis of the anatomy, injury signs and symptoms, and specific tests used in the clinical evaluation of upper extremity injuries to the physically active individual. Co-requisite: AT 3226. Prerequisite: AT 2356, Minimum 2.75 TxState GPA.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Co-requisite(s): AT 3226
Grade Mode: Standard Letter

The course will present a study and critical analysis of the anatomy, injury signs and symptoms, and specific tests used in the clinical evaluation of lower extremity injuries to the physically active individual. Co-requisite: AT 3228. Prerequisites: AT 2356; BIO 2430 or equivalent; Minimum 2.75 TxState GPA.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Co-requisite(s): AT 3228
Grade Mode: Standard Letter

The course will present a study and critical analysis of the anatomy, injury signs and symptoms, and specific tests used in the clinical evaluation of upper extremity injuries to the physically active individual. Co-requisite: AT 3228. Prerequisites: AT 2356; BIO 2430 or equivalent; Minimum 2.75 TxState GPA.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Co-requisite(s): AT 3228
Grade Mode: Standard Letter

AT 3333. Therapeutic Interventions for Medical and Psychosocial Conditions.
This course will address the athletic training knowledge and skills required to evaluate and manage common medical conditions and psychosocial concerns found among the physically active. Lecture and laboratory experiences are focused on immediate and advanced care with emphasis on therapeutic interventions and referral. Prerequisites: BIO 1421, or BIO 1330 and BIO 1130; BIO 2430 or equivalent.

3 Credit Hours. 2 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter

AT 3336. Principles and Techniques of Therapeutic Modalities.
A theoretical and evidence-based approach to the use of therapeutic modalities in physical medicine settings. Special emphasis is placed on understanding the physiological effects, indications, contraindications and clinical applications of therapeutic modalities in the treatment and rehabilitation of musculoskeletal and neurological injuries and diseases. Co-requisite: AT 3136. Prerequisite: Minimum 2.75 Texas State GPA.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Co-requisite(s): AT 3136
Course Attribute(s): Lab Required
Grade Mode: Standard Letter
AT 3346. Therapeutic Exercise and Rehabilitation.
A theoretical and evidence-based approach to the use of therapeutic exercise in physical medicine settings. Special emphasis is placed on understanding the physiological effects, indications, contraindications and clinical applications of therapeutic exercise in the treatment and rehabilitation of musculoskeletal and neurological injuries and diseases. Corequisite: AT 3146. Prerequisites: AT 3326, AT 3328, PT 3400, Minimum 2.75 Texas State GPA.
about Therapeutic Exercise and Rehabilitation

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Co-requisite(s): AT 3146
Course Attribute(s): Lab Required
Grade Mode: Standard Letter

AT 3358. Clinical Pathopharmacology.
This course combines pathophysiology, the study of dynamic aspects of disease processes and study of drugs prescribed to prevent, diagnose, cure, or care for disease across the lifespan. Content includes etiology, pathogenesis, clinical presentation, implications for treatment, and pharmacological management. Prerequisite: BIO 2430 or equivalent; or PT 3400.
about Clinical Pathopharmacology

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

AT 3497. Clinical Experience in Athletic Training III.
This course integrates topics in advanced athletic injury evaluation and management into a clinical education experience designed to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Restricted to Athletic Training Majors. Prerequisite: AT 2497 with a grade of "C" or higher.
about Clinical Experience in Athletic Training III

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 3498. Clinical Experience in Athletic Training IV.
This course integrates topics in advanced athletic injury evaluation and management into a clinical education experience designed to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Restricted to students in the Athletic Training Major. Prerequisite: AT 2498 with a grade of "C" or higher. (WI).
about Clinical Experience in Athletic Training IV

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter

AT 4356. Organization and Management of Athletic Training Programs.
This course addresses the organizational and administrative aspects of athletic training program management. Topics will include, but are not limited to, medical, ethical, legal, personnel and financial management, medical record keeping, facilities, supply requisition and inventory, third-party reimbursement, drug testing and other current professional issues. Prerequisites: AT 3326. (WI).
about Organization and Management of Athletic Training Programs

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter

AT 3359. Clinical Experience in Athletic Training V.
This course integrates topics in therapeutic interventions and exercise into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: AT 3498 with a grade of "C" or better.
about Clinical Experience in Athletic Training V

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 4360. Internship in Clinical Settings.
Students will be introduced to the clinical aspects of allied health professions by being assigned to a minimum of two clinical sites. Prerequisite: Instructor consent. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis. Prerequisites: A minimum TXST GPA of 2.75, and AT 3326 and AT 3126; AT 3328 and AT 3128; and AT 3336 and AT 3136.
about Internship in Clinical Settings

3 Credit Hours. 0 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 4357. Clinical Experience in Athletic Training VI.
This course integrates topics in nutrition, professionalism, and administration into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: AT 3498 with a grade of "C" or better.
about Clinical Experience in Athletic Training VI

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 4358. Clinical Experience in Athletic Training VII.
This course integrates topics in nutrition, professionalism, and administration into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: AT 3498 with a grade of "C" or better.
about Clinical Experience in Athletic Training VII

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 4359. Clinical Experience in Athletic Training VIII.
This course integrates topics in nutrition, professionalism, and administration into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: AT 3498 with a grade of "C" or better.
about Clinical Experience in Athletic Training VIII

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 4497. Clinical Experience in Athletic Training V.
This course integrates topics in nutrition, professionalism, and administration into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: AT 2498 with a grade of "C" or higher.
about Clinical Experience in Athletic Training V

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 4498. Clinical Experience in Athletic Training VI.
This course integrates topics in nutrition, professionalism, and administration into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: AT 3498 with a grade of "C" or better.
about Clinical Experience in Athletic Training VI

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 4499. Clinical Experience in Athletic Training VII.
This course integrates topics in nutrition, professionalism, and administration into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: AT 3498 with a grade of "C" or better.
about Clinical Experience in Athletic Training VII

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

AT 4499. Clinical Experience in Athletic Training VIII.
This course integrates topics in nutrition, professionalism, and administration into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: AT 3498 with a grade of "C" or better.
about Clinical Experience in Athletic Training VIII

4 Credit Hours. 2 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter
Courses in Exercise and Sports Science (ESS)

**ESS 1100. Lifetime Fitness and Wellness.**
This course introduces students to the concepts of health-related physical fitness. Emphasis is placed on learning how to teach these concepts. Students will design and implement an exercise program for enhancing health-related physical fitness. Restricted to majors or minors in Exercise and Sports Science, Athletic Training, or Health and Fitness Management. 

about Lifetime Fitness and Wellness
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Lifetime Fitness and Wellness

**ESS 1128. Aquatic Therapy.**
The course addresses basic principles and concepts of aquatic therapy and aquatic emergency management. This course prepares students for the American Red Cross Basic Water Rescue Certification.

about Aquatic Therapy
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Aquatic Therapy

**ESS 1172. Beginning Field Sports.**
This course prepares students to become proficient instructors of field sports, including softball and soccer. Emphasis is on skill development, instructional practices, peer coaching, rules, terminology, offensive and defensive strategies, team organization, game play, referee skills, skills assessment, and conditioning for field sports. Restricted to majors or minors in Exercise and Sports Science, Coaching, or Health and Fitness Management.

about Beginning Field Sports
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Beginning Field Sports

**ESS 1175. Beginning Jogging and Conditioning.**
This course presents the proper biomechanics of jogging, safety rules, and conditioning principles relevant to the activity. Course topics include warming-up and cooling-down, hydration, monitoring and modifying intensity, training for road races, and jogging-related injuries. Students will also learn how to train individuals entering into a jogging program. Restricted to majors or minors in Exercise and Sports Science or Health and Fitness Management.

about Beginning Jogging and Conditioning
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Beginning Jogging and Conditioning

**ESS 1176. Beginning Tennis, Badminton, and Other Racket Sports.**
This course prepares Exercise and Sports Science majors to be proficient instructors of racket sports, including tennis and badminton. The emphasis is on the fundamentals of racket sports and program development for the beginner. Restricted to majors or minors in Exercise and Sports Science, Health and Fitness Management, or Coaching.

about Beginning Tennis, Badminton, and Other Racket Sports
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Beginning Tennis, Badminton, and Other Racket Sports

**ESS 1177. Beginning Track and Field.**
This course prepares students to become proficient instructors of track and field. Emphasis is on skill development and instructional practices, rules, terminology, team organization, communication, athlete selection, and event-specific conditioning for track and field. Prerequisite: Major or minor in Exercise and Sports Science or minor in Coaching.

about Beginning Track and Field
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Beginning Track and Field

**ESS 1178. Beginning Volleyball and Basketball.**
This course prepares students to become proficient instructors of volleyball and basketball. Emphasis is on skill development, instructional practices, peer coaching, rules, terminology, offensive and defensive strategies, team organization, communication, game play, referee skills, skills assessment, and conditioning for volleyball and basketball. Restricted to majors or minors in Exercise and Sports Science, Health and Fitness Management, or Coaching.

about Beginning Volleyball and Basketball
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Beginning Volleyball and Basketball

**ESS 1179. Beginning Weight Training.**
This course prepares students to be proficient instructors of all forms of resistance training. Emphasis is on understanding the proper, safe, and effective techniques of weight lifting. Students will learn how to develop resistance-training programs for untrained individuals with a variety of conditions. Restricted to majors or minors in Exercise and Sports Science, Athletic Training, or Health and Fitness Management.

about Beginning Weight Training
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Beginning Weight Training

**ESS 1192. Beginning Balance and Tumbling.**
This course prepares students as proficient instructors of the basic fundamentals of balance and tumbling. Emphasis is on the teaching of progressions, skills, and routines. Students will learn and practice safe teaching techniques for spotting in selected balance and tumbling skills. Prerequisite: Major seeking All-Level Teacher Certification in Physical Education.

about Beginning Balance and Tumbling
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Beginning Balance and Tumbling

**ESS 1201. Group Exercise Instructor Training.**
This course is for students interested in becoming certified group exercise instructors. Students will learn how to safely and effectively conduct group exercise classes. Students will be trained to teach a variety of formats, such as high- and low-impact aerobics, step aerobics, kickboxing, yoga, and resistance training. Prerequisite: Major in Health and Fitness Management or consent of the instructor.

about Group Exercise Instructor Training
2 Credit Hours. 1 Lecture Contact Hour. 1 Lab Contact Hour.
Grade Mode: Standard Letter
about Group Exercise Instructor Training
ESS 1310. Introduction to Exercise and Sports Science.
This course introduces students to the various areas of exercise science and physical education. Emphasis is on the history of the profession, professional opportunities, present status, past and present leaders, individual awareness of professional responsibilities, current trends and issues, and the professional literature.

about Divemaster
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Introduction to Exercise and Sports Science

ESS 2320. Moto Development.
This course provides the exercise science and physical education student with a knowledge base in the study of changes in motor behavior across the lifespan, the processes that underlie these changes, and factors that affect them. Prerequisite: Major or minor in Exercise and Sports Science.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Moto Development

ESS 3117. Laboratory in Exercise Physiology.
In this laboratory course, students perform experiments that highlight the physiological responses to exercise. This course also introduces students to basic techniques in the assessment of health and human performance, including the assessment of maximal oxygen consumption, body composition, anaerobic power and capacity, muscular fitness, movement economy, and dietary intake. Prerequisites: BIO 2430, or BIO 2451 and BIO 2452, with grades of "C" or higher. An overall GPA of 2.5 or higher is required.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Grade Mode: Standard Letter
about Laboratory in Exercise Physiology

ESS 3303. Assistant Dive Instructor.
This course provides students with the technical knowledge necessary to prepare for the Assistant Diver Instructor Scuba Certification. Topics include advanced diving physiology, air station operations, assisting instructors with beginning open-water dive students, and boat diving operations. Prerequisite: PFW 1201.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Assistant Dive Instructor

ESS 3304. Divemaster.
This course provides students with the technical knowledge necessary to prepare for the National Association of Underwater Instructors Divemaster Scuba Certification. Topics include advanced diving physiology, organizing open-water dives, air station operations, assisting instructors with beginning and advanced open-water dive students, and boat diving operations. Prerequisite: Assistant Instructor Certification.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Divemaster

ESS 3317. Exercise Physiology.
Students learn the acute and chronic physiological responses to exercise. Emphasis is on muscle bioenergetics, muscle contractile properties, performance improvement through training and supplementation, as well as cardiopulmonary and endocrine responses to exercise. Prerequisites: BIO 2430, or BIO 2451 and BIO 2452, with grades of "C" or higher. An overall GPA of 2.5 or higher is required. Co-requisite: ESS 3117.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Lab Required
Grade Mode: Standard Letter
about Exercise Physiology

ESS 3320. Biomechanics.
This course provides an introduction to the mechanical foundations of anatomical function and human movement. Qualitative and quantitative biomechanical analyses of human movement are introduced to inform the prescription of technique, equipment, and training interventions. Prerequisites: BIO 2430, or BIO 2451 and BIO 2452, with grades of "C" or higher. An overall GPA of 2.5 or higher is required.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Biomechanics

ESS 3321. Teaching Elementary Children Physical Activity.
This course introduces students majoring in Elementary Education and/or Exercise and Sports Science to physical education knowledge and movement concepts. It provides innovative techniques for incorporating physical activity within the elementary school setting. The course presents theory and then guides the students in applying those theories in a practical way.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Teaching Elementary Children Physical Activity

ESS 3323. Psychosocial Aspects of Exercise of Sport Science.
This course examines the psychological and social theories and research related to physical activity. Emphasis is on the determinants that influence exercise behavior and sport participation.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Psychosocial Aspects of Exercise of Sport Science

ESS 3325. Applied Assessment of Physical Activity.
This course is designed to provide students with a theory to practice approach in the assessment of physical activity within the physical education setting. Particular emphasis is placed on empowering students to use relevant and meaningful physical activity assessments in K-12 schools. Prerequisites: ESS 1310 and ESS 2320. Restricted to majors seeking all level Teacher Certification in Physical Education.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Applied Assessment of Physical Activity
ESS 3329. Motor Learning.
- This course provides students with an understanding of the physiological, neurological, and psychological factors affecting performance and acquisition of motor skills. Students will examine the structural components underlying the learning of motor skills an draw upon examples from sport, physical activities, and rehabilitation.
- about Motor Learning
- 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
- Grade Mode: Standard Letter

- This course examines the theories and principles of effective coaching, including philosophy, ethics, strategies, team motivation and organization, coach-athlete relationships, performance analysis, and the administration of facilities, personnel, and contests.
- about Theory and Principles of Coaching
- 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
- Grade Mode: Standard Letter

ESS 4317. Fitness Assessment and Exercise Prescription.
- Students are presented with current information on fitness assessment and exercise programming for individuals of all ages and fitness levels. Emphasis is placed on preparation for multiple certifications offered by relevant professional organizations. Prerequisites: ESS 3117 and ESS 3317; BIO 2430, or BIO 2451 and BIO 2452, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required.
- about Fitness Assessment and Exercise Prescription
- 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
- Grade Mode: Standard Letter

ESS 4318. Fitness Assessment and Exercise Prescription Practicum.
- During this 120-hour practicum, students will acquire advanced knowledge and skills associated with appraising health risk, assessing fitness levels, and designing exercise programs for diverse populations through on-line, classroom, and laboratory settings as well as through field-based experiences by working in a variety of exercise venues. Prerequisites: BIO 2430, or BIO 2451 and BIO 2452; ESS 3117 and ESS 3317, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required.
- about Fitness Assessment and Exercise Prescription Practicum
- 3 Credit Hours. 2 Lecture Contact Hours. 6 Lab Contact Hours.
- Grade Mode: Standard Letter

ESS 4319. Clinical Exercise Physiology.
- Students gain a thorough understanding of the health appraisal/risk assessment, exercise testing, and exercise programming guidelines for clinical populations. In addition, basic electrocardiography and cardiopulmonary pathology and pharmacology are introduced. Prerequisites: ESS 3117 and ESS 3317; BIO 2430, or BIO 2451 and BIO 2452, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required.
- about Clinical Exercise Physiology
- 3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.
- Grade Mode: Standard Letter

- This course discusses the development and evaluation of training principles and programs for diverse populations. Emphasis is placed on physiological adaptations and mechanical principles related to the application of resistance training. Prerequisites: BIO 2430, or BIO 2451 and BIO 2452; ESS 3317 and ESS 3117, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required.
- about Resistance Training and Conditioning
- 3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.
- Grade Mode: Standard Letter

ESS 4322. Adapted Physical Education.
- This introductory course provides All-Level teacher certification candidates in Exercise and Sports Science with content knowledge on legal mandates, evidence-based practices, and the characteristics of selected disabilities and their considerations when designing meaningful individualized physical activity experiences to meet the students with disabilities in school settings. Prerequisites: ESS 1310, ESS 2320 and 2.75 overall GPA. (WI).
- about Adapted Physical Education
- 3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.
- Course Attribute(s): Writing Intensive
- Grade Mode: Standard Letter

ESS 4324. Adapted Physical Activity.
- This course introduces students to the field of adapted physical activity, including sport and leisure for persons with disabilities. This course provides content knowledge on how to instruct physical activities to individuals with unique needs in various settings.
- about Adapted Physical Activity
- 3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.
- Course Attribute(s): Writing Intensive
- Grade Mode: Standard Letter

- This course is for students who are interested in research related to Exercise and Sports Science. Students develop a research study, collect data, and analyze the results. Repeatable for credit with different emphasis. Prerequisites: A minimum GPA of 3.00 and special approval.
- about Independent Study in Exercise and Sports Science
- 3 Credit Hours. 1 Lecture Contact Hour. 2 Lab Contact Hours.
- Course Attribute(s): Exclude from 3-peat Processing
- Grade Mode: Credit/No Credit

ESS 4340. Internship in Coaching.
- This 220-hour internship provides students with work-related experience. Students will strengthen their coaching-related knowledge, skills, and abilities by observing and shadowing coaches as well as assisting with a range of tasks, including training athletes, managing the facilities, and organizing practices. Prerequisites: completion of all coursework required for the minor in Coaching and special approval.
- about Internship in Coaching
- 3 Credit Hours. 0 Lecture Contact Hours. 15 Lab Contact Hours.
- Grade Mode: Credit/No Credit
This course introduces students to the fundamental principles and techniques of measuring human performance related to Exercise and Sports Science, as well as evaluating and interpreting the results of exercise science and human performance tests in children and adults. about Measurement & Evaluation in Exercise and Sports Science
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Measurement & Evaluation in Exercise and Sports Science

ESS 4624. Principles and Practices for Teaching Physical Education.
This course provides students with an in-depth study of theory and curriculum encompassing the design and implementation of developmentally appropriate and culturally responsive physical education programs for children and adolescents. Emphasis is on implementing evidenced-based curricula that promote youths' enjoyment of and participation in lifelong physical activity. Prerequisites: ESS 1310, ESS 2320, ESS 3325 and 2.75 overall GPA.
about Principles and Practices for Teaching Physical Education
6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Principles and Practices for Teaching Physical Education

In this 480-hour internship, students will apply theoretical health and fitness management principles and concepts to an organizational setting. This course requires students to participate in a health and fitness organization/agency and complete a semester-long planning and evaluation project. Prerequisites: Completion of all other coursework required for the degree, department approval, and an overall GPA of 2.5 or higher. (WI).
about Exercise and Sports Science Internship
6 Credit Hours. 0 Lecture Contact Hours. 40 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter
about Exercise and Sports Science Internship

Courses in Health Education (H ED)

Course provides an introduction to personal health, acquainting students with the understanding that the decisions they make affect health of self, families, friends, and communities. An emphasis will be placed on health trends and health behaviors.
about Foundations of Personal Health
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
TCCN: PHED 1304
about Foundations of Personal Health

H ED 1320. Introduction to Health and Wellness Promotion.
This course addresses concepts essential to understanding the discipline of Health and Wellness Promotion, including competencies and career opportunities for health education specialists in school and community settings.
about Introduction to Health and Wellness Promotion
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Introduction to Health and Wellness Promotion

This course explores the impact of drug use and abuse on society and provides students with a critical perspective of drug-related problems. Course content includes statistics and up-to-date information on current topics in drug issues and drug prevention interventions.
about Contemporary Issues in Drug Prevention
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
TCCN: PHED 1346
about Contemporary Issues in Drug Prevention

H ED 2340. Community Health.
This course acquaints students with issues, trends, and developments, and principles in community health. The course also provides an overview of selected topics, such as epidemiology, community organization, and program planning. Prerequisite or co-requisite: H ED 1320.
about Community Health
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Community Health

H ED 2354. Emergency Response and Safety Education.
This course prepares students to respond to and adequately care for life-threatening and non-life-threatening emergencies. The course includes lecture and laboratory activities. Emphasis is placed on healthy lifestyles and safety practices. Students can earn Cardiopulmonary Resuscitation and Responding to Emergencies certification.
about Emergency Response and Safety Education
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
TCCN: PHED 1306
about Emergency Response and Safety Education

H ED 3301. Environmental Health Issues.
An examination of the ecological impact resulting from contemporary sociopolitical action and its resulting influence on human health.
about Environmental Health Issues
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Environmental Health Issues

H ED 3315. Statistical Analysis and Interpretation in Health and Wellness Promotion.
This course emphasizes analysis and interpretation of health-related data. Descriptive and inferential statistics (including measures of central tendency and variability, estimation, ANOVA, and regression) will be used to understand factors associated with current health-related issues. Prerequisites: "C" or better in H ED 1320, H ED 2340, and MATH 1315, MATH 2417 or MATH 2471. (WI).
about Statistical Analysis and Interpretation in Health and Wellness Promotion
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter
about Statistical Analysis and Interpretation in Health and Wellness Promotion

PHED 1304. Foundations of Personal Health.
Course provides an introduction to personal health, acquainting students with the understanding that the decisions they make affect health of self, families, friends, and communities. An emphasis will be placed on health trends and health behaviors.
about Foundations of Personal Health
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Foundations of Personal Health

This course prepares students to respond to and adequately care for life-threatening and non-life-threatening emergencies. The course includes lecture and laboratory activities. Emphasis is placed on healthy lifestyles and safety practices. Students can earn Cardiopulmonary Resuscitation and Responding to Emergencies certification.
about Exercise and Sports Science Internship
6 Credit Hours. 0 Lecture Contact Hours. 40 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter
about Exercise and Sports Science Internship
Course offers a foundation in health methods and activities to provide resources for the elementary school teacher. Provides an overview of current school health issues: Coordinated School Health Programs, mental health, personal health, family life, substance abuse, and violence in the elementary setting.
Grade Mode: Standard Letter
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

about Health in the Elementary Setting

Course offers a foundation of health methods and theory with activities to provide resources needed to become successful secondary school educators. The course will provide an overview of current secondary school health issues, such as mental health, personal health, family life, substance abuse, and violence.
Grade Mode: Standard Letter
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

about Health Education in the Secondary School Setting

H ED 3342. Adolescent and School Health Programs.
Course will provide an understanding of function and scope of the Coordinated School Health Program (CSHP) model. Students investigate how schools function in solving youths' health problems, and focus on how child and adolescent stakeholders and communities are involved in CSHP. (WI).
Grade Mode: Standard Letter
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

about Adolescent and School Health Programs

Course provides an overview of the etiology of communicable and chronic diseases. Special emphasis will be on health promotion activities to reduce the incidence of disease in communities and society.
Grade Mode: Standard Letter
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

about Prevention of Disease

H ED 3350. Consumer Health.
Course focuses on consumer health and making wise decisions regarding selection of health products and services. Students will learn how to effectively evaluate health information. Special emphasis is placed on becoming a health-literate consumer, understanding legislation, and investigating products and services.
Grade Mode: Standard Letter
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

about Consumer Health

H ED 3360. Sexuality Education.
Course provides a study of sexuality education as a lifelong process of acquiring information and forming healthy attitudes, beliefs, and values regarding sexuality. Students will access information and educational resources for implementing and advocating for sexuality instruction through health courses, sexuality education courses, and programs.
Grade Mode: Standard Letter
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

about Sexuality Education

H ED 3374. Interprofessional Service Learning in Global Health.
This course focuses on principles of international health and wellness promotion with global populations. Emphasis is placed on assessing, planning, implementing, and evaluating prevention strategies. Students explore roles of health educators collaborating with providers of health services to diverse populations. Prerequisite: H ED 2340 with a grade of "B" or better; repeatable for credit.
Grade Mode: Standard Letter
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

about Interprofessional Service Learning in Global Health

H ED 3376. Worksite Health Promotion.
The purpose of this course is to introduce students to worksite health promotion. The focus of the course will be on planning, implementing, and evaluating worksite health promotion programs. The course will also address other contemporary health issues, policies, and considerations that affect worksite health promotion.
Grade Mode: Standard Letter
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

about Worksite Health Promotion

H ED 4100. Professional Development in Health and Wellness Promotion.
This one-hour seminar course provides the opportunity for students to obtain a community or clinically-based health promotion internship and to actively participate in health promotion-related professional development activities including conferences, development of resumes and interaction with health professionals. Course to be taken the semester immediately preceding the internship (H ED 4660). Prerequisite or co-requisite: H ED 4640 with a “C” or better; Senior Classification required.
Grade Mode: Standard Letter
1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.

about Professional Development in Health and Wellness Promotion

Course offers an introduction to research and theories in health and wellness promotion. Special emphasis will be on community health interventions. Students will study theory and practice to understand successful and effective health education interventions. Prerequisite: H ED 1320 and H ED 2340 with grades of C or better.
Grade Mode: Standard Letter
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

about Theoretical Foundations of Health and Wellness Promotion
H ED 4340. Principles of Community Health Education and Promotion.
This course examines theory and principles for development of community health education and promotion programs. Content includes cultural health beliefs, theories, and communication methods and techniques. Prerequisite: H ED 2340 with C or better. Corequisite: H ED 4350. (WI).

about Principles of Community Health Education and Promotion
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter

H ED 4347. Independent Study in Health and Wellness Promotion.
Designed for undergraduate students who display potential for independent research in health and wellness promotion. Students work individually with faculty to develop an independent research study/project in Health and Wellness Promotion. Open on an individual basis by arrangement with the division chair. May be repeated for credit with different emphasis.

about Independent Study in Health and Wellness Promotion
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter

H ED 4350. Community Health Analysis.
This is a survey course that focuses on evaluating community health needs; data-gathering techniques; instrument design; using data and statistics; and interpreting, reporting, and applying the findings for program development. Prerequisite: H ED 2340 with C or better. Corequisite: H ED 4340.

about Community Health Analysis
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 4640. Community Health Program Planning and Evaluation.
Course addresses application of professional competencies in health education and promotion programs. Topics include needs assessment, data gathering techniques, instrument design, and data and statistics, interpreting, reporting, and application of findings for program development. Cultural competency and communication will also be covered. Prerequisites: H ED 1320, H ED 2340, and H ED 4336 with grades of "C" or better. Senior classification required.

about Community Health Program Planning and Evaluation
6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter

H ED 4660. Internship in Health and Wellness Promotion.
This course involves the application of health education concepts to a community health setting. Students participate in the work of a health organization/agency and complete a semester-long project (480 hours). Prerequisites: Completion of all other courses required for the degree, H ED 4100 and H ED 4640 with grades of "C" or better, an overall GPA of 2.5, and department approval. (WI).

about Internship in Health and Wellness Promotion
6 Credit Hours. 0 Lecture Contact Hours. 18 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing|Writing Intensive
Grade Mode: Standard Letter

Courses in Physical Fitness/Wellness (PFW)

PFW 1101. Lifetime Fitness & Wellness.
To develop knowledge, skills, and physical activity behaviors associated with personal fitness and wellness.

about Lifetime Fitness & Wellness
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1101A. Beginning Aerobics.
Beginning Aerobics.

about Beginning Aerobics
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1101B. Intermediate Aerobics.
Intermediate Aerobics.

about Intermediate Aerobics
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1101C. Gymnastics.
Gymnastics.

about Gymnastics
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1101D. Balance & Tumbling.
Balance & Tumbling.

about Balance & Tumbling
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
PFW 1110E. Beginning Jogging & Conditioning.
Beginning Jogging/Conditioning.
about Beginning Jogging & Conditioning
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Jogging & Conditioning

PFW 1110F. Basic Fitness Activities.
Basic Fitness Activities.
about Basic Fitness Activities
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Basic Fitness Activities

PFW 1110G. Beginning Weight Lifting.
Beginning Weight Lifting.
about Beginning Weight Lifting
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Weight Lifting

PFW 1110H. Physique Development.
Physique Development.
about Physique Development
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Physique Development

PFW 1110K. Restricted Fitness Activities.
Restricted Fitness Activities.
about Restricted Fitness Activities
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Restricted Fitness Activities

PFW 1125A. Wrestling.
Wrestling.
about Wrestling
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Wrestling

PFW 1130A. Beginning Basketball.
Beginning Basketball.
about Beginning Basketball
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Basketball

PFW 1130B. Soccer.
Soccer.
about Soccer
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Soccer

PFW 1135A. Water Aerobics.
Water Aerobics.
about Water Aerobics
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Water Aerobics

PFW 1135B. Aquatic-Conditioning.
Aquatic-Conditioning.
about Aquatic-Conditioning
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Aquatic-Conditioning

PFW 1140A. Football Varsity.
Football Varsity.
about Football Varsity
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Football Varsity

PFW 1140B. Basketball–Men’s Varsity.
Basketball–Men’s Varsity.
about Basketball–Men’s Varsity
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Basketball–Men’s Varsity

PFW 1140C. Basketball–Women’s Varsity.
Basketball–Women’s Varsity.
about Basketball–Women’s Varsity
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Basketball–Women’s Varsity

PFW 1140D. Track & Field–Men’s Varsity.
Track & Field–Men’s Varsity.
about Track & Field–Men’s Varsity
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Track & Field–Men’s Varsity
PFW 1140E. Track & Field—Women’s Varsity.
Track & Field—Women’s Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Track & Field—Women’s Varsity

PFW 1140F. Volleyball – Women’s Varsity.
Volleyball – Women’s Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Volleyball – Women’s Varsity

PFW 1140G. Baseball–Men’s Varsity.
Baseball–Men’s Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Baseball–Men’s Varsity

PFW 1140H. Softball–Women’s Varsity.
Softball–Women’s Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Softball–Women’s Varsity

PFW 1140. Soccer–Women’s Varsity.
Soccer–Women’s Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Soccer–Women’s Varsity

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Strutters

PFW 1150B. Beginning Bowling.
Beginning Bowling.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Bowling

PFW 1150C. Intermediate Bowling.
Intermediate Bowling.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Intermediate Bowling

PFW 1150D. Beginning Golf.
Beginning Golf.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Golf

PFW 1150E. Intermediate Golf.
Intermediate Golf.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Intermediate Golf

PFW 1150F. Self Defense.
Self Defense.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Self Defense

PFW 1150G. Restricted Leisure Activities.
Restricted Leisure Activities.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Restricted Leisure Activities

PFW 1154. Leisure/Recreation Activities.
Leisure/Recreation Activities.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Leisure/Recreation Activities
PFW 1154B. Challenge Course Facilitation.
This course provides an overview of leadership theories and skill
development for indoor/outdoor challenge course activities, with an
emphasis on safety management. Students will develop the skills
necessary to facilitate both high and low elements of a challenge course.
about Challenge Course Facilitation
1 Credit Hour. 0 Lecture Contact Hours. 1 Lab Contact Hour.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Challenge Course Facilitation

PFW 1154C. Backpacking.
Backpacking.
about Backpacking
1 Credit Hour. 0 Lecture Contact Hours. 1 Lab Contact Hour.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Backpacking

PFW 1155A. Beginning Badminton.
Beginning Badminton.
about Beginning Badminton
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Badminton

PFW 1155B. Beginning Fencing.
Beginning Fencing.
about Beginning Fencing
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Fencing

PFW 1155C. Intermediate Fencing.
Intermediate Fencing.
about Intermediate Fencing
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Intermediate Fencing

PFW 1155D. Advanced Fencing.
Advanced Fencing.
about Advanced Fencing
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Advanced Fencing

PFW 1155E. Fencing – Epee.
Fencing – Epee.
about Fencing – Epee
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Fencing – Epee

PFW 1155F. Racquetball.
Racquetball.
about Racquetball
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Racquetball

PFW 1155H. Beginning Tennis.
Beginning Tennis.
about Beginning Tennis
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Tennis

PFW 1155I. Intermediate Tennis.
Intermediate Tennis.
about Intermediate Tennis
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Intermediate Tennis

PFW 1155J. Judo.
Judo.
about Judo
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Judo

PFW 1155K. Beginning Karate.
Beginning Karate.
about Beginning Karate
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Karate

PFW 1155M. Advanced Karate.
Advanced Karate.
about Advanced Karate
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Advanced Karate
PFW 1155N. Pocket Billiards.
Pocket Billiards.
about Pocket Billiards
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1160B. Beginning Volleyball.
Beginning Volleyball.
about Beginning Volleyball
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1160C. Intermediate Volleyball.
Intermediate Volleyball.
about Intermediate Volleyball
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1165A. Golf—Men’s Varsity.
Golf—Men’s Varsity.
about Golf—Men’s Varsity
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1165C. Tennis—Women’s Varsity.
Tennis—Women’s Varsity.
about Tennis—Women’s Varsity
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1165D. Golf – Women’s Varsity.
Golf – Women’s Varsity.
about Golf – Women’s Varsity
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1165E. Varsity Cheerleaders.
Varsity Cheerleaders.
about Varsity Cheerleaders
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1180A. Beginning Jazz.
Beginning Jazz.
about Beginning Jazz
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1147

PFW 1180B. Intermediate Jazz.
Intermediate Jazz.
about Intermediate Jazz
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1148

PFW 1180C. Advanced Jazz.
Advanced Jazz.
about Advanced Jazz
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 2147

PFW 1180D. Beginning Ballet.
Beginning Ballet.
about Beginning Ballet
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1141

PFW 1180E. Intermediate Ballet.
Intermediate Ballet.
about Intermediate Ballet
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1142

PFW 1180G. Beginning Modern Dance.
Beginning Modern Dance.
about Beginning Modern Dance
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1145

PFW 1180H. Intermediate Modern Dance.
Intermediate Modern Dance.
about Intermediate Modern Dance
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1148
PFW 1180I. Advanced Modern Dance.
Advanced Modern Dance.
about Advanced Modern Dance
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 2145
about Advanced Modern Dance

PFW 1180J. Beginning Recreational Dance.
Beginning Recreational Dance.
about Beginning Recreational Dance
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1122
about Beginning Recreational Dance

PFW 1190A. Canoeing.
Canoeing.
about Canoeing
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Canoeing

PFW 1190B. Beginning Swimming.
Beginning Swimming.
about Beginning Swimming
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Swimming

PFW 1190C. Intermediate Swimming.
Intermediate Swimming.
about Intermediate Swimming
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Intermediate Swimming

PFW 1190E. Lifeguard Training.
Lifeguard Training.
about Lifeguard Training
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Lifeguard Training

PFW 1190F. Beginning Scuba.
Beginning Scuba.
about Beginning Scuba
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Scuba

PFW 1201. Advanced Scuba Diving.
Advanced Scuba Diving.
about Advanced Scuba Diving
2 Credit Hours. 1 Lecture Contact Hour. 3 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
about Advanced Scuba Diving

PFW 1204. Underwater Photography.
Underwater Photography.
about Underwater Photography
2 Credit Hours. 1 Lecture Contact Hour. 3 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
about Underwater Photography

All PFW courses meet two clock hours per week for one semester hour credit unless otherwise designated.

Courses in Recreational Administration (REC)

REC 1310. Introduction to Recreation and Leisure Services.
Introduction to recreation, includes brief historical backgrounds, professional opportunities, present status, past and present leaders. Role of leisure time in our social structure, professional responsibility, familiarization with current issues and trends, and professional literature. Lecture and field trips. A grade of “C” or higher in this course is required to enroll in any upper division Recreational Administration courses.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Introduction to Recreation and Leisure Services

REC 1330. Leisure and Outdoor Recreation.
This course provides students with an overview of the role the natural world plays in recreation and leisure services. The course will focus on values of outdoor recreation, adventure recreation, environmental impact, and the role of government in the provision and protection of outdoor recreation programs and resources.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Leisure and Outdoor Recreation

REC 1370. Introduction to Therapeutic Recreation.
This course surveys history, philosophy, terminology and professional opportunities in therapeutic recreation. The role of leisure and therapeutic recreation in enhancing quality of life is explored.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Introduction to Therapeutic Recreation

REC 2330. Leadership in Recreation and Leisure Services.
Discussion of leadership theories and skill development for indoor-outdoor games and sports. Teaching activities to develop skill in programming various indoor/outdoor recreational settings.

3 Credit Hours. 2 Lecture Contact Hours. 2 Lab Contact Hours.
Grade Mode: Standard Letter
about Leadership in Recreation and Leisure Services
REC 2335. Recreation Program Development.
This course introduces students to basic principles and procedures for developing recreation programs that respond to human needs. This course provides students with opportunities to acquire and utilize recreation programming skills through practical application. Prerequisites: REC 1310 with a grade of “C” or better, and REC 2330.
Grade Mode: Standard Letter
About Recreation Program Development
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
TCCN: PHED 1336
About Recreation Program Development

REC 2336. Directed Field Experience in Programming Recreation.
Students participate in programming and leadership with a selected recreation agency. Online learning modules and communications guide the work and professional reflections. Prerequisite: REC 2335 with a grade of “C” or better.
Grade Mode: Standard Letter
About Directed Field Experience in Programming Recreation
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

REC 2370. Practices and Interventions in Therapeutic Recreation.
Students engage in classroom content and service learning to develop knowledge and skills in facilitation techniques used in a variety of therapeutic recreation settings. Prerequisites: REC 1310 and REC 1370 with grades of “C” or better.
Course Attribute(s): Lab Required
About Practices and Interventions in Therapeutic Recreation
3 Credit Hours. 3 Lecture Contact Hours. 2 Lab Contact Hours.
Grade Mode: Standard Letter
About Practices and Interventions in Therapeutic Recreation

REC 3325. Recreation Administration.
This course covers administrative practices relevant to entry-level professionals in the recreation industry. Topics include foundations of management, decision-making, planning, coordination of resources, and ethics in the public recreation sector. Prerequisite: REC 2335 with a grade of “C” or better.
Grade Mode: Standard Letter
About Recreation Administration
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

REC 3335. Advanced Recreation Program Development.
Students will develop advanced program planning skills through the integration of theories and models of program development, consideration of diverse target markets, performing needs assessments, and planning for risk management issues. Students will apply these planning skills through an applied project. Prerequisite: REC 2335 with a grade of “C” or better. (WI).
Grade Mode: Standard Letter
About Advanced Recreation Program Development
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter
About Advanced Recreation Program Development

REC 3340. Design and Maintenance of Recreational Facilities.
Introduce theories and provide practical experience in the design, development, operation, maintenance, administration of various recreational facilities. Prerequisite: REC 2335.
About Design and Maintenance of Recreational Facilities
3 Credit Hours. 2 Lecture Contact Hours. 2 Lab Contact Hours.
Grade Mode: Standard Letter
About Design and Maintenance of Recreational Facilities

Methods, techniques and application of the evaluation process related to a wide variety of leisure service functions: clientele and prospective participants, programs, personnel, facilities, organizations and literature. Prerequisite: REC 2335. (WI).
About Evaluation of Leisure Service Programming
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Writing Intensive
Grade Mode: Standard Letter
About Evaluation of Leisure Service Programming

REC 3360. Field Work in Recreation Leadership.
The student participates at the leadership level in the ongoing work of a selected recreation agency. The work is supervised by an agency representative and a faculty member trained in the recreation field. Prerequisites: REC 1330, REC 2330, and Departmental Approval.
About Field Work in Recreation Leadership
3 Credit Hours. 0 Lecture Contact Hours. 10 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
About Field Work in Recreation Leadership

REC 3370. Assessment and Documentation in Therapeutic Recreation.
This course introduces students to selecting, utilizing, and interpreting assessment instruments, and to the processes used to document assessment results and client progress used in therapeutic recreation practice. Prerequisites: REC 1370 with a grade of “C” or better, and HIM 2360.
About Assessment and Documentation in Therapeutic Recreation
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
About Assessment and Documentation in Therapeutic Recreation

REC 4318A. Military Recreation.
A topic course to cover the: Survey of U.S. military recreation programs, role of recreation in military mission, concepts of administration and availability of career opportunities within military recreation.
About Military Recreation
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
About Military Recreation

REC 4318B. Campus Recreation.
A topic to cover recreation and leisure services at a college campus. Topics include recreational sports, residence life, Greek organizations, and campus activities.
About Campus Recreation
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
About Campus Recreation
REC 4318D. Leisure and Aging.
A study of the relationship of leisure and aging in our society is the primary focus. Students will examine the aging process from biological, psychological and social aspects. Trends in and benefits of leisure programming for senior citizens will be reviewed. A variety of recreation and leisure delivery systems will be investigated as they relate to service delivery to well and frail elderly.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
Course Attribute(s): Exclude from 3-peat Processing|Topics
about Leisure and Aging

REC 4320. Therapeutic Recreation and People with Psychiatric Conditions.
Students will gain a theoretical and practical foundation for applying the therapeutic recreation process with persons with psychiatric conditions. Focus will be on the development of skills necessary to implement evidence-based interventions aimed at behavior change. A grade of “C” or higher in this course is required for enrollment into REC 4680. Prerequisites: REC 1370, REC 2370, REC 3370, PSY 3300 and PSY 3315, all with grades of “C” or higher.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Therapeutic Recreation and People with Psychiatric Conditions

REC 4330. Entrepreneurial Recreation Management.
This course provides a study of the scope and the entrepreneurial management of leisure services. The focus will be on financial management related to profit centers including planning, legal liability, record keeping, and revenue management. Prerequisite: REC 2335.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Entrepreneurial Recreation Management

REC 4335. Outdoor Recreation Programming.
Students apply principles and procedures for developing and leading recreation programs in a variety of specialized, outdoor environments. Students will demonstrate competencies for Leave No Trace certification. Course is taught in cooperation with the Texas State University–Outdoor Center. Prerequisites: REC 1330, REC 2335; PFW 1154C; or Consent of Instructor.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Outdoor Recreation Programming

REC 4337. Independent Study in Recreational Administration.
Individual study related to recreational administration under direct supervision of a faculty member. (WI).

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing|Writing Intensive
Grade Mode: Standard Letter
about Independent Study in Recreational Administration

REC 4340. Internship in Recreation.
The student participates at the administrative level in the ongoing work of a selected parks and recreation agency. The work is supervised by an agency representative trained in the recreation field. Prerequisites: In addition to completion of all REC classes on degree plan and Departmental Approval, completion with a “C” or better in REC 1370, REC 2370, REC 3370, all with grades of “C” or higher.

6 Credit Hours. 0 Lecture Contact Hours. 20 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
about Internship in Recreation

REC 4350. Theories and Methods of Supervision in Recreation and Leisure Services.
This course presents theories and methods relating to recruitment, selecting, hiring, training, disciplining, and discharging employees. This course also addresses legal issues related to personnel supervision. Prerequisite: REC 2335.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Theories and Methods of Supervision in Recreation and Leisure Services

REC 4370. Principles of Therapeutic Recreation.
This course will cover the principles of therapeutic recreation services including comprehensive program planning, administrative processes, and issues related to professionalism. Prerequisites: REC 1370, REC 2370, and REC 3370, all with grades of “C” or higher.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
about Principles of Therapeutic Recreation

REC 4380. Seminar in Recreation.
This capstone seminar addresses trends in leisure services. Emphasis is on the interactional effects of diverse services, consumers, and environments. Taken in the fall or spring semester immediately preceding enrollment in REC 4680. Departmental approval required. (WI).

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing|Writing Intensive
Grade Mode: Standard Letter
about Seminar in Recreation

REC 4680. Internship in Recreation.
The student participates at the administrative level in the ongoing work of a selected parks and recreation agency. The work is supervised by an agency representative trained in the recreation field. Prerequisites: In addition to completion of all REC classes on degree plan and Departmental Approval, completion with a “C” or better in REC 1370, REC 2370, REC 3370, REC 4320 and REC 4370 for Therapeutic Recreation majors or in REC 2335, REC 2336, REC 3325 and REC 4380 for Recreational Administration majors.

about Internship in Recreation