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[www.hhp.txst.edu](http://www.hhp.txst.edu)

## Exercise and Sports Science

The Bachelor of Science in Exercise and Sports Science (BS) degree has several specializations that allow graduates to prepare for careers and post-graduate training in health and rehabilitation professions, education, exercise prescription, management of exercise programs, and coaching. For students interested in health and rehabilitation careers, the BS with a concentration in Pre-Rehabilitation Science gives students a degree that is well aligned with entrance requirements of advanced study in health care and allied health professions like athletic training, physical therapy, occupational therapy, orthotics/prosthetics, chiropractic, or physician's assistant. For students interested in a career in athletic training, the Pre-Rehabilitation Sciences concentration also offers a 3/2 dual program through which students may complete both BS degree and Master of Science in Athletic Training degree within 5 years. Current information on the 3/2 program admission requirements can be found [here](#). The BS with a concentration in Clinical Exercise Science prepares graduates for careers in cardiopulmonary, clinical exercise physiology, and diagnostic testing and programming for cardiac rehabilitation and other special populations. The BS with All-level Physical Education (EC-12) Teacher Certification prepares graduates to teach in elementary and secondary schools. The BS 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 and health/wellness programs in commercial, corporate, and institutional settings. Select advanced course work and field experiences may be required for graduation in these programs and depend on maintenance of GPAs above 2.0 or 2.75.

## Public Health

The Bachelor of Science in Public Health will provide students with the breadth of knowledge, skills, and experiential learning for careers in public health. The purpose of the program is to facilitate development of knowledge and skills to promote health in public health settings (e.g., community, governmental, educational, healthcare) by using evidence-based practices to design, implement, and evaluate public health programs that impact individual behavior, community environments, and public policy. Students can complete the general B.S. in Public Health degree, or they can choose one of the three concentrations: Applied Epidemiology, Health Equity, or Health and Wellness Coaching. Graduates of this program play a vital role in the public health and health promotion workforces. Careers include jobs with governmental public health agencies, industries, non-profit organizations, and various clinical settings with specializations in obesity and diabetes prevention, epidemiology, mental health, substance abuse prevention, public policy, environmental health, maternal, child, and adolescent health, or worksite wellness. Completion of this program may lead to further education opportunities in community and public health, health promotion, allied health, dental, and medical graduate programs. Upon degree completion, students are eligible to sit for the national Certified Health Education Specialist (CHES) and the Certified Wellness Practitioner (CWP) exams.

## Recreation Studies

The Bachelor of Science in Recreation Studies combines classroom learning, field-based learning and on-the-job training in two career tracks: recreation administration and therapeutic recreation. Students study recreation programming, leadership, marketing, evaluation,

administration, and therapeutic recreation. Recreation Studies graduates work in camps, nursing homes, recreation centers, resorts, hospitals, rehabilitation facilities, fitness centers, and state and national parks. The program is nationally accredited by the Council on Accreditation, Parks, Recreation, Tourism and Related Professions (COAPRT) in both recreation studies and therapeutic recreation. Graduates of this program are eligible to sit for certification examinations for National Council for Therapeutic Recreation Certification (Certified Therapeutic Recreation Specialist - CTRS) and/or the National Recreation and Park Association (Certified Park and Recreation Professional - 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. Most students may elect to take PFW 1301 (Social and Behavioral Dimensions of Physical Fitness and Wellness) to satisfy their general education requirement in social and behavioral sciences. The PFW program provides a wide variety of activity classes that include sports, games, and indoor or outdoor activities both on and off campus. PFW classes are for students of all ages, skill ranges, and abilities. 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 Educator Preparation Program

The All-Level Physical Education Teacher Certifications requires formal admittance into the Educator Preparation Program by the Office of Educator Preparation (<http://mycatalog.txstate.edu/undergraduate/education/office-of-educator-preparation/>). Please see <http://www.education.txstate.edu/oep/> for current admittance requirements and procedures.

## Bachelor of Exercise and Sports Science (B.E.S.S.)/M.S. Major in Athletic Training

- Major in Exercise and Sports Science/Major in Athletic Training (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/exercise-sports-sci-athletic-trainig-bessms/>)

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

- Major in Exercise and Sports Science (Clinical Exercise Science Concentration) (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/exercise-sports-science-health-wellness-promotion-clinical-populations-concentration-bess/>)
- Major in Exercise and Sports Science (Pre-Rehabilitation Sciences Concentration) (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/exercise-sports-science-prerehab-sciences/>)
- Major in Exercise and Sports Science (Teacher Certification in Physical Education, Early Childhood Through Grade 12) (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/exercise-sports-science-teacher-certification-physical-education-grades-ec12-bess/>)

- Major in Health and Fitness Management (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/health-fitness-management-business-administration-minor-bess/>)

## Bachelor of Science (B.S.)

- Major in Public Health (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/public-health-bs/>)
- Major in Public Health (Applied Epidemiology Concentration) (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/public-health-applied-epidemiology-bs/>)
- Major in Public Health (Health and Wellness Coaching Concentration) (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/public-health-health-wellness-coaching-bs/>)
- Major in Public Health (Health Equity Concentration) (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/public-health-health-equity-bs/>)
- Major in Recreation Studies (Community Recreation Concentration) (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/recreation-studies-community-recreation-bs/>)
- Major in Recreation Studies (Outdoor Recreation Concentration) (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/recreation-studies-outdoor-recreation-bs/>)
- Major in Recreation Studies (Therapeutic Recreation Concentration) (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/recreation-studies-therapeutic-recreation-bs/>)

## Minors

- Adaptive Recreation and Sport (<http://mycatalog.txstate.edu/undergraduate/education/health-human-performance/adaptive-recreation-sport-minor/>)
- Coaching
- Exercise and Sports Science
- Public Health
- Outdoor Recreation Leadership
- Recreation Administration

**Subjects in this department include: AT (p. 2), ESS (p. 3), PFW (p. 7), PH, REC (p. 10)**

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## Courses in Athletic Training (AT)

### AT 2298. Orientation to Athletic Training Profession.

The purpose of this course is to provide the student with an introduction to the academic and clinical aspects of the profession of athletic training. The course includes the history of the profession, basic knowledge and skills, principles, and techniques used by an athletic trainer. The student will participate in educational observation of clinical experiences with a certified athletic trainer to gain more knowledge of the profession of athletic training. Prerequisite: HIM 2360 with grade of "C" or better.

**2 Credit Hours. 2 Lecture Contact Hours. 2 Lab Contact Hours.**

**Grade Mode:** Standard Letter

### 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.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

### AT 2400. Functional Anatomy.

The students will learn to qualitatively analyze the movements of the human body while integrating musculoskeletal anatomy and neuromuscular physiology principles. Corequisite: BIO 2430 with a grade of "C" or better.

**4 Credit Hours. 2 Lecture Contact Hours. 2 Lab Contact Hours.**

**Grade Mode:** Standard Letter

### AT 3298. Foundations of Athletic Training Practice.

The purpose of this course is to provide the students with a foundation in clinical skills associated with the athletic training profession. The course will include observational experiences. Prerequisite: HIM 2360 and AT 2298 both with grades of "C" or better.

**2 Credit Hours. 2 Lecture Contact Hours. 2 Lab Contact Hours.**

**Grade Mode:** Standard Letter

### AT 3311. Clinical Assessment I.

This course instructs students in the knowledge and skills used in the clinical evaluation of injuries and illnesses involving the head and face, brain, cervical spine, upper extremity, thorax, and pulmonary and cardiovascular systems. Prerequisite: AT 2356 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

### AT 3312. Clinical Assessment II.

This course instructs students about the preliminary and secondary survey with emphasis on clinical assessment of lumbar spine and lower extremity injuries as well as abdomen, gastrointestinal, genitourinary, endocrine, dermatological, and systemic illnesses. Prerequisite: AT 3311 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**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 [BIO 2451 and BIO 2452] either with a grade of "D" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**AT 3400. Gross Applied Anatomy.**

This course provides a study of the structure and function of the human body with particular emphasis on the muscular, skeletal, vascular and nervous systems. Attention will be on the anatomy and physiology of the body systems focusing on understanding specific functions of body tissues. Laboratory study of the human cadaver is included. Prerequisite: AT 2400 with a grade of "C" or better.

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

**AT 4313. Clinical Therapeutic Interventions.**

This course provides a theoretical and clinical background in the use of therapeutic interventions in physical medicine, both modalities and exercise, for patients with musculoskeletal and neurological injuries. Prerequisite: AT 3311 and AT 3312 both with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 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: AT 3311 and AT 3312 both with a grade of "C" or better and a minimum 2.75 Texas State GPA.

**3 Credit Hours. 0 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.

**1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.**  
**Grade Mode:** Standard Letter  
**TCCN:** PHED 1164

**ESS 1101. Seminar in Exercise and Sport Science.**

This course provides students with an introduction to the various areas of exercise science, including interventions for healthy versus clinical populations, professional opportunities, individual awareness of professional responsibilities, familiarization with current trends and issues, and professional literature.

**1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.**  
**Grade Mode:** Standard Letter

**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.

**1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.**  
**Grade Mode:** Standard Letter

**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.

**1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.**  
**Grade Mode:** Standard Letter

**ESS 1173A. Practicum for Teaching Individual Sports.**

This course provides for real-life application of concepts learned in ESS 1310. This practicum aligns with an accompanying section of an approved Team Sports ESS/PFW Activity course. Pre-Service teachers seeking All-Level Physical Education teacher certification will gain valuable experience in planning and teaching lessons from a models-based teaching perspective. Prerequisite: ESS 1310 with grade of "C" or better.

**1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.**  
**Course Attribute(s):** Exclude from 3-peat Processing|Topics  
**Grade Mode:** Standard Letter

**ESS 1173B. Practicum for Teaching Team Sports.**

This course provides for real-life application of concepts learned in ESS 1310. This practicum aligns with an accompanying section of an approved Team Sports ESS/PFW Activity course. Pre-Service teachers seeking All-Level Physical Education teacher certification will gain valuable experience in planning and teaching lessons from a models-based teaching perspective. Prerequisite: ESS 1310 with grade of "C" or better.

**1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.**  
**Course Attribute(s):** Exclude from 3-peat Processing|Topics  
**Grade Mode:** Standard Letter

**ESS 1173C. Practicum for Teaching Conditioning.**

This course provides for real-life application of concepts learned in ESS 1310. This practicum aligns with an accompanying section of an approved Team Sports ESS/PFW Activity course. Pre-Service teachers seeking All-Level Physical Education teacher certification will gain valuable experience in planning and teaching lessons from a models-based teaching perspective. Prerequisite: ESS 1310 with grade of "C" or better.

**1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.**  
**Course Attribute(s):** Exclude from 3-peat Processing|Topics  
**Grade Mode:** Standard Letter

**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.

**1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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.

**1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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.

**1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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.

**1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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.

**2 Credit Hours. 1 Lecture Contact Hour. 1 Lab Contact Hour.**

**Grade Mode:** Standard Letter

**ESS 1298. Foundations of Sports Medicine.**

This introductory course provides an essential foundation for students beginning their course of study in the field of sports medicine. Students will understand key principles of professionalism, responsibilities, ethics and legal aspects, scope of practice, and health care job opportunities in the careers of sports medicine.

**2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 1310. Introduction to Teaching Physical Education.**

This course is designed to provide pre-service physical educators an introduction to fundamental principles of teaching physical education in K-12 settings. Progressive steps in developing a basic understanding of pedagogical skills, physical education curriculum, and professional attributes needed to pursue the teaching profession.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 2320. Motor 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

**ESS 2321. Curriculum Design & Implementation in Physical Activity Settings.**

This course is designed to teach students how to design and implement a comprehensive physical education program in school settings. Concepts from the course can be extended to include before or after school programs as well for all grade levels (K-12).

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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. Prerequisite: BIO 2430 or [BIO 2451 and BIO 2452] or [BIO 3425 and BIO 3426] any with grades of "C" or better and a minimum 2.0 Overall GPA. Corequisite: ESS 3317 with a grade of "C" or better.

**1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 3180. Cardiopulmonary Resuscitation (CPR), First Aid, and Basic Life Support (BLS).**

This course will teach the fundamentals of Cardiopulmonary Resuscitation (CPR) and First Aid. An extension of the class will include Basic Life Support (BLS) i.e. epinephrine injection, supplemental oxygen administration, and automated defibrillation administration.

**1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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 with a grade of "D" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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

**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. Prerequisite: BIO 2430 2430, or [BIO BIO 2451 and BIO 2452] 2452, with grades of "C" or [BIO 3425 and BIO 3426] any with grades of "C" or better and a minimum 2.0 Overall GPA.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Lab Required

**Grade Mode:** Standard Letter

**ESS 3319. Introduction to Cardiopulmonary Exercise Physiology.**

This course introduces students to the cardiovascular and pulmonary systems, discusses the physiological dynamics, control mechanisms, and system interrelationships of the cardiovascular and pulmonary systems, and explores the effects of exercise on these systems, including the physiological factors that limit exercise tolerance across the spectrum of health and chronic disease. Prerequisite: BIO 2430 or [BIO 2451 and BIO 2452] and ESS 1101 all with grades of "C" or better a minimum 2.0 Overall GPA.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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.

Prerequisite: BIO 2430 or [BIO 2451 and BIO 2452] or [BIO 3425 and BIO 3426] all with grades of "C" or better and a minimum 2.0 Overall GPA.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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

**ESS 3323. Psychosocial Aspects of Exercise and 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

**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

**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 and draw upon examples from sport, physical activities, and rehabilitation. Prerequisite: A minimum 2.0 Overall GPA.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 3340. Theory and Principles of Coaching.**

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.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4100. Professional Development in Health and Fitness Management.**

This course prepares students to obtain a health and fitness internship and to actively participate in professional development activities including conferences, development of resumes, and interaction with health and fitness professionals. Must be taken the last long semester before internship. Prerequisite: A minimum 2.0 Overall GPA.

**1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4101. Professional Development in Clinical Exercise Science.**

This course prepares students to obtain an internship related to clinical exercise science and to actively participate in professional development activities including conferences, development of professional materials, and interaction with clinical exercise professionals. Must be taken the last long semester before internship. Prerequisite: A minimum 2.0 Overall GPA.

**1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4317. Fitness Assessment and Programming for Healthy Populations.**

Students are presented with current information on fitness assessment and exercise programming for healthy 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 both with grades of "C" or better and a minimum 2.0 Overall GPA.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4318. Fitness Assessment and Programming Practicum for Healthy Populations.**

During this 80-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 venues. Prerequisite: ESS 3117 and ESS 3317 with grades of "C" or better and a minimum 2.0 Overall GPA.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4319. Fitness Assessment and Programming in Clinical Exercise Science.**

This course provides students with an opportunity to develop knowledge, skills, and competence required to assess and prescribe exercise for clinical populations and to gain knowledge related to managed care and rehabilitation with clinical patients. Prerequisites: ESS 3117 and ESS 3317 both with grades of "C" or better and a minimum 2.0 Overall GPA.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4320. Resistance Training and Conditioning.**

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: ESS 3317 and ESS 3117 both with grades of "C" or better and a minimum 2.0 Overall GPA.

**3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.**

**Grade Mode:** Standard Letter

**ESS 4321. Fitness Assessment and Programming Practicum in Clinical Exercise Science.**

This course presents current exercise and sports science information on testing and programming for clinical populations. This course provides fundamental knowledge, competence, and skills necessary to conduct safe and valid assessments, interventions, and rehabilitation programs for patients with health problems. Students will spend 80 hours at a practicum site. Prerequisite: ESS 1101 and ESS 3117 and ESS 3317 and ESS 3319 all with grades of "C" or better and a minimum 2.0 Overall GPA.

**3 Credit Hours. 1 Lecture Contact Hour. 5 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4323. 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).

**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. (WI).

**3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

**ESS 4333. Fitness Assessment and Programming for Populations Requiring Special Considerations.**

This course provides practical information on fitness assessment and programming for persons requiring special considerations due to their age, pregnancy, obesity, diabetes, low back pain or other health conditions. Prerequisite: ESS 1101 and ESS 3117 and ESS 3317 all with grades of "C" or better and a minimum 2.0 Overall GPA.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4337. Independent Study in Exercise and Sports Science.**

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.

**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.

**3 Credit Hours. 0 Lecture Contact Hours. 15 Lab Contact Hours.**

**Grade Mode:** Credit/No Credit

**ESS 4351. Measurement & Evaluation in Exercise and Sports Science.**

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. Prerequisite: A minimum 2.0 Overall GPA.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4357. Water Safety Instruction for Service Learning.**

This course is designed for students to obtain the Red Cross Water Safety Instruction (WSI) certification, and learn how to teach using a Mastery Motivational Climate/TARGET approach. More than half of the semester will involve providing swim lessons to students grades K-6 from a San Marcos school. Students must be able to perform the following skills: front crawl, back crawl, breaststroke, elementary backstroke and sidestroke for 25 yards; butterfly for 15 yards; back float and tread water for 1 minute. Students with a current WSI certification will be exempt from the required WSI lab at the beginning of the semester.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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 and ESS 2320 and ESS 3325, all with a grade of "D" or better, and 2.75 overall GPA.

**6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**ESS 4660. Exercise and Sports Science Internship.**

In this 400-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. (WI) Prerequisite: A minimum 2.0 Overall GPA and department approval.

**6 Credit Hours. 0 Lecture Contact Hours. 25 Lab Contact Hours.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

**ESS 4661. Internship in Clinical Exercise Science.**

This course places the student in a professional work environment to apply the concepts of exercise rehabilitation in a cardiac care, respiratory therapy, or other healthcare setting, under the supervision of professionals in the field. Students are required to spend 400 hours in this internship position. Prerequisite: Department approval and a minimum 2.0 Overall GPA.

**6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.**

**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.

**1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing

**Grade Mode:** Standard Letter

**PFW 1110A. Aerobic Conditioning.**

This course covers a variety of aerobic conditioning formats.

**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 1110B. Group Fitness.**

This course will include various types of aerobic/cardio exercise formats.

**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.

**1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing

**Grade Mode:** Standard Letter

**PFW 1110G. Beginning Weight Lifting.**

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

**PFW 1110K. Restricted Fitness Activities.**

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

**PFW 1130A. Beginning Basketball.**

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

**PFW 1130B. Soccer.**

Soccer.

**1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing

**Grade Mode:** Standard Letter

**PFW 1140A. Football Varsity.**

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

**PFW 1140B. Basketball–Men’s Varsity.**

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

**PFW 1140C. Basketball–Women’s Varsity.**

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

**PFW 1140D. Track & Field–Men’s Varsity.**

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

**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

**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

**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

**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

**PFW 1140I. 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

**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

**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

**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



**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**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|Header**Grade Mode:** Standard Letter**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 skills necessary to facilitate either high or low elements of a challenge course. May be repeated once with different emphasis for credit.

**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**PFW 1154C. Backpacking.**

Backpacking.

**1 Credit Hour. 0 Lecture Contact Hours. 1 Lab Contact Hour.****Course Attribute(s):** Exclude from 3-peat Processing**Grade Mode:** Standard Letter**PFW 1155G. Racquetball.**

Racquetball.

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

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**PFW 1155N. Pocket Billiards.**

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**PFW 1160B. Beginning Volleyball.**

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**PFW 1165A. Golf–Men's Varsity.**

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**PFW 1165C. Tennis–Women's Varsity.**

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**PFW 1165D. Golf – Women's Varsity.**

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**PFW 1165E. Varsity Cheerleaders.**

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**PFW 1190A. Canoeing.**

Canoeing.

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

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**PFW 1201. Advanced and Master Scuba Diving.**

Students will gain advanced level scuba diving skills. Prerequisite: PFW 1190F with a grade of "D" or better.

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

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

**PFW 1301. Social and Behavioral Dimensions of Physical Fitness and Wellness.**

Students will explore the role of physical activity in a healthy and productive society. The course focuses on social and cultural influences on motivation, values and beliefs related to physical activity, as well as the impact of physical activity on individual, community, and population.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Soc & Behav Sciences Core 080

**Grade Mode:** Standard Letter

**PFW 2301. Rescue SCUBA Diver /Diving First Aid for Professional Divers.**

This course trains divers in the knowledge and skills needed to manage risks and effectively handle limited in-water problems and diving related emergencies. The rescue portion includes assists, transports, surface rescues and rescues from depth involving both boat- and shore-based skin and scuba divers. The first aid portion includes duty of care and emotional response, dive emergency preparation, response and assessment, Oxygen first aid, AED, CPR for the healthcare professional, secondary care, and hazardous marine life injuries/first aid. Students with a SCUBA Diver or Advanced SCUBA Diver certification from another agency or institution will be accepted provided the student's diving. Prerequisite: PFW 1190F or PFW 1201 or equivalent any with a grade of "C" or better.

**3 Credit Hours. 2 Lecture Contact Hours. 2 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing

**Grade Mode:** Standard Letter

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

## Courses in Public Health (PH)

**PH 1310. Foundations of Personal Health.**

This course provides an introduction to personal health and wellness topics including nutrition, mental health, sexual health, and physical fitness with an emphasis on health trends and health behaviors.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**TCCN:** PHED 1304

**PH 1320. Introduction to Public Health.**

This course provides students a basic understanding of U.S. and global public health systems. Students are also introduced to various public health settings, specific careers in public health, and public health certifications.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 2338. Substance Use and Abuse.**

This course explores the impact of substance use and abuse on personal, public, and population health. Course content includes current statistics and information on substance use and abuse issues and substance prevention interventions with a focus on public health prevention strategies.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**TCCN:** PHED 1346

**PH 2340. Community Health.**

This course acquaints students with issues, trends, developments, and principles in community health. The course also provides an overview of selected topics, such as epidemiology, community organization, and program planning. Corequisite: PH 1320 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 3301. Environmental Health.**

This course is an examination of the ecological impact resulting from contemporary sociopolitical action and its resulting influence on human health.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 3315. Statistics in Public Health.**

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. (WI) Prerequisites: MATH 1312 or MATH 1315 or MATH 1317 or MATH 1319 or MATH 1329 or MATH 2321 or MATH 2417 or MATH 2471 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

**PH 3321. Health in the School Setting.**

This course offers a foundation in health methods and activities to provide resources for the elementary and secondary school teacher. Provides an overview of current school health issues: Whole School, Whole Community, Whole Child model, mental health, personal health, family life, substance abuse, and violence in the school setting.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 3330. Inclusion and Diversity in Women's Health.**

This course is designed to explore the health care concerns unique to women and to provide students with opportunities to create strategies to improve women's health. Particular attention will be given to issues that affect women in under-served populations and how to more effectively serve their needs.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 3348. Prevention of Disease.**

This course provides an overview of the etiology of communicable and chronic diseases with special emphasis on health promotion activities to reduce the incidence of disease in communities and society.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 3350. Consumer Health.**

This course focuses on consumer health and decision making with regard to the selection of health products and services. Students will learn how to effectively evaluate health information with emphasis on consumer literacy, public policy, and consumer products and services.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 3360. Issues in Human Sexuality.**

The course provides a study of human sexuality as a lifelong process of acquiring information and forming healthy attitudes, beliefs, and values regarding sexuality. Human sexuality's impact on personal and public health will be explored.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 3370. Epidemiology.**

This course introduces students to epidemiological concepts including determinants of health and patterns of disease in populations, population health descriptive techniques, use of health indicators and secondary data sources. Students will focus on epidemiology in community health assessment and program evaluation, and development of public health strategies and policy. Prerequisite: MATH 1312 or MATH 1315 or MATH 1317 or MATH 1319 or MATH 1329 or MATH 2321 or MATH 2417 or MATH 2471 or HON 2302A or HON 2302B and with a grade of "D" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 3374. Global Health.**

This course focuses on principles of international health in global populations. Students explore roles of health educators collaborating with providers of health services to diverse populations.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 3376. Worksite Health Promotion.**

The purpose of this course is to introduce students to worksite health promotion. The focus of the course is on planning, implementing, and evaluating worksite health promotion programs. The course addresses other contemporary health issues, policies, and considerations that affect worksite health promotion.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 4100. Professional Development in Public Health.**

This course provides the opportunity for students to obtain a community or public health promotion internship and to actively participate in professional development activities including conferences, development of resumes and interaction with health professionals. If a student is planning to complete an internship, this course must be completed during the semester immediately prior.

**1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 4331. Health Disparities.**

This course explores social determinants of health and health disparities in the U.S. and globally. Students explore past and existing public health initiatives to address health disparities in various U.S. and global communities.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**PH 4335. Public Health Leadership.**

This course allows students to develop discipline-specific leadership skills and a personal leadership philosophy which will help in managing public health and health promotion programs. Topics include leadership philosophy, staffing, programming, budgeting, public relations, facilities, and evaluations.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

**PH 4336. Health Behavior Theory.**

This course introduces students to health behavior theory, including cognitive, operant, and social theories of motivation and behavior, behavior change theory, social marketing, and social ecology. Students will also learn about the role of behavior theory in health promotion practice and public health interventions. (WI) Prerequisites: PH 1320 and PH 2340 both with grades of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

**PH 4347. Independent Study in Public Health.**

This course is designed for undergraduate students who display potential for independent research in public health. Students work individually with faculty to develop an independent research study/project in public health. Open on an individual basis by arrangement with the division chair. May be repeated for credit with different emphasis. Prerequisites: Instructor approval.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing

**Grade Mode:** Standard Letter

**PH 4360. Internship in Public Health.**

This part-time internship involves the application of public health concepts to a community or public health setting. Students participate in the work of a health organization/agency and complete a semester-long project. A minimum of 200 contact hours is required. (WI) Prerequisite: PH 4100 with a grade of "C" or better and a minimum 3.0 major GPA and departmental approval. Corequisite: PH 4640 with a grade of "C" or better.

**3 Credit Hours. 0 Lecture Contact Hours. 20 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing|Writing Intensive

**Grade Mode:** Standard Letter

**PH 4640. Public Health Program Planning and Evaluation.**

Students apply professional knowledge and skills to the development of public health programs. Topics include needs assessment, data gathering techniques, instrument design, data and statistics, and the interpretation, reporting, and application of findings for program development. Cultural competency and communication are covered. (WI) Prerequisite: PH 1320 and PH 2340 both with grades of "C" or better. Corequisite: PH 4336 with a grade of "C" or better.

**6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

**PH 4660. Internship in Public Health.**

This internship involves the application of public health concepts to a community or public health setting. Students participate in the work of a health organization/agency and complete a semester-long project. A minimum of 400 contact hours is required. (WI) Prerequisites: PH 4100 and PH 4640 both with grades of "C" or better and a minimum 3.0 major GPA and departmental approval.

**6 Credit Hours. 0 Lecture Contact Hours. 40 Lab Contact Hours.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

## Courses in Recreational Administration (REC)

**REC 1310. Introduction to Recreation and Leisure Services.**

This course includes brief historical backgrounds, professional opportunities, present status, past and present leaders of the recreation services profession. 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 better in this course is required to enroll in any upper division Recreation Studies courses.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**TCCN:** PHED 1336

**REC 1330. Introduction to 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

**REC 1370. Introduction to Recreational Therapy.**

This course surveys history, philosophy, terminology, and professional opportunities within recreational therapy. An overview of interventions, settings, clientele, and services supporting functional improvements and enhancing quality of life are explored.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 2330. Leadership in Recreation and Leisure Services.**

Discussion of leadership theories and skill development for indoor-outdoor games and sports. A weekly required lab includes leading and participating in group activities to develop leadership skills.

**3 Credit Hours. 2 Lecture Contact Hours. 2 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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. Prerequisite: REC 1310 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**TCCN:** PHED 1336

**REC 2336. Directed Field Experience in Programming Recreation.**

This course provides field-based experiences 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 and a minimum 2.0 Texas State GPA and instructor approval.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 2370. Planning Recreational Therapy Services.**

This course engages students in course content and service learning to develop knowledge and skills in program planning and implementation used in a variety of therapeutic recreation settings. Students will gain an understanding of theoretical models and learn how to apply these models to activity and task analysis. Prerequisites: REC 1370 with a grade of "C" or better. Corequisites: REC 1310 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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. Prerequisite: REC 2335 with a grade of "C" or better and [MATH 1312 or MATH 1315 or MATH 1316 or MATH 1317 or MATH 1319 or MATH 1329 or MATH 2321 or MATH 2417 or MATH 2471 or HON 2302A] with a grade of "D" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**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).

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

**REC 3340. Recreation Facilities Operations and Maintenance.**

This course content includes theories and processes in the development, operation, maintenance, and management of various recreational facilities. Prerequisite: REC 2335 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 3351. Evaluation of Leisure Service Programming.**

This course focuses on methods, techniques, and application of the evaluation process related to a wide variety of leisure service functions including clientele and prospective participants, programs, personnel, facilities, organizations, and literature. (WI) Prerequisite: REC 2335 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

**REC 3370. Assessment and Documentation in Recreational Therapy.**

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 recreational therapy practice. Prerequisite: HIM 2360 and REC 1370 and REC 2370 all with grades of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 3371. Facilitation and Processing in Recreational Therapy.**

This course presents an overview of concepts, methods, and techniques used in the selection and implementation of therapeutic facilitation and interventions used in recreational therapy practice. Students will apply current research and theoretical perspectives to the selection and implementation of therapeutic interventions. In addition, processes for leading therapeutic groups, facilitation techniques, and counseling techniques will be introduced in relation to recreational therapy practice. Focus will be on development of skills necessary to implement evidence-based goal-directed outcomes. Prerequisite: REC 1370 and REC 2370 both with grades of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 3380. Practicum in Outdoor Recreation.**

This practicum involves a 200 hour field-based experience during which a student will complete leadership and administrative tasks in an approved outdoor recreation services agency. The practicum is co-supervised by a faculty and an agency representative. This course may be taken two times with different outdoor recreation services agencies. Prerequisite: REC 1310 and REC 1330 both with grades of "C" or better and a minimum 2.25 Major GPA and instructor approval.

**3 Credit Hours. 0 Lecture Contact Hours. 13 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing

**Grade Mode:** Standard Letter

**REC 4318G. Cross Cultural Studies in Recreation & Sport Facility Design.**

This course will introduce theories and provide practical experience in the design, development, operation, maintenance, administration of various recreation and sport facilities. Students will compare facility amenities from the United States with those in another country. Students will have behind the scenes tours of recreation and sport facilities and parks, meet with managers from all sectors of the recreation and sport industry, and learn from faculty abroad. It is specifically for students participating in the Study Abroad program offered by Recreation Studies.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing|Topics

**Grade Mode:** Standard Letter

**REC 4318H. Recreation & Sport Research in a Cross-Cultural Context.**

This course involves the examination of concepts, techniques, and processes that are applied in conducting evaluation/research. Students will identify an area of interest related to recreation, sport or leisure and complete a research project comparing the subject area in the United States to the country being visited. Students will tour recreation and sport facilities as well as visit cultural, historic and scenic locations in and around the city where we will be staying. It is specifically for students participating in the Study Abroad program offered by Recreation Studies.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing|Topics

**Grade Mode:** Standard Letter

**REC 4330. Entrepreneurial Management in Recreation Services.**

This course provides a study of 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 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 4335. Outdoor Recreation Programming.**

In this course, 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. Prerequisite: REC 1330 and REC 2335 both with grades of "C" or better or instructor approval.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 4337. Independent Study in Recreation Administration.**

This course consists of individual study related to recreation 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

**REC 4350. Employee 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 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 4370. Principles of Recreational Therapy.**

This course will cover the principles and administrative aspects of recreational therapy services including standards of practice, code of ethics, comprehensive program design, and issues related to professionalism. Prerequisite: REC 1370 and REC 2370 and REC 3370 and REC 3371 all with grades of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 4371. Application of Evidence-Based Practice in Recreational Therapy.**

This course provides a theoretical and practical foundation for applying the recreational therapy process with persons with various types of disabilities across the lifespan. Focus will be on developing skills necessary to implement evidence-based interventions culminating in the design and application of a comprehensive case study. Prerequisite: REC 1370 and REC 2370 both with grades of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 4380. Seminar in Recreation Trends and Issues.**

This capstone seminar addresses trends in leisure services. Emphasis is on the interactional effects of diverse services, consumers, and environments. The course should be taken in the last spring semester preceding enrollment in REC 4680 or REC 4681. (WI) Prerequisite: Instructor approval.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Writing Intensive

**Grade Mode:** Standard Letter

**REC 4680. Internship in Community Recreation.**

This internship involves a 400 hour field-based experience during which a student will complete administrative tasks in an approved recreation services agency. The work is co-supervised by a faculty and an agency representative trained in the recreation field. Prerequisites: REC 1310 and REC 2335 and REC 2336 and REC 3325 and REC 4380 all with grades of "C" or better and all major coursework must be completed and a minimum 2.25 Major GPA and instructor approval.

**6 Credit Hours. 0 Lecture Contact Hours. 30 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 4681. Internship in Recreational Therapy.**

This internship involves experiential learning over a long semester during which a student will work (a minimum of 14 weeks and 560 hours) in a recreational therapy setting under direct professional supervision by a Certified Therapeutic Recreation Specialist (CTRS) and a faculty member with CTRS credential. Prerequisites: REC 1310 and REC 1370 and REC 2335 and REC 2336 and REC 2370 and REC 3325 and REC 3370 and REC 3371 and REC 4370 and REC 4371 and REC 4380 all with grades of "C" or better and all major coursework completed and a minimum 2.25 Major GPA and instructor approval.

**6 Credit Hours. 0 Lecture Contact Hours. 35 Lab Contact Hours.**

**Grade Mode:** Standard Letter