

HEALTH, PHYSICAL EDUCATION AND RECREATION, (Updated May, 2018)

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Health and Physical Education

The Physical Education – Teacher Education (PETE) program is a comprehensive program designed to prepare teacher candidates with background knowledge, related professional experiences, and personal sensitivities necessary to begin careers in teaching.

The program leads to the Bachelor of Science in Education degree that offers subject specialization in health and physical education, grades K-12. All teacher certification students must complete: the Liberal Arts Core requirements, a core of education courses, health and physical education course work, and a second teaching field. The PETE curriculum (43 credit hours) is comprised of three areas of course work (bioscience-related, pedagogical / theory-related, and performance/activity courses) and these courses are differentiated as either pre-admission or program admission coursework

Bachelor of Science in Education - Health and Physical Education

Core Requirements 37 Hours

HHP 2043 Prevention and Treatment of Athletic and Exercise Related Injuries**	3
HPE 1350 Orientation to Health and Physical Education**	0
HPE 2083 Health and Physical Education Principles**	3
HPE 2203 Essentials of Human Anatomy and Physiology I**	3
HPE 2213 Essentials of Human Anatomy and Physiology II**	3
HPE 2663 Motor Development and Skill Acquisition	3
HPE 3224 Kinesiology**	4
HPE 3293 Measurement and Evaluation for Health and Physical Education**	3
HPE 4072 Adapted Physical Education	2
HPE 4113 Practicum for Teaching School Health Education**	3
HPE 4183 (WI) Methods of Teaching Healthy Decisions I: Nutrition, Drugs, and Disease	3
HPE 4193 Methods of Teaching Healthy Decisions II: Family, Relationships, and Human Sexuality	3
OR	
FCS 3153 Family Relations	3
HPE 4234 Exercise Physiology**	4

Methods Requirements 7 Hours

HPE 2003 Teaching Team Sports K-12	3
HPE 2013 Teaching Individual Sports K-12	3
HPE 2021 Teaching Contemporary and Modern Dance K-12	1

Elementary Health and Physical Education Requirements 7 Hours

HPE 2732 Methods of Rhythmic Games, Gymnastics, and Playground Activities	2
HPE 3502 Health and Fitness for Children	2
EDE 2063 Child Development	3

Courses Required for Coaching Endorsement *OPTIONAL*

7 hour requirement only for Health and Physical Education majors.

HPE 3033 Psychological Ethics and Coaching Theory K-12	3
HPE 4042 Coaching Team Sports K-12**	2
HPE 4052 Coaching Individual Sports K-12**	2

PLT Core Courses 30 Hours

PLT MODULE 1

EDU 2000 Teacher Education Orientation*	0
EDU 2423 Introduction to Education*	3
EDU 2043 Educational Technology	3

<u>PLT MODULE 2</u>	
SPE 3013 Psychology of the Exceptional Child	3
EDU 3123 Educational Psychology	3
<u>PLT MODULE 3</u>	
HPE 4603 Special Methods: Health and Physical Education (WI).....	3
EDU 4113 Classroom Management (7-12).....	3
EDU 4890 Orientation to Internship	0
<u>PROFESSIONAL SEMESTER</u>	
EDU 4256 Secondary Teaching Internship Clinical	6
EDU 4216 Internship – Physical Education	6

Prerequisites:

* These classes must be taken when Health and Physical Education major is declared or prior to admittance to the Teacher Education Program. Classes are Co-Requisites.

*EDU 2000 and EDU 2423 classes are Co-Requisites.

** HPE 1350 and HPE 2083

**HHP 2043 must have completed HPE 2203

**HPE 2203 must have completed Biology with Lab (4 hours).

**HPE 2213 must have completed HPE 2203

**HPE 3224 must have completed HPE 2213

**HPE 3293 must be admitted to the TEP prior to enrollment

**HPE 4042 and HPE 4052 must have completed HPE 3033

**HPE 4113 must have completed HPE 4183 and HPE 4193 (or equivalent)

**HPE 4234 must have completed HPE 3224

A “C” or better required in all core courses.

Health and Physical Education majors are exempt from taking the core elective three hour and the physical well – being one hour course in the LAC.

All majors in health and physical education must take one course in swimming or demonstrate proficiency by examination. If a student has taken beginning swimming, intermediate swimming, water safety instruction or lifeguard training, they may be exempt. The student must show documentation of successful completion of any one of the above mentioned courses.

It is required that all majors in health and physical education demonstrate proficiency in all basic activity skills before graduating.

Test Requirements

Praxis II Specialty Area Test

Health and Physical Education 5857

Principles of Learning and Teaching: K-6; 5-9; 7-12 (choose one)

Health and Physical Education 5857 must be taken and passed prior to enrollment in HPE 4603 Special Methods

Principles of Learning and Teaching must be taken and passed prior to graduation

Register for the Praxis test at www.ets.org

Coaching Endorsement Grades K-12 (for non–health and physical education majors)

Coaching Endorsement Core 30 Hours

HHP 2043 Prevention and Treatment of Athletic and Exercise Related Injuries	3
HPE 2083 Health & Physical Education Principles	3
HPE 2663 Motor Development & Skill Acquisition.....	3
HPE 2203 Essentials of Human Anatomy & Physiology I*	3
HPE 2213 Essentials of Human Anatomy & Physiology II *	3
HPE 3033 Psychological Ethics of Coaching Theory	3

HPE 3224 Kinesiology*	4
HPE 4234 Exercise Physiology for Health & Physical Education*	4
HPE 4042 Coaching Team Sports K-12*	2
HPE 4052 Coaching Individual Sports K-12*	2

Test Requirements

Praxis II Specialty Area Test
 Physical Education: Content & Design 5095
 Register for the Praxis test at www.ets.org

- *HPE 2203 must have completed Biology with Lab (4 hours).
- *HPE 2213 must have HPE 2203
- *HPE 3224 must have completed HPE 2213
- *HPE 4042 and 4053 must have completed HPE 3033
- *HPE 4234 must have completed HPE 3224

This coaching endorsement is for non-health and physical educations major that holds or is eligible to hold an Arkansas teacher license grades K-12.

B.S. IN HEALTH AND HUMAN PERFORMANCE

The undergraduate major in Health and Human Performance (HHP) at Henderson State University is a general pre-professional curriculum that prepares students for health-related graduate programs (e.g. Athletic Training, Strength and Conditioning, Pre-Physical Therapy and Pre-Occupational Therapy). HHP majors can choose to focus their course work within one of the following concentration areas: Pre-Athletic Training, Pre-Physical Therapy, Pre-Occupational Therapy and Strength and Conditioning.

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A grade of C or better is required for core, interdisciplinary directed electives classes.

Health and Human Performance Pre-Athletic Training, Pre-Physical Therapy, Pre-Occupational Therapy Concentration

PROFESSIONAL CORE 40 HRS*

BIO 2174 Human Anatomy & Physiology I**	4
BIO 2184 Human Anatomy & Physiology II **	4
CHM 1044 General Organic and Biochemistry **	4
HHP 1102 Introduction to Health and Human Performance	2
HHP 2052 Medical Terminology	2
HHP 4022 Applied Exercise Physiology	2
HPE 2663 Motor Development and Skill Acquisition	3
HPE 3224 Kinesiology**	4
HPE 4234 Exercise Physiology for Health & Physical Education**	4
PHY 2034 General Physics I**	4
PHY 2044 General Physics II**	4
PSY 2263 Developmental Psychology **	3
OR	
PSY 2023 Abnormal Psychology**	

INTERDISCIPLINARY CORE 28 HRS*

HHP 2243 Injury Management in Health & Human Performance	3
HHP 3003 Sport Psychology in Health & Human Performance**	3
HHP 3064 Assessment of Upper Extremities	4
HHP 3074 Assessment of Lower Extremities**	4
HHP 3084 Therapeutic Modalities	4
HHP 3123 Health & Human Performance Administration	3
HHP 3273 General Medical Conditions with Pharmacological Interventions	3
HHP 4094 Rehabilitation & Therapeutic Exercise	4

DIRECTED ELECTIVES 11 HRS**

PICK ONE: (suggested electives)**

BIO 2114 General Zoology	4
STA 2323 Statistical Methods	3
OR	
PSY 2143 Research Statistics	
OR	
SOC 3103 Statistics	
PICK ONE:	
BIO 3054 Genetics	4
BIO 3084 Comparative Anatomy and Evolution of Vertebrates	4
BIO 3094 Microbiology	4
BIO 3314 Animal Physiology	4

*See advisor regarding directed electives

**BIO 2174 must have completed BIO 2114 or BIO 1013 and BIO 1021

**BIO 2184 must have completed BIO 2114 or BIO 1013 and BIO 1021 and BIO 2174

**CHM 1044 must have completed CHM 1034 with a grade of “C” or better

**HHP 3003 must have completed PSY 1013

**HHP 3074 must have completed HHP 3064

**HHP 4022 must have completed HPE 3224 and HPE 4234

**HPE 3224 must have completed BIO 2184.

**HPE 4234 must have completed HPE 3224.

**PHY 2034 must have completed MTH 1243.

**PHY 2044 must have completed PHY 2034.

**PSY 2263 or PSY 2023 must have completed PSY1013.

Strength and Conditioning Required Courses Core 45 Hours

HHP 1102 Introduction to Health and Human Performance	2
HHP 2052 Medical Terminology	2
HHP 3003 Sport Psychology in Health & Human Performance**	3
HHP 3064 Assessment of Upper Extremities	4
HHP 3074 Assessment of Lower Extremities	4
HHP 3084 Therapeutic Modalities	4
HHP 3273 General Medical Conditions with Pharmacological Interventions	3
HHP 4022 Applied Exercise Physiology	2
HHP 4094 Rehabilitation & Therapeutic Exercise	4
HPE 2663 Motor Development and Skill Acquisition	3
HPE 3224 Kinesiology*	4
HPE 4234 Exercise Physiology for Health & Physical Education*	4
PSY 2023 Abnormal Psychology*	3
PSY 2263 Development Psychology*	3

Interdisciplinary Core 30 hours

FCS 2103 Nutrition**	3
Choose one:	
FCS 3383 Sports Nutrition**	3
or	
FCS 3423 Advanced Nutrition**	3
HHP 2043 Prevention and Treatment of Athletic and Exercise Related Injuries**	3
HPE 2203 Essentials of Human Anatomy and Physiology I**	3
HPE 2213 Essentials of Human Anatomy and Physiology II**	3
HPE 3293 Measurement and Evaluation for Health and Physical Education	3
HPE 4042 Coaching Team Sports K-12*	2
HPE 4052 Coaching Individual Sports K-12*	2
HPE 4072 Adapted Physical Education	3
REC 3033 Recreation & Sport Facility Design, Maintenance, & Management	3
REC 4283 Legal Issues and Risk Management in Recreation and Sport	3

- *FCS 3423 must have completed FCS 2103
- *HHP 2043 must have completed HPE 2203
- *HHP 3003 must have completed PSY 1013
- *HHP 3074 must have completed HHP 3064
- *HHP 4022 must have completed HPE 3224 and HPE 4234
- *HPE 2203 must have completed Biology with Lab (4 hours).
- *HPE 2213 must have completed HPE 2203
- *HPE 3224 must have completed BIO 2184.
- *HPE 4042 and HPE 4052 must have completed HPE 3033
- *HPE 4234 must have completed HPE 3224.
- *PSY 2023 and PSY 2263 must have completed PSY 1013.

Bachelor of Science Degree with a Major in Recreation

The Recreation Program at Henderson State University is a leader in preparing students for careers in Leisure Services Management, Natural Resources Recreation Management, Sport Management and Hospitality Tourism and Event Planning.

Our Leisure Service Management option prepares students to work in settings such as rehabilitation centers, school athletic programs, fitness centers, sporting organizations and businesses, correctional facilities, community centers and assisted living centers. Our Natural Resources Recreation Management option prepares students land use-planning, conservation biology, energy use, climate change, renewable resource management, forest and wildlife management or natural resource policy. Our Sport Management option is designed for students interested in pursuing careers related to sport management and administration, sport marketing, sport enterprise, sport facility management and design, municipal sport and recreation programming, to name a few. The program emphasizes experiential learning that will lead to careers within the sport industry at all levels including but not limited to youth sport, intercollegiate athletics, semi-professional sport, professional sport, Olympic sport, and governing bodies in sport. Our Hospitality Tourism and Event Planning option prepares students for entry-level positions in hotels, resorts, convention and visitor centers, corporate centers, private clubs and meeting and event operations.

Must have 2.5 GPA in professional, interdisciplinary and directed electives courses prior to field experience and graduation.

A background check is mandatory and is to be completed along with your application for internship the semester prior to field experience.

All applicable hours in the professional core must be completed or in progress to begin an internship. This will differ determined on the selected concentration areas. It is advisable and highly recommended that all coursework is completed prior to the recreation internship.

B.S. Degree in Recreation ---- *Leisure Services Management*

PROFESSIONAL RECREATION CORE: (48 hours)

HHP 2043	Prevention and Treatment of Athletic and Exercise Related Injuries.....	3
REC 1330	Orientation to Recreation*.....	0
REC 2003	Introduction to Recreation and Sport*.....	3
REC 2223	Leadership Techniques in Recreation and Sport.....	3
REC 3023	Program Planning Practicum.....	3
REC 3033	Recreation & Sport Facility Design, Maintenance, & Management.....	3
REC 3143	Travel and Tourism.....	3
REC 3253	Inclusive Recreation and Sport.....	3
REC 3263	Commercial Recreation and Sport.....	3
REC 4053	Evaluation and Research in Recreation and Sport.....	3
REC 4083	Organization and Administration of Recreation and Sport.....	3
REC 4193	Special Events.....	3
REC 4153	Practicum in Recreation and Sport.....	3
REC 4230	Internship in Recreation, Sport and Leisure Seminar.....	0
REC 4066	Field Experience I.....	6
REC 4076	Field Experience II.....	6

INTERDISCIPLINARY LEISURE SERVICES MANAGEMENT CORE: (18 hours)

BTE	4163	Desktop Publishing	3
		OR	
CSC	2003	Introduction to Computers	3
COM	2513	Leadership Group Communication	3
		OR	
COM	3273	Organizational Communication	3
FCS	2103	Nutrition	3
		OR	
FCS	3383	Sports Nutrition	3
PSC	4063	Public Administration**	3
		OR	
PSC	3143	Municipal Government**	3
REC	3273	Marketing & Fundraising in Recreation and Sport	3
REC	4283	Legal Issues and Risk Management in Recreation and Sport	3

DIRECTED ELECTIVES LEISURE SERVICES MANAGEMENT CORE: (9 hours)

Pick 9 hours of any combination

ACC	2013	Principles of Accounting	3
ECO	2013	Macroeconomics	3
ECO	2023	Microeconomics	3
HPE	2003	Teaching Team Sports K-12	3
HPE	2013	Teaching Individual Sports K-12	3
HPE	3033	Psychological Ethics and Coaching Theory K-12	3
HPR	2022	Sports Officiating	2
HPR	2053	Water Safety (Proficiency Test Required)	3
HPR	2173	Lifeguard Training & Waterfront (Proficiency Test Required)	3
MGM	3013	Management Communications (WI course)	3
MKT	3013	Fundamentals of Marketing**	3
PSY	3303	Motivation**	3
REC	2213	Introduction to Outdoor Recreation and Natural Resources	3
REC	4203	Corporate Wellness	3

*REC 1330 and REC 2003 are co-requisites.

**See Advisor for prerequisites and co-requisites for interdisciplinary and directed electives.

B.S. Degree in Recreation ---- Natural Resources Recreation Management

PROFESSIONAL RECREATION CORE: (51 hours)

HHP	2043	Prevention and Treatment of Athletic and Exercise Related Injuries	3
REC	1330	Orientation to Recreation*	0
REC	2003	Introduction to Recreation and Sport*	3
REC	2213	Introduction to Outdoor Recreation and Natural Resources	3
REC	2223	Leadership Techniques in Recreation and Sport	3
REC	3023	Program Planning Practicum	3
REC	3033	Recreation & Sport Facility Design, Maintenance, & Management	3
REC	3143	Travel and Tourism	3
REC	3253	Inclusive Recreation and Sport	3
REC	3263	Commercial Recreation and Sport	3
REC	4053	Evaluation and Research in Recreation and Sport	3
REC	4083	Organization and Administration of Recreation and Sport	3
REC	4193	Special Events	3
REC	4153	Practicum in Recreation and Sport	3
REC	4230	Internship in Recreation, Sport and Leisure Seminar	0
REC	4066	Field Experience I	6
REC	4076	Field Experience II	6

INTERDISCIPLINARY NATURAL RESOURCES RECREATION MANAGEMENT CORE: (15 hours)

(All of these classes are required for degree plan)

BTE 4163	Desktop Publishing	3
OR		
CSC 2003	Introduction to Computers	3
GBU 2143	Legal Environment of Business	3
PHS 1053	Earth Systems and the Environment	3
REC 3173	Wilderness Policy and Management	3
REC 4183	Outdoor Adventure Leadership	3

DIRECTED ELECTIVES NATURAL RESOURCES RECREATION MANAGEMENT CORE: (9 hours)

BIO 2104	General Botany	4
BIO 2114	General Zoology	4
BIO 3494	Biogeography**	4
BIO 3524	Ecology**	4
BIO 4354	Mammalogy**	4
BIO 4074	Dendrology**	4
BIO 4164	Entomology**	4
BIO 4224	Ichthyology**	4
COM 3273	Organizational Communication	3
HPR 2053	Water Safety Instruction (Proficiency Test Required)	3
MGM 3013	Management Communication	3
MGM 3113	Management & Organizational Behavior	3
PSC 1023	State and Local Government	3
PSC 3143	Municipal Government**	3
PSC 4063	Public Administration**	3
REC 3273	Marketing and Fundraising in Recreation and Sport	3
REC 4283	Legal Issues and risk Management in Recreation and Sport	3

*REC 1330 and REC 2003 are co-requisites.

**See Advisor for prerequisites and co-requisites for interdisciplinary and directed electives.

Bachelor of Science in Recreation - Sport Management

PROFESSIONAL RECREATION CORE: (45 hours)

HHP 2043	Prevention and Treatment of Athletic and Exercise Related Injuries	3
REC 1330	Orientation to Recreation*	0
REC 2003	Introduction to Recreation and Sport*	3
REC 2223	Leadership Techniques in Recreation	3
REC 3023	Program Planning Practicum	3
REC 3033	Introduction to Park/Facility Planning and Design	3
REC 3253	Inclusive Recreation and Sport	3
REC 3263	Commercial Recreation and Sport	3
REC 4053	Evaluation and Research in Recreation	3
REC 4083	Organization and Administration of Recreation	3
REC 4193	Special Events	3
REC 4153	Practicum in Recreation	3
REC 4230	Internship in Recreation, Sport and Leisure Seminar	0
REC 4066	Field Experience I	6
REC 4076	Field Experience II	6

INTERDISCIPLINARY SPORT MANAGEMENT CORE: (12 hours)

BTE 4163	Desktop Publishing	3
OR		
CSC 2003	Introduction to Computers	3
REC 3273	Marketing & Fundraising in Recreation and Sport	3
REC 4283	Legal Issues and Rick Management in Recreation and Sport	3
Pick one:		
COM 3273	Organizational Communication	3

COM 3533	Interpersonal Communication.....	3
COM 3813	Business and Professional Communication.....	3

DIRECTED ELECTIVES SPORT MANAGEMENT CORE: (18 hours)

Pick 18 hours of any combination

ACC 2013	Principles of Accounting.....	3
COM 3000 or 4000	Level**	3
ECO 2013	Macroeconomics.....	3
ECO 2023	Microeconomics.....	3
FCS 2103	Nutrition.....	3
FCS 3383	Sports Nutrition.....	3
HPE 2033	Psychological Ethics and Coaching Theory	3
HPR 2022	Sports Officiating.....	2
HPR 2053	Water Safety (Proficiency Test Required).....	3
MGM 3013	Management Communication.....	3
MGM 3000	Level Course**	3
MMC 1023	News Reporting	3
Or		
MMC 2173	Broadcast Journalism	3
MMC 3203	(WI) Sports Reporting.....	3
Or		
MMC 3363	Sports Broadcasting	3
PSY 3303	Motivation**.....	3
REC 2213	Introduction to Outdoor Recreation.....	3
REC 3143	Travel and Tourism.....	3
REC 4203	Corporate Wellness.....	3

*REC 1330 and REC 2003 are co-requisites.

**See Advisor for prerequisites and co-requisites for interdisciplinary and directed electives.

***See advisor for course approval.

B.S. Degree in Recreation --- Hospitality Tourism & Event Planning

PROFESSIONAL RECREATION CORE: (48 hours)

REC 1330	Orientation to Recreation*.....	0
REC 2003	Introduction to Recreation and Sport*.....	3
REC 2223	Leadership Techniques in Recreation and Sport	3
REC 3023	Program Planning Practicum	3
REC 3033	Recreation & Sport Facility Design, Maintenance, & Management	3
REC 3143	Travel and Tourism.....	3
REC 3253	Inclusive Recreation and Sport.....	3
REC 3263	Commercial Recreation and Sport.....	3
REC 4053	Evaluation and Research in Recreation and Sport.....	3
REC 4083	Organization and Administration of Recreation and Sport.....	3
REC 4193	Special Events.....	3
REC 4153	Practicum in Recreation and Sport	3
REC 4203	Corporate Wellness.....	3
REC 4230	Internship in Recreation, Sport and Leisure Seminar	0
REC 4066	Field Experience I.....	6
REC 4076	Field Experience II.....	6

INTERDISCIPLINARY HOSPITALITY TOURISM & EVENT PLANNING CORE: (21 hours)

FCS 1023	Foods.....	3
FCS 2053	Meal Management**	3
FCS 3393	Food Economics**.....	3
MGM 3013	Management Communications	3
MGM 3113	Management & Organizational Behavior**	3
MGM 4153	Organizational Leadership**	3
MKT 3013	Fundamentals of Marketing**	3

DIRECTED ELECTIVES HOSPITALITY TOURISM & EVENT PLANNING CORE: (6 hours)

COM 2513 Leadership and Group Communication3
PSY 2023 Abnormal Psychology**3

*REC 1330 and REC 2003 are co-requisites.

**See Advisor for prerequisites and co-requisites for interdisciplinary and directed electives.

Recreation Minor: (15 Hours)

REC 1330 Orientation to Recreation*0
REC 2003 Introduction to Recreation and Sport*3
REC 3023 Program Planning Practicum3
REC 3253 Inclusive Recreation and Sport3
REC 4083 Organization and Administration of Recreation3
REC Directed Elective (from professional recreation core)** 3

*REC 1330 and REC 2003 are co-requisites.

**Must be approved by the Department Chairperson

Courses in Health, Physical Education, Recreation, and Athletic Training

All baccalaureate students are required to have one hour of physical wellbeing. This requirement is satisfied by taking either Life Fitness Concepts or any one hour activity course.

Note: Any injuries occurring in class or non-scheduled, free play, recreational activities shall be the responsibility of the participant and not the institution. Waivers are mandatory for all HPER activity courses.

Physical Education Activity Courses

HPR	1201	Pilates
HPR	1281	Stability Ball
HPR	1301	Walk, Jog, Run for Fitness
HPR	1311	Zumba for Fitness
HPR	1331	Weight Training
HPR	1341	Wii Sports Fitness
HPR	1351	Aquatic Zumba
HPR	1451	Dance for Fitness
HPR	1461	Advanced Yoga
HPR	1471	Beginning Swimming
HPR	1481	Intermediate Swimming
HPR	1521	Racquetball
HPR	1531	Conditioning
HPR	1551	Tae Kwon Do (Beginning)
HPR	1601	Recreational Flag Football
HPR	1691	Recreational Basketball
HPR	1851	Yoga
HPR	1961	Video Game Sports/Dance
HPR	1981	Advanced Pilates
HPR	2551	Tae Kwon Do (Intermediate)
HPR	2592	Theatre Dance I
HPR	2611	Tennis
HPR	2621	Golf
HPR	2941	Aerobics
HPR	2951	Aquatic Aerobics
HPR	3551	Tae Kwon Do (Advanced)
REC	1131	Canoeing and Kayaking

Courses in Health and Human Performance, Health and Physical Education, Recreation

HHP 1102. Introduction to Health & Human Performance. This course is an introduction to health care delivery systems, associated career opportunities, and related trends. It examines the industry as a whole and the integration of services and professions with an emphasis on rehabilitative therapy as well as strength and conditioning. Students explore career choices including educational requirements, job outlooks, governing agencies, occupational requirements, pay ranges, professional requirements, and employer expectations. This course will also include orientation into OSHA guidelines and infection control, as well as introduce the student to professional certifications and organizations, such as the National Strength and Conditioning Association and the American College of Sports Medicine.

HHP 2043. Prevention and Treatment of Athletic and Exercise Related Injuries. A study of care and prevention of athletic and exercise related injuries seen in the physically active population for health and human performance, physical education and recreation majors. Emphasis is given to the care and prevention of athletic and physically active injuries with extensive training in prophylactic taping. Each student will be given comprehensive and systematic instruction on the basic material, concepts and protocols in the area of prevention and treatment of athletic and exercise and related injuries. Prerequisite: HPE 2203 Essentials of Human Anatomy and Physiology I.

HHP 2052. Medical Terminology. This course is designed to prepare the student to utilize medical terminology in a variety of health and human performance roles. The student will learn the definitions and use of medical terms common to many health related disciplines. The student will also learn the pronunciation, plural forms, etymology, and abbreviation of words and medical terms used in the field of medicine.

HHP 2243. Injury Management in Health & Human Performance. This course is an intermediate level study for the health and human performance student concerning the care, prevention, and management of injuries as seen in the physically active population. Each student will be given comprehensive and systematic instruction on the materials, concepts, and protocols in the area of injury prevention and management. These skills will be carried forward to the advance stages of the HHP degree.

HHP 3003. Sport Psychology in Health & Human Performance. This course places a primary emphasis on sport psychology and evaluative concerns and procedures pertaining to the head and related structures. Principles of sport psychology are applied to individual and team behavior and performance issues. A review of head and facial anatomy with regard to injuries, evaluation, and care will also be of primary concern. Research is emphasized and topics include: personality, motivation and arousal, perception, stress and anxiety during the process of competition, diversity in sports, ethics in sport psychology, nutrition, and head related traumas. Prerequisite PSY 1013 General Psychology.

HHP 3064. Assessment of Upper Extremities. The purpose of the course is to develop knowledge, skill and understanding of the evaluation process of common performance injuries, including in-depth studies of the anatomical, physiological, and pathological processes that occur due to injury and illness. Etiology, mechanisms, signs, symptoms, and special tests will be covered. Arm, head, neck, thorax, and abdominal injuries and illnesses will also be examined. Practical evaluation skills and injury disposition proficiency will be improved. This class will incorporate the use of laboratory practical experiences.

HHP 3074. Assessment of Lower Extremities. The purpose of the course is to develop knowledge, skill and understanding of the evaluation process of common performance injuries, including in-depth studies of the anatomical, physiological, and pathological processes that occur due to injury and illness. Etiology, mechanisms, signs, symptoms, and special tests associated with thorax, abdominal, thoracic and lumbar spine, hip, knee, ankle, and foot injuries and illnesses will be examined. Practical evaluation skills and injury disposition proficiency will be improved. This class will incorporate the use of laboratory practical experiences. Prerequisite HHP Assessment of Upper Extremities.

HHP 3084 Therapeutic Modalities. The student will study and learn the current trends and concepts of applying modalities to improve and treat injuries to the physically active individual. The student will explore and discuss the

modern philosophies concerning therapeutically treating the injuries seen in the fields of health and human performance. Through both didactic and a laboratory component, the student will be able to plan a successful rehabilitation protocol involving a wide variety of therapeutic modalities.

HHP 4094 Rehabilitation and Therapeutic Exercise. This course is designed for the student to attain competency in procedures and techniques used in injury rehabilitation. Specific indications, contraindications, physiological effects, and resistance methods will be investigated. Through both didactic and a laboratory component, the student will be able to plan a successful rehabilitation protocol. When the course is completed the student should have an understanding of rehabilitative prescription relating to therapeutic and preventative exercises.

HHP 3123. Health & Human Performance Administration. This course provides students with an overview of concepts and issues related to healthcare leadership. The student will gain understanding toward areas of medical documentation, state and federal laws, and insurance coverage. Further study will include advanced interpersonal skills of communication between health professionals, human performance specialists and other stakeholders such as coaches, parents, teachers, and athletes. Topics include healthcare leadership, organizational design as it relates to the uniqueness of healthcare organizations and facilities, managing professionals, and diversity in the workplace.

HHP 3273. General Medical Conditions with Pharmacological Interventions. This course will present the assessment, identification, referral and treatment of general medical illnesses. It will further emphasize legal and illegal drug use among diverse populations. Topics include indications, contraindications, interactions, effects and side-effects of commonly used over-the-counter and prescription medications; the use of ergogenic aids and illegal substances in athletics; and neurophysiology and pharmacology as related to the effects of drugs on the human body. This course will also address common general medical conditions as seen in active populations, their prevention, signs and symptoms, as well as first aid and pharmacological treatments.

HHP 4022. Applied Exercise Physiology. The purpose of this course is for the student to experience and learn the practical application of exercise physiology to physical activity, exercise, and training of athletes. Course content includes advanced programming of short-, intermediate-, and long-term training protocols for improving various physical performance outcomes, including cardiovascular endurance, strength, power, hypertrophy, and flexibility. Prerequisites: HPE 3224 Kinesiology and HPE 4234 Exercise Physiology.

HPE 1350. Orientation of Health and Physical Education. This course is required of all declared Health and Physical Education majors. It provides an orientation to the health and physical education curriculum as it affects the students' licensure requirements. The students are assisted in meeting necessary deadlines for registration for Praxis Testing, Teacher Education Program applications and opportunities for becoming involved in professional organization memberships and volunteering opportunities. A variety of topics will be presented to acquaint the student with the field of health and physical education. Co-Requisite: HPE 2083.

HPE 2003. Teaching Team Sports. The course is designed to introduce the student to the pedagogical theory and practice of a variety of team sports – softball, volleyball, soccer, basketball, football (flag), kickball and indoor multicultural team games specifically – and to prepare the student to be able to teach these sports/team games across grade levels K-12. The course will be taught in accordance with the five SHAPE physical education content standards and the Arkansas State Standards for physical education, personal fitness, leisure, and recreational activities.

HPE 2013. Teaching Individual Sports. The course is designed to introduce the student to the pedagogical theory and practice of a variety of individual sports – specifically the racquet sports of tennis, badminton, pickleball, and table tennis; a variety of recreational activities – including walking, running, cycling, hiking, fishing, canoeing/kayaking, archery, etc; and a variety of individual sports – specifically the sports of golf and bowling – and to prepare the student to be able to teach those sports across grade levels K-12. The course will be taught in accordance with the five SHAPE physical education content standards and the Arkansas State Standards for physical education, personal fitness, leisure, and recreational activities.

HPE 2021. Teaching Contemporary and Modern Dance. The course is designed to introduce the student to the pedagogical theory and practice of a variety of social, contemporary and modern dances – including folk, square, line, ballroom, step, current trends & multi-cultural dances – and to prepare the student to be able to teach these dances across grade levels K-12. The course will be taught in accordance with the five SHAPE physical education content standards, the National Dance Standards and the Arkansas State Standards for physical education, personal fitness, leisure, and

recreational activities.

HPE 2083. Health and Physical Education Principles. This is a freshman/sophomore level class designed as a general overview in the discipline of physical education for major/minor certification or state certification. Co-Requisite: HPE 1350.

HPE 2203. Essentials of Human Anatomy and Physiology I. This is an introductory course in human anatomy and physiology. First of a two-semester course including the study of structure and function of cells, tissues, and the integumentary, skeletal, muscular, and nervous systems. Introduces common human disease processes. Laboratory component includes anatomical studies and the study of physiological concepts via experimentation. This course will prepare students to plan, implement and evaluate these activities across grade levels K-12 and the athletic training program. Prerequisite: BIO 1013/1021

HPE 2213. Essentials of Human Anatomy and Physiology II. This is an introductory course in human anatomy and physiology. Second of a two-semester course including the study of endocrine, cardiovascular, lymphatic/immune, respiratory, digestive, urinary, and reproductive systems. Introduces common human disease processes. Laboratory component includes anatomical studies and the study of physiological concepts via experimentation. This course will prepare students to plan, implement and evaluate these activities across grade levels K-12. **Prerequisite: HPE 2203**

HPE 2663. Motor Development & Skill Acquisition. This course is a systematic study of motor development from birth through adulthood with special emphasis upon the conditions for effective motor learning.

HPE 2732. Methods of Rhythmic Games, Gymnastics, and Playground Activities. This class is an activity class to give prospective elementary teachers a broad range of developmentally appropriate activities for the different developmental skill levels of elementary age children.

HPE 3033. Psychological Ethics and Coaching Theory. The course is designed to introduce the student to the major physical, psychological, sociological and educational theories and concepts affecting the act of coaching K-12. The information presented in the coverage of the course shall provide the student with the essential knowledge and frameworks that are necessary to the practicing coach. The course is also designed to introduce the student to the fundamental psychological and philosophical knowledge and theory involved in the profession of coaching for grades K-12. The course will center on the application of such knowledge to the professions of coaching with the emphasis upon the unique demands presented while working within athletics.

HPE 3293. Measurement and Evaluation for Health and Physical Education. The study of tests and measurements that the physical educator may wish to utilize in evaluating physical fitness, sports skills, knowledge of and attitudes about physical activities and sports. Basic elementary statistics are presented so the student may construct tests, norms and evaluate tests now in use. Student must be admitted to the Teacher Education Program prior to enrolling in this course.

HPE 3224. Kinesiology. This course is a review of the human skeletal, muscular and nervous systems, an introduction to basic biomechanical principles, and the application of this knowledge to the teaching and coaching of sports and physical education activities and athletic training. Prerequisite: HPE 2203 and HPE 2213.

HPE 3502. Health and Fitness for Children. A study of the characteristics of the elementary school child with implications for physical education: program content, teaching techniques, and materials.

HPE 4042. Coaching Team Sports. The course is designed to cover principles and coaching theories of football, softball, volleyball, basketball and baseball. In all sports fundamentals of individual and team play, offense and defense, strategies and conditioning will be covered. This course will be taught in accordance with the SHAPE Standard and the Sport Coaching Standards. Prerequisite: HPE 3033

HPE 4052. Coaching Individual Sports. The course is designed to cover the principles, history, rules, practice routines, strategies, sport-specific physical conditioning exercises and selection of proper attire and equipment for track and field, swimming, tennis and golf. This course will be taught in accordance with the SHAPE Standards and the Sports Coaching Standards. Prerequisite: HPE 3033

HPE 4072. Adapted Physical Education. This is an introductory course in the field of Adapted Physical Education that provides an understanding of the nature, behavioral characteristics and motor limitations of various disabilities and basic skills necessary to prepare meaningful individualized movement experiences of individuals with special needs functioning

in an integrated, segregated, community or home environment.

HPE 4113. Practicum for Teaching School Health Education. This course supports the components of the Teachers' College Henderson Conceptual Frame-work. It is designed to help student teachers enhance their skills and knowledge for the analysis and implementation of effective teaching methods within the student-teaching experience. Students will also facilitate the transition from student teacher to professional by encouraging participation in professional activities (i.e. professional conferences, in-service meetings, etc.). Course requirements such as mock interviews and the development of professional portfolios, will prepare students to pursue employment. This required course meets one or more of the standards for accreditation (CAPE) and program approval as stated on the course syllabus. Students successfully completing this course will be prepared to meet the competencies associated with the licensure standards addressed in this course. Prerequisite: HPE 4183 and HPE 4193

HPE 4183. (WI) Methods of Teaching Healthy Decisions I: Nutrition, Drugs, and Disease. Course content will cover methods and materials of teaching health education –in accordance with the ten content areas of health, six adolescent risk behaviors (Centers for Disease Control) and the eight National Health Education Standards for grades K-12.

HPE 4193. (WI) Methods of Teaching Healthy Decisions II: Family, Relation-ships, and Human Sexuality. Course content will cover methods and materials of teaching health education in accordance with the ten content areas of health, six adolescent risk behaviors (Centers for Disease Control) and the eight National Health Education Standards for grades K-12.

HPE 4234. Exercise Physiology. A study of the current literature and research into the human body's acute and chronic responses to physical activity. Emphasis will be given tot the muscular, nervous, cardiovascular, respiratory, and endocrine systems, as well as the bio-energetic demands of exercise and nutritional and fluid support. Formally scheduled laboratory sessions will be required. Lab sessions are designed to introduce the student to the theory and practice of a variety of conditioning methods – various types of strength, aerobic exercise, and flexibility programs specifically. This course will prepare students to plan, implement and evaluate these activities across grade levels K-12 and the athletic training program. Prerequisite: HPE 2203, HPE 2213, HPE 3224.

HPE 4603. (WI) Special Methods: Health and Physical Education. This course is designed to prepare the student with the knowledge, techniques and materials necessary to competently enter their internship semester teaching Health and Physical Education in the public schools of Arkansas for grades K-12. This course shall also help the student to prepare for passage on the professional testing and assessments required for Arkansas Teacher Licensure.

HPR 1011. Life Fitness Concepts. This course is designed for all general college students. Content deals with development of a healthy lifestyle through physical, psychological, and social concept formation through lecture and laboratory experiences. Class meets two days per week.

HPR 1076. Emergency Medical Technology. This course covers the first phase of training in the Emergency Medical Technician career structure. It includes all techniques of emergency medical care presently considered within the responsibilities of the Emergency Medical Technician. Specific content of the course is based on the National Highway Safety Bureau Program Standard No. 11 and guidelines and recommendations for training ambulance personnel prepared by the Committee on Emergency Medical Services of the National Academy of Sciences.

HPR 1201. Pilates. This class is a system of exercises using a special apparatus designed to improve physical strength, flexibility, posture, and enhance mental awareness.

HPR 1281. Stability Ball. This class develops core strength, flexibility and balance. Students will learn to safely and effectively execute strengthening exercises for all the major muscle groups with and without hand weights, flexibility exercises and balancing exercises.

HPR 1301. Walk, Jog, Run for Fitness. The purpose of this course is to develop basic knowledge about aerobic fitness by participating in vigorous activity designed to improve muscle tone and the cardiovascular system through a planned program of fitness walking and/or jogging.

HPR 1311. Zumba for Fitness. This course is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training by alternating fast and slow rhythms and resistance training.

HPR 1331. Weight Training. This course will increase the student's muscular strength, cardio-respiratory endurance, flexibility, body composition and muscular endurance. Through the use of weight training, students will develop agility, balance, a better self-image, goal setting techniques and obtain nutritional information for developing a healthy lifestyle.

HPR 1341. Wii Sports Fitness. This course is designed for the students to learn to develop exercise programs utilizing technology such as gaming consoles and online tools. The students will obtain knowledge of the health implications of physical activity, physical fitness and nutrition. The students will also become familiar with a variety of exercise programs to improve their current level of physical fitness.

HPR 1351. Aquatic Zumba. This class is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms and resistance training. This course is integrated in a water-based workout.

HPR 1451. Dance for Fitness. This class is a choreographed fitness class with music incorporating cardio, strength and stretch moves for a total body workout. The moves are taken from hip-hop, yoga, Pilates, kickboxing, modern dance and resistance training.

HPR 1461. Advanced Yoga. This class is a continuation of Yoga. This class is designed for the student who has been introduced to the learning of correct positions of yoga postures and will advance to learning more aspects of the study of Yoga. Prerequisite: HPR 1851.

HPR 1471. Beginning Swimming. This course is designed to help the swimming challenged in becoming comfortable and somewhat proficient in his/her swimming ability. For those who may already be comfortable and proficient, an attempt will be made to help them improve their skills as well as improving his/her cardiovascular fitness.

HPR 1481. Intermediate Swimming. This course is designed for the student who is somewhat proficient as a swimmer but would like to improve his/her skills to the point where he/she would be ready for Water Safety Instruction.

HPR 1521. Racquetball. This course is an introduction to the lifetime activity of racquetball. This class will prepare the student in the rules of racquetball, basic skills, strategies in singles, threes, and doubles play and the fundamental mental aspects of the game. Emphasis will be placed on player safety and a general enjoyment of the game of racquetball.

HPR 1531. Conditioning. This course is designed to prepare the adult for life fitness and to gain knowledge in the wellness approach to life styles.

HPR 1551. Tae Kwon Do (Beginning). The purpose of this course is to give each student a brief history of martial arts and a basic understanding of the arts and to introduce the basic physical fundamentals of martial arts.

HPR 1601. Recreational Flag Football. This course introduces the fundamentals and rules of flag football. Emphasis is placed on skill development, knowledge of the rules and basic game strategy. Upon completion, students should be able to participate in recreational flag football.

HPR 1691. Recreational Basketball. This course introduces the fundamentals and rules of basketball. Emphasis is placed on skill development, knowledge of the rules and basic game strategy. Upon completion, students should be able to participate in recreational basketball.

HPR 1851. Yoga. This class is focused on health and wellness: physically, mentally, emotionally, socially and spiritually. Students will learn and practice correct positions of yoga postures and understand the specific benefits and practice correct yogic breathing and deep relaxation.

HPR 1961. Video Game Sports and Dance. The course is designed for the students to learn to develop exercise programs utilizing technology such as gaming consoles and online tools. The students will obtain knowledge of the health implications of physical activity, physical fitness and nutrition. The students will also become familiar with a variety of exercise programs including dance to improve their current level of fitness.

HPR 1981. Advanced Pilates. This class will be presented as an advanced technique of mat Pilates. The basic exercises will be taught, first in modified form, advancing to beginner and intermediate as the class progresses in ability. Pilates is a technique of strengthening and stretching that focuses on the core (abdominals, lower back, and gluteus) as well as focusing on the mind/body connection. *Prerequisite HPR 1201

HPR 2022. Sports Officiating. Fundamentals of officiating with special emphasis on football, track, basketball, softball and baseball. Students will be required to have practical application of basic officiating skills in certain sports and activities by being assigned practicum hours in officiating events at various levels of activities and competitive sports. Also, the students will be assigned certain activities and sporting events to observe and critique the officiating.

HPR 2053. Water Safety Instructor. The purpose of this course is to train instructor-candidates to teach American Red Cross Swimming and Water Safety Courses. Prerequisite: Be at least 17 years old and successfully pass a pre-course written and skills test.

HPR 2173. Lifeguard Training & Waterfront Lifeguarding. The primary purpose of this course is to provide lifeguarding candidates and lifeguards with the skills and knowledge necessary to keep patrons of aquatic facilities safe in and around the water. This course includes certification of CPR for the professional rescuer. Also a waterfront-lifeguarding module is included in the course. This covers swimming areas such as rivers, lakes, reservoirs, streams, etc. Prerequisite: Tread water for two minutes using legs only. Swim 500 yards continuously using at least 100 yards of front crawl, breaststroke and sidestroke. Submerge to a depth of seven feet and retrieve a 10 pound diving brick.

HPR 2551. Tae Kwon Do (Intermediate). This course is intended to enhance skills previously learned in HPR 1551 Tae Kwon Do Beginning and apply those skills through sparring and self-defense. Pre-requisite: HPR 1551.

HPR 2611. Tennis. This course is a study of the basic skills in tennis, of the rules of playing, to give opportunity to play and enjoy the game, to develop acceptable etiquette while playing and to give the student an opportunity to learn teaching techniques for various levels and abilities.

HPR 2621. Golf. This course is designed to help the beginning golfer gain a better understanding of the game. Special emphasis will be placed on learning the basic golfing skills and techniques and the use and improvement of these skills and techniques through active participation.

HPR 2941. Aerobics. This course incorporates the health-related fitness components of muscular strength, muscular endurance and cardiovascular endurance in an enjoyable fitness program. Main course objective is having fun and relieving stress while improving our physical fitness abilities.

HPR 2951. Aquatic Aerobics. This course incorporates the health-related fitness components of muscular strength, muscular endurance and cardiovascular endurance in an enjoyable fitness program in the water. Main course objective is having fun and relieving stress while improving our physical fitness abilities.

HPR 3551. Tae Kwon Do (Advanced). This course is intended to enhance skills previously learned in HPR 1551 Tae Kwon Do Beginning and HPR 2551 Tae Kwon Do Intermediate and apply those skills through sparring and self-defense. In addition, students will begin working in an assistant instructor role in preparation for the teaching requirements of the black belt. Pre-requisites: HPR 1551 and HPR 2551.

HPR 3973. History and Philosophy of Nonwestern Leisure, Culture, Wellness & Sport. A survey of various non-western cultures with emphasis upon how the values of these cultures are expressed and reflected in their individual games, sports, recreational & leisure activities as well as their societal approach to ensure individual health and wellness.

HPR 4731, 4732, 4733. Independent Studies. An in-depth study of a specific problem(s) in health, physical education and athletic training. Permission of instructor & Department Chair is required.

REC 1131. Canoeing & Kayaking. This course is designed to introduce the student to the knowledge and skills needed to safely enjoy canoeing for recreation, relaxation, lifetime physical fitness or work. This class includes basic skills including forward paddling, draw and sculling strokes, high and low bracing, eddy turns, deep water rescue techniques and river and lake safety.

REC 1330. Orientation to Recreation. This course is required of all declared Recreation majors with emphasis in both Natural Resource Management and Leisure Services Management. This will be an introduction to the Recreation profession which will provide an overview of the Recreation curriculum, areas of study, and opportunities available for a career in the field. A variety of topics will be presented and discussed to support and familiarize the student with the program and curriculum, as well as the field of Recreation. Student will attain a B.S. degree in Recreation upon completion of the program. Students will be required to purchase Tk20 (a tracking software used for accreditation

purposes). Co-requisite: REC 2003

REC 2003. Introduction to Recreation and Sport. This course is an introduction to the field of recreation with class lecture and discussion on the historical, philosophical and theoretical aspects of leisure, recreation and play, as well as an overview of the recreation profession and its impact on society. Co-requisite: REC 1330.

REC 2213. Introduction to Outdoor Recreation and Natural Resources. This course is an examination of the history, use and management practices of natural resources for outdoor recreation, with the consideration of multiple use, environmental ethics, risk management and other current issues. Students will develop a basic understanding of outdoor recreation activities and an appreciation of the natural environment.

REC 2223. Leadership Techniques in Recreation and Sport. This course develops knowledge related to leadership theory, principles, group dynamics and face-to-face leadership techniques. Students gain an understanding of effective leadership theories and techniques as they are applied in a field setting.

REC 3023. Program Planning and Practicum. This course is designed to facilitate programming concepts of recreation. Topics include needs identification assessment, program formats, program development and delivering leisure programs in conjunction with practical experiences of local recreation and leisure agencies.

REC 3033. Recreation and Sport Facility Design, Maintenance, & Management. Planning concepts, design principles and maintenance techniques in recreation are emphasized. Also, technical design concepts and firsthand experiences in maintenance of facilities are included. Sport and recreation facility management strategies will be integrated into course content.

REC 3143. Travel and Tourism. This required course will take a cross-disciplinary approach to examine the many facets of tourism. The social sciences perspective provides students with the kind of practical knowledge that can effectively be applied to the hospitality industry. The course also provides advanced information that can serve as a bridge to further analyze this study.

REC 3173. Wilderness Policy and Management. The purpose of this course is to provide students with an opportunity to better understand the origin and implications of policies and legislation related to the management of wilderness areas. The course will provide outdoor recreation students with the managerial skills necessary to oversee a wide variety of wilderness management situations.

REC 3253. Inclusive Recreation and Sport. This course will introduce inclusive recreation and other dimensions of diversity relevant to the profession of leisure, youth and human services. This course will explore inclusive recreation practice in various leisure settings such as community recreation, nonprofit recreation, youth and human services, parks, private/commercial recreation facilities, outdoor recreation, therapeutic recreation and tourism agencies.

REC 3263. Commercial Recreation and Sport. This course focuses on the establishment, organization, management and marketing of various commercial recreation services. Areas to be addressed include: travel and tourism, entertainment services, leisure services in the outdoor environment, hospitality and retail outlets.

REC 3273. Marketing and Fundraising in Recreation and Sport. This course will examine the complex and diverse nature of recreation and sports marketing from a strategic marketing perspective. Specific emphasis will be placed on the contingency framework for strategic recreation and sports marketing with attention to market selection, marketing mix decisions, and the implementation and control of the strategic marketing process. Additionally, this course will examine marketing, through sports, using as a platform for developing strategies and tactics for fundraising and the ability to sell non-sports products.

REC 4053. Evaluation and Research in Recreation and Sport. This course is a study of evaluation and research tools for assessing community recreation programs, and provides practical experience in the use of these instruments and techniques. This class should be taken senior year and is open to recreation majors only.

REC 4066. Field Experience I. This course is a supervised leadership experience in a functioning recreation program. This class should be taken senior year and is open to recreation majors only. Pre-requisites: REC 4153 and REC 4230.

REC 4076. Field Experience II. This course is a supervised leadership experience in a functioning recreation program. This class should be taken senior year and is open to recreation majors only. Pre-requisites: REC 4153 and REC 4230.

REC 4083. (WI) Organization and Administration of Recreation. This course is an overview of organizational patterns, policies and administrative processes and problems which confront those in executive positions. (Open to recreation majors only.)

REC 4153. Practicum in Recreation and Sport. This course provides practical experiences leading to understanding and appreciation for the work and function of various agencies offering recreation services in the community. It will also provide experience working with and/or observing various recreation agencies. Course should be taken semester prior to internship.

REC 4183. Outdoor Adventure Leadership. The purpose of this course is to introduce leadership styles and traits. The course builds on previously gained recreational knowledge and is designed to help equip recreational professionals with the fundamental knowledge, beliefs and skills related to outdoor leadership.

REC 4193. Special Events. This course will focus on activities produced by a group. These are activities not normally included in the organization and administration of the daily program. Activities in this category include exhibitions, shows, demonstrations, festivals, sports gatherings, celebrations, bazaars and pageants.

REC 4203. Corporate Wellness. The course will focus on the administrative patterns, financing, programming, staffing and legal concerns in program design for employee motivation and productivity.

REC 4230. Internship in Recreation and Leisure. This course is designed to help student enhance the skills and knowledge necessary for an effective student intern experience. It will also facilitate the transition from student intern to professional by encouraging participation in professional activities (e.g. self-assessments, searching for intern opportunities, cover letter development, resume development, interview skills, etc.). Course requirements, such as the student assessment projects and the development of professional portfolios, will prepare students to pursue internship and employment.

REC 4283. Legal Issues and Risk Management in Recreation and Sport. The course addresses the legal aspects of sport, recreation and leisure services, with a focus on liability, human rights and risk management. Legal concepts of negligence, principals of risk management will be covered. Legal Issues and Risk Management related to use of equipment, facility management, and accommodation for special populations will be addressed.