

# 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, public health, recreation and leisure studies, 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

Our educator programs in Health and Physical Education are accredited by the National Council for Accreditation of Teacher Education (NCATE) and the Nebraska State Department of Education. The program will seek CAEP accreditation upon the next review cycle.

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

Our athletic training graduate program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE) and is in good standing. The UNO's Bachelors of Science in Athletic Training (BSAT) is accredited by CAATE. The program has voluntarily withdrawn its accreditation and is no longer accepting students into the Bachelor of Science Program in Athletic Training. All CAATE accredited baccalaureate programs nationwide will no longer be able to admit, enroll, or matriculate students into undergraduate athletic training programs after the start of the fall term in 2022. Based on this deadline, UNO's BSAT program voluntarily withdrew from CAATE undergraduate accreditation following the 2019-2020 academic year. The current undergraduate program has been placed on probation as of February 19, 2016 by the CAATE, 6850 Austin, Center Blvd, Suite 100, Austin, TX 78731-3101.

Other Information

## Admissions

### Public Health Admission Information

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

### Athletic Training

A grade of "C" or higher in PE 1010, BMCH 2400, BMCH 2500, and a cumulative undergraduate GPA of at least 2.5 are required for admission.

### Physical Education with a concentration in Exercise Science 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>). Students need a cumulative GPA of 2.50 or higher from the Nebraska University system for initial application to the educator preparation program and to take teacher education coursework.

### Basic Skills Testing Requirement for Formal Admission to Educator Preparation Program

With the exception of TED 2100, TED 2200, TED 2300, TED 2400 and certain HPER courses, no professional education courses may be taken until the Praxis CORE Academic Skills for Educators requirements, and the minimum GPA (2.75) have been met. More information can be found here (<https://www.unomaha.edu/college-of-education/special-education-communication-disorders/undergraduate/speech-language-pathology.php>).

The Basic Skill Testing requirement for admission to educator preparation are passing scores on the Praxis CORE Academic Skills for Educators test.

The Praxis 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 CORE Academic Skills for Educators test is delivered by computer only (except for ADA accommodations). Praxis CORE Academic Skills for Educators passing scores for Nebraska are: Reading-156, Writing-162, and Mathematics-150.

### Application for Admission to Educator Preparation Program

Students meeting the criteria must apply for admission to the educator preparation program. Admission policies can be found on the college website (<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 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-kinesiology>)

## Degrees Offered

- Public Health, Bachelor of Science (<http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/public-health-bs>)
- Physical Education with a Concentration in Exercise Science, Bachelor of Science (<http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/education-physical-concentration-exercise-science-bs>)

## Minors Offered

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

## Endorsements Offered

- Physical Education (PK-12) and Health Education (<http://catalog.unomaha.edu/undergraduate/college-education/health-kinesiology/education-secondary-endorsement-physical-k-6-7-12-health-bs>)

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

### **HED 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.

### **HED 2070 DRUG AWARENESS (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.

### **HED 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.

### **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 implications of a global society 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 public health 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 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)/Corequisite(s):** HPER 3090, HED 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)

### **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 3310 GENERAL SAFETY EDUCATION (3 credits)**

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

### **HED 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)/Corequisite(s):** Junior standing, HED 1500

### **HED 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)/Corequisite(s):** HED 1500

### **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.

**Prerequisite(s)/Corequisite(s):** Junior standing

### **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.

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

### **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. Public health candidates will gain skills needed to develop and manage community health programs.

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

### **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.

**Prerequisite(s)/Corequisite(s):** HED 1500, HED 4040 and HED 4050.

### **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 HEALTH EDUCATION - PLANNING AND ORGANIZATION (3 credits)**

The course is designed to provide public health candidates a better understanding of planning and organization in the 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. Service learning and grant writing components will be emphasized.

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

**HPER 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)/Corequisite(s):** EDUC 2010

**HPER 3090 APPLIED NUTRITION (3 credits)**

The purpose of this course is to provide candidates with information from which to make informed decisions about their own personal nutrition and to apply nutritional concepts to the design of interventions in health, exercise science, physical education, and athletic training.

**PE 1010 INTRODUCTION TO 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 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.

**PE 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)/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 graduate 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 graduate 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):** SED or ELED major, HED 3030. Not open to non-degree graduate 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 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)/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: 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 ORGANIZATION AND ADMINISTRATION OF ATHLETICS (3 credits)**

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

**Prerequisite(s)/Corequisite(s):** Sophomore

**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 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.

**PE 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.

**PE 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.

**PE 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.

**PE 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.

**PE 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.

**PE 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.

**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 AND 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 PRACTICUM IN PHYSICAL EDUCATION FOR THE 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):** 4170 and permission of instructor.

**PE 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 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 INCLUDING INDIVIDUALS WITH DISABILITIES IN PHYSICAL EDUCATION (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 PE 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 PE 4710. Not open to non-degree graduate students.

**PE 4340 REHABILITATION TECHNIQUES IN ATHLETIC 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 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)/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, PE 2220, PE 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 at least a ten week period at an approved worksite offering programs and experiences in fitness development and health promotion.

**Prerequisite(s)/Corequisite(s):** PE 4800, 2.5 GPA, CPR Certification, and department consent.

**PE 4930 MEASUREMENT AND EVALUATION OF PHYSICAL EDUCATION (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)/Corequisite(s):** PE 4940 with a grade of C- or better.

**PE 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)/Corequisite(s):** PE 1800 with a grade of C- or better, PE 2400 or BMCH 2400 or BIOL 2740 with a grade of C- or better and BIOL 2840 with a grade of C- or better, and CHEM 1120 with a grade of C- or better and School of HPER majors or ATHT or BMCH majors only.

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

**PE 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. (Cross-listed with PE 8966)

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

**PE 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)/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.

**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)**

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

**PEA 112F ROCK CLIMBING (1 credit)****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)/Corequisite(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 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 BALLROOM DANCE II (1 credit)**

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

**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. (Cross-listed with SOC 3100)

**Prerequisite(s)/Corequisite(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 4000 SPECIAL TOPICS IN RECREATION AND LEISURE STUDIES (3 credits)**

A series of intensive courses especially designed for student majors within recreation and leisure studies; scheduled as seminars or workshops, according to purpose.

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