

# HEALTH AND KINESIOLOGY

## Our Mission

The School of Health and Kinesiology (H&K) is committed to excellence and the faculty is dedicated to teaching, scholarly activity, and service. The primary mission of the School of H&K is to prepare students for successful careers or advanced academic studies in kinesiology, public health, and physical education. The faculty shares a common sense of purpose to provide the knowledge, resources, and opportunities that will enable students to possess the skills and dispositions necessary to become dedicated practitioners, reflective scholars, and responsible citizens.

## Accreditation

The teacher educator programs in Health and Physical Education are accredited by the National Council for Accreditation of Teacher Education (NCATE) and the Nebraska Department of Education.

The Bachelor of Science in Public Health program is accredited by the Council on Education for Public Health (CEPH).

## Contact

School of Health and Kinesiology  
6323 Maverick Plaza  
Omaha, NE 68182  
402.554.2670

## Website (<https://www.unomaha.edu/college-of-education/health-kinesiology/>) Admissions

### Public Health Admission Information

Students must have a cumulative and major GPA of at least 2.5.

### Kinesiology Admission Information

Students must have a cumulative and major GPA of at least 2.5.

### Physical Education and Health Education Educator Preparation Program Admission Information

The college offers educator preparation programs at the following levels: elementary education, middle level, and secondary education. For a complete listing of the endorsement areas at each level can be found here (<https://www.unomaha.edu/college-of-education/student-services/certification/endorsements.php>).

## Degrees Offered

- Bachelor of Science in Public Health (<http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/public-health-bs/>)
- Bachelor of Science in Kinesiology (<http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/education-physical-concentration-exercise-science-bs/>)

## Writing in the Discipline

Public Health majors fulfill the Writing in the Discipline requirement through the completion of PHHB 4960

Kinesiology majors fulfill the Writing in the Discipline requirement through the completion of KINS 4010, KINS 4940, and BMCH 4630

## Minors Offered

- Human Performance Minor (<http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/human-performance-minor/>)
- Public Health Minor (<http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/public-health/>)
- Sports Medicine Minor (<http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/sports-medicine-minor/>)
- Worksite Wellness Minor (<http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/worksite-wellness-minor/>)

## Endorsements Offered

- Physical Education (PK-12) and Health Education (<http://catalog.unomaha.edu/undergraduate/college-education/teacher-education-department/physical-education-p-6-7-12-endorsement/>)
- Physical Education (7-12) and Health Education (7-12) (<http://catalog.unomaha.edu/undergraduate/college-education/teacher-education-department/physical-education-health-7-12-endorsement/>)
- Coaching (7-12) (<http://catalog.unomaha.edu/undergraduate/college-education/teacher-education-department/coaching-7-12-endorsement/>)

## Public Health, Bachelor of Science

A degree in Public Health prepares students to become professionals who promote the health of the general public through education and skills for individuals and communities. Public Health professionals are leaders who engage in advocacy for policies that enhance and ensure healthy populations.

### Potential Career Opportunities/settings and examples:

- Government agencies
  - Centers for Disease Control and Prevention (CDC)
  - Department of Health and Human Services
  - State, Regional, County, and City Health Departments
  - Legislative bodies
  - Housing Authority
  - Peace Corps
- School Systems
  - Primary – 12 education
  - Colleges/Universities
  - Administration
- Non-profit organizations
  - American Red Cross
  - American Cancer Society
  - Women's Center for Advancement
  - Diabetes Educational Center of the Midlands
  - Planned Parenthood
  - Multiple Sclerosis Society
  - Wellness Council of the Midlands
- Non-Governmental Organizations (Global Health)
  - World Food Program
  - CARE International
  - International Red Cross
  - OxFam
  - Catholic Relief Services
  - World Vision
- Foundations

- Buffett Foundation
- Gates Foundation
- Hospitals
- Corporations

## Kinesiology, Bachelor of Science in Education

The Kinesiology program is designed to prepare students to assume positions as fitness or health promotion directors and exercise consultants.

### Potential Career Opportunities/settings:

- Biomechanist
- Community Fitness Specialist
- Exercise Physiologist
- Fitness Club Management
- Hospital Based Fitness & Wellness Specialist
- Laboratory Technician
- Personal Trainer
- Physical Activity Specialist
- Physical Therapy Aid or Technician
- Sports Industry/Equipment Exercise Science Specialist
- Strength & Conditioning Specialist
- Worksite Fitness/Wellness Specialist

## Physical Education Teaching Preparation

The Physical Education Teaching program prepares students to become certified physical educators in the state of Nebraska. Students may select an endorsement that includes Physical Education PK-6 and 7-12 dual endorsement or Physical Education 7-12 and Health Education 7-12 dual endorsement. The program includes hands on field experience in both urban and suburban schools beginning with observations and culminating with student teaching the final semester.

### Potential Career Opportunities/settings:

- Elementary School
- Middle School
- High School

\*Requires additional degrees/certifications.

#### HEKI 2000 MEDICAL TERMINOLOGY (1 credit)

This course provides students the foundation for understanding medical language and terminology used in health-related careers. Students will gain an understanding of the basic elements used to build and analyze medical terms used to describe the human body. Utilizing the body systems approach, students will learn correct pronunciation, definitions, and spelling used to describe the human body, pathological processes, procedures, as well as conditions and diseases that affect it.

#### HEKI 2100 STATISTICS IN HEALTH AND KINESIOLOGY (3 credits)

This class is designed to present an introduction to statistical evaluation of testing and measurement techniques commonly used in health and kinesiology. Appropriate test selection, administration, and the interpretation of results with fundamental statistical methods will be emphasized.

**Prerequisite(s):** MATH 1220, or ACT Math sub score of at least 23, or Accuplacer score of at least 4, or Math SAT score of at least 540

#### HEKI 2400 HEALTH ED. & PHYSICAL ED. FOR THE ELEMENTARY SCHOOL TEACHER (3 credits)

This course is designed to aid the classroom teacher in developing and implementing health education and physical education programs in the elementary school curriculum.

**Prerequisite(s):** TED 2300

#### HEKI 3090 APPLIED NUTRITION (3 credits)

This foundational nutrition course uses nutritional concepts and scientific inquiry to explore the impact of nutrition on individuals and society as a whole. Students will explore the role of nutrients in food as they relate to human performance and disease. Additionally, they will gain knowledge and skills to evaluate food choices, dietary guidelines, and current diet trends and the implications for both long and short-term health.

**Distribution:** Natural/Physical Science General Education course

#### HEKI 4100 ADVANCED MUSCULOSKELETAL ANATOMY (3 credits)

This course is designed for students interested in healthcare careers, specifically in the rehabilitation sciences, wanting to improve their knowledge of the musculoskeletal system. Emphasis will be placed on palpations, range of motion assessment, and strength testing of various muscles and joints throughout the body. This course will consist of largely hands-on activities working in small groups. (Cross-listed with HEKI 8106).

**Prerequisite(s):** Prerequisites - BMCH 2400 or BIOL 2740, or instructor permission.

#### KINS 1010 INTRODUCTION TO SPORTS MEDICINE (1 credit)

The primary purpose of this course is to allow students to explore a variety of professions related to the field of sports medicine and how they work together to ensure safe participation in physical activity. Topics such as basic injury pathology, safe participation in sports, communication, and legal and ethical issues will be reviewed.

#### KINS 1500 FUNDAMENTALS OF GROUP EXERCISE (1 credit)

This course is designed to provide students with the knowledge and skills to perform fundamental exercises associated with a variety of group exercise formats (e.g. bootcamp, kickboxing, yoga, indoor cycling, step, etc.). Students will also learn proper technique, transitions, progressions/regressions, modification, and sequencing to create a safe and inclusive class environment.

**Prerequisite(s):** Kinesiology majors, Pre-AT, Exploratory H&K, or PE Teaching majors

#### KINS 1600 FUNDAMENTALS OF RESISTANCE TRAINING (1 credit)

This class is designed to provide each student with the knowledge needed to understand how to properly perform basic weight training movements for each muscle group. Students will understand and learn the importance of keeping good body positioning, technique, spotting, breathing and safety procedures with free weights and machine weights as well learning to developing basic weight-training programs and understanding basic training principles.

**Prerequisite(s):** Kinesiology majors, Pre-AT, Exploratory H&K, or PE Teaching majors. Not open to non-degree graduate students.

#### KINS 1800 FITNESS FOR LIVING (3 credits)

This course is aimed at exploring the values of physical activity, assessing fitness needs and prescribing appropriate activities. The course will be taught as a lecture lab.

#### KINS 2130 LIFEGUARDING (3 credits)

This course is designed to prepare candidates in assuming the duties and responsibilities of a lifeguard. The main focus will be accident prevention in and around the water. Also stressed will be the recognition of a person in distress and a drowning victim. The development of an emergency plan and the articulation with the emergency rescue service will also be key elements in this course.

**KINS 2140 WATER SAFETY INSTRUCTORS COURSE (3 credits)**

This is a course in water safety instruction. The purpose of this course is to teach those enrolled how to teach the various swimming skills. This would include teaching beginning swimming through emergency water safety. Candidates who satisfactorily complete the course will be issued a Water Safety Instructor Certificate.

**Prerequisite(s):** Seventeen years of age and possession of current Advanced Lifesaving or Emergency Water Safety Certificate

**KINS 2210 GROUP EXERCISE LEADERSHIP (2 credits)**

This course is designed to provide students with competencies in the theory, concepts, and skills related to group exercise instruction and leadership. Students will explore both the dynamics of group participation and instructions across various modalities including; step, hi-low aerobics, cardio kickboxing, water aerobics, dance fitness, sports conditioning, indoor cycling, yoga, Pilates, and barre.

**Prerequisite(s):** PE 1800 or KINS 1800 with a grade of C- or better, School of H&K majors, Secondary Education majors with endorsements in Health/PE 7-12, and PE Pk-6th and 7-12

**KINS 2220 THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING (2 credits)**

This course is designed for the college student majoring in Exercise Science, Physical Education and related degrees to develop leadership skills necessary to teach safe and effective resistance training programs.

**Prerequisite(s):** PE 1800 or KINS 1800 with a grade of C- or better, School of H&K majors, Secondary Education majors with endorsements in Health/PE 7-12, and PE Pk-6th and 7-12

**KINS 2310 TEACHING GAMES 1 (3 credits)**

The purpose of this course is to help preservice physical education teachers facilitate enhanced performance, analysis, and tactical understanding of invasion games and field run/score games (e.g. basketball, soccer, team handball, football, speedball, ultimate Frisbee, hockey, softball, cricket, and modified kickball).

**Prerequisite(s):** Not open to non-degree graduate students.

**KINS 2320 TEACHING GAMES 2 (3 credits)**

The purpose of this course is to help preservice physical education teachers facilitate enhanced performance, analysis, and tactical understanding of net/wall games and lifetime activities (e.g. volleyball, badminton, tennis, racquetball, golf, archery, pickleball, table tennis).

**Prerequisite(s):** Not open to non-degree graduate students.

**KINS 2330 OUTDOOR/ADVENTURE ACTIVITIES (3 credits)**

The course will address the basic requirements for living comfortably and traveling in wilderness areas. Basic orienteering skills, team building activities, identifying and minimizing risks associated with outdoor pursuits, and environmental safety issues will be included.

**Prerequisite(s):** SED or ELED major, HED 3030 or PHHB 3030. Not open to non-degree graduate students.

**KINS 2430 FOUNDATIONS IN KINESIOLOGY (3 credits)**

This is an introductory course in kinesiology that includes an orientation to the profession and a consideration of current trends, problems and issues and their implications for the field of kinesiology. The course also examines the relationship of kinesiology to other cultures, general education, and global perspective.

**Distribution:** Social Science General Education course

**KINS 2700 FUNDAMENTALS OF ATHLETIC TRAINING (3 credits)**

An introduction to the field of athletic training as well as injury prevention and basic athletic training skills in wound care, taping/bracing, evaluation, and treatment.

**Prerequisite(s):** PE 1010 or KINS 1010, BMCH 2400, BMCH 2500 and admission into the Athletic Training Program. Not open to non-degree graduate students.

**KINS 2800 MOTOR LEARNING (3 credits)**

This course is the study of motor development, and the conditions and factors that influence the normal development and the learning of motor skills. Emphasis is placed upon normal developmental patterns and behaviors and learning principles throughout the life-span as it relates to a diverse American culture.

**Prerequisite(s):** PE 2430/KINS 2430 with a grade of C- or better, or ATHT majors, or permission of instructor

**KINS 3000 SPECIAL PROJECTS (1-3 credits)**

Conducted as short course, seminar, workshop or special project.

**Prerequisite(s):** The prerequisite for the special project will be determined by the instructor.

**KINS 3010 SCIENTIFIC PRINCIPLES OF COACHING (3 credits)**

Designed for coaches and potential coaches who are not physical education majors. Covers basic information to include kinesiology, physiology of exercise and behavioral aspects of coaching.

**Prerequisite(s):** For non physical education majors.

**KINS 3040 PREVENTION AND CARE OF ATHLETIC INJURIES (3 credits)**

This course covers selected topics related to the prevention and care of athletic related injuries. Emphasis will be placed on injury prevention through proper training, conditioning, nutrition and hydration strategies. Basic evaluation and treatment of athletic related injuries and legal aspects will also be covered.

**Prerequisite(s):** PE3010/KINS 3010, or BMCH 2400 or BIOL 2740, and HED3030/PHHB 3030 or current CPR certification and First Aid certification or departmental permission.

**KINS 3060 METHODS OF PRESCHOOL AND PRIMARY SCHOOL PHYSICAL EDUCATION (3 credits)**

The study of current methodology in developmentally appropriate preschool and primary school physical education. Candidates will use the assessment, planning, implementation and evaluation model in developing physical education programs for this age group.

**Prerequisite(s):** KINS 2800, EDUC 2510 or EDUC 2520 or TED 2400, 2.75 NU GPA

**KINS 3110 INTRODUCTION TO DANCE (3 credits)**

This course provides an introduction to dance as a performing art focusing on the choreographer, the dancer, the audience, the different dance genres and dance as a means of communication and expression.

**KINS 3120 DANCE SOMATICS: AN INTEGRATED APPROACH TO UNDERSTANDING THE BODY IN MOTION (3 credits)**

This course explores the body in motion through the lenses of various dance and movement theories, as well as self-reflection. Students will learn to move in an embodied way and understand the physiological, developmental, and psychological foundation of movement for dance.

**Prerequisite(s):** Not open to non-degree graduate students.

**KINS 3130 CHOREOGRAPHY 1: INTRODUCTION TO CHOREOGRAPHIC TOOLS, ARTISTIC AESTHETICS, & PERFORMANCE ELEMENTS (3 credits)**

This course explores the act of choreography as a medium for artist expression through improvisation, choreographic constructs, and content themes. Students will learn how to build ideas into choreographic dances through experimentation, structured frameworks, and feedback. Students will also present their work in a small performance at the conclusion of the semester.

**Prerequisite(s):** Not open to non-degree graduate students.

**KINS 3140 SPORTS OFFICIATING (3 credits)**

The general principles, basic guidelines, philosophy, mechanics and rules of officiating several team and individual sports will be covered.

**KINS 3300 TEACHING DANCE IN THE SCHOOLS (3 credits)**

The course is designed for physical education pedagogy majors, elementary teachers, and recreation leaders who are interested in obtaining the fundamentals of a variety of rhythmic and creative dance activities and their teaching methods for preschool through twelfth grade.

**Prerequisite(s):** EDUC 2010 or TED 2300 or TED 2380 or permission of instructor

**KINS 3350 TEACHING & CURRICULUM DEVELOPMENT IN ELEMENTARY PHYSICAL EDUCATION (3 credits)**

The study of teaching methodology and curriculum development in the elementary schools. Particular attention will be given to meeting the motor needs and interests of children aged 9-12. Assessing children's motor performance, prescribing activities, and evaluating the program effectiveness will be addressed.

**Prerequisite(s):** KINS 3060, KINS 3300, KINS 2310, TED 2400, 2.75 NU GPA

**KINS 3480 ORGANIZATION AND ADMINISTRATION OF ATHLETICS (3 credits)**

A study of the organization and administration of athletics in the secondary schools.

**Prerequisite(s):** Sophomore

**KINS 3710 SWIMMING COACHING THEORY AND PRACTICE (3 credits)**

This course is designed to develop the competencies essential to the successful coaching of swimming at all levels. The focus is on theory, swimming techniques, rules, safety, and coaching methods of competitive swimming.

**KINS 3720 SOCCER COACHING THEORY & PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of soccer. The focus is on conditioning training activities, coaching techniques, competition strategies, equipment selection, and modern coaching theories specific to the sport of soccer.

**KINS 3730 SOFTBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of fast pitch softball. The course will encompass the philosophy of coaching, coaching techniques, conditions/training activities and the analysis and correction of skills.

**KINS 3740 VOLLEYBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of volleyball. The focus is on conditioning training activities, coaching techniques, competition strategies, equipment selection and modern coaching theories.

**KINS 3750 WRESTLING COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of wrestling. The focus is on conditioning/training activities, coaching techniques, competition strategies, equipment selection and modern coaching theories specific to the sport of wrestling.

**KINS 3760 BASEBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop knowledge in all phases of the game. Special focus is on fundamentals, drills, managing and psychology of coaching.

**KINS 3770 FOOTBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of football on all levels. The focus is on theory, history and origin, conditioning, safety techniques, coaching techniques, strategy, equipment selection and modern coaching theories.

**KINS 3780 TRACK AND FIELD COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of track and field. The focus is on conditioning training activities, coaching techniques, competition strategies, equipment selection and modern coaching theories specific to the sport of track and field.

**KINS 3790 BASKETBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of basketball. The focus is on conditioning training activities, coaching techniques, competition strategies, equipment selection and modern coaching theories specific to the sport of basketball.

**KINS 3800 HOCKEY COACHING THEORY (3 credits)**

An introductory course in the developing the desirable attributes of hockey players, rules of the game, fundamental skills and systems of ice hockey as well as the study of key principles in successful players. Basic offensive and defensive strategies will be discussed. Also discussed will be the evolution of the sport and its equipment.

**KINS 3900 MOTIVATION FOR PHYSICAL ACTIVITY (3 credits)**

The central purpose of this course is to examine the psychological basis of exercise and physical activity. The majority of the course will focus on traditional theories principles of psychology as they relate to exercise. Emphasis is placed on understanding the motives underlying involvement in exercise and physical activity and the psychological benefits derived from acute and chronic involvement in an exercise program. Throughout the course, consideration will be given to theoretical models, research findings, and practical application of the concepts to a variety of performance settings.

**Prerequisite(s):** PSYC 1010 with a grade of C- or better.

**KINS 4000 TEACHING & CURRICULUM DEVELOPMENT IN SECONDARY PHYSICAL EDUCATION (3 credits)**

This course is designed to develop candidates' competencies in physical education instructional methodology and curriculum development. Analysis of teacher behavior and selection of content and materials will be examined. Candidates will be introduced to and will implement various methods of teaching physical education at the secondary level so as to develop the skills to become an effective teacher.

**Prerequisite(s):** KINS 2310, KINS 2320, KINS 2330, KINS 3300, TED 2400, 2.75 NU GPA

**KINS 4010 LABORATORY METHODS IN EXERCISE SCIENCE (6 credits)**

This course will provide students an opportunity to achieve competency in operating various pieces of equipment typically used in biomechanics and exercise physiology laboratories. The students will gain experience in interpreting the results of the tests administered, and writing exercise prescriptions based upon those results. Students must have current CPR certification.

**Prerequisite(s):** BMCH 2500 or BIOL 2840, BMCH 4630, PE 4940 or KINS 4940, CPR certification, department consent; must be School of H&K major or ATH major. Students cannot complete KINS 4010 and KINS 4800 in the same term.

**KINS 4050 EXERCISE AND SPORT NUTRITION (3 credits)**

This course presents an overview of the principles of nutrition and the relationship between nutrition and health, fitness, and sports performance. It is designed to provide students with the knowledge and skills necessary to assess nutritional status, improve overall health, and enhance sports performance. (Cross-listed with KINS 8056).

**Prerequisite(s):** HEKI 3090



**KINS 4070 OPTIMIZING SPORTS PERFORMANCE (3 credits)**

The course is designed for coaches, athletes and physically active people, and allied health professionals. Course content emphasizes integration of several disciplines in sports medicine aimed at preparing one for optimal sports performance. Topics include peaking, detraining, overuse injury, efficiency, special foods and nutritional requirements, genetics and trainability, and designing of multi-year training schedules. (Cross-listed with KINS 8076).

**Prerequisite(s):** PE 4940/KINS 4940 with a grade of C- or better.

**KINS 4080 CLINICAL EXERCISE PHYSIOLOGY (3 credits)**

This course will offer students the knowledge, skills, and abilities to take the American College of Sports Medicine's health fitness instructor certification exam. This course will emphasize health risk assessment, exercise testing, and exercise prescription for healthy and clinical populations. (Cross-listed with KINS 8086).

**Prerequisite(s):** PE 4940/KINS 4940 with a grade of C- or better.

**KINS 4100 APPLIED KINESIOLOGY (3 credits)**

This course will introduce students to the use of basic theories and principles of movement analysis from a kinesiological perspective. Students will apply anatomical knowledge to break down movement from a broad spectrum of activities.

**Prerequisite(s):** BMCH 2400 or PE 2880 or BIOL 2740 or equivalent and sophomore standing

**Distribution:** Writing in the Discipline Sequenced Course

**KINS 4150 ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE (3 credits)**

A study of problems as they relate to philosophy, procedures and practices, and organization and administration of physical education & physical activity programs for exceptional students. This course surveys societal issues surrounding adaptive sports and recreation along with movement problems associated with specific disabilities. This course also provides the student with an opportunity to work with an individual who has a disability.

**Prerequisite(s):** PE 2800 or KINS 2800 with a grade of C- or better and Jr Standing and PYED major or TED 2300 and TED 2380 and Special Education or Secondary Education major with endorsement codes: 0802S or 0802C or 1913S

**Distribution:** U.S. Diversity General Education course

**KINS 4200 PLANNING WORKSITE WELLNESS PROGRAMS (3 credits)**

This course will focus on the planning of quality worksite wellness programs utilizing standards established by the Association for Worksite Health Promotion. Steps in the planning process such as needs assessment, strategic planning, implementation, and evaluation will be taught with special application to the worksite. Critical issues involving worksite programs also will be addressed such as upper management support, program standards, corporate culture, competencies for worksite health promotion professionals, economic benefits, behavioral theories, legal issues, and the integration of worksite wellness programs and health care. (Cross-listed with KINS 8206).

**Prerequisite(s):** Junior standing.

**KINS 4310 LOWER EXTREMITY EVALUATION (3 credits)**

This course is designed to provide the candidate with knowledge and skill in the area of advanced athletic injury assessment. The candidate will be exposed to current methodology in the field of orthopedic assessment, pathophysiology of orthopedic injury, and application of current research in injury evaluation. The candidate will receive practical experience in the management of athletic injuries. This course will focus on the low back, hip, and lower extremities. (Cross-listed with KINS 8316).

**Prerequisite(s):** PE 2700 or KINS 2700 and PE 4710 or KINS 4710. Not open to non-degree graduate students.

**KINS 4320 UPPER EXTREMITY EVALUATION (3 credits)**

This course is designed to provide the candidate with knowledge and skill in the area of advanced athletic injury assessment. The candidate will be exposed to current methodology in the field of orthopedic assessment, pathophysiology of orthopedic injury, and application of current research in injury evaluation. The candidate will receive practical experience in the management of athletic injuries. This course will focus on the head, neck, thorax, and upper extremities. (Cross-listed with KINS 8326).

**Prerequisite(s):** PE 4310/KINS 4310, PE 4330/KINS 4330, and PE 4720/KINS 4720. Not open to non-degree graduate students.

**KINS 4330 ATHLETIC THERAPEUTIC MODALITIES (3 credits)**

This course will cover the theory, physiology and application of physical agents used in the treatment of injuries and illness. Students will gain practical experience utilizing selected agents to treat injuries and illnesses. (Cross-listed with KINS 8336).

**Prerequisite(s):** PE 2700 or KINS 2700 and PE 4710 or KINS 4710. Not open to non-degree graduate students.

**KINS 4350 ORGANIZATION AND ADMINISTRATION OF ATHLETIC TRAINING (3 credits)**

Administration of athletic training programs including the use of records and forms, budgets, facility design and legal concerns. (Cross-listed with KINS 8356).

**Prerequisite(s):** PE 4340/KINS 4340, PE 4320/KINS 4320

**KINS 4360 ORTHOPEDIC AND MEDICAL ASPECTS OF ATHLETIC TRAINING (3 credits)**

This course will enhance the candidate's knowledge of orthopedic and medical aspects of athletic training. Involves directed observation, experiential learning, literature review and hands-on experience under the supervision of local medical professionals in various settings. The student will be exposed to advanced evaluation and treatment skills, including imaging techniques and surgical procedures, rehabilitation and athletic training management.

**Prerequisite(s):** PE 4320/KINS 4320 and PE 4340/KINS 4340

**KINS 4500 BEHAVIORAL ASPECTS OF COACHING (3 credits)**

This course is designed to provide the physical education teacher and athletic coach with an overview of the behavioral aspects of coaching athletes. The course will provide information which will enable the coach to enhance as well as orchestrate performance of elementary, junior high, senior high, college, and post-college athletes. (Cross-listed with KINS 8506).

**KINS 4700 FITNESS MANAGEMENT (3 credits)**

This course is an introduction to management concepts for fitness professionals such as human resource management, financial management, marketing, and facility risk management. Assessment, development, prescription, implementation, and evaluation strategies will be presented for each management concept. Students will develop the knowledge and skills necessary to orchestrate and manage high quality programs in various fitness settings.

**KINS 4710 CLINICAL PRACTICUM IN ATHLETIC TRAINING I (1 credit)**

Clinical Practicum in Athletic Training I is the first course in the Clinical Practica series for students admitted to the Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills. Students will demonstrate skills and proficiencies in emergency procedures and the basic therapeutic modalities.

**Prerequisite(s):** Formal admission to the Athletic Training Program, instructor permission, & continued compliance w/published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 2700/KINS 2700. Not open to non-degree graduate students.

**KINS 4720 CLINICAL PRACTICUM IN ATHLETIC TRAINING II (1 credit)**

Clinical Practicum in Athletic Training II is the second course in the Clinical Practica series for students admitted to the Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills. Students will demonstrate advanced proficiencies in emergency procedures and initial proficiencies in lower extremity evaluation and application of therapeutic modalities.

**Prerequisite(s):** Formal admission to Athletic Training Program, PE 4710/KINS 4710, instructor permission, compliance w/ published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 4310/KINS 4310 & PE 4330/KINS 4330

**KINS 4730 CLINICAL PRACTICUM IN ATHLETIC TRAINING III (1 credit)**

Clinical Practicum in Athletic Training III is the third course in the Clinical Practica series for students admitted to the Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills. Emphasis on mastery of skills and proficiencies in lower extremity care and initial proficiency in upper extremity evaluation and care.

**Prerequisite(s):** Formal admission to Athletic Training, PE 4720/KINS 4720, instructor permission, compliance w/published Athletic Training Technical Standards for Admission. Co-requisite: PE 4320/KINS 4320 & PE 4340/KINS 4340. Not open to non-degree graduate students.

**KINS 4740 CLINICAL PRACTICUM IN ATHLETIC TRAINING IV (1 credit)**

Clinical Practicum in Athletic Training IV is the fourth course in the Clinical Practica series for students admitted to the Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills. Emphasis on mastery of upper extremity evaluation and care and skills in medical exam techniques, pharmacology and interviewing.

**Prerequisite(s):** Formal admission to Athletic Training Program, PE 4730/KINS 4730, instructor permission, & compliance with published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 4360/KINS 4360. Not open to non-degree graduate students.

**KINS 4750 CLINICAL PRACTICUM IN ATHLETIC TRAINING V (1 credit)**

Clinical Practicum in Athletic Training V is the fifth course in the Clinical Practica series for students admitted to the Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills. Emphasis on mastery of skills in medical examination techniques and administrative tasks.

**Prerequisite(s):** Formal admission to the Athletic Training Program, PE 4740/KINS 4740, instructor permission, & compliance w/published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 4350/KINS 4350. Not open to non-degree graduate students.

**KINS 4800 KINESIOLOGY PRACTICUM (3 credits)**

This practicum places the candidate in the role of an exercise leader in a Fitness for Living class. During this experience the candidate will participate in a seminar which will meet three days a week. Responsibilities in the role of an exercise leader will include: direct contact with students enrolled in this class during all lectures and activities and exercise leadership and supervision, fitness testing, and class presentations. During the seminar sessions the candidates will participate in discussions, group activities, and share experiences relative to their exercise leadership roles. Candidates must have current CPR certification.

**Prerequisite(s):** PE 2210/KINS 2210, PE 2220/KINS 2220, BMCH 2500 or BIOL 2840, BMCH 4630 or KINS 4100, PE 4940/KINS 4940, CPR certification and department consent. Students cannot complete KINS 4010 and KINS 4800 in the same term.

**KINS 4850 CARDIOVASCULAR DISEASE PREVENTION AND REHABILITATION (3 credits)**

The purpose of this course is to provide candidates with an introduction to the theories and practices involved in all phases of cardiac rehabilitation. (Cross-listed with KINS 8856).

**Prerequisite(s):** PE 2500/KINS 2500 with a grade of C- or better or BIOL 2840 with a grade of C- or better, PE 4940/KINS 4940 with a grade of C- or better

**KINS 4910 INTERNSHIP IN KINESIOLOGY (3 credits)**

This course is a supervised, educational work experience of at least 150 clock hours over at least a ten week period at an approved worksite offering programs and experiences in all areas of kinesiology and health promotion.

**Prerequisite(s):** PE 4800 or KINS 4800, 2.5 GPA, CPR Certification, and department consent

**KINS 4930 MEASUREMENT AND EVALUATION IN KINESIOLOGY (3 credits)**

This course is designed to present the theory and application of measurement and evaluation techniques commonly used in physical education, exercise science, physical activity, and health promotion. Appropriate test selection, administration, and the interpretation of results with fundamental statistical methods will be emphasized. Students will participate in selected practical testing and measurement procedures.

**Prerequisite(s):** PE 4940 or KINS 4940 with a grade of C- or better

**KINS 4940 PHYSIOLOGY OF EXERCISE (3 credits)**

A study of the major physiological systems of the human body and its acute and chronic responses to exercise. Includes application of physiological concepts to physical training and conditioning.

**Prerequisite(s):** BMCH 2400 or BIOL 2740 with a grade of C- or better and sophomore standing. School of H&K majors or Human Performance minors only, or with department approval.

**Distribution:** Writing in the Discipline Sequenced Course

**KINS 4960 TOPICS IN SPORTS MEDICINE (3 credits)**

This course covers selected topics regarding the science and medicine of sports participation. Some areas to be covered include the medical supervision of the athlete, special populations, conditioning, environmental concerns and sports nutrition.

**Prerequisite(s):** PE 4340/KINS 4340, PE 4350/KINS 4350, and PE 4730/KINS 4370; or instructor permission

**KINS 4970 PROBLEMS OF PHYSICAL EDUCATION (1-3 credits)**

This course is designed to provide an opportunity for individuals or groups to study problems in physical education.

**Prerequisite(s):** Permission of instructor

**KINS 4980 COACHING PRACTICUM (1 credit)**

This course is designed to give the candidate practical experiences in the coaching of specific sports.

**Prerequisite(s):** Junior standing and related coaching methods course. Permission of instructor

**KINS 4990 INTERNSHIP IN ATHLETIC TRAINING (6 credits)**

This course is a supervised, educational work experience of at least 300 clock hours over a minimum of a 10-week period at an approved athletic training worksite.

**Prerequisite(s):** 90 hours completed, 2.5 GPA and department consent

**PEA 111A RACQUETBALL (1 credit)**

This course is designed to develop the fundamental skills and knowledge of the sport of racquetball.

**PEA 111B TENNIS (1 credit)**

This course is designed to develop the fundamental skills and knowledge of the game of tennis. Included will be the fundamental skills and strategies of playing the game.

**PEA 111C GOLF (1 credit)**

This course is designed to develop the fundamental skills and knowledge of the game of golf.

**PEA 111D JUDO (1 credit)**

A basic judo course designed primarily for men and women students with limited experience in judo. The course includes techniques of falling, self-balance, body management, disturbing opponent's balance, throwing techniques, techniques of pins, recognition of choking and armlocks, and judo principles for self-defense and individual sport techniques.

**PEA 111E SELF-DEFENSE (1 credit)**

This is a self defense course designed primarily for men and women students with little experience in self defense.

**PEA 111F TAEKWONDO (1 credit)**

Originally designed as a means of self-defense. Taekwondo is also excellent for physical conditioning, increasing agility, and building self-confidence. The purpose of the course is to introduce the student to the basic techniques and philosophies of Taekwondo.

**PEA 111G BASIC HAPKIDO (1 credit)**

In addition to the kicks and strikes normally associated with Oriental martial arts, Hapkido adds throws, take-downs, and restraint and submission holds. Hapkido is also excellent for physical conditioning, increasing agility, and building self-confidence. The purpose of the course is to introduce the student to the basic techniques and philosophies of Hapkido.

**PEA 111H WEIGHT TRAINING/BODY CONDITIONING (1 credit)**

The course is designed to develop the skills and knowledge necessary to begin and participate in a program of weight lifting as a lifelong activity.

**PEA 111I ADVANCED WEIGHT TRAINING (1 credit)**

The course is designed to enhance weightlifting and conditioning skills to an advanced level from skills already possessed by the student.

**PEA 111N KICKBOXING (1 credit)**

The course is a combination of boxing and kicking techniques and total body conditioning. It will focus on low, moderate, and/or high impact movements. The course will concentrate on safe and effective exercises that will develop the aerobic endurance and strength of the student. Students will utilize hand-wraps, gloves, focus mitts, and kicking shields during the course.

**PEA 111O MULTICULTURAL DANCE (1 credit)**

This course is designed to provide students with an introduction to dances from Europe, Asia, Africa, and North and South America.

**PEA 111P MODERN DANCE (1 credit)**

This course for men and women students is designed to develop technique in modern dance and acquire a brief knowledge, understanding, appreciation of modern dance, its history, and composition.

**PEA 111Q BALLET (1 credit)**

The course introduces the student to basic ballet technique and fosters an appreciation for ballet as an art form.

**PEA 111R JAZZ I (1 credit)**

The course is designed to introduce the student to various fundamental techniques in jazz dance and to incorporate these techniques into dance sequences.

**PEA 111S RELAXATION TECHNIQUES (1 credit)**

This course involves discussion about stress and its health related aspects. The focus is on demonstration and practice of selected stress management skills.

**PEA 111T YOGA I (1 credit)**

This course actively covers the scope of hatha yoga through both demonstration and participation as well as historical review of yoga.

**PEA 111U YOGA II (1 credit)**

This course actively continues to cover the scope of hatha yoga through both demonstration and participation as well as historical review of yoga.

**PEA 111V BEGINNING/INTERMEDIATE SWIMMING (1 credit)**

This course in Beginning and Intermediate Swimming is designed to expose the student to the basic skills involved in safe and efficient aquatics practices. Skills and information dealing with general water safety will be covered in order to create an awareness of the cause and prevention of water accidents, to develop a desire to be safe and to encourage healthy and safe water recreation.

**PEA 111W SCUBA (1 credit)**

SCUBA is an exciting, lifetime recreational activity that you can enjoy anywhere in the world and opens the doors to future tracks such as Marine Biology, Engineering, Physical Sciences and more. This course teaches students the basics of open water diving including equipment preparation, pre-dive safety checks, assembly and maintenance, underwater dive safety including ascents, buoyancy, emergency preparation and much more. Included in the course fee are the digital materials, logbook, purchase of snorkel gear and use of the pool and other necessary gear. During the nine sessions at Diventures you will complete the classroom, pool work and open water training to provide you a lifetime Open Water Diver certification from Scuba Schools International (SSI). Classroom and Pool are to be held at Diventures. The training dives are to be held the following weekend, weather dependent.

**Prerequisite(s):** A Medical Statement & Questionnaire (before the course) and Water Fitness Evaluation (Swim Assessment and Survival Float - during the course) must be completed.

**PEA 111X BASKETBALL (1 credit)**

This course is designed to develop the fundamental skills and knowledge of the game of basketball.

**PEA 111Z BACKPACKING & CAMPING (1 credit)**

This course is designed to introduce the student to backpacking and orienteering in order to provide the students with an appreciation for the outdoor environment.

**PEA 112A SWIM CONDITIONING (1 credit)**

This course in Swim Conditioning is designed to expose the participants to the benefits and variety of swimming as a lifetime fitness exercise.

**Prerequisite(s):** Participants should have the ability to continuously swim 25 yards.

**PEA 112C POWER YOGA (1 credit)**

This course provides an exercise program based on traditional yoga poses (asanas) in a continuous series of exercises. The course will concentrate on safe, effective, exercise that will develop the cardiovascular fitness, muscular strength, endurance and flexibility of the student.

**PEA 112D PILATES MATWORK (1 credit)**

This course is based on a method of exercise develop by Joseph H. Pilates. The course will concentrate on safe, effective exercise that will develop the cardiorespiratory fitness, muscular strength, endurance and flexibility of the student.

**PEA 112E JAZZ II (1 credit)**

The course is designed to build upon the techniques learned in Jazz Dance I.

**Prerequisite(s):** PEA 111R or permission of instructor

**PEA 112F ROCK CLIMBING (1 credit)**

This class focuses on the basic knowledge and skills necessary for the sport of rock climbing. Topics covered will include protecting the climber from falling, movement on the rock, rappelling, and an introduction to anchor setting and ethics. Each topic will emphasize risk management and current accepted technique in the field.

**PEA 112G BALLET II (1 credit)**

The course builds on the work introduced in Ballet I. While still basic, there is increased complexity as the student begins to demonstrate greater ability.

**Prerequisite(s):** PEA 111Q or permission of instructor

**PEA 112H BALLROOM DANCE I (1 credit)**

This course is designed to introduce the student to various fundamental techniques in Ballroom social dance and to incorporate these into basic Ballroom, Latin, and Swing dances.

**PEA 112I T'AI CHI FOR MOVEMENT IMPROVEMENT (1 credit)**

This course is designed to teach students various forms of T'ai Chi. There will be emphasis on balance, coordination, flexibility, relaxation, and strength. It is designed for all levels of ability.

**PEA 112J MODERN DANCE 2 (1 credit)**

The course is designed to further the student's study of modern dance techniques.

**Prerequisite(s):** PEA 111P or permission of instructor. Not open to non-degree graduate students.

**PEA 112K SOCCER (1 credit)**

This course is designed to develop the fundamental skills and knowledge of the game of soccer.

**PEA 112L WALKING/JOGGING (1 credit)**

This course is designed to help the students improve personal fitness through walking and jogging.

**PEA 112M VOLLEYBALL (1 credit)**

This course is designed to develop the fundamental skills and knowledge of the game of volleyball.

**PEA 112N ZUMBA (1 credit)**

Zumba is a fitness program inspired by Latin dance. Zumba combines Latin rhythms (salsa, bachata, merengue, and chachacha.) with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

**PEA 112O BALLROOM DANCE II (1 credit)**

The course is designed to further the student's study of Ballroom Dance techniques.

**Prerequisite(s):** PEA 112H or permission of instructor

**PEA 112P INDOOR CYCLING (1 credit)**

This activity course is an indoor stationary cycling program. It is a high intensity, cardiovascular fitness program designed to promote lifetime fitness.

**PEA 112Q HIP HOP (1 credit)**

This course is designed to give students a beginning understanding and appreciation of hip hop dance.

**PEA 112R NET GAMES (1 credit)**

This course is designed to teach students the fundamental skills and rules of Badminton, Tennis, Pickleball, and Table Tennis.

**PEA 112S CROSS-TRAINING (1 credit)**

This course is designed to develop the technique, fitness level and knowledge base to effectively participate in cross-training activities. Individuals will be exposed to a variety of methods such as, but not limited to, plyometrics, agility training, kettlebells, and core training.

**PEA 112T ADVANCED MARTIAL ARTS (1 credit)**

The purpose of this course is to expand upon the basic techniques and philosophies presented in the UNO Martial Arts Introductory classes. The class will review the basic concepts and techniques taught in the intro classes which may be new to the student depending on the introductory class experience of the student.

**Prerequisite(s):** PEA 111G, PEA 111F, or PEA 111D; or instructor consent.

**PEA 112U QI GONG (1 credit)**

This course actively covers the scope of Qi Gong through demonstration and participation as well as through a systematic elucidation of the history and theoretical underpinnings of Qi Gong.

**PEA 112V MINDFULNESS MEDITATION (1 credit)**

This course actively covers the scope of Meditation practices, including Mindfulness, through demonstration, lecture, discussion, and participation. Various methods will be taught, as well as the history, philosophy and practices of meditation. Contemporary research will also be discussed.

**PEA 112W TAP I (1 credit)**

The course is designed to introduce the student to various fundamental techniques in tap dance and to incorporate these techniques into dance sequences.

**PEA 112X BARRE FITNESS (1 credit)**

This is a fitness course that utilizes safe barre exercises to develop muscular endurance, flexibility, and neuromotor training. The course will concentrate on integrating the use of the ballet barre, light weights, and various props.

**PEA 113A BEGINNING ICE SKATING (1 credit)**

This course is designed for beginning ice skaters. Instructional emphasis will be placed on safely learning the life-long activity of ice skating. Students will develop an understanding of the basic principles and terminology of the sport of ice skating, improve on any current ice skating skills, and develop new skills such as forward and backward skating, crossovers, turns, and stops.

**PEA 1130 ADAPTED PHYSICAL EDUCATION (1 credit)**

This course is designed to provide an opportunity for independent physical education activity for a disabled person.

**Prerequisite(s):** A disability which does not allow participation in regularly scheduled physical education activity courses.

**PHHB 1500 FOUNDATIONS IN PUBLIC HEALTH (3 credits)**

An introductory course for public health majors and other interested students, that examines the foundations of public health. The course includes an orientation to the process and the professions of public health and a consideration of current trends, problems and issues and their implications for public health professionals. The course will help candidates develop the knowledge, skills, competencies, and attitudes necessary to orchestrate an environment for positive public health.

**Distribution:** Social Science General Education course

**PHHB 2070 SUBSTANCE ABUSE AND MISUSE: PREVENTION AND MANAGEMENT (3 credits)**

An introduction to the effects and rationales of drug use, misuse, and abuse. Included are the physiological, psychological, sociological, pharmacological, and legal aspects of drugs in a culturally diverse United States and abroad.

**PHHB 2310 HEALTHFUL LIVING (3 credits)**

A study of selected health problems and issues in our society as related to knowledge, attitudes, and behaviors necessary for healthful living in a culturally diverse society.

**PHHB 2850 STRESS MANAGEMENT (3 credits)**

The health-related aspects of stress will be the focus of this course. Selected techniques for the self-regulation of stress will be demonstrated, practiced, and analyzed. Pressures from the culturally diverse United States and implications of a global society will be analyzed. Students will develop skills and competencies necessary to create a learning environment conducive to reducing stress.

**PHHB 3000 SPECIAL PROJECTS (1-3 credits)**

This course is designed to provide an opportunity to study a topic in public health through short course, seminar, workshop, or special project.

**Prerequisite(s):** The prerequisite for the special project will be determined by the instructor.

**PHHB 3030 FIRST AID (3 credits)**

Designed to give students knowledge and skill in implementing immediate, temporary treatment in case of injury or sudden illness before the services of a physician. Upon successful completion of the course, a student will receive a standard first aid and cardiopulmonary resuscitation certificate.



**PHHB 3060 PROMOTING POSITIVE HEALTH (3 credits)**

The focus of this team taught, experiential course will be assisting individual students: a) determine what wellness and mindfulness changes they wish to make in their lives; b) assisting them in acquiring the skills and learning about theories of how to effectuate change, and c) assisting them in making the change.

**Prerequisite(s):** HPER 3090/HEKI 3090, HPER 2850/HEKI 2850, and Holistic Health - Eastern Perspectives. At least two of the following: PEA 111T, PEA 112I, PEA 112U, or PEA 112V One additional PEA course (may not be from the previous category or basketball or volleyball)

**PHHB 3070 DEATH AND DYING (3 credits)**

An interdisciplinary survey of literature in the field of thanatology, with an emphasis on working with the older patient and his or her family. (Cross-listed with GERO 3070).

**PHHB 3080 HUMAN SEXUALITY (3 credits)**

An examination of factors influencing sexual development. Emphasis is given to topics pertinent to healthful living in today's culturally diverse, global society. (Cross-listed with WGST 3080).

**PHHB 3310 INJURY PREVENTION IN PUBLIC HEALTH (3 credits)**

This course is designed to explore public health strategies for the development and maintenance of safe physical environments with a focus on prevention of intentional and unintentional injuries. It explores a multitude of safety programs for school, business, recreation, transportation, and the home.

**PHHB 4000 METHODS AND MATERIALS IN HEALTH EDUCATION (3 credits)**

This course will provide an opportunity to study, develop and use different materials and equipment in public health. Various methods of teaching health will be practiced and evaluated. Candidates will be able to gain classroom and field experience (service-learning) in planning lessons and presentations.

**Prerequisite(s):** HED 1500 or PHHB 1500

**PHHB 4040 EPIDEMIOLOGY & PREVENTION OF DISEASE (3 credits)**

The course is designed for public health students and others who are interested in public health. The cause, prevention, treatment and control of prevalent communicable and non-communicable disease in a culturally diverse and global society will be emphasized. Special emphasis will be given to diseases and health problems that can be prevented or controlled through public health initiatives.

**Prerequisite(s):** HED 1500 or PHHB 1500

**PHHB 4050 INTRODUCTION TO RESEARCH IN PUBLIC HEALTH (3 credits)**

This course will assist students to develop the basic skills to read and evaluate applied research to address contemporary problems in public health. The course will provide an introduction to proposal writing, data collection, research design, statistical analysis, and computer application. Unique problems associated with data collection in public health settings such as public health departments, neighborhood health centers, and community based organizations will be addressed.

**PHHB 4060 SCHOOL HEALTH PROGRAMS (3 credits)**

The purpose of this course is to provide information and strategies for planning, implementing, and evaluating Coordinated School Health Programs (CSHP) for diverse cultural groups. Content includes an overview of school health programs, the essential functions of each of the eight components, the role of national and state organizations in working with local agencies and school districts in promoting the development of comprehensive school health programs.

**Prerequisite(s):** HED 1500 or PHHB 1500

**PHHB 4130 COMMUNITY HEALTH (3 credits)**

A survey course of community health issues. The basics of epidemiology/statistical sciences, environmental health, managerial/administrative sciences, and behavioral/social sciences for community health are examined. Public health candidates will gain skills needed to develop and manage community health programs.

**PHHB 4200 A PUBLIC HEALTH APPROACH TO MENTAL HEALTH (3 credits)**

This public health course will help students think critically about the prevention, identification, and treatment of mental illness in the United States. Students will be introduced to concepts from the disciplines of public health, psychology and sociology to understand mental health disorders and their impact on population health. Students will explore health disparities through the lens of cultural, social, behavioral, psychological, and economic factors. Students will recognize that mental health exists on a continuum and develop skills to address environmental influences on behavior. (Cross-listed with PHHB 8206).

**PHHB 4280 SOCIAL MARKETING FOR PUBLIC HEALTH (3 credits)**

This course will introduce students to current theory, practices and resources in the field of social marketing as it relates to public health. Students will analyze and implement social marketing techniques.

**Prerequisite(s):** HED 1500 or PHHB 1500

**PHHB 4400 HEALTH LITERACY (3 credits)**

This course is designed to provide students with the competencies to reduce problems associated with low health literacy. The two primary foci will be strategies to help patients and other health consumers improve their health literacy, and strategies to help health providers and health educators communicate in a manner that can be understood by all persons regardless of their health literacy

**PHHB 4420 PUBLIC HEALTH INFORMATICS (3 credits)**

Students will learn the implementation, operation, and application of health information systems. Students will explore the legal and ethical issues surrounding health informatics and patient records, management and communication in health informatics, and social and organizational issues pertaining to health informatics.

**Prerequisite(s):** HED 1500 or PHHB 1500

**PHHB 4550 HEALTH ASPECTS OF AGING (3 credits)**

This course emphasizes health promotion for older adults. Special health needs of older Americans are compared and contrasted with health needs for other age groups. Prevention or delaying of chronic diseases and disorders are emphasized. (Cross-listed with GERO 4550 and GERO 8556 and PHHB 8556 and WGST 4550).

**PHHB 4650 GLOBAL HEALTH (3 credits)**

This course will explore contemporary health problems around the world with particular emphasis being placed on problems experienced by developing countries. The political, economic, social, geographical, biological aspects of the problems and possible solutions will be addressed.

**Distribution:** Global Diversity General Education course

**PHHB 4700 WOMEN'S HEALTH AND ISSUES OF DIVERSITY (3 credits)**

This course provides a critical understanding of the inter-relationship between socio-cultural, economic, and political factors and women's physical and mental health. The aim is to provide an overview of the experience with the health care system. Emphasis will be on critically examining recent scholarship from a sociological, behavioral, health policy perspective. (Cross-listed with PHHB 8706, SOC 4700, SOC 8706).

**Distribution:** U.S. Diversity General Education course

**PHHB 4880 PUBLIC HEALTH POLICY (3 credits)**

This course provides an overview of the U.S. health system, and an introduction to the skills necessary to address health policy issues. Students will develop a working knowledge of health services terminology, recognize basic health care concepts, distinguish between various components of the health care delivery system and be able to apply concepts learned in the analysis of a public health problem.

**Prerequisite(s):** HED 1500 or PHHB 1500

**PHHB 4950 PUBLIC HEALTH LEADERSHIP AND ADVOCACY (3 credits)**

This course reviews public health leadership concepts and practices that prepare candidates to fulfill professional roles as advocates and leaders in the health field. Politics and power structure in communities and organizations are addressed. The processes through which changes in the political, economic, organizational, and physical environment related to health status and health behavior are brought about will be addressed. Media advocacy, the legislative process, community organization, and coalition development will be explored as means of environmental change.

**Prerequisite(s):** HED 1500 or PHHB 1500

**PHHB 4960 PUBLIC HEALTH - PLANNING AND ORGANIZATION (3 credits)**

The course is designed to provide public health students an understanding of planning and organization in public health. The use of planning tools including social assessment methods, epidemiological methods, behavioral methods, organizational methods, administrative methods and evaluation procedures for public health initiatives will be included. Grant writing components will be emphasized.

**Prerequisite(s):** HED 1500 or PHHB 1500

**PHHB 4970 PROBLEMS OF HEALTH EDUCATION (1-3 credits)**

This course is designed to provide an opportunity for individuals or groups to study problems in health education.

**Prerequisite(s):** Permission of instructor.

**PHHB 4990 INTERNSHIP IN PUBLIC HEALTH (3 credits)**

This internship provides on-the-job training for public health students in a cooperative program with state and local health departments or other appropriate community and public health agencies. Direct field experience is completed by the student under the supervision of an experienced practitioner in an approved public health agency.

**Prerequisite(s):** Completion of or current enrollment in core courses, GPA of 2.5 or above in required courses, and no grade below a C in required courses, and permission of instructor.

**RLS 2440 FOUNDATIONS OF RECREATION AND LEISURE (3 credits)**

A survey approach to the recreation, leisure services, parks professional field to include the historical philosophical bases of the overall profession. Provides the necessary foundational knowledge for majors as well as candidates within other areas of study.

**RLS 2500 OUTDOOR RECREATION (3 credits)**

A survey of the dynamics of outdoor recreation in American life. Designed to guide candidates through a learning experience that results in an introduction to and a broad-based understanding and appreciation of outdoor recreation.

**RLS 3100 SOCIAL ASPECTS OF SPORT AND LEISURE (3 credits)**

A critical examination of the function and significance of sports within the overall leisure behavior patterns of Western society. Recreational sport, sport spectatorship, and competitive athletics are considered from the dominant theoretical perspectives within sociology.

**Prerequisite(s):** Six hours of social science or permission.

**RLS 3500 FOUNDATIONS OF RECREATION THERAPY (3 credits)**

An introduction to therapeutic recreation services as a specialized field within recreation. Course content touches on the majority of the special populations recognized within American society. An in-depth survey approach is utilized.

**RLS 4070 CAMPUS RECREATION MANAGEMENT (3 credits)**

A review of the knowledge, skills, and abilities required for the management of typical campus recreation programs and facilities. This course will prepare students for entry level positions managing campus recreation employees, programs, facilities and services. (Cross-listed with RLS 8076)

**RLS 4100 FACILITY DESIGN AND MANAGEMENT (3 credits)**

This course is designed to acquaint the recreation major or practitioner with the knowledge and certifications necessary to maintain and operate a recreation building including all major activity areas using the latest standards and technology. Attention will be devoted to the design and management process, including terminology, court specifications, handicapped accessibility, and swimming pool operation.

**RLS 4240 RECREATION ADMINISTRATION (3 credits)**

Designed to provide a background of information on public, private, and commercial recreation with special attention to organization, promotion, and development from the administrative aspect. (Cross-listed with RLS 8246)

**Prerequisite(s):** RLS Major and Senior status

**RLS 4300 RECREATION PROGRAMMING AND LEADERSHIP (3 credits)**

An advanced study of recreational programming and leadership through practical applications. Emphasis is placed upon understanding proven programming and leadership knowledge and skills; understanding participant leisure behavior; understanding participant leisure needs; and skill development in ways through which organization, agencies and businesses create services to respond to the leisure needs of the consumer. (Cross-listed with RLS 8306)

**Prerequisite(s):** Junior, Senior or Graduate Standing

**RLS 4400 TRAVEL AND TOURISM (3 credits)**

This course is designed to provide the recreation major or practitioner, and other interested candidates, with an awareness of the major components of the travel and tourism industry, including its costs and benefits to a resident community. (Cross-listed with RLS 8406)

**Prerequisite(s):** Junior Standing.

**RLS 4420 RECREATION FOR THE AGING (3 credits)**

Role of leisure services as related to understanding and working with elders. Emphasis on recreation programming as a mode of intervention. Analysis and study of the phases of aging, with reference to psychomotor, affective, and cognitive changes; introduction to the theories of aging and how they relate to the lifestyle of this population; recreational therapy intervention, activity adaptation and program design; leisure education and issues and trends. (Cross-listed with RLS 8426, GERO 4420, GERO 8426)

**RLS 4550 PRACTICUM I (6 credits)**

Practical learning experience in leisure service delivery under close University and agency supervision.

**Prerequisite(s):** Senior, 2.5 GPA and department consent.

**RLS 4560 PRACTICUM II (6 credits)**

Practical learning experience in leisure service delivery under close University and agency supervision.

**Prerequisite(s):** Senior, 2.5 GPA and department consent.

**RLS 4970 PROBLEMS OF RECREATION (1-3 credits)**

The purpose of this course is to provide an opportunity for candidates to participate in special conferences on problems in the field of recreation and to further professional improvement and growth beyond the normal four-year undergraduate program.

**Prerequisite(s):** Permission of instructor.