

HEALTH, PHYSICAL EDUCATION, AND RECREATION

Chair: Tommy Thompson*

Lars Andersson	Mary Guy Beaver***	Jeff Bolles
Sandra Cross**	Danny Davis	Susan Edkins
Bryan Garmroth	John Haskins	Steve Johnson
Beverly Justice	Dan Kenney	Sandi Littleton
Temekia Moses	Paul O'Neil	Larry Rodgers
Mike Schaeffer	P.J. Smith	Jason Tinsley
Jim Wall****		

*Teacher Education & Graduate Program Coordinator

**Health Promotion Coordinator

***Recreation Program Coordinator

****Athletic Training Coordinator

The purposes of the Department of Health, Physical Education and Recreation are: (1) to provide a comprehensive academic program in health, physical education, and recreation for students who plan to pursue one of these fields as a profession; (2) to provide professional preparation for prospective teachers in the area of physical education; (3) to provide a service program which will afford all students the opportunity to learn and participate in a wide range of activities which will benefit them now and in the future; (4) to provide competition for all interested students through a comprehensive program of intramural athletics in both team and individual sports; (5) to provide recreational activities that will enable students and faculty to enjoy their leisure time in a program that will benefit them physically, mentally, and socially; and (6) to educate individuals about risk factors associated with certain lifestyle choices and provide them with the skills to make behavioral changes that will improve their health and the quality of their lives.

BACHELOR OF SCIENCE DEGREES OFFERED

Health Promotion

Physical Education: Athletic Training (*UNCP NATA Accreditation pending*)

Physical Education: Exercise and Sport Science

Physical Education: Recreation Management/Administration

Physical Education with Licensure by the State for Teaching in the Public Schools (K-12)

MINORS OFFERED

Minor in Athletic Coaching

Minor in Health Promotion

Minor in Physical Education

Minor in Recreation

BACHELOR OF SCIENCE IN PHYSICAL EDUCATION

Requirements for a Bachelor of Science Degree in Physical Education:

Exercise & Sport Science	Sem. Hrs.
Freshman Seminar	1
General Education Requirements (must take PED 130 & 146 in Gen. Ed.)	44
Degree Requirements: ATH 102; SPE 200 or 201 or PRE 209; HLTH 106;	
100 or 109; 300 or 377; PED 101; 130 in Gen. Ed.; 138 or 179; 146 in Gen. Ed.;	
173 or 240; 200; 204; 206; 207; 312; 316; 319; 340; 348; 349; 411; 412; 415; 424;	
Practicum Requirement (PED 326 or REC 327); REC 300 or 325; 425;	
Must take four (4) of the following 1-hr. PE courses without duplicating any course	
above: PED 131, 132, 133, 134, 135, 136, 137, 138, 141, 145, 172, 177; 179,	
190, 195, 230, 241, or a maximum of any two (2) 1-hr. coaching course(s)	
	57
Electives	18
	Total: 120

Requirements for a Bachelor of Science Degree in Physical Education:**Recreation Management/Administration****Sem. Hrs.**

Freshman Seminar

1

General Education Requirements (must include BIO 210 as Gen Ed Elective)

44

Degree Requirements:

49

PED 106; 109; 138, 204, 207, 230, 340, 349 or 412;

REC 300, 327, 332, 400, 416, 425, 440, & 450;

Aquatic 2-hr Requirement: PED 134, 332, 333, 334, and/or 335;

Art 3-hr Requirement: must take one 3-hr "ART" course from the following

list: ART 101, 105, 109, 111, 132, 305, or 306 (cannot take ART 205)

Must take seven (7) of the following 1-hr PE courses (not counting the two required above in "Gen Ed") with written permission of the Rec Coordinator or Dept Chair:

PED 130, 131, 132, 133, 135, 136, 137, 141, 145, 146, 177, 179, 180, 190, 195,

350, 351, 352, 353, 354, 355, 356, 364, or 366.

Electives

26

Total: 120**BACHELOR OF SCIENCE IN PHYSICAL EDUCATION (K-12)**

Coordinator: Tommy Thompson

Upon successful completion of the program of study in Physical Education and related requirements, graduates are eligible for an "A" license to teach in the State of North Carolina. For a more detailed description, including the program standards and goals and objectives, turn to Undergraduate Licensure Programs in the School of Education section of this catalog.

Course Requirements**Sem. Hrs.**

Freshman Seminar and General Education (should take PED 138 for Gen. Ed.)

45(44)*

Specialty Area

29-30

PED 101, 106, 109, 138 (meet Gen Ed. Req.)*, 204, 206, 207, 312, 348,

349, 411, 412, 415, 424

2 hours from the following: ATH 102 and/or PED 200 and/or any coaching course

Professional Studies

12

EDN 302, 310, 350, 419

Content Pedagogy

18

PED 316, 319, 400

EDN 449

General Electives/Academic Concentration* (overlaps with Gen. Ed. Requirements)

18-25

Total: 127

*To complete an Academic Concentration (24-27 hours, required by N.C. for all PE licensure majors, students must plan to overlap with General Education courses (6-9 hours).

NOTE: Students who desire teacher licensure in Physical Education should declare the major as soon as possible in their college career. Consultation with the Program Coordinator or program advisor prior to registering for General Education courses is strongly recommended.

Requirements for a Bachelor of Science Degree in Physical Education:

	Sem. Hrs.
Athletic Training	
Freshman Seminar	1
General Education (<i>see specific Gen. Ed. Requirements</i>)	44
Specific General Education Requirements:	
BIO 100 or 103; CHM 130; MAT 107; PHY 150 and 151	
Other Mandated Requirements Requirements:	
CHM 110; MAT 210; PHY 156 and 157	
Department Required Courses:	
ATH 102, 103, 104, 200, 201, 204, 205, 300, 301, 303, 304, 305, 306, 404, 405, 450, 451, 490	
HLTH 106, 109, 206	
PED 207, 340, 348, 349, 411, 412	61
Electives	14
Total:	120

BACHELOR OF SCIENCE IN HEALTH PROMOTION**Requirements for Bachelor of Science Degree in Health Promotion***(also see additional requirements below)*

	Sem. Hrs.
Freshman Seminar	1
General Education (Note: courses required in Gen. Ed.: PSY 101; CHM 130; MAT 210)	44
Major Requirements	
HLTH 100, 106, 200, 206, 300, 301, 305, 330, 365, 377, 410, 470, 485, 490;	
PED 207, 349	43-46
Related Electives AIS 460; BIO 103, 210; SPE 100, 101; CSC 100; HLTH 225, 304, 329, 375, 420, 480; MGT 307; MKT 312; PRE 209, 324, 345; PSY 220, 316; SOC 270, 280, 360, 373; SWK 245.	27-30
Total:	120

Additional Requirements in Health Promotion

Students must maintain a cumulative GPA of 2.0 or higher within the General Education requirements and within their major in order to be eligible for their internship. Any student who fails to maintain a GPA of 2.0 will be expected to take additional course work in order to raise their GPA to the minimum level or be dropped from the program

MINORS**Requirements for a Minor in Physical Education**

ATH 102; HLTH 106; 109; PED 134; 207; 230; 240; 241; 312;
319; 415; two (2) 1-hr. coaching courses

Total: 18

Requirements for a Minor in Recreation

REC 300, 320, 332, 400, 416, 425, and 440

Total: 21

Requirements for a Minor in Health Promotion

PED 101; HLTH109; 200; 209; 330; 332; 365; 410

Total: 18

Requirements for a Minor in Athletic Coaching

ATH 102; PED 106; 230; 326; 340; 348; 349; 412; 415;
and four (4) 1-hr. coaching courses

Total: 23

Special Departmental Grading Notice for Majors in Health, PE, Recreation:

All 100-level PED General Education activity courses will be graded as follows: students may choose "P/F" or "letter grade"; however, required courses(s) for HPER departmental majors *MUST* be letter grade *ONLY*.

COURSES

ATHLETIC TRAINING (ATH)

ATH 102. Basic Injury Prevention

Designed to provide athletic trainers, physical educators, and health students with a basic knowledge of the prevention of athletic injuries. Credit, 1 semester hour.

ATH 103. Care and Prevention of Athletic Injuries

Designed to provide athletic training students with advanced knowledge of injury prevention techniques. Credit, 3 semester hours.

ATH 104. Introduction to Athletic Training

An introductory course for potential athletic trainers in their first year of clinical experience; topics include the history of athletic training, classification of injuries, common injuries, etc. Credit, 3 semester hours.

ATH 200. Clinical Education I

Practical experience in the collegiate athletic training setting; part of a sequential progression. Credit, 1 semester hour.

ATH 201. Clinical Education II

Continued practical experience in the collegiate athletic training setting; part of a sequential progression. Credit, 1 semester hour.

ATH 204. Lower Extremities Assessment

A course in athletic injury evaluation of the major joints of the lower body including location of bony and soft tissues landmarks, special tests, assessment techniques, etc. Credit, 4 semester hours.

ATH 205. Upper Extremities Assessment

A course in athletic injury evaluation of the major joints of the upper body including location of bony and soft tissues landmarks, special tests, assessment techniques, etc. Credit, 4 semester hours.

ATH 300. Clinical Education III

Continued practical experience in the athletic training setting; more sequential progression. Credit, 1 semester hour.

ATH 301. Clinical Education IV

Continued practical experience in the athletic training setting. Credit, 1 semester hour.

ATH 303. Therapeutic Modalities Lab

An advanced course designed to provide the athletic training student with practical experience with the application of modalities to treat athletic injuries. Credit, 1 semester hour.

ATH 304. Therapeutic Modalities

An advanced course designed to cover the physical basis and physiological effects of agents and modalities commonly used in the treatment of athletic injuries; emphasis will be placed on establishing a foundation for selecting a treatment protocol for an injury. Credit, 3 semester hours.

ATH 305. Therapeutic Exercise

An advanced course covering the principles of the rehabilitation of athletic injuries from the time of injury until the athlete returns to competition. Credit, 3 semester hours.

ATH 306. Therapeutic Exercise Lab

An advanced course designed to provide the athletic training student with practical application of therapeutic exercise techniques. Credit, 1 semester hour.

ATH 404. Pathology, Pharmacology, and Medical Concerns

Course will present the student with the information necessary to make sound clinical decisions concerning drugs, medical considerations, and recognition of potential systemic illness/disease that

may arise in an athletic training environment, many of which are encountered only rarely but may have dire consequences. Credit, 3 semester hours.

ATH 405. Organization & Administration of Athletic Training

Designed to provide the advanced athletic training student with organizational skills and an understanding of the management and administrative responsibilities of the certified athletic trainer; also to include resource management, facility design and legal considerations. Credit, 3 semester hours.

ATH 450. Athletic Training Internship I

Supervised clinical experience for the advanced athletic training student. Credit, 3 semester hours.

ATH 451. Athletic Training Internship II

Supervised clinical experience for the advanced athletic training student. Credit, 3 semester hours.

ATH 490. Athletic Training Research

An analysis of athletic training research issues specifically related to the profession of athletic training. Course will address the need for a unique research base, and research will be developed from within the profession to link athletic training skills to underlying theory. Credit, 1 semester hour.

HEALTH PROMOTION (HLTH)

HLTH 106. Safety and First Aid (PED 106)

A certified-based American Red Cross study of safety, first aid, CPR, and emergency procedures. Eight-week course. Credit, 1 semester hour.

HLTH 109. Healthful Living (PED 109)

A study of major and contemporary personal and health promotion topics. Eight-week course. Credit, 1 semester hour.

HLTH 200. Principles of Health and Fitness Promotion

A generic introduction for students pursuing professional preparation in health promotion. It will discuss the historical and philosophical perspectives of the development of health promotion and examine the delivery of health promotion in a variety of settings. Credit, 3 semester hours.

HLTH 206. Nutrition (PED 206)

Designed to investigate topics in nutrition which are most relevant to physical activity, fitness, health, and sports participation. Along with general nutrition information, topics will include the effects foods have on physical performance, eating disorders, and proper body fat control. Half-semester course. Credit, 1 semester hour.

HLTH 225. Health Psychology (PSY 225)

The course will cover the psychobiosocial dynamics of stress and wellness. Students will examine methods of managing stress and enhancing health through cognitive-behavioral modification, bio-feedback, meditation, hypnosis, psychotherapy, nutrition, and exercise. Credit, 3 semester hours.

HLTH 301. Community Health Organizations and Services (SOC 301)

This course explores and analyzes current major community health issues, the programs and services available for preventing and controlling these problems and the various agencies and organizations which deal with the problems and issues. Credit, 3 semester hours.

HLTH 304. Human Sexuality (SOC 304)

Human sexuality is analyzed as a social, psychological, and biological process. Included in a discussion of sexual values and behaviors and their relationship to social structure. As announced. Credit, 3 semester hours.

HLTH 305. Adult Development and Aging (PSY 305)

The course is designed to survey, topographically and chronologically, the aging period from middle adulthood to older adulthood. Changes in biological, intellectual, memory, learning, personality, and social processes will be addressed. Credit, 3 semester hours. PREREQ: PSY 101.

HLTH 329. Society and Environment (SOC 329)

A study of the social aspects of the natural environment. Environmental factors influencing societal development, and ideological conceptions which relate people to their surroundings are explored. The interdependence of culture and physical resources is stressed. Credit, 3 semester hours.

HLTH 330. Health Promotion and Fitness Skills

This course will acquaint students with various learning theories and teaching methods. The focus will be upon selecting methods, media and techniques best suited for teaching health promotion and fitness content to specific learners. Credit, 3 semester hours.

HLTH 332. Planning, Administration, and Evaluation of Programs

This course will provide an in-depth examination of program-planning and evaluation in areas of health, fitness, leisure activity, etc. Emphasis will be placed on the overall planning processes for developing a variety of wellness settings. Credit, 3 semester hours.

HLTH 365. Human Diseases

Study of the disease process including causes, effects, and control of selected diseases with emphasis on disease prevention and health promotion. Credit, 3 semester hours.

HLTH 375. Death, Dying, and Chronic Illness (SOC 375)

Stages of personal adjustment to death. Dying as a social process. Therapy with the chronically and terminally ill. Social, economic, and psychological aspects of the funeral. The hospice is discussed. Credit, 3 semester hours.

HLTH 377. Drugs, Society, and Behavior (SOC 377)

A study of the types and functions of pharmaceutical treatments. Drug addiction is analyzed as a social, psychological, and biological process. Credit, 3 semester hours. PREREQ: SOC 280 or permission of instructor.

HLTH 410. Health and Fitness Behavior Changes

This course provides students with the foundations necessary to develop a theoretical basis for the analysis and interpretation of specific health and fitness behaviors. This foundation will assist them in planning, implementing and evaluating behavioral change program for individuals or groups. Credit, 3 semester hours.

HLTH 420. Women's Health Issues and Problems (SOC 420)

The course provides an in-depth analysis of biological, psychological, sociocultural and political issues related to the health and health care of women. Emphasis will be placed upon the diverse health problems of women and the roles and responsibilities of women as health care consumers and providers. Credit, 3 semester hours.

HLTH 425. Leisure and Wellness for Older Adults (REC 425)

The study of the physical, social, and emotional characteristics, needs, and interests of middle and older adults related to fitness and leisure activities utilizing a theoretical and practical approach. Credit, 3 semester hours.

HLTH 480. Epidemiology (SOC 480)

This course will explore epidemiological approaches to disease prevention and control. Emphasis will be placed on applying epidemiological principles to selected community health problems. Credit, 3 semester hours.

HLTH 485. Preparation for Internship

A comprehensive study and integration of the areas of responsibility for the community health major and their corresponding functions and skills essential for a successful internship. Will provide opportunities for observation/experience in community health settings. Credit, 3 semester hours.

HLTH 490. Internship

A practical work experience in a health promotion setting, e.g., hospital, public health agency or industry supervised by an on-site supervisor and a UNCP faculty member. Credit, 6 semester hours.

HLTS 3xx. Selected Health Topics

Course will include specific health topics that will vary and will be announced in the semester class schedule. Topics will be timely and important to health professionals and other interested students. Health Promotion majors will be allowed to receive a maximum of six credits for the course. Credit, 3 semester hours.

PHYSICAL EDUCATION (PED)**PED 101. Wellness and Fitness**

Basic, practical concepts concerning health, disease, fitness, exercise, obesity, etc., will be covered as related to personal wellness and fitness. Half-semester course. Credit, 1 semester hour.

PED 106. Safety and First Aid (HLTH 106)

A certified-based American Red Cross study of safety, first aid, CPR, and emergency procedures. Eight-week course. Credit, 1 semester hour.

PED 109. Healthful Living (HLTH 109)

A study of major and contemporary personal and health promotion topics. Eight-week course. Credit, 1 semester hour.

PED 130. Fitness Walking

Half-semester course. Credit, 1 semester hour.

PED 131. Archery

Half-semester course. Credit, 1 semester hour.

PED 132. Badminton

Half-semester course. Credit, 1 semester hour.

PED 133. Golf

Half-semester course. Credit, 1 semester hour.

PED 134. Swimming

Half-semester course. Credit, 1 semester hour.

PED 135. Tennis

Half-semester course. Credit, 1 semester hour.

PED 136. Soccer

Half-semester course. Credit, 1 semester hour.

PED 137. Bowling

Half-semester course. \$15 fee. Credit, 1 semester hour.

PED 138. Rhythms and Dance

Half-semester course. Credit, 1 semester hour.

PED 141. Physical Conditioning

Half-semester course. Credit, 1 semester hour.

PED 145. Volleyball

Half-semester course. Credit, 1 semester hour.

PED 146. Weight Training

Half-semester course. Credit, 1 semester hour.

PED 150. Varsity Baseball

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 151. Varsity Men's Basketball

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 152. Varsity Cross Country

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 153. Varsity Golf

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 154. Varsity Soccer

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 157. Varsity Track and Field

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 158. Varsity Wrestling

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 159. Varsity Cheerleading

Squad members only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 160. Varsity Women's Basketball

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 161. Varsity Women's Tennis

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 162. Varsity Volleyball

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 163. Varsity Softball

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

PED 177. Advanced Physical Conditioning

Aimed at varsity athletes and/or extremely well-conditioned students; very intense training/conditioning; must have special permission to take. Half-semester course. Credit, 1 semester hour.

PED 179. Aerobic Dance

Half-semester course. Credit, 1 semester hour.

PED 180. Military Physical Training (MSC 180)

Half-semester course. Must be approved to register for this course. Credit, 1 sem. hr.

PED 190. Outdoor Fitness

A course designed to initiate students to outdoor fitness elements such as hiking, orienteering, climbing, etc. An outside nominal fee may be necessary. Half-semester course. Credit, 1 semester hour.

PED 195. Water Aerobics

Half-semester course. Credit, 1 semester hour.

PED 200. Motor Learning and Development

Designed to evaluate the execution and competency of a variety of fundamental movements, skills, etc. related to the teaching of physical education, sports, etc. Half-semester course. Credit, 1 semester hour.

PED 204. Adaptive Physical Education

Designed especially for teachers of exceptional children as well as for those who work with the handicapped; practical application of physical education activities, equipment, and modification of facilities for adaptive children and adults with adaptive needs; age, grade, and handicap levels will be considered. Half-semester course. Credit, 1 semester hour.

PED 206. Nutrition (HLTH 206)

Designed to investigate topics in nutrition which are most relevant to physical activity, fitness, health, and sports participation. Along with general nutrition information, topics will include the effects foods have on physical performance, eating disorders, and proper body fat control. Half-semester course. Credit, 1 semester hour.

PED 207. Computer Application in HPER

Basic and thorough on-task development of computer hardware, terminals, operations, software, peripheral systems, recorders, printers, etc. Instruction methods as well as computer-assisted instruction will be discussed and developed in a variety of disciplines. Credit, 1 semester hour.

PED 230. Officiating Sports (REC 230)

An overview of the rules and mechanics of officiating sports; practical experience via intramural officiating. Credit, 1 semester hour.

PED 312. PE and Sport in Contemporary Society (SOC 312)

A study of the historical and philosophical aspects of PE and sport from sociocultural, psychological, and political perspectives, including the relationship of sport and PE to other social institutions and schools as well as the changing concepts and evolution of leisure, PE and sports. Literature on past events, current issues, and the sociological foundation of modern PE will be examined. Credit, 3 semester hours.

PED 316. Physical Education Activities for Grades K-6

A study of the materials and movement activities of physical education in grades K-6 as it relates to rhythms, fitness, group play, and other physical activities appropriate to these age levels. Credit, 3 semester hours.

PED 319. Physical Education Activities for Grades 7-12

A study of the materials and movement activities of physical education in grades 7-12, as it relates to rhythms, fitness, group play, and other physical activities appropriate to these age levels. Credit, 3 semester hours.

PED 326. Practicum in Athletic Coaching

Practical field experience in coaching athletic teams. Student can be assigned to either a member of the University coaching staff, a junior or senior high school coaching staff as an assistant, a recreation team, etc. Credit, 1 semester hour.

PED 332. Teaching Swimming

Methods, materials, techniques, and skills of teaching swimming. Half-semester course. Credit, 1 semester hour.

PED 333. Lifeguard Training

Will include first aid, CPR for professional rescuer, AED, and disease-transmission certification. Half-semester course. Credit, 1 semester hour.

PED 334. Lifeguard Instructor

Instructor's course leading to Red Cross certification. Half-semester course. Credit, 1 semester hour. Prerequisite: Must be Red Cross certified lifeguard training course (PED 333).

PED 335. Water Safety Instructor (WSI)

Instructor's course in teaching swimming and lifesaving techniques leading to Red Cross certification. Credit, 2 semester hours. Prerequisites: PED 333 Lifeguard Training and current First Aid/CPR certification card(s).

PED 340. Sport and Exercise Psychology

A study of the psychological theories and techniques that can affect motivation, performance and personal growth as associated with exercise and sport. Credit, 3 semester hour.

PED 348. Kinesiology

A structural study of the muscular system of the human body with emphasis on, and biomechanical analysis of, kinetic applications/movements relative to physical education, sport, and human movement. Credit, 3 semester hours.

PED 349. Anatomy and Physiology

A study of the anatomical and physiological functions, parts, and processes of the various systems of the human body to include cell, tissue, and organ, and structural study. Credit, 3 semester hours.

PED 350. Coaching Football

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

PED 351. Coaching Basketball (Men or Women)

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

PED 352. Coaching Track and Field

A study of fundamentals, individual techniques, conditioning, maintaining facilities, and staging events. Half-semester course. Credit, 1 semester hour.

PED 353. Coaching Baseball

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

PED 354. Coaching Wrestling

A study of fundamentals, moves, strategies, and conditioning. Half-semester course. Credit, 1 semester hour.

PED 355. Coaching Soccer

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

PED 356. Coaching Softball

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

PED 364. Coaching Volleyball

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

PED 366. Coaching Tennis

A study of fundamentals, individual techniques, conditioning, drills, and conducting matches. Half-semester course. Credit, 1 semester hour.

PED 400. Teaching Physical Education in Grades K-12

Purposes, methods, materials, techniques, and evaluation procedures in the teaching of physical education K-12. Preparation of teaching plans and materials. Credit, 3 semester hours.

PED 411. Biomechanics

A qualitative and quantitative study of the mechanical factors related to human movement. The study of biomechanical principles that govern effectiveness of human kinetic movement and skills. Human movement as related to the laws of physics and biomechanics. Human biomechanical movement analysis will be explored as well as kinematic concepts. Credit, 3 semester hours.

PED 412. Exercise Physiology

An analytical, practical study of how exercise affects the various physiological systems of the human body both positively and negatively. Sport and athletic physiology will be addressed as well. Credit, 3 semester hours.

PED 415. Organization and Administration of Physical Education and Athletics

A study of the organization and administration of physical education and athletics with particular reference to management, logistics, legal issues, budgeting, facilities, etc. Credit, 3 semester hours.

PED 424. Tests and Measurement in Physical Education

An analysis of the methods of testing and evaluating in physical education; also an overview of statistics and data interpretation. Credit, 3 semester hours.

PEDS 4xx. Special Topics in HPER (RECS 4xx)

Investigations into special topics in health, physical education, or recreation. As announced. Credit, 1-3 semester hours.

RECREATION (REC)**REC 230. Officiating Sports (PED 230)**

An overview of the rules and mechanics of officiating various sports; practical experience via intramural officiating. Credit, 1 semester hour.

REC 300. Introduction to Community Recreation

An introduction to the basic concepts of organized recreation including its philosophy, history, organizational patterns, programs, facilities, and leadership. Credit, 3 semester hours.

REC 327. Creating Recreation Funding

Practical experience in researching and writing grant proposals, fund-raising, etc. as it applies to possible avenues for recreational funding from a variety of potential sources. Credit, 1 semester hour.

REC 332. Recreation Programming (HLTH 332)

Explores the purpose and functions of programs, planning principles, objectives, organizational behavior, and evaluation. Translates program plans into practical situations. Credit, 3 semester hours.

REC 340. Exercise and Sport Psychology (PED 340)

A study of the psychological theories and techniques that can affect motivation, performance and personal growth as associated with exercise and sport. Credit, 3 semester hour.

REC 400. Introduction to Therapeutic Recreation

Course is a survey of the history, philosophy, concepts and trends in therapeutic recreation services; types of individuals served, settings and services provided, and the roll of the therapeutic recreation specialist. The course is designed to provide an overview of therapeutic recreation services as a leisure service delivery system and the impact of a disability on the individual as well as personal and societal responses to people with disabilities. Credit, 3 semester hours.

REC 416. Outdoor Recreation Service

Provides basis for understanding the administrative process related to the delivery of leisure services. Explores legal foundations, management systems and principles, organizational behavior, political systems, and evaluation. Credit, 3 semester hours.

REC 425. Leisure and Wellness for Older Adults (HLTH 425)

The study of the physical, social, and emotional characteristics, needs, and interests of middle and older adulthood related to fitness and leisure activities utilizing a theoretical and practical approach. Credit, 3 semester hours.

REC 440. Tourism and Commercial Recreation

Examines the principles, practices, and philosophy of the travel industry. Explores the diversity of commercial recreation enterprises, general trends, and personal attributes associated with a career in these fields. Credit, 3 semester hours.

REC 450. Internship in Recreation Management/Administration

To be supervised by the Recreation Coordinator. The student will be under the supervision of an experienced recreation administrator for experiences related to the operation of some type of recreation service(s). The assignment will be within a municipal, county, state, or private agency which has as one of its primary functions that of providing recreation programs. Plans must be made in advance with the Recreation Coordinator. Credit, 6 semester hours. PREREQ: Senior standing and approval of the Recreation Coordinator.

RECS 4xx. Special Topics in Recreation (PEDS 4xx)

Investigations into special topics in health, physical education, or recreation. As announced. Credit, 1-3 semester hours.