

HEALTH, PHYSICAL EDUCATION, AND RECREATION, (Updated July 2021)

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Health and Physical Education

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

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

Bachelor of Science in Education - Health and Physical Education Core Requirements 35 Hours

HHP 2043 Prevention and Treatment of Athletic and Exercise Related Injuries**	3
HPE 2083 Health and Physical Education Principles**	3
HPE 2203 Essentials of Human Anatomy and Physiology I**	3
HPE 2663 Motor Development and Skill Acquisition	3
HPE 3224 Kinesiology**	4
HPE 3293 Measurement and Evaluation for Health and Physical Education**	3
HPE 4073 Adapted Physical Education	3
HPE 4113 Practicum for Teaching School Health Education**	3
HPE 4183 (WI) Methods of Teaching Healthy Decisions I: Nutrition, Drugs, and Disease	3
HPE 4193 Methods of Teaching Healthy Decisions II: Family, Relationships, and Human Sexuality	3
OR	
FCS 3153 Family Relations	3
HPE 4234 Exercise Physiology**	4
Methods Requirements 7 Hours	
HPE 3763 Methods SEC PE ED 1 6-8**	3
HPE 3773 Methods SEC PE ED 2 9-12**	3
HPE 2021 Teaching Contemporary and Modern Dance K-12	1
Elementary Health and Physical Education Requirements 8 Hours	
HPE 2753 Methods of Elementary PE Pre K – 5**	3
EDE 2063 Child Development	3
HPE 3502 Health and Fitness for Children	2
Coaching Endorsement 7 hours	
Optional	
HPE 3033 Psychological Ethics and Coaching Theory K-12	3
HPE 4042 Coaching Team Sports K-12	2
HPE 4052 Coaching Individual Sports K-12	2

PLT Core Courses 30 Hours

PLT MODULE 1

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

PLT MODULE 2

SPE 3013 Psychology of the Exceptional Child	3
EDU 3123 Educational Psychology	3

PLT MODULE 3

HPE 4603 Special Methods: Health and Physical Education (WI)**	3
EDU 4113 Classroom Management (7-12) **	3
EDU 4890 Orientation to Internship	0

PROFESSIONAL SEMESTER

EDU 4256 Secondary Teaching Internship Clinical	6
EDU 4216 Internship - Physical Education	6

****DENOTES CHECK WITH ADVISOR REGARDING PRE-REQUISITES AND CO-REQUISITES****

Pre-requisites:

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

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

** HPE 1350 and HPE 2083

**HHP 2043 must have completed HPE 2203

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

**HPE 2213 must have completed HPE 2203

**HPE 3224 must have completed HPE 2213

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

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

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

**HPE 4234 must have completed HPE 3224

A ``C" or better required in all core courses.

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

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

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

TEST REQUIREMENTS

Praxis II Specialty Area Test

Health and Physical Education 5857

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

Health and Physical Education 5857 must be taken and passed before enrollment in HPE 4603 Special Methods Principles of Learning and Teaching must be taken and given before graduation

Register for the Praxis test at www.ets.org

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

Coaching Endorsement grades K-12 (for non-health and physical education majors (19 cr)

HHP 2043 Prevention and Treatment of Athletic and Exercise Related Injuries	3
HPE 2663 Motor Development & Skill Acquisition	3
HPE 2203 Essentials of Human Anatomy & Physiology I	3
HPE 3033 Psychological Ethics of Coaching Theory*	3
HPE 4042 Coaching Team Sports K-12	2
HPE 4052 Coaching Individual Sports K-12	2
HPE 2023 Sports Officiating	3

Test Requirements

Praxis II Specialty Area Test

Physical Education: Content & Design 5095

Register for the Praxis test at www.ets.org

* Must take HPE 3033 before enrolling in HPE 4042 and HPE 4052

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

B.S. IN HEALTH AND HUMAN PERFORMANCE

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

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

Health and Human Performance Pre-Physical Therapy/ Athletic Training/ Occupational Therapy Core 48 hours

HHP 1102 Introduction to Health & Human Performance	2
HHP 2052 Medical Terminology	2
HHP 2043 Prevention & Treatment of Athletic Injuries	3

HPE 2663 Motor Development	3
**HHP 2243 Injury Management	3
**HHP 3003 Sports Psychology	3
**HHP 3064 Assessment of Upper Extremities	4
**HHP 3074 Assessment of Lower Extremities	4
**HHP 3273 General Medical Conditions & Pharmacological Interventions	3
**HHP 3084 Therapeutic Modalities (WI)	4
**HPE 3224 Kinesiology	4
**HHP 4094 Rehabilitation & Therapeutic Exercise	4
**HPE 4234 Exercise Physiology	4
**HHP 4022 Applied Exercise Physiology	2
**HHP 3123 Health & Human Performance Administration	3
Or (See Faculty Advisor)	
REC 3033 Recreation & Sport Facility Design	3

****See faculty advisor regarding directed electives**

**Health and Human Performance Pre-Physical Therapy/ Athletic Training/
Occupational Therapy Interdisciplinary Core 14 hours**

Biology

**BIO 2174 Human Anatomy & Physiology I	4
**BIO 2184 Human Anatomy & Physiology II	4

Psychology (Choose one)

**PSY 2263 Developmental Psychology	3
**PSY 2023 Abnormal Psychology	3

Statistics (Choose one)

PSY 2143 Research Statistics	3
STA 2053 Applied Biostatistics	3
STA 2323 Statistical Methods	3
SOC 3103 Statistics	3

**Health and Human Performance Pre-Physical Therapy/ Athletic Training/
Occupational Therapy Directed Electives 14 hours**

CSC 2003 Introduction to Computers	3
**CHM 1044 General Organic & Biochemistry	4
CHM 1024 University Chemistry II	4
**PHY 2034 General Physics I	4
**PHY 2044 General Physics II	4
BIO 2114 General Zoology	4
BIO 2094 Microbiology	4
BIO 3054 Genetics	4
BIO 3084 Comparative Anatomy	4
ACC 2013 Principles of Accounting A	3
ECO 2013 Principles of Macroeconomics	3
ECO 2023 Principles of Microeconomics	3
FIN 3033 Money & Banking	3
MGM 3113 Principles of Management	3
MKT 3013 Fundamentals of Marketing	3
FCS 3383 Sports Nutrition	3
FCS 3423 Advanced Nutrition	3
FCS 3413 Community & Life Cycle Nutrition	3

PSY 3043 Cross Cultural Psychology	3
PSY 3053 Multicultural Mental Health	3
PHI 3113 Ethics	3
NSG 3643 Trans-Cultural Health Care	3
***HHP 4113 Professional Internship	3

***** student may take HHP 4113 if the student's future master's/doctorate program requires observation**

- *See advisor regarding directed electives
- **BIO 2174 must have completed BIO 2114 or BIO 1013 and BIO 1021
- **BIO 2184 must have completed BIO 2114 or BIO 1013 and BIO 1021 and BIO 2174
- **CHM 1044 must have completed CHM 1034 with a grade of "C" or better
- **HHP 2243 must have completed HHP 2043
- **HHP 3003 must have completed PSY 1013
- **HHP 3064 must have completed HHP 1102 and HPE 2203 or BIO 2174
- **HHP 3074 must have completed HHP 3064 and HPE 2203 or BIO 2174
- **HHP 3084 must have completed HHP 3064 and HHP 3074
- **HHP 3123 must have completed HHP 3064 and HHP 3074, and HHP 4094
- **HHP 3273 must have completed HHP 1102 and HHP 2052
- **HHP 4022 must have completed HPE 3224 and HPE 4234
- **HHP 4094 must have completed HHP 3064 and HHP 3074
- **HPE 3224 must have completed BIO 2184
- **HPE 4234 must have completed HPE 3224
- **PHY 2034 must have completed MTH 1243
- **PHY 2044 must have completed PHY 2034
- **PSY 2263 or PSY 2023 must have completed PSY1013.

Health and Human Performance – Strength and Conditioning Core 45 hours

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

Health and Human Performance – Strength and Conditioning Interdisciplinary Core 28 hours

FCS 3383 Sports Nutrition**	3
Choose One	
FCS 3383 Sports Nutrition**	3
OR	
FCS 3423 Advanced Nutrition**	3
HHP 2043 Prevention and Treatment of Athletic and Exercise Related Injuries**	3
HPE 2203 Essentials of Human Anatomy and Physiology I**	3

HPE 3293 Measurement and Evaluation for Health and Physical Education	3
HPE 4042 Coaching Team Sports K-12*	2
HPE 4052 Coaching Individual Sports K-12*	2
HPE 4073 Adapted Physical Education	3
REC 3033 Recreation & Sport Facility Design, Maintenance, & Management	3
REC 4283 Legal Issues and Risk Management in Recreation and Sport	3

Pre-Requisites

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

***C or BETTER REQUIRED FOR REQUIRED COURSES AND INTERDISCIPLINARY CORE**

****CHECK WITH ADVISOR REGARDING PRE-REQUISITES & CO-REQUISITES**

SEE COURSE DESCRIPTIONS FOR ARKANSAS COURSE TRANSFER SYSTEM (ACTS) COURSE NUMBER EQUIVALENCES

Bachelor of Science Degree with a Major in Recreation

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

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

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

A background check is mandatory and must be completed along with your internship application the semester before field experience.

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

B.S. Degree in Recreation --- Leisure Service Management

Bachelor of Science in Recreation – Leisure Services Management Core Requirements 51 Hours

HHP	2043 Prevention and Treatment of Athletic and Exercise Related Injuries	3
REC	2003 Introduction to Recreation and Sport	3
REC	2153 Practicum Recreation and Sport	3
REC	2223 Leadership Techniques in Recreation and Sport	3
REC	3023 Program Planning Practicum	3
REC	3033 Recreation & Sport Facility Design, Maintenance, & Management	3
REC	3143 Travel and Tourism	3
REC	3253 Inclusive Recreation and Sport	3
REC	3263 Commercial Recreation and Sport	3
REC	4053 Evaluation and Research in Recreation and Sport	3
REC	4083 Organization and Administration of Recreation and Sport	3
REC	4193 Special Events	3
REC	4233 Internship in Recreation, Sport Management & Leisure Seminar	3
REC	4066 Field Experience I	6
REC	4076 Field Experience II	6

Must have a 2.5 GPA and C or better in courses listed prior to field experience and graduation.

Bachelor of Science in Recreation – Leisure Services Management Interdisciplinary Core Requirements 15 Hours

BTE	4163 Desktop Publishing	3
	OR	
CSC	2003 Introduction to Computers	3
HHP	3003 Sport Psychology Health and Human Performance	3
HPE	2023 Sport Officiating	3
REC	3273 Marketing and Fundraising Recreation and Sport	3
REC	4283 Legal Issues and Risk Management in Recreation and Sport	3

Bachelor of Science in Recreation – Leisure Services Management Directed Electives Core Requirements 9 Hours

Pick 9 hours of any combination

ACC	2013 Principals of Accounting A	3
COM	2513 Leadership Group Communication	3
	OR	
COM	3273 Organizational Communication	3
ECO	2013 Macroeconomics	3
ECO	2023 Microeconomics	3
FCS	2103 Nutrition	3
	OR	
FCS	3383 Sports Nutrition	3

HPE	4042 Coaching Team Sports K-12	2
HPE	4052 Coaching Individual Sports K-12	2
HPR	2053 Water Safety Instruction	3
HPR	2173 Lifeguard Training	3
MGM	3013 Management Communications	3
MKT	3013 Fundamentals of Marketing**	3
PSC	4063 Public Administration **	3
OR		
PSC	3143 Municipal Government**	3
PSY	3303 Motivation**	3
REC	2213 Introduction to Outdoor Recreation	3
REC	4203 Corporate Wellness	3

****DENOTES CHECK WITH ADVISOR REGARDING PRE-REQUISITES & CO-REQUISITES**

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

Bachelor of Science in Recreation – Recreation-Natural Resources Management Core Requirements 54 Hours

HHP	2043 Prevention and Treatment of Athletic and Exercise Related Injuries	3
REC	2003 Introduction to Recreation and Sport	3
REC	2213 Introduction to Outdoor Recreation	3
REC	2153 Practicum Recreation and Sport	3
REC	2223 Leadership Techniques in Recreation and Sport	3
REC	3023 Program Planning Practicum	3
REC	3033 Recreation & Sport Facility Design, Maintenance, & Management	3
REC	3143 Travel and Tourism	3
REC	3253 Inclusive Recreation and Sport	3
REC	3263 Commercial Recreation and Sport	3
REC	4053 Evaluation and Research in Recreation and Sport	3
REC	4083 Organization and Administration of Recreation and Sport	3
REC	4193 Special Events	3
REC	4233 Internship in Recreation, Sport Management & Leisure Seminar	3
REC	4066 Field Experience I	6
REC	4076 Field Experience II	6

Must have a 2.0 GPA and C or better in courses listed prior to field experience and graduation.

Bachelor of Science in Recreation – Recreation-Natural Resource Management Interdisciplinary Core Requirements 15 Hours

BTE	4163 Desktop Publishing	3
OR		
CSC	2003 Introduction to Computers	3
REC	4283 Legal Issues and Risk Management in Recreation and Sport	3
PHS	1053 Earth Systems and Environment	3
REC	3173 Wilderness Policy Management	3
REC	4183 Outdoor Adventure Leadership	3

Bachelor of Science in Recreation – Recreation-Natural Resource Management Directed Electives Requirements 6 Hours

BIO	2104 General Botany	4
BIO	2114 General Zoology	4
BIO	3493 Biogeography**	3
BIO	3524 Ecology**	4
BIO	4353 Mammalogy**	3
BIO	4163 Entomology**	3
BIO	4073 Dendrology**	3
BIO	4223 Ichthyology**	3
COM	3273 Organizational Communication	3
HPR	2053 Water Safety Instruction (Proficiency Test Required)	3
MGM	3013 Management Communication	3
MGM	3113 Management & Organizational Behavior	3
PSC	1023 State and Local Government	3
PSC	3143 Municipal Government**	3
PSC	4063 Public Administration**	3
REC	3273 Marketing and Fundraising in Recreation and Sport	3
GBU	2143 Legal Environment Business	3

****DENOTES CHECK WITH ADVISOR REGARDING PRE-REQUISITES & CO-REQUISITES**

B.S. Degree in Recreation --- Sport Management

Bachelor of Science in Recreation – Sport Management Core Requirements 48 Hours

HHP	2043 Prevention and Treatment of Athletic and Exercise Related Injuries	3
REC	2253 Introduction to Sport Management	3
REC	2153 Practicum Recreation and Sport	3
REC	2223 Leadership Techniques in Recreation and Sport	3
REC	3023 Program Planning Practicum	3
REC	3033 Recreation & Sport Facility Design, Maintenance, & Management	3
REC	3253 Inclusive Recreation and Sport	3
REC	3263 Commercial Recreation and Sport	3
REC	4053 Evaluation and Research in Recreation and Sport	3
REC	4083 Organization and Administration of Recreation and Sport	3
REC	4193 Special Events	3
REC	4233 Internship in Recreation, Sport Management & Leisure Seminar	3
REC	4066 Field Experience I	6
REC	4076 Field Experience II	6

Must have a 2.5 GPA and C or better in courses listed prior to field experience and graduation.

Bachelor of Science in Recreation – Sport Management Interdisciplinary Core Requirements 15 Hours

BTE	4163 Desktop Publishing	3
OR		
CSC	2003 Introduction to Computers	3
HHP	3003 Sport Psychology Health and Human Performanc	3
HPE	2023 Sport Officiating	3
REC	3273 Marketing and Fundrasing Recreation and Sport	3
REC	4283 Legal Issues and Risk Management	3

Bachelor of Science in Recreation – Sport Management Directed Electives Core Requirements 12 Hours

ACC	2013 Principals of Accounting A	3
COM	3273 Organizational Communication	3
COM	3533 Interpersonal Communication	3
COM	3813 Business and Professional Communication	3
ECO	2013 Macroeconomics	3
ECO	2023 Microeconomics	3
FCS	2103 Nutrition	3
FCS	3383 Sports Nutrition	3
HPR	2153 Water Safety Instruction	3
MGM	3013 Management Communications	3
MGM	3000 Level Course ***	3
COM	1013 Media Culture	3
	OR	
COM	2073 Broadcast Journalism	3
COM	3203 Sport Reporting (WI)	3
	OR	
COM	3363 Sports Broadcasting	3
PSY	3303 Motivation**	3
REC	3143 Travel and Tourism	3
REC	2213 Introductation to Outdoor Recreation	3
REC	4203 Corporate Wellness	3
	**DENOTES CHECK WITH ADVISOR REGARDING PRE-REQUISITES & CO-REQUISITES	
	***SEE ADVISOR OF COURSE APPROVAL	

B.S. Degree in Recreation --- Hostiality Tourism and Event Planning

Bachelor of Science in Recreation – Hospitality Tourism and Event Planning Core Requirements 51 Hours

REC	2003 Introduction to Recreation and Sport	3
REC	2153 Practicum Recreation and Sport	3
REC	2223 Leadership Techniques in Recreation and Sport	3
REC	3023 Program Planning Practicum	3
REC	3033 Recreation & Sport Facility Design, Maintenance, & Management	3
REC	3143 Travel and Tourism	3
REC	3253 Inclusive Recreation and Sport	3
REC	3263 Commercial Recreation and Sport	3
REC	4053 Evaluation and Research in Recreation and Sport	3
REC	4083 Organization and Administration of Recreation and Sport (WI)	3
REC	4193 Special Events	3
REC	4203 Corporate Wellness	3
REC	4233 Internship in Recreation, Sport Management & Leisure Seminar	3
REC	4066 Field Experience I	6
REC	4076 Field Experience II	6
	<i>Must have a 2.5 GPA and C or better in courses listed prior to field experience and graduation.</i>	

Bachelor of Science in Recreation – Hospitality Tourism and Event Planning Interdisciplinary Core Requirements 15 Hours

FCS	1023 Foods	3
FCS	2053 Meal Management	3
FCS	3393 Food Economics	3
MGM	3013 Management Communications	3
MKT	3013 Fundamentals of Marketing	3

Bachelor of Science in Recreation – Hospitality Tourism and Event Planning Directed Electives Requirements 9 Hours

ACC	2013 Principals of Accounting A	3
COM	1013 Media Culture	3
COM	2513 Leadership Group Communication	3
MGM	3113 Management of Management (WI)	3
MGM	4153 Leadership and Ethics (WI)	3
REC	2213 Introduction to Outdoor Recreation	3

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

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

HHP 2043. Prevention and Treatment of Athletic and Exercise Related Injuries. A study of care and prevention of athletic and exercise-related injuries seen in the physically active population for health and human performance, physical education, and recreation majors. Emphasis is given to the care and prevention of athletic and physically active injuries with extensive training in prophylactic taping. Each student is given comprehensive and systematic instruction on the basic material, concepts, and protocols in preventing and treating athletic and exercise and related injuries.

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

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

HHP 3003. Sport Psychology in Health & Human Performance. This course primarily emphasizes sport psychology and evaluative concerns and procedures about the head and related structures. Principles of sport psychology are applied to individual and team behavior and performance issues. A head and facial anatomy review about injuries, evaluation, and care will also be of primary concern. Research is emphasized, including personality, motivation and arousal, perception, stress, and anxiety during competition, diversity in sports, ethics in sport psychology, nutrition, and head-related traumas. *Prerequisite PSY 1013 General Psychology.*

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

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

HHP 3084 Therapeutic Modalities (WI). The student will explore and discuss the modern philosophies concerning therapeutically treating the injuries seen in health and human performance. The student will study and learn the current trends and concepts of applying modalities to improve and treat injuries to the physically active individual. Through both didactic and laboratory components, the student will plan a successful rehabilitation protocol involving a wide variety of therapeutic modalities.

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

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

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

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

HHP 4113. Professional Internship. The HHP internship class allows the student an opportunity to gain valuable clinical experiences in a professional setting while working closely with credentialed supervisors. This internship site placement will be at a traditional workplace setting that meets individual students' professional goals. The internship is designed to meet the partial requirements of many professional and graduate schools.

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

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

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

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

HPE 2023. Sports Officiating. Fundamentals of officiating with special emphasis on football, track, basketball, softball, and baseball. Students will be required to apply basic officiating skills in certain sports and activities by being assigned practicum hours in officiating events at various levels of activities and competitive sports. Also, the students will be given certain activities and sporting events to observe and critique the officiating. Students will have the opportunity to obtain their sport officiating certification.

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

HPE 2203. Essentials of Human Anatomy and Physiology I. This is an introductory course in human anatomy and physiology. This course includes studying the structure and function of cells, tissues, and the integumentary, skeletal, muscular, and nervous systems, the study of the endocrine, cardiovascular, lymphatic/immune, respiratory, digestive, urinary, and reproductive systems. Introduces common human disease and injury processes. This course will prepare students to plan, implement, demonstrate and evaluate these activities across grade levels K-12 and the Health and Human Performance professions. *Pre-requisite: BIO 1013/1021 Introduction to Biology & Lab*

HPE 2663. Motor Development & Skill Acquisition. This course focuses on the behavioral, biomechanical, and neural bases of the development, acquisition, and performance of functional movement skills. Acquisition of skill is examined over the lifespan in typically developing and impaired individuals. Movement analysis is used to elucidate the neuromotor control processes underlying skilled performance in everyday functional behaviors, sport, and dance. Students who plan to go into professions in which research related to human motor skill is required, or who majoring in professions in which assisting people to learn (or relearn) motor skills is an important part of the job, such as teaching, coaching, physical therapy, occupational therapy, industrial training, athletic training, and various medical/rehabilitation related careers, etc. Various topics related to the cognitive and motor processes influencing the learning of motor skills will be discussed throughout the course. Specifically, topics to be covered will include the assessment of learning, changes during learning, attention, augmented feedback, transfer of knowledge.

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

HPE 2753. Methods of Elementary Physical Education Pre K-5. This course introduces prospective elementary teachers to research-based teaching strategies, developmentally appropriate basic locomotor, non-locomotor, and manipulative physical activities as guided by the Society of Health and Physical Educators (SHAPE) National Standards and Grade-Level Outcomes for K-5 Physical Education. The first half of the course will focus on the K-2 curriculum, while the second half focuses on the 3-5 curriculum. Students are expected to apply developmentally appropriate practices concurrently by planning and teaching pre-K-2 grade students during the first half and planning and teaching 3-5 grade students during the second half. *Prerequisite HPE 1350 (Orientation of Health and PE), HPE 2083 (Health and Physical Education Principles), HPE 2663 (Motor Learning Developmental and Skill Acquisition, and Methods of Teaching Elementary PE).*

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

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

HPE 3224. Kinesiology. This course reviews the human skeletal, muscular, and nervous systems introduce basic biomechanical principles, and applies this knowledge to the teaching and coaching of sports and physical education activities and athletic training. *Pre-requisite: HPE 2203Essential of Human Anatomy and Physiology I*

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

HPE 3763 Methods of Secondary Physical Education ED 1 6-8. This course is designed to introduce the students to the principles of curriculum development and pedagogical theory and teaching of a variety of individual and team sports to middle school students (grades 6-8) as guided by the Society of Health and Physical Educators (SHAPE) National Standards and Grade-Level Outcomes for 6-8 Physical Education. A variety of Instructional/teaching models such as sport education, cooperative learning, peer teaching, and teaching personal and social responsibility will also be covered. The first half of the course will focus on individual/dual sports and games, recreation activities, and individual-performance activities, while the second half will focus on team sports/games. Students are expected to apply developmentally appropriate practices concurrently by planning, teaching, and evaluating 6-8 grade students. *Prerequisite HPE 1350 (Orientation of Health and PE), HPE 2083 (Health and Physical Education Principles), HPE 2663 (Motor Learning Developmental and Skill Acquisition, and Methods of Teaching Elementary PE).*

HPE 3773 Methods of Secondary Physical Education ED II 9-12. This course is designed to introduce the students to the principles of curriculum development and pedagogical theory and teaching of a variety of individual-performance activities, lifetime activities, and fitness activities to high school students (grades 9-12) as guided by the Society of Health and Physical Educators (SHAPE) National Standards and Grade-Level Outcomes for 9-12 Physical Education. A variety of Instructional/teaching models such as inquiry teaching, personalized instruction, personal teaching, and social responsibility will also be covered. The first half of the course will focus on lifetime and individual-performance activities, while the second half will focus on dance and fitness activities. Students are expected to apply developmentally appropriate practices concurrently by planning, teaching, and evaluating 9-12 grade students. *Prerequisite HPE 1350 (Orientation of Health and PE), HPE 2083 (Health and Physical Education Principles), HPE 2663 (Motor Learning Developmental and Skill Acquisition, and Methods of Teaching Elementary PE).*

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

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

HPE 4073. Adapted Physical Education. This course is designed to provide basic knowledge of the history of adapted physical education; federal and state laws about the education of individuals with disabilities and gifted and talented individuals; psychological, psychomotor, social, and behavioral characteristics of individuals with disabilities and gifted and talented individuals; program planning and teacher effectiveness including assessment, task analysis, and behavior management.

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

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

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

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

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

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

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

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

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

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

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

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

HPR 1481. Intermediate Swimming. This course is designed for students who are somewhat proficient as a swimmer but would like to improve their skills to the point where they would be ready for Water Safety Instruction.

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

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

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

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

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

HPR 2053. Water Safety Instructor. This course aims to train instructor-candidates to teach American Red Cross Swimming and Water Safety Courses. *Pre-requisite: Be at least 17 years old and successfully pass a pre-course written and skills test.*

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

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

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

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

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

HPR 3973. History and Philosophy of Nonwestern Leisure, Culture, Wellness & Sport. A survey of various nonwestern cultures emphasizes how the values of these cultures are expressed and reflected in their individual games, sports, recreational & leisure activities, and their societal approach to ensure personal health and wellness.

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

REC 1330. Orientation to Recreation. This course is required of all declared Recreation majors, emphasizing both Natural Resource Management and Leisure Services Management. This will be an introduction to the Recreation profession, which will provide an overview of the Recreation curriculum, areas of study, and opportunities available for a career in the field. A variety of topics will be presented and discussed to support and familiarize the student with the program and curriculum and the field of Recreation. The student will attain a B.S. degree in Recreation upon completion of the program. *Co-requisite: REC 2003 Introduction to Recreation or REC 2253 Introduction to Sport Management.*

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

REC 2153. Practicum in Recreation and Sport. This course provides practical experiences leading to understanding and appreciation for the work and function of various agencies offering recreation services in the community. It will also provide experience working with and observing various recreation agencies.

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

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

REC 2253. Introduction to Sport Management. The course will examine the historical development, current trends, best practices, and future trends of sport management. Principles will be taught within the framework of professional, collegiate, interscholastic, non-traditional, youth, and community sport in areas to include: 1) the history of sport management and current curriculum, 2) careers in sport management, 3) marketing, 4) management, 5) communications, etc

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

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

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

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

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

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

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

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

REC 4066. Field Experience I. This course is a supervised leadership experience in a functioning recreation program. This class should be taken during the senior year and is open to recreation majors only. *Pre-requisites: REC 2153 Practicum in Recreation and REC 4233 Internship Recreation and Sport Leisure Seminar.*

REC 4076. Field Experience II. This course is a supervised leadership experience in a functioning recreation program. This class should be taken during the senior year and is open to recreation majors only. *Pre-requisites: REC 2153 Practicum in Recreation and REC 4233 Internship Recreation and Sport Leisure Seminar.*

REC 4083. (WI) Organization and Administration of Recreation. This course is an overview of organizational patterns, policies and administrative processes, and problems which confront those in executive positions. Also, this course provides a comprehensive analysis of individual and group behavior in organizations.
(Open to recreation majors only.)

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

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

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

REC 4233. Internship in Recreation, Sport Management & Leisure Seminar. This course is designed to help students enhance the skills and knowledge necessary for an effective student intern experience. It will also facilitate the transition from student intern to professional by encouraging participation in professional activities (e.g., self-assessments, searching for intern opportunities, cover letter development, resume development, interview skills, etc.). Course requirements, such as the student assessment projects and professional portfolios, will prepare students to pursue internships and employment.

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