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 exercise science, health education, physical education, and recreation administration. 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
Our educator programs in Health and Physical Education are accredited by the Council for the Accreditation of Educator Preparation (CAEP) and the Nebraska State Department of Education.

Our athletic training undergraduate and graduate programs are accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The Master of Arts in Athletic Training program is in good standing, and fully accredited, by the CAATE.

The Bachelor of Science in Athletic Training BSAT program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The BSAT program has been placed on Probation as of February 19, 2016 by the CAATE, 6850 Austin Center Blvd., Suite 100, Austin, TX 78731-3101. Students are still eligible for certification while the BSAT program is on probation.

Other Information
Admissions
Public Health Admission Information
Students must have a cumulative and major GPA of at least 2.5.

Physical Education with a concentration in Exercise Science Admission Information
Students must have a cumulative and major GPA of at least 2.5.

Recreation and Leisure Studies with a concentration in Recreation Administration 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 grades, and secondary education. For a complete listing of the endorsement areas at each level see https://www.unomaha.edu/college-of-education/student-services/certification/endorsements.php. Students need a cumulative GPA of 2.75 or higher from the Nebraska University system to apply to the educator preparation program and to take teacher education coursework.

Basic Skills Testing Requirement for Educator Preparation Program
With the exception of TED 2100, TED 2200, and certain HPER courses, no professional education courses may be taken until the Praxis I-CORE Academic Skills for Educators requirements have been met, and formal acceptance to the educator preparation program has been completed.

The Basic Skill Testing requirement for admission to educator preparation are passing scores on the Praxis I-CORE Academic Skills for Educators test. The Praxis I-CORE Academic Skills for Educators measures academic skills in reading, writing, and math that are needed to successfully prepare for a career in education. The Praxis I-CORE Academic Skills for Educators test is delivered by computer only (except for ADA accommodations). Praxis I-CORE Academic Skills for Educators passing scores are: Reading-156, Writing-162, and Mathematics-150.

Application for Admission to Educator Preparation Program
Students meeting the criteria must formally apply for admission to the educator preparation program. Formal admission policies can be found on the college website at: https://www.unomaha.edu/college-of-education/student-services/academics/admissions-teacherprep.php. Deadlines for applying are October 1 for spring semester, and March 1/June 1 for fall semester. Admission is selective. Meeting the criteria for applying does not ensure admission to the educator preparation program.

Students planning to transfer to an educator preparation program in the College of Education from another college within UNO must meet all of the conditions and formally apply for admission to the educator preparation program.

All students accepted into the educator preparation program must complete a background check. The background check must be conducted in the time frame and by the vendor determined by the College of Education. The student is responsible for the cost of the background check.

Upon formal admission to the educator preparation program, all students are required to purchase LiveText, a web-based interface that documents progress in regard to program standards.

Contact
School of Health and Kinesiology
6001 Dodge Street
Omaha, NE 68182
402-554-2670

Website (https://www.unomaha.edu/college-of-education/health-physical-education-recreation)

Degrees Offered
- Athletic Training, Bachelor of Science (http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/athletic-training-bs)
- Public Health, Bachelor of Science (http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/public-health-bs)
- Education - Physical Education and with a Concentration in Exercise Science, Bachelor of Science (http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/education-physical-concentration-exercise-science-bs)
- Education - Recreation and Leisure Studies with a Concentration in Recreation Administration, Bachelor of Science (http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/education-recreation-leisure-studies-concentration-administration-bs)

Minors Offered
- Dance Minor (http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/dance-minor)

Endorsements Offered
- Education - Secondary Education with an Endorsement in Physical Education (K-6, 7-12) and Health Education, Bachelor of Science (http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/education-secondary-endorsement-physical-k-6-7-12-health-bs)
- Education - Secondary Education with Endorsements in Physical Education (7-12) and Health Education (7-12), Bachelor of Science
HED 1500 FOUNDATIONS IN PUBLIC HEALTH (3 credits)
An introductory course for health education majors and minors that examines the relationship of health education to general education. The course includes an orientation to the process and the profession of community and school health education and a consideration of current trends, problems and issues and their implications for health professionals. The course will help candidates develop the knowledge, skills, competencies, and attitudes necessary to orchestrate the learning environment to health education.

HED 2310 HEALTHFUL LIVING (3 credits)
A study of selected health problems and controversies in our society as related to knowledge, attitudes, and behaviors necessary for healthful living in a culturally diverse society.

HED 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 abroad will be analyzed. Students will develop skills and competencies necessary to create a learning environment conducive to reducing stress.

HED 3000 SPECIAL PROJECTS (1-3 credits)
This course is designed to provide an opportunity to study a topic in health education through short course, seminar, workshop, or special project. Prerequisite(s)/Corequisite(s): The prerequisite for the special project will be determined by the instructor.

HED 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.

HED 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).

HED 3080 HEALTH CONCEPTS OF SEXUAL DEVELOPMENT (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).

HED 3210 GENERAL SAFETY EDUCATION (3 credits)
This course is designed to develop an awareness of safe living in today’s multicultural and global society. It explores a multitude of safety programs for school, business, recreation, transportation, and the home. Special emphasis is placed on school safety education. The course is primarily designed for students, teachers, and administrators so that they may intelligently participate in the development of a program conducive to teaching safety.

HED 4000 METHODS & MATERIALS IN HEALTH EDUCATION (3 credits)
This course will provide an opportunity to study, develop and use different materials and equipment in health education. 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.

HED 4040 EPIDEMIOLOGY & PREVENTION OF DISEASE (3 credits)
The course is designed for school and community health education 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 education and advocacy.

HED 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, computer application, and writing of research reports. 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.

HED 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.

HED 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. Health education candidates will gain skills needed to develop and manage community health programs.

HED 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.

HED 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.

Prerequisite(s)/Corequisite(s): HED 1500.
HED 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)/Corequisite(s): HED 1500.

HED 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 HED 8556 and WGST 4550).

HED 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.
Prerequisite(s)/Corequisite(s): Junior standing
Distribution: Global Diversity General Education course

HED 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 HED 8706, SOC 4700, SOC 8706)
Prerequisite(s)/Corequisite(s): Junior Standing or permission of the instructor.
Distribution: U.S. Diversity General Education course

HED 4880 PUBLIC HEALTH POLICY (3 credits)
This course is designed to provide 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)/Corequisite(s): HED 1500.

HED 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)/Corequisite(s): HED 1500.

HED 4960 PUBLIC HEALTH EDUCATION - PLANNING AND ORGANIZATION (3 credits)
The course is designed to provide the community and school health education candidates a better understanding of planning and organization in the health education field. The use of planning tools including social assessment methods, epidemiological methods, behavioral methods, organizational methods, administrative methods and evaluation procedures for health education and health promotion will be included. Service learning and grant writing components will be emphasized.
Prerequisite(s)/Corequisite(s): HED 1500, HED 4040, Senior standing.

HED 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)/Corequisite(s): Permission of instructor.

HED 4990 INTERNSHIP IN PUBLIC HEALTH (6 credits)
This internship provides on-the-job training for health students in the non-teacher certification program in a cooperative program with state and local health departments and other appropriate community and public health agencies. Direct field experience is completed by the student under the supervision of an experienced community health educator in an approved public health agency.
Prerequisite(s)/Corequisite(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.

HED 8050 APPLIED RESEARCH IN PUBLIC HEALTH (3 credits)
This course will assist candidates to develop the basic skills to conduct applied research to address contemporary problems in public health. The course will emphasize proposal writing, data collection, research design, statistical analysis, computer application, and writing of research reports.
Prerequisite(s)/Corequisite(s): Graduate standing. Not open to non-degree graduate students.

HED 8080 TOPICS IN HEALTH EDUCATION (3 credits)
This course will explore important current issues in Health Education. Candidates will explore economic, political, ethical and technological developments that affect the practice of Health Education. There is no limit to the number of times a candidate may enroll in HED 8080 as long as a different topic is offered each time.
Prerequisite(s)/Corequisite(s): Graduate.

HED 8160 ALCOHOL & OTHER DRUG PREVENTION/EDUCATION IN SCHOOLS & COMMUNITIES (3 credits)
This course will focus on a team approach to address alcohol and other drug education, prevention, referral techniques and counseling strategies through the cooperation of school staff and community representatives who work with children from pre-school through 12th grade. Topics will include etiology of alcohol and other drug problems, current factual information concerning alcohol and other drugs, strategies for instruction, gaining parental and community support, developing youth leadership for prevention, intervention techniques for school youth, multicultural factors in prevention education, alternatives to drug use, referral and support resources, and the development of mini-networks for dissemination of information within the school and community. (Cross-listed with COUN 8160).
Prerequisite(s)/Corequisite(s): Graduate. Not open to non-degree graduate students.

HED 8250 HUMAN SEXUALITY (3 credits)
This graduate-level course is aimed at providing an overview of the current scientific knowledge concerning human sexuality. The course is designed to be interdisciplinary in nature, providing the biological, behavioral and cultural aspects of human sexuality. Priority will be given to candidates from the helping professions. Qualified candidates from other related disciplines must have permission of instructor.
Prerequisite(s)/Corequisite(s): Undergraduate Anatomy and Physiology

HED 8270 INTERVENTIONS IN HEALTH EDUCATION (3 credits)
This course will provide health behavior candidates with an opportunity to investigate, contrast, develop, implement and evaluate a variety of intervention activities, to be applied in different settings. Theories regarding methods to enhance behavior change and teaching strategies to meet the health needs of a diverse population will be explored.
Prerequisite(s)/Corequisite(s): Graduate status.

HED 8330 ALCOHOL EDUCATION (3 credits)
A study of the problems associated with alcohol use, misuse and abuse. The patterns and trends of use, theories of dependence, pharmacological aspects and health consequences are explored. Emphasis is given to the identification of people with alcohol related problems and the role of the private and public sectors in prevention, education, intervention, and referral. Methods of assessing needs, prescribing, implementing, and evaluating alcohol education programs will be explored.
HED 8360  COMMUNITY HEALTH (3 credits)
An in-depth examination of community health and determinants of community health issues. The epidemiology, statistical sciences, environmental health, political influences on health, and behavioral social sciences for community health are examined. Students are expected to be able to apply concepts addressed in class to contemporary health issues.

HED 8400  HEALTH PROMOTION PROGRAM PLANNING (3 credits)
An in-depth application of the health promotion program planning process utilizing a choice of planning models. Students develop a comprehensive plan in response to an actual grant announcement and follow appropriate guidelines.

HED 8450  EPIDEMIOLOGY & PREVENTION OF DISEASE (3 credits)
The course is designed for health behavior graduate students and others who are interested in public health. The causes, 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 education and advocacy. Students will apply skills to contemporary issues.

HED 8556  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 HED 4550, GERO 4550, GERO 8556, WGST 4550).

HED 8600  HEALTH BEHAVIOR (3 credits)
The purpose of this course is to study the theoretical foundations of health behavior. Candidates will develop an understanding of the determinants of health behavior, the models and theories that provide a framework for predicting health behavior, and the strategies employed to bring about behavioral changes for health and disease prevention in individuals and groups.

HED 8706  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 HED 4700, SOC 4700, SOC 8706).
Prerequisite(s)/Corequisite(s): Graduate standing.

HED 8730  DYING, DEATH & GRIEVING (3 credits)
An examination of theory and research relevant to interaction with the terminally ill person, focusing on communication with widows and other survivors as well as the dying person. (Cross-listed with GERO 8730).

HED 8750  PROGRAM EVALUATION AND INSTRUMENTATION (3 credits)
This course will build skills for selection, development and analysis of various types of instruments and techniques for conducting process, impact, and outcome evaluations in health promotion, education, and behavior. Evaluation of health behavior change and its antecedents, changes in community services programs, and community health status will be discussed. Candidates will learn methods for developing choosing psychometric tools, choosing appropriate evaluation designs, procedures for data collection, and describing evaluation results. Emphasis will be placed on political, statistical, and theoretical aspects of instrumentation and evaluation practices.
Prerequisite(s)/Corequisite(s): HED 8270 or permission of instructor.

HED 8850  HEALTH ASPECTS OF STRESS MANAGEMENT (3 credits)
The health-related aspects of stress management and control will be the focus of this course. Selected techniques for self-regulating stress will be demonstrated, practiced and analyzed. Candidates will be introduced to current scientific research in human stress.
Prerequisite(s)/Corequisite(s): Graduate.

HED 8950  PUBLIC HEALTH LEadership AND ADVOCACY (3 credits)
This course incorporates public health leadership theory and practices that are grounded in biomedical and social science and sanctioned by public law. Also included is the politics of communities and organizations. Advocacy is emphasized as a key tool to secure funding and to help ensure that local, state, and federal policy-makers will adopt, implement, and maintain important public health regulations, policies and programs.
Prerequisite(s)/Corequisite(s): Fifteen (15) health education graduate credits. Not open to non-degree graduate students.

HED 8980  HEALTH EDUCATION PRACTICUM (1-3 credits)
This course offers graduate candidates in health education an opportunity to gain practical, on-the-job training in health education in local schools, businesses, hospitals, clinics, voluntary health agencies or governmental health agencies.
Prerequisite(s)/Corequisite(s): Candidates must have completed 21 credit hours at the undergraduate or graduate level (3.0 GPA or above) in health education prior to enrolling in this course. Not open to non-degree graduate students.

PE 1010  INTRO ATHLETIC TRAINING (1 credit)
This course will provide an opportunity for candidates to investigate careers in athletic training. Clinical observation of professionals in the field of sports medicine will be supported by lecture and demonstration of skills involved in the profession of athletic training. This course also will introduce the candidate to basic medical terminology.

PE 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.

PE 2130  LIFESAVING (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.

PE 2140  WATER SAFETY INSTRUCTOR (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)/Corequisite(s): Seventeen years of age and possession of current Advanced Lifesaving or Emergency Water Safety Certificate

PE 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)/Corequisite(s): PE 1800 with a grade of C- or better, and ATHT Major or PYED Major, or Secondary Education Major with endorsement code: 0802C

PE 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)/Corequisite(s): PE 1800 with a grade of C- or better, School of HPER majors, Secondary Education majors with endorsements in Health/PE 7-12, and PE Pk-6th and 7-12.
PE 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)/Corequisite(s): Not open to non-degree students.

PE 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)/Corequisite(s): Not open to non-degree students.

PE 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)/Corequisite(s): Not open to non-degree students.

PE 2430 FOUNDATIONS IN PHYSICAL EDUCATION (3 credits)
This is an introductory course in physical education that includes an orientation to the profession and a consideration of current trends, problems and issues and their implications for the field of physical education. The course also examines the relationship of physical education to other cultures, general education, and global perspective.

PE 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)/Corequisite(s): PE 1010, PE 2400, PE 2500 and admission into the Athletic Training Program. Not open to non-degree graduate students.

PE 2800 MOTOR BEHAVIOR (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)/Corequisite(s): PE 2430 with a grade of C- or better, or ATHT majors, or permission of instructor.

PE 3000 SPECIAL PROJECTS (1-3 credits)
Conducted as short course, seminar, workshop or special project.
Prerequisite(s)/Corequisite(s): The prerequisite for the special project will be determined by the instructor.

PE 3010 SCIENTIFIC PRINC 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)/Corequisite(s): For non physical education majors.

PE 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)/Corequisite(s): PE 3010 and HED 3030 or current CPR certification and First Aid certification. PYES majors: PE 2400 or PE 2880 or BIOL 2740 and HED 3030 or current CPR certification and First Aid certification. ATHT majors can not enroll.

PE 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)/Corequisite(s): PE 2800, EDUC 2010 or TED 2300, & EDUC 2520 & EDUC 2524 or TED 2400.

PE 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.

PE 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)/Corequisite(s): Not open to non-degree graduate students.

PE 3130 CHOREOGRAPHY 1: AN 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)/Corequisite(s): Not open to non-degree graduate students.

PE 3140 SPORTS OFFICIATING (3 credits)
The general principles, basic guidelines, philosophy, mechanics and rules of officiating several team and individual sports will be covered.

PE 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)/Corequisite(s): EDUC 2010 or permission of instructor.

PE 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)/Corequisite(s): PPST, PE 3060 and PE 3300 or PE 3210, EDUC 2010, TED 2400, and TED 2404.

PE 3480 ORGANIZATN & ADM OF ATHLETICS (3 credits)
A study of the organization and administration of athletics in the secondary schools.

PE 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.

PE 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.
PE 3730 SOFTBALL COACHING THEORY/PRAC (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.

PE 3740 VOLLEYBALL COACHING THEORY/PRAC (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.

PE 3750 WRESTLING COACHING THEORY/PRAC (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.

PE 3760 BASEBALL COACHING THEORY (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.

PE 3770 FOOTBALL COACHING THEORY/PRAC (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.

PE 3780 TRACK/FIELD COACHING THEORY/PRAC (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.

PE 3790 BASKETBALL COACHING THEORY/PRAC (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.

PE 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.

PE 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)/Corequisite(s): PSYC 1010 with a grade of C- or better.

PE 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)/Corequisite(s): PE 2310, PE 2320, EDUC 2010 or TED 2300, EDUC 2520 & EDUC 2524 or TED 2400.

PE 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)/Corequisite(s): PE 2500 or BMCH 2500 or BIOL 2840, PE 4630 or BMCH 4630, PE 4940, CPR certification, department consent; must be School of HPER major or ATHT major.

PE 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 PE 8076)

Prerequisite(s)/Corequisite(s): PE 4630 with a grade of C- or better or BMCH 4630 with a grade of C- or better and PE 4940 with a grade of C- or better.

PE 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 PE 8086)

Prerequisite(s)/Corequisite(s): PE 2210 with a grade of C- or better, PE 2500 with a grade of C- or better or BMCH 2500 with a grade of C- or better or BIOL 2840 with a grade of C- or better and PE 4940 with a grade of C- or better.

PE 4150 ADAPTED PHYSICAL EDUCATION 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 movement problems associated with specific disabilities and provides the student with an opportunity to work with a child who has a disability.

Prerequisite(s)/Corequisite(s): PE 2800 with a grade of C- or better and Jr Standing and PYED major or Secondary Education major with endorsement codes: 0802S or 0802C or 1913S.

PE 4170 MOTOR ASSESSMENT & PRESCRIPTION (3 credits)
An in-depth survey of motor and fitness assessment instruments for use with pre-school, elementary, and secondary school students. The use of test scores for diagnosis and prescription of physical education activities for special populations will be addressed. This course will enhance the skills of the teacher to orchestrate the learning environment for students with special needs. (Cross-listed with PE 8176)

Prerequisite(s)/Corequisite(s): PE 4150

PE 4180 PRACT FE FOR DISABLED CHILD (3 credits)
This course is designed as a practicum with theoretical and practical experience in addressing the motor needs of children with disabilities in a physical education setting. (Cross-listed with PE 8186)

Prerequisite(s)/Corequisite(s): PE 4170
PE 4200 PLANNING WORKSITE WELLNESS PROGRAM (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 will also 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 PE 8206)
Prerequisite(s)/Corequisite(s): Junior standing.

PE 4260 INCL INDV W/DISABILITIES IN PE (3 credits)
This course is for physical education, health education, special education and therapeutic recreation candidates interested in the inclusion of children with disabilities in physical education environments. (Cross-listed with PE 8266)
Prerequisite(s)/Corequisite(s): PE 3060 or PE 4000 and PE 4150

PE 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 PE 8316)
Prerequisite(s)/Corequisite(s): PE 2700 and 4710. Not open to non-degree graduate students.

PE 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 PE 8326)
Prerequisite(s)/Corequisite(s): PE 4310, PE 4330, and PE 4720. Not open to non-degree graduate students.

PE 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 PE 8336)
Prerequisite(s)/Corequisite(s): PE 2700 and 4710. Not open to non-degree graduate students.

PE 4340 REHAB TECH ATHL TRAINING (3 credits)
The use of basic theories and principles of athletic injury rehabilitation, including therapeutic exercise and the use of physical agents. The development of rehabilitation programs including hands-on practical application. (Cross-listed with PE 8346)
Prerequisite(s)/Corequisite(s): PE 4330

PE 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 PE 8356)
Prerequisite(s)/Corequisite(s): PE 4340, PE 4320.

PE 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)/Corequisite(s): PE 4320 and PE 4340.

PE 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 PE 8506)

PE 4700 AN INTRODUCTION TO 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.
Prerequisite(s)/Corequisite(s): PE 2400 or PE 2880 or BIOL 2740, PE 2210, and PE 2220.

PE 4710 CLINICAL PRACTICUM 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)/Corequisite(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. Not open to non-degree graduate students.

PE 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)/Corequisite(s): Formal admission to Athletic Training Program, PE 4710 , instructor permission, & continued compliance w/ published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 4310 and 4330. Not open to non-degree grad students.

PE 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)/Corequisite(s): Formal admission to Athletic Training Program, PE 4720, instructor permission, & continued compliance w/ published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 4320 & 4340. Not open to non-degree graduate students.
PE 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)/Corequisite(s): Formal admission to the Athletic Training Program, PE 4730, instructor permission, & continued compliance with published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 4360. Not open to non-degree graduate students.

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

PE 4800 EXERCISE LEADER PRACTICUM I (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)/Corequisite(s): PE 2210, 2220, 4010 and department consent.

PE 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 PE 8856).
Prerequisite(s)/Corequisite(s): PE 2500 with a grade of C- or better or BIOL 2840 with a grade of C- or better, PE 4940 with a grade of C- or better

PE 4910 INTERNSHIP IN EXERCISE SCIENCE (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)/Corequisite(s): 90 hours completed, 2.5 GPA and department consent.

PE 4870 ADVANCED STATISTICS (3 credits)
This course will be a study in the statistical methods commonly used in descriptive and experimental research in physical education and exercise science. Application, particularly regarding the purpose, selection, and interpretation of statistical procedures will be emphasized. (Cross-listed with PE 9041)
Prerequisite(s)/Corequisite(s): HPER8030

PE 8076 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 PE 4070)
Prerequisite(s)/Corequisite(s): PE 4630 with a grade of C- or better or BMCH 4630 with a grade of C- or better and PE 4940 with a grade of C- or better.

PE 5102 CLINICAL EXERCISE PHYSIOLOGY (3 credits)
This course will cover the physiological, biomechanical, and psychological attributes of exercise and training. Topics include exercise prescription, cardiac function, muscle function, and the nervous system. (Cross-listed with PE 5102)
Prerequisite(s)/Corequisite(s): HPER8030

PE 5110 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. (Cross-listed with PE 8966)
Prerequisite(s)/Corequisite(s): PE 4340, PE 4350, and PE 4730; or instructor permission.

PE 4970 PROBLEMS OF PE (1-3 credits)
This course is designed to provide an opportunity for individuals or groups to study problems in physical education.
Prerequisite(s)/Corequisite(s): Permission of instructor.

PE 4980 COACHING PRACTICUM (1 credit)
This course is designed to give the candidate practical experiences in the coaching of specific sports.
Prerequisite(s)/Corequisite(s): Junior standing and related coaching methods course. Permission of instructor.

PE 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)/Corequisite(s): 90 hours completed, 2.5 GPA and department consent.

PE 8086 CLINICAL EXERCISE PHYSIOLOGY (3 credits)
The course is designed to give 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 PE 4080)
Prerequisite(s)/Corequisite(s): PE 2210 with a grade of C- or better, PE 2500 with a grade of C- or better or BMCH 4630 with a grade of C- or better and PE 4940 with a grade of C- or better.

PE 8120 CURRENT TOPICS IN WEIGHT MANAGEMENT (3 credits)
This course will focus on current issues related to weight management. Candidates will review the guidelines for physical activity and nutrition, apply them to current reading material sold in book stores, and develop a best practice for weight management using what they have learned.
Prerequisite(s)/Corequisite(s): Not open to non-degree graduate students.
PE 8130 IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS (3 credits)
This course will focus on information necessary to assess, design, implement, and evaluate the need for and effectiveness of physical activity interventions in diverse populations, races, and ethnicities. These populations will include: African American, Native American, Hispanic, Asian American, Pacific Islanders, and Caucasian. Additionally, candidates will complete a health and physical activity service learning project in which they will work with diverse populations in the community. (Cross-listed with PE 9131)
Prerequisite(s)/Corequisite(s): PE 3900 or PE 8905 or PE 8700 or HED 8600. Not open to non-degree graduate students.

PE 8140 PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH (3 credits)
This course will cover the broad scope of research on physical activity and public health. Emphasis will be placed on the application of physical activity assessment techniques. (Cross-listed with PE 9141)

PE 8176 MOTOR ASSESSMENT & PRESCRIPTION (3 credits)
An in-depth survey of motor and fitness assessment instruments for use with pre-school, elementary, and secondary school students. The use of test scores for diagnosis and prescription of physical education activities for special populations will be addressed. This course will enhance the skills of the teacher to orchestrate the learning environment for students with special needs. (Cross-listed with PE 4170)
Prerequisite(s)/Corequisite(s): PE 4150

PE 8186 PRACTICE FOR DISABLED CHILD (3 credits)
This course is designed as a practicum with theoretical and practical experience in addressing the motor needs of young disabled children in a physical education setting. This course will enhance the skills of the teacher to orchestrate the learning environment for students with special needs.
Prerequisite(s)/Corequisite(s): PE 4170 or PE 8176

PE 8206 PLANNING WORKSITE WELLNESS PROGRAM (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 PE 4200)
Prerequisite(s)/Corequisite(s): Junior standing.

PE 8210 EMERGENCY MANAGEMENT OF INJURY AND ILLNESS (2 credits)
The purpose of this course is to prepare students to respond to emergent conditions that affect patients involved in physical activity. Students will learn to recognize the signs and symptoms of acute injury and illness, assess patients using evidence-based methods, apply appropriate treatments, make appropriate referral decisions, and implement effective prevention strategies to reduce the risk of injury and illness.
Prerequisite(s)/Corequisite(s): Admission to the Master of Arts in Athletic Training program. Not open to non-degree graduate students.

PE 8240 SPORT IN AMERICAN CULTURE (3 credits)
Sport in American culture is a study of sport from a theoretical perspective. The relationship between sport and sub-cultures (to include disadvantaged American cultures), economics, global influences, and technology will be analyzed.

PE 8266 INCLUSION IN PE (3 credits)
This course is for physical education, health education, special education and therapeutic recreation candidates interested in the inclusion of children with disabilities in physical education environments. (Cross-listed with PE 4260)
Prerequisite(s)/Corequisite(s): PE 3060 or PE 4000 and PE 4150

PE 8280 CURRICULUM IN PE (3 credits)
A study of the foundations for curriculum development. Special consideration is given to curriculum change, curriculum patterns and programs in physical education which will meet a culturally diverse, global society.

PE 8310 ATHLETIC TRAINING TECHNIQUES (2 credits)
Overview course including basic components of the athletic training profession including the prevention, recognition, evaluation and immediate care of athletic injuries. Medical terminology, tissue healing, taping procedures, and professional considerations will be covered.
Prerequisite(s)/Corequisite(s): Admission to the Master of Arts in Athletic Training. Not open to non-degree graduate students.

PE 8316 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 lower back, hip, and lower extremities.
Prerequisite(s)/Corequisite(s): PE 8326 and 8710. Not open to non-degree graduate students.

PE 8326 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.
Prerequisite(s)/Corequisite(s): PE 8316, PE 8336, and PE 8720. Not open to non-degree graduate students.

PE 8336 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 PE 4330)
Prerequisite(s)/Corequisite(s): PE 8326 and PE 8710. Not open to non-degree graduate students.

PE 8346 REHAB TECHNICS IN ATH TRAINING (3 credits)
The use of basic theories and principles of athletic injury rehabilitation including therapeutic exercise and the use of physical agents. The development of rehabilitation programs including hands-on practical application. (Cross-listed with PE 4340)
Prerequisite(s)/Corequisite(s): Written Permission Required

PE 8356 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 PE 4350)
Prerequisite(s)/Corequisite(s): PE 3430, PE 4320.

PE 8360 ADV ORTHO & MED ASPECTS (3 credits)
This course will enhance the candidate's knowledge of orthopedic aspects and general medical conditions of the athlete. Involves lecture, directed observation, experiential learning, literature review and hands-on experience. Local medical professionals will be providing instruction and supervision within their specialties. The candidate will be exposed to advanced evaluation and treatment skills, including imaging techniques, surgical procedures, rehabilitation and athletic training management.
Prerequisite(s)/Corequisite(s): PE 8316 and PE 8326
PE 8370 ANALYZING PE TCH & SPORT INST (3 credits)
This course will examine the teaching and coaching in physical education and sport. It will identify assessment techniques utilized in teaching and coaching behavior research as well as typical prescriptions in an effort to improve one's performance.

PE 8460 OCCUPATIONAL BIOMECHANICS (3 credits)
The course will address the biomechanical basis of human performance in work places and provide candidates with information in the application of biomechanics, engineering for designing industrial tools, equipment, products, and jobs that take into consideration human physical capabilities and limitations.
Prerequisite(s)/Corequisite(s): PE 4630 or equivalent and PE 2880. Not open to non-degree students.

PE 8506 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 PE 4500)

PE 8700 PSYCHOLOGY OF PHYSICAL ACTIVITY (3 credits)
The central purpose of this course is to examine the psychological antecedents and consequences of exercise and physical activity behaviors. The course will focus on traditional theories/principles of psychology as they relate to various physical activity settings. (Cross-listed with PE 9701)
Prerequisite(s)/Corequisite(s): Undergraduate or graduate course in either: Motivation for Physical Activity (PE 3900), or equivalent; Behavioral Aspects of Coaching (PE 4500/8505), or equivalent; or instructor permission.

PE 8710 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 Master of Arts in 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.
Prerequisite(s)/Corequisite(s): Admission to the MA in Athletic Training program, instructor permission, & continued compliance with published Athletic Training Program Technical Standards for Admission. Co-requisite with enrollment in PE 8326. Not open to non-degree graduate students.

PE 8720 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 Master of Arts in 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.
Prerequisite(s)/Corequisite(s): Admitted to MA in Athletic Training program, PE 8710 Clinical Practicum AT I, instructor permission, & continued compliance w/published Athletic Training Program Technical Standards for Admission. Co-req: PE 8316 & 8336. Not open to non-degree grad.

PE 8730 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 Master of Arts in 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.
Prerequisite(s)/Corequisite(s): Admitted to MA in Athletic Training program, PE 8720 Clinical Practicum AT II, instructor permission, & continued compliance w/published Athletic Training Program Technical Standards for Admission. Co-reqs: PE 8346 & 8356. Not open to non-degree grad.

PE 8740 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 Master of Arts in 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.
Prerequisite(s)/Corequisite(s): Admission to the MA in Athletic Training program, PE 8730 Clinical Practica in Athletic Training III, instructor permission, and continued compliance with published Athletic Training Program Technical Standards for Admission. Co-req: PE 8966.

PE 8800 RISK MGT HLTH/FIT PROFESSIONLS (3 credits)
A study of risk management for health fitness professionals with a focus on minimizing liability exposures for health fitness facilities and their personnel. Principles of risk management such as the assessment of liability exposures, the development and implementation of risk management strategies, and the evaluation of these strategies will be explored as well as the law as it pertains to health fitness liability. Candidates will develop the knowledge and skill to manage high quality health fitness programs in various settings.
Prerequisite(s)/Corequisite(s): PE 4010 or PE 8016

PE 8856 CARDIOVASCULAR DISEASE PREVENTION & 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 PE 4850)
Prerequisite(s)/Corequisite(s): PE 8946

PE 8865 SCIENTIFIC ASPECTS STRENGTH DEV (3 credits)
This course is designed to explore the nature of muscular strength development, to investigate the physiological basis of physical conditioning, and to provide teachers, coaches and trainers with practical experience in designing specialized conditioning programs for a variety of sports and cultures. (Cross-listed with PE 3860)

PE 8900 MGMT & LEAD SKLLS FOR FIT MGRS (3 credits)
This course is an off-campus, supervised, educational work experience of 90 hours completed, 2.5 GPA, PE 4900 and permission of instructor. Certification.

PE 8910 INTERNSHIP IN EXERCISE SCIENCE (3 credits)
This course is an off-campus, supervised, educational work experience of at least 150 clock hours at an approved worksite offering programs and services in the knowledge and skill to manage high quality health fitness programs in various settings.

PE 8950 ADVANCED EXERCISE PHYSIOLOGY (3 credits)
A detailed analysis of selected topics including acute and chronic effects of exercise on metabolic, pulmonary, and cardiovascular function; and sports nutrition. Current research findings and methodology will be emphasized. (Cross-listed with PE 9951)
Prerequisite(s)/Corequisite(s): PE 4940 or equivalent

PE 8966 TOPICS IN SPORTS MEDICINE (3 credits)
This course covers selected topics regarding the science and medicine of sport participation. Some areas to be covered include the medical supervision of the athlete, special populations, conditioning, environmental concerns and sports nutrition. (Cross-listed with PE 4960)
Prerequisite(s)/Corequisite(s): PE 8346, PE 8356, and PE 8730, or Instructor consent.
PE 9040 PHYSICAL ACTIVITY EPIDEMIOLOGY (3 credits)
This course will cover the broad scope of the issues related to epidemiological methods that are relevant to the study of physical activity populations. It is intended to enhance students' ability to understand and apply epidemiological methods to physical activity related research.
Prerequisite(s)/Corequisite(s): PE 8130 Implementing Physical Activity I and PE 8040 Advanced Statistics in PE or related course or permission by the instructor; not open to non-degree graduate students

PE 9041 ADVANCED STATISTICS (3 credits)
This course will be an study in the statistical methods commonly used in descriptive and experimental research in physical education and exercise science. Application, particularly regarding the purpose, selection, and interpretation of statistical procedures will be emphasized. (Cross-listed with PE 9041)
Prerequisite(s)/Corequisite(s): HPER 9031 or equivalent.

PE 9131 IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS (3 credits)
This course will focus on information necessary to assess, design, implement, and evaluate the need for and effectiveness of physical activity interventions in diverse populations, races, and ethnicities. These populations will include: African American, Native American, Hispanic, Asian American, Pacific Islanders, and Caucasian. Additionally, candidates will complete a health and physical activity service learning project in which they will work with diverse populations in the community. (Cross-listed with PE 8130)
Prerequisite(s)/Corequisite(s): PE 3900 or PE 8905 or PE 8700 or HED 8600. Not open to non-degree graduate students.

PE 9141 PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH (3 credits)
This course will cover the broad scope of research on physical activity and public health. Emphasis will be placed on the application of physical activity assessment techniques. (Cross-listed with PE 8140)

PE 9701 PSYCHOLOGY OF PHYSICAL ACTIVITY (3 credits)
The central purpose of this course is to examine the psychological antecedents and consequences of exercise and physical activity behaviors. The course will focus on traditional theories/principles of psychology as they relate to various physical activity settings. (Cross-listed with PE 8700)
Prerequisite(s)/Corequisite(s): Undergraduate or graduate course in either: Motivation for Physical Activity (PE 3900), or equivalent; Behavioral Aspects of Coaching (PE 4500/8500), or equivalent; or instructor permission.

PE 9810 HIGHER EDUCATION TEACHING SEMINAR (3 credits)
The seminar is designed to prepare students for entry into a higher education teaching career. This seminar requires doctoral students to teach an undergraduate or graduate lecture course relevant to their field of preparation. The seminar includes an examination of the roles, responsibilities, and privileges associated with teaching in higher education.
Prerequisite(s)/Corequisite(s): Admittance to the UNO Doctoral Program in Exercise Science and successful completion of 24 hours of doctoral coursework and approval from advisor. Not open to non-degree students.

PE 9820 SERVICE EXPERIENCE IN HIGHER EDUCATION (3 credits)
This seminar will allow students the opportunity to gain valuable knowledge of the service expectations of faculty in higher education settings. The seminar will focus on service opportunities within the university, within the profession and within the community. Participants in the seminar will complete appropriate service activities.
Prerequisite(s)/Corequisite(s): Admittance to the UNO Doctoral program in Exercise Science, successful completion of 24 hours of doctoral coursework, and approval from advisor. Not open to non-degree students.

PE 9910 DOCTORAL SEMINAR (3 credits)
The major goal of this course is to teach the graduate student how to write manuscripts/grants and be an effective academician with strong ethics. The outcome of this course is for the student to produce a manuscript based on data acquired in the laboratory from the ideas developed in the seminar or submit a grant that will support the research ideas developed in at least one semester. The material covered is intended to equip students with the skills necessary to be successful in their academic careers with emphasis given on writing scientific papers. (Cross-listed with BMCH 9910)
Prerequisite(s)/Corequisite(s): Admission into the PhD program. Not open to non-degree graduate students.

PE 9951 ADVANCED EXERCISE PHYSIOLOGY I (3 credits)
A detailed analysis of selected topics including acute and chronic effects of exercise on metabolic, pulmonary, cardiovascular function, skeletal muscle function, and sports nutrition. Current research findings and methodology will be emphasized. (Cross-listed with PE 8950)
Prerequisite(s)/Corequisite(s): PE 4940 or equivalent.

PE 9960 ADVANCED EXERCISE PHYSIOLOGY II (3 credits)
The focus of this course is a detailed analysis of the mechanisms responsible for acute and chronic responses to exercise at the cellular and molecular level. Current and historical research will be emphasized.
Prerequisite(s)/Corequisite(s): PE 8950/9951. Not open to non-degree graduate students.

PE 9990 DISSERTATION (1-15 credits)
The course provides doctoral candidates in Exercise Science with a process to complete a dissertation research plan. The course learning activities will focus on the completion of a candidate's dissertation. The course is designed to allow advanced doctoral candidates to demonstrate technical mastery of the discipline and to advance knowledge by completing an investigation. (Cross-listed with BMCH 9990)
Prerequisite(s)/Corequisite(s): Admittance to the UNO Doctoral Program in Exercise Science, successful completion of doctoral coursework & comprehensive exams, approval of the dissertation supervisory committee chair & advancement to candidacy. Not open to non-degree graduate students.

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 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)
This course in Beginning Scuba is designed to expose the student to the skills and equipment necessary to explore the world below the surface of the water through the use of a mask, fins, snorkel and compressed air tanks.
Prerequisite(s)/Corequisite(s): Swimming 50 yds. using two basic strokes; basic water adjustment; underwater swim at least 15 feet; treading water for two minutes; demonstrate two surface dives

PEA 111X BASKETBALL (1 credit)
This course is designed to develop the fundamental skills and knowledge of the game of basketball.

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)/Corequisite(s): Participants should have the ability to continuously swim 25 yards.

PEA 112B ADAPTIVE AQUATICS (1 credit)

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 cardiorespiratory 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.

PEA 112E JAZZ II (1 credit)
The course is designed to build upon the techniques learned in Jazz Dance I.
Prerequisite(s)/Corequisite(s): PEA 111R or permission of instructor

PEA 112F ROCK CLIMBING (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)/Corequisite(s): PEA 111Q or permission of instructor

PEA 112G 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 112H TAI 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)/Corequisite(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 BALLET DANCE II (1 credit)
The course is designed to further the student’s study of Ballet Dance techniques.
Prerequisite(s)/Corequisite(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)/Corequisite(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)/Corequisite(s): A disability which does not allow participation in regularly scheduled physical education activity courses.