
MOVEMENT ARTS, HEALTH PROMOTION AND LEISURE STUDIES

FACULTY

Chairperson:	Professor Robert Haslam
Professors:	Marcia Anderson, Edward Braun, Robert Frederick, Janice Harris, Edward Hart, Joseph Huber, Nancy Moses, Amos Nwosu
Associate Professors:	Samuel Baumgarten, Lydia Burak, John Kilbourne, Joseph Yeskewicz
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DEGREE PROGRAMS

- BA in Physical Education (Awarded for completion of major core)
- BS in Health Education
- BS in Physical Education (Awarded for completion of major core and selected concentration)
Concentrations: Athletic Training, Coaching, Exercise Science/Health Fitness, Motor Development Therapy/Adapted Physical Education, Recreation, Recreation and Fitness Club Administration, Teacher Licensure in Physical Education PreK-8 and 5-12
- M.Ed. in Health Promotion
- MS in Physical Education
Concentrations: Adapted Physical Education, Athletic Training, Human Performance and Health Fitness, Sport and Human Performance, Individualized Program

POST BACCALAUREATE TEACHER LICENSURE PROGRAMS

- Physical Education
- Health (Health, Family and Consumer Sciences)

**Some concentrations or licensure programs have specific course requirements. Contact the department chairperson or faculty program liaison for information on these requirements.*

UNDERGRADUATE MINORS

- Coaching
- Dance*
- Exercise Physiology
- Health Promotion
- Health Resources Management*
- Recreation

Interdisciplinary Minor*

The Department of Movement Arts, Health Promotion, and Leisure Studies offers both undergraduate and graduate programs in the areas of health promotion and physical education.

At the undergraduate level the department offers a major in physical education which leads to a Bachelor of Science or Bachelor of Arts degree and a major in Health Education which leads to a Bachelor of Science degree. Minors in coaching, health promotion, recreation, exercise physiology, dance, and health resources management are also offered.

A minor in dance is offered jointly by the Department of Movement Arts, Health Promotion and Leisure Studies and the Department of Communication Studies and Theatre Arts.

A minor in health resources management is offered jointly by the Department of Movement Arts, Health Promotion and Leisure Studies and the Department of Management.

Graduate study offered by the department includes a program in the area of health promotion, which leads to a Master of Education in Health Promotion and a program in the area of physical education, which leads to a Master of Science in Physical Education. Post baccalaureate programs for initial teacher licensure in physical education and health education are available and are described under the department's graduate programs. A Master of Arts in Teaching program in the areas of physical education and health education, are also offered.

DEPARTMENT OBJECTIVES

1. Provide a quality physical education liberal arts major program with a variety of concentrations providing advanced professional preparation.
2. Provide quality physical education activity courses to assist students in developing lifetime activity patterns.

3. Provide a quality health education major program with courses that deal with health promotion issues and healthy living styles.
4. Instill an atmosphere of health and well being for students.

CAREER OPPORTUNITIES

The physical education major program is an arts and science major. Career opportunities are tied to the concentrations where a student develops knowledge and application of that knowledge in a professional capacity.

The Health Education major can work in schools, public health agencies, non-profit organizations, hospitals, colleges and universities, business and industry.

UNDERGRADUATE PROGRAMS

BACHELOR OF ARTS/BACHELOR OF SCIENCE

The Department of Movement Arts, Health Promotion and Leisure Studies offers the physical education major an opportunity to elect an area of study from among eight concentrations. In addition, a comprehensive health education major may be selected.

Many of these programs have been developed to prepare graduates to pursue career opportunities in community-based organizations such as business, industry, agencies and hospitals. These programs, which include field experiences in various settings in the community, have expanded the role of the professional in the fields of physical education and health promotion beyond the teaching environment in schools, thus preparing the graduate for new career opportunities.

Initial teacher licensure programs in both health and physical education are also available for those students who wish to teach in the public schools. These students may elect one of two initial teacher licensure concentrations in physical education (PreK-8) (5-12) or the teacher licensure option in the health education major (PreK-12).

HEALTH EDUCATION MAJOR

Health education can lead to the improved health status of individuals, families and communities. It involves the use of systematic strategies to improve health knowledge, attitudes, skills and behaviors. Health educators work in schools, public health

agencies, voluntary non-profit organizations, hospitals, colleges and universities, business and industries.

The 42 credit Health Education major is designed to guide students through learning experiences that emphasize the multiple dimensions of health, and draws on the behavioral and natural sciences as well as health science and public health. The major is designed to prepare students to design, implement, and evaluate scientifically and methodologically sound health education experiences, and to equip students with the professional skills that will enable them to be proficient practitioners.

Students wishing to pursue teaching licensure in Health/Family and Consumer Sciences must meet the criteria for admission to professional education programs. Those interested in teacher licensure should refer to the Secondary Education and Professional Programs section of this catalogue.

Required Courses:

HE 200 Principles and Practices of Health Education
 HE 300 Current Issues in Health
 HE 401 Human Sexuality
 HE 405 Drugs in Society
 HE 407 Stress Management
 HE 430 Principles and Practices of Epidemiology
 HE 450 Health Promotion Strategies
 HE 451 Program Planning in Health Promotion
 HE 471 Nutrition
 HE 477 Environmental and Consumer Health

Cognate Courses:

BI 251 Human Anatomy and Physiology I
 PE 200 Fitness for Life
 PY 227 Development Through the Life Cycle
 SE 203 Cultural Diversity Issues in School and Society

Teacher Licensure Option Requirements:

*ED 210 Introduction to Teaching
 ED 235 Learning and Motivation
 ED 335 Assessment and Planning
 ED 445 Content Area Reading, Writing and Study Skills
 HE 491 Field Based Pre-Practicum in Health
 HE 492 Practicum in Student Teaching-Health

General Education Requirements (GER)

A minimum of 120 earned hours is required for graduation. These earned hours include General Education Requirements as specified in the Undergradu-

*To be completed prior to admission to Professional Education and enrollment in any other education courses.

ate Academic Programs section of this catalog. For additional graduation requirements, see the Undergraduate Academic Policies section of this catalog.

PHYSICAL EDUCATION MAJOR

Students majoring in physical education must achieve a minimum of C- in all core courses (not cognates) and repeat any core courses in which they receive a grade lower than C-. In addition students must complete a minimum of 120 credits for graduation. This requirement includes the following 39 credit major courses and cognates:

- PE 100 Applied Musculoskeletal Anatomy
- PE 117 Historical and Philosophical Foundations of Sport and Physical Education
- PE 217 Principles of Motor Learning
- PE 318 Socio-Cultural Foundations of Sport
- PE 385 Biomechanics
- PE 401 Physiology of Exercise

At least one of the following:*

- BI 280 Human Physiology
- HE 405 Drugs in Society
- HE 471 Nutrition
- PE 146 Dance Appreciation
- PE 251 Dance History
- PE 255 Creative Dance I
- PE 256 Creative Dance II
- PE 324 Physical and Motor Development of Individuals with Disabilities
- PE 402 Exercise Metabolism
- PE 405 Exercise Circulation: Mechanisms and Morphology
- PE 465 Theory and Development of Play
- PE 470 Sociology of Sport

9 credits in physical education activity courses**

All majors in Physical Education must accumulate at least nine (9) credits in activity courses. The nine credits must come from at least six (6) different types of activity classes. (Taking the second level of a course after having

**Some concentrations or licensure programs have specific course requirements. Contact the department chairperson or faculty program liaison for information on these requirements.*

***Concentrations have selected appropriate physical education activity course(s). A maximum of six credit hours in physical education courses may be used toward graduation (this does not apply to physical education majors, dance minors and students enrolled in the theatre, dance and speech communication concentration in the communication arts and sciences major).*

taken the first level will not count as part of the six activity classes.) Each concentration will determine its own requirements for the nine credits and will not necessarily require a spreading of activities throughout the current A-E categories. The major who elects the individualized program will, with the consent of the advisor, select appropriate activities from categories A-E.

Cognates:

- BI 102 Introduction to Zoology
- PY 100 Introductory Psychology
- or
- PY 227 Development Through the Life Cycle

The remaining credits necessary for completion of the degree include the general education requirements and one or more of the following selections:

1. elect from the seven concentrations listed below available to the physical education major;
2. develop an individualized program of study (with assistance of an adviser);
3. combine the physical education major with a major or minor in another discipline;
4. combine several of the above.

ATHLETIC TRAINING CONCENTRATION

This concentration is accredited by the Committee on Accreditation of Allied Health Educational Programs (CAAHEP), and prepares the athletic training student with the necessary academic and clinical experiences to sit for the National Athletic Trainer's Board of Certification Examination. The program includes courses in injury prevention, recognition, assessment and immediate care of athletic injuries, health care administration and professional development and responsibility.

Admission into the program is limited and competitive. Students interested should contact the Director of the Athletic Training Program during their first semester at the college.

- AT 240 Introduction into Athletic Training
- AT 241 Apprenticeship in Athletic Training
- AT 340 Sports Injury Management - Lower Extremity
- AT 341 Sports Injury Management - Upper Extremity
- AT 342 Clinical Application of Basic Athletic Training Skills
- AT 343 Clinical Application of Intermediate Athletic Training Skills
- AT 442 Therapeutic Exercise

- AT 443 Pharmacology for the Physically Active
- AT 450 Therapeutic Modalities
- AT 454 Clinical Application of Advanced Athletic Training Skills
- AT 455 Professional Preparation in Athletic Training
- AT 490 Administration of Athletic Training

Cognate courses:

- BI 280 Human Physiology
or
- BI 252 Human Anatomy and Physiology II
- PH 181 Elements of Physics I
- HE 471 Nutrition

General Education Requirements (GER)

A minimum of 120 earned hours is required for graduation. These earned hours include General Education Requirements as specified in the Undergraduate Academic Programs section of this catalog. For additional graduation requirements, see the Undergraduate Academic Policies section of this catalog.

COACHING CONCENTRATION

This concentration prepares the physical education major to apply concepts and principles related to all aspects of coaching, including the player, team, coach and administration of athletic programs for youth and adults. The field experience is an important aspect of this concentration.

- AT 240 Introduction into Athletic Training
- PE 325 Methods and Techniques in Coaching Individual Sports
- PE 327 Methods and Techniques in Coaching Team Sports
- PE 361 Officiating Individual Sports
- PE 362 Officiating Team Sports
- PE 414 Coaching
- PE 481 Organization and Administration of School Athletics
- PE 498 Field Experience in Physical Education

****HE 471 Nutrition**

Current certification from the American Red Cross for Standard First Aid and CPR or equivalent.

General Education Requirements (GER)

A minimum of 120 earned hours is required for graduation. These earned hours include General Education Requirements as specified in the Undergraduate Academic Programs section of this catalog. For additional graduation requirements, see the Undergraduate Academic Policies section of this catalog.

**** Courses in concentration identified as part of major**

EXERCISE SCIENCE/HEALTH FITNESS CONCENTRATION

This concentration prepares students for career opportunities in health and fitness in such settings as industry, hospitals, agencies, education and human service organizations. Emphasis is on human performance and cardiovascular health, which includes physical health evaluation, graded exercise tests, exercise prescription and physical activity program development. A field experience off campus in a setting identified above is an important aspect of this concentration.

****HE 471 Nutrition**

- PE 201 Apprenticeship in Exercise Science and Health Fitness
- PE 400 Physiology and Techniques of Strength Fitness
- PE 402 Exercise Metabolism
- PE 403 Cardiovascular Function, Analysis and Evaluation
- PE 404 Exercise Prescription and Cardiac Rehabilitation
- PE 405 Exercise Circulation: Mechanisms and Morphology
- PE 409 Planning, Implementing and Evaluating Fitness Programs
- PE 498 Field Experience in Physical Education Activity requirements
- PE 163 Aerobics
- PE 204 Theory and Practice of Progressive Resistance Training
- PE 209 Theory and Practice of Metabolic Training
- * Four additional credits of activities

General Education Requirements (GER)

A minimum of 120 earned hours is required for graduation. These earned hours include General Education Requirements as specified in the Undergraduate Academic Programs section of this catalog. For additional graduation requirements, see the Undergraduate Academic Policies section of this catalog.

MOTOR DEVELOPMENT THERAPY/ADAPTED PHYSICAL EDUCATION CONCENTRATION

This concentration prepares the physical education major to work with children, youth and adults with disabilities. The program focuses on physical education to meet the developmental, sport, dance and leisure time needs of special populations as well as the emotional and social needs of individuals with disabilities. The concentration prepares graduates for career opportunities in rehabilitation centers, clinics, hospitals,

and social agencies as well as private and public schools. Opportunities for practical experience are provided through off-campus field experiences as well as the department-sponsored Children's Physical Developmental Clinic.

- **PE 324 Physical and Motor Development of Individuals with Disabilities
- PE 451 Prosthetics and Orthotics
- PE 494 Advanced Study of Motor Programs for Individuals with Chronic Health Conditions
- PE 498 Field Experience in Physical Education
- PY 224 Child Psychology
 - or
 - PY 226 Adolescent Psychology
 - PY 327 Psychology of Exceptional Children
 - or
 - PY 328 Psychology of Mental Retardation
 - PY 355 Behavior Analysis
 - PY 370 Abnormal Psychology

Students with a liberal arts major in physical education and a major in special education may select the motor development therapy/adapted physical education concentration. The academic program for the concentration is adjusted slightly to accommodate those students.

- PE 324 Physical and Motor Development of Individuals with Disabilities
- PE 451 Prosthetics and Orthotics
- PE 494 Advanced Study of Motor Programs for Individuals with Chronic Health Conditions
- PY 224 Child Psychology
 - or
 - PY 226 Adolescent Psychology
- SE 202 Introduction to Special Education
- SE 203 Cultural Diversity Issues in School and Society
- SE 302 Principles and Application of Behavioral Management for the Special Needs Learner

General Education Requirements (GER)

A minimum of 120 earned hours is required for graduation. These earned hours include General Education Requirements as specified in the Undergraduate Academic Programs section of this catalog. For additional graduation requirements, see the Undergraduate Academic Policies section of this catalog.

*** Courses in concentration identified as part of major.*

RECREATION CONCENTRATION

This concentration provides the physical education major with the knowledge and skills necessary to pursue careers in a wide variety of leisure service settings. Specifically, students who have combined the study of physical education with the recreation concentration will be capable of arranging leisure time experiences and providing leadership for children and adults in government, industry, and community service agencies.

- RC 230 Introduction to Recreation
- RC 332 Leadership and the Group Process
- RC 461 Organization and Administration in Recreation
- RC 462 Programming for Recreation and Leisure
- RC 498 Field Experience in Recreation (recommended elective experience)
- SO 102 Introduction to Sociology
 - One of the following:
 - **PE 146 Dance Appreciation
 - **PE 324 Physical and Motor Development of Individuals with Disabilities
 - **PE 465 Theory and Development of Play
 - **PE 470 Sociology of Sport

General Education Requirements (GER)

A minimum of 120 earned hours is required for graduation. These earned hours include General Education Requirements as specified in the Undergraduate Academic Programs section of this catalog. For additional graduation requirements, see the Undergraduate Academic Policies section of this catalog.

RECREATION AND FITNESS CLUB ADMINISTRATION CONCENTRATION

A concentration in Recreation and Fitness Club Administration prepares Physical Education majors to work with a variety of clientele at recreation and commercial fitness clubs. Concepts and principles related to cardiovascular health, physical activity and recreation program development and administration are emphasized. Practical field experiences are an essential component of this concentration.

- PE 400 Physiology and Techniques of Strength Fitness
- PE 404 Exercise Prescription and Cardiac Rehabilitation
- PE 409 Planning, Implementing and Evaluating Fitness Programs
- RC 332 Leadership and Group Process
- RC 461 Organization and Administration in Recreation
- PE 498 Field Experience in Physical Education

General Education Requirements (GER)

A minimum of 120 earned hours is required for graduation. These earned hours include General Education Requirements as specified in the Undergraduate Academic Programs section of this catalog. For additional graduation requirements, see the Undergraduate Academic Policies section of this catalog.

TEACHER LICENSURE CONCENTRATIONS

The teacher licensure options available to students are noted.

Teacher Certification in Physical Education – (PreK-8)

Prerequisites:

1. Acceptance in Physical Education major
2. Acceptance in School of Education and Allied Studies Teacher Preparation Program

Required Courses:

- *PE 205 Introduction to Teaching Physical Education in the Public Schools
- PE 225 Observation and Analysis of Movement for Children
- **PE 324 Physical and Motor Development of Individuals with Disabilities
- PE 326 Teaching Physical Education to Children
- PE 329 Teaching and Curriculum Development in the Middle and Junior High School
- PE 335 Planning, Implementation and Evaluation in Teaching Physical Education
- PE 495 Field Based Pre-practicum (PreK-8) – Physical Education
- PE 496 Practicum in Student Teaching (PreK-8) – Physical Education
- PY 224 Child Psychology
- or
- PY 227 Development Through the Life Cycle

Current certificate from the American Red Cross for Standard First Aid and CPR.

Specific physical education activities pertinent to teaching at this level as identified by the Teacher Preparation Committee.

A grade of C- or better is necessary in each of the courses listed above to be admitted to student teaching.

General Education Requirements (GER)

A minimum of 120 earned hours is required for graduation. These earned hours include General Education Requirements as specified in the Undergraduate Academic Programs section of this catalog. For additional graduation requirements, see the Undergraduate Academic Policies section of this catalog.

Teacher Licensure in Physical Education – (5-12)

Prerequisites:

1. Acceptance in physical education major
2. Acceptance in School of Education and Allied Studies teacher preparation program

Required Courses:

- *PE 205 Introduction to Teaching Physical Education in the Public Schools
- PE 212 Strategies and Analysis of Motor Skills
- PE 315 Teaching Team and Individual Sports
- **PE 324 Physical and Motor Development of Individuals with Disabilities
- PE 329 Teaching and Curriculum Development in the Middle and Junior High School
- PE 335 Planning, Implementation and Evaluation in Teaching Physical Education
- PE 491 Field Based Pre-Practicum (5-12) – Physical Education
- PE 492 Practicum in Student Teaching (5-12) – Physical Education
- PY 226 Adolescent Psychology
- or
- PY227 Development Through the Life Cycle

Current certificate from the American Red Cross for Standard First Aid and CPR.

A grade of C- or better is necessary in each of the courses listed above to be admitted to student teaching.

General Education Requirements (GER)

A minimum of 120 earned hours is required for graduation. These earned hours include General Education Requirements as specified in the Undergraduate Academic Programs section of this catalog. For additional graduation requirements, see the Undergraduate Academic Policies section of this catalog.

MINOR PROGRAMS

COACHING MINOR

The coaching minor meets the needs of the coaching profession by providing an opportunity for students who are not majoring in physical education to combine the study of coaching with a major in any discipline. This multidisciplinary program approach will prepare the student for coaching related careers in community-based

** To be completed prior to admission to professional education and enrollment in all other teacher licensure courses.*

*** Courses in concentration identified as part of major.*

organizations such as youth sports programs, church programs, recreational settings and school settings.

- AT 240 Introduction into Athletic Training
- PE 190 Conditioning
- PE 217 Principles of Motor Learning
- PE 318 Socio-Cultural Foundations of Sport
- PE 325 Methods and Techniques in Coaching Individual Sports
or
- PE 327 Methods and Techniques in Coaching Team Sports
- PE 385 Biomechanics
- PE 414 Coaching
- PE 498 Field Experience in Physical Education (3 credits only)

DANCE INTERDISCIPLINARY MINOR

This program, offered in cooperation with the Department of Communication Studies and Theatre Arts, is designed to give students an overall experience and appreciation for dance as an art form and educational vehicle. It is designed to supplement major work in theatre arts, physical education, music, art and elementary education. The program includes the study of techniques of various styles of dance, dance history and theory, choreography and production.

Courses include:

- CT/PE 155 Dance Practicum (two semesters)
- CT/PE 251 Dance History
- CT/PE 255 Creative Dance I
- CT/PE 256 Creative Dance II
- CT/PE 357 Dance Production Theory
- CT/PE 358 Dance Production Techniques
- PE 154 Ballet

Four credits in the following:

- PE 153 Jazz Dance
- PE 166 African Dance
- PE 167 Street Dance
- PE 243 Ballet II
- PE 253 Jazz Dance II
- PE 258 Modern Dance Technique
- PE 259 Dance Repertory
- PE 262 Modern Dance II

Choose one:

- PE 161 Folk Dance
- PE 164 Square Dance
- PE 168 Ballroom Dance

MU 160 Music: A Listening Approach is recommended but not required.

(All activity courses successfully completed in this minor count toward the minimum 120 degree credits required for graduation.)

EXERCISE PHYSIOLOGY MINOR

A minor in exercise physiology is available to students not majoring in physical education who desire in-depth study of how the body reacts to participation in physical exercise. Emphasis is on strength development, cardiovascular function, metabolism, exercise prescription and the interaction of body systems. Career opportunities are available in health and fitness settings associated with industry, hospitals, agencies and human service organizations.

- HE 471 Nutrition
- PE 400 Physiology and Techniques of Strength Fitness
- PE 401 Physiology of Exercise
- PE 402 Exercise Metabolism
- PE 403 Cardiovascular Function, Analysis and Evaluation
- PE 404 Exercise Prescription and Cardiac Rehabilitation
- BI 102 Introduction to Zoology

HEALTH PROMOTION MINOR

The department offers a health promotion minor which is open to all undergraduates. The health promotion minor provides an opportunity for students to combine the study of health with a major in any discipline. This multidisciplinary program approach will prepare the student for health-related careers in community-based organizations, such as business, industry, hospitals and agencies that deal with health problems, health promotion or health services.

- HE 102 Health and Wellness
- HE 300 Current Issues in Health
- HE 401 Human Sexuality
- HE 405 Drugs in Society
- HE 430 Principles and Practices of Epidemiology
- HE 471 Nutrition
- HE 477 Environmental and Consumer Health

HEALTH RESOURCES MANAGEMENT INTERDISCIPLINARY MINOR

The Department of Movement Arts, Health Promotion and Leisure Studies cooperates with the Department of

Management in offering an interdisciplinary minor in health resources management.

Students from relevant liberal arts and other related programs may elect this minor to develop skills and background knowledge to gain employment at the entry level of health care delivery management. This minor is most appropriate for students in the social sciences, social work, physical education, communication arts, management and other human service oriented professions.

Required core:

- AF 240 Accounting I
- HE 102 Health and Wellness
- HE/SW 403 Interdisciplinary Approaches to the Delivery of Health Services
- HE 474 Community Health
- MG 130 Principles of Management
- MG 140 Human Resources Management

Electives (choose one):

- AF 241 Accounting II
- AF 385 Managerial Finance
- HE 401 Human Sexuality
- HE 405 Drugs in Society
- HE 471 Nutrition
- HE 477 Environmental and Consumer Health
- MG 200 Marketing Principles
- MG 375 Personnel Development

RECREATION MINOR

The recreation minor is open to all undergraduates. It provides a multidisciplinary approach to producing recreation professionals capable of administering, supervising and leading leisure services. Students minoring in recreation may choose to specialize in one of the following: therapeutic recreation, outdoor recreation, play specialist or recreation generalist. Students who complete the recreation minor will be prepared to assume careers in a wide variety of settings — social institutions, hospitals, business and industry, preschools, community schools, Y's, the out-of-doors (challenge/adventure/Outward Bound) and government correctional institutions.

- RC 230 Introduction to Recreation
- RC 332 Leadership and the Group Process
- RC 461 Organization and Administration in Recreation

RC 462 Programming for Recreation and Leisure

Two additional courses in recreation to be chosen with department approval depending upon elected area of specialization.

RC 498 Field Experience in Physical Education (recommended elective experience)

HONORS PROGRAM

The Honors Program in Movement Arts, Health Promotion and Leisure Studies provides highly motivated Movement Arts, Health Promotion and Leisure Studies majors with opportunities to enhance their academic program through intensive scholarly study and research designed to be of assistance in post-graduate employment or in the pursuit of an advanced degree in Movement Art, Health Promotion or Leisure Studies. Contact the Department of Movement Arts, Health Promotion and Leisure Studies for further information concerning eligibility and application.

GRADUATE PROGRAMS

The Department of Movement Arts, Health Promotion and Leisure Studies offers several programs designed to meet the needs of graduate students: post baccalaureate programs that allow students to apply for initial licensure as a Teacher of Physical Education (PreK-8 or 5-12) or Teacher of Health Education (PreK-12). In addition the department offers programs leading to the degrees of Master of Education in Health Promotion and Master of Science in Physical Education.

POST BACCALAUREATE INITIAL LICENSURE PROGRAM TEACHER OF PHYSICAL EDUCATION (PREK-8, 5-12)

This program is designed for persons who have a bachelor's degree and wish to be licensed as a Teacher of Physical Education (PreK-8 or 5-12). Students who successfully complete the curriculum below are eligible to apply for initial licensure.

For information regarding application procedures and admission standards, students should consult the *Graduate and Continuing Education* section of this catalog.

Students seeking initial licensure should consult the section of this catalog entitled *School of Education and Allied Studies* professional education admission and retention information and important institutional deadlines.

In addition to GP 501 Graduate Program Planning (1 credit) taken their first semester, students accepted to the post baccalaureate licensure program must complete the following:

1. Physical Education major including the following 30 credits or the equivalent:
 - PE 100 Applied Musculoskeletal Anatomy
 - PE 117 Historical and Philosophical Foundations of Sport and Physical Education
 - PE 217 Principles of Motor Learning
 - PE 318 Socio-Cultural Foundations of Sport
 - PE 324 Physical and Motor Development of Individuals with Disabilities
 - PE 385 Biomechanics
 - PE 401 Physiology of Exercise

Nine activities courses designated by the department teacher preparation committee.
2. Teacher licensure courses

PreK-8

- *PE 205 Introduction to Teaching Physical Education in the Public Schools
- *PE 225 Observation and Analysis of Movement for Children
 - PE 326 Teaching Physical Education to Children
 - PE 329 Teaching and Curriculum Development in the Middle and Junior High School
 - PE 335 Planning, Implementation, and Evaluation in Teaching Physical Education
 - PE 495 Field Based Pre-Practicum (PreK-8) - Physical Education
 - PE 496 Practicum in Student Teaching (PreK-8)- Physical Education
 - PY 224 Child Psychology
 - or
 - PY 227 Development Through the Life Cycle

Specific physical education activities pertinent to teaching at this level as identified by the department teacher preparation committee.

Current certificate from the American Red Cross for Standard First Aid and CPR.
or

5-12

- *PE 205 Introduction to Teaching Physical Education in the Public Schools
- *PE 212 Strategies and Analysis of Motor Skills

**To be completed prior to admission to Professional Education and enrollment in upper division education courses.*

- PE 315 Teaching Team and Individual Sports
- PE 329 Teaching and Curriculum Development in the Middle and Junior High School
- PE 335 Planning, Implementation, and Evaluation in Teaching Physical Education
- PE 491 Field Based Pre-Practicum (5-12) - Physical Education
- PE 492 Practicum in Student Teaching (5-12) - Physical Education
- PY 226 Adolescent Psychology
 - or
 - PY 227 Development Through the Life Cycle

Current certificate from the American Red Cross for Standard First Aid and CPR.

Specific physical education activities pertinent to teaching at this level as identified by the department teacher preparation committee.

POST BACCALAUREATE INITIAL LICENSURE PROGRAM TEACHER OF HEALTH (TEACHER LICENSURE IN HEALTH/FAMILY AND CONSUMER SCIENCES-PREK-12)

This program is designed for persons who have bachelor's degrees and wish to be licensed as Teachers of Health Education (PreK-12). Students who successfully complete the curriculum below are eligible to apply for initial licensure.

For information regarding application procedures and admission standards, students should consult the *Graduate and Continuing Education* section of this catalog.

Students seeking initial licensure should consult the section of this catalog entitled *School of Education and Allied Studies* for information pertaining to licensure, admission to and retention in Professional Education, as well as important institutional deadlines.

In addition to GP 501 Graduate Program Planning (1 credit) taken their first semester, students accepted to the post baccalaureate licensure program must complete the following:

- BI 251 Human Anatomy and Physiology I
- * ED 210 Introduction to Teaching
- ED 235 Learning and Motivation
- ED 335 Assessment and Planning
- ED 445 Content Area Reading, Writing and Study Skills
- HE 200 Principles and Practices of Health Education

- HE 300 Current Issues in Health
- HE 401 Human Sexuality
- HE 405 Drugs in Society
- HE 407 Stress Management
- HE 430 Principles and Practices of Epidemiology
- HE 450 Health Promotion Strategies
- HE 471 Nutrition
- HE 477 Environmental and Consumer Health
- HE 491 Field Based Pre-Practicum in Health
- HE 495 Practicum in Student Teaching – Elementary Health
- HE 496 Practicum in Student Teaching – Secondary Health
- PE 200 Fitness for Life
- PY 227 Development Through the Life Cycle
- SE 203 Cultural Diversity Issues in School and Society

Students must supply evidence of current certification in Standard First Aid and CPR.

MASTER OF ARTS IN TEACHING HEALTH EDUCATION PHYSICAL EDUCATION

These programs are inactive

MASTER OF EDUCATION IN HEALTH PROMOTION

This program is designed for individuals who are currently involved in health promotion activities or who seek to prepare for health-related careers in community-based organizations such as business, industry, agencies, hospitals and voluntary and official health agencies, as well as for in-service teachers.

Applicants who do not possess an adequate background in health and/or related areas will be required to make up course deficiencies. Such background course work will not be applied to the graduate program's minimum credit requirements.

The graduate program of study includes:

- I. GP 501 Graduate Program Planning (required of most first semester graduate students, see Graduate Advisers and Program Planning in the *Graduate and Continuing Education* section of this catalog) — 1 graduate credit
- II. All master's degree candidates in health promotion will be required to successfully complete the following core:

**To be completed prior to admission to Professional Education and enrollment in upper division education courses.*

- HE 504 Seminar in Health Promotion Theory and Literature (3 credits)
- HE 511 Research and Evaluation Methods in Health Promotion (3 credits)
- HE 518 Quantitative Methods in Health Promotion and Epidemiology (3 credits)
- HE 519 Scientific and Philosophical Foundations of Health Promotion (3 credits)
- HE 520 Designing and Administering Health Promotion Programs (3 credits)

III. All master's degree candidates will be required to choose one of four alternative courses of study:

Option A

1. GP 501 Graduate Program Planning (1 credit)
2. Successful completion of the core requirements (15 credits)
3. Individualized program of health (HE) electives by advisement (18 credits). Non-health electives may be taken only with prior written consent of adviser.
4. Comprehensive Examination on core requirements

Option B

1. GP 501 Graduate Program Planning (1 credit)
2. Successful completion of the core requirements (15 credits)
3. Individualized program of health (HE) electives by advisement (15 credits). Non-health electives may be taken only with prior written consent of adviser.
4. Health Promotion Project (HE 501) (3 credits)
5. Comprehensive Examination: Oral Defense of Health Promotion Project

Option C

1. GP 501 Graduate Program Planning (1 credit)
2. Successful completion of the core requirements (15 credits)
3. Individualized program of health (HE) electives by advisement (12 credits). Non-health electives may be taken only with prior written consent of adviser.
4. Thesis in Health Promotion (HE 502) (6 credits)
5. Comprehensive Examination: Oral Defense of Thesis

Option D: Health Fitness Promotion Concentration

1. GP 501 Graduate Program Planning (1 credit)
2. Successful completion of the core requirements (15 credits)
3. Concentration Courses (18 credits)
PE 518 Advances in Exercise Metabolism

PE 519 Advances in Exercise Prescription
PE 544 Applied Laboratory Techniques in Exercise Science

Total of nine semester hours chosen with the approval of the graduate faculty adviser. These may include HE 501 or HE 502.

4. Comprehensive Examination
 - a. Examination on core requirements
or
 - b. Oral defense of HE 501
or
 - c. Oral defense of HE 502

IV. Students who apply for admission to the M.Ed. program in health promotion should have completed at least 12 hours of credit at the baccalaureate level in the social/behavioral sciences, at least one course in epidemiology or health services organization and six hours of credit at the baccalaureate level in health related courses. Students may petition the department graduate committee to substitute job related experiences for any of the aforementioned academic requirements.

Graduate credit is given for HE courses numbered 400 and 500, except the following:

- HE 491 Field Based Pre-Practicum in Health
- HE 492 Practicum in Student Teaching-Health
- HE 495 Practicum in Student Teaching – Elementary Health
- HE 498 Field Experience in Health
- HE 499 Directed Study in Health

MASTER OF SCIENCE IN PHYSICAL EDUCATION

This program is designed for individuals with an undergraduate major in physical education, or its equivalent, who wish to pursue new career directions related to the field in community-based organizations, such as business, industry, agencies, hospitals and educational settings or who wish to enhance their undergraduate preparation through advanced study. Several program concentrations are available and are described below.

Applicants who do not possess an adequate background in physical education and/or related areas will be required to make up course deficiencies. Such background coursework will not be applied to the graduate program's minimum credit requirements.

The graduate program of study, involving a minimum of 31 graduate credits, includes:

1. GP 501 Graduate Program Planning (required of all first semester students, see "Graduate Advisers and Program Planning" in the *Graduate and Continuing Education* section of this catalog) — 1 graduate credit.
2. PE 511 Research Methods in Physical Education — 3 graduate credits.
3. Program electives: Students must elect one of the following options:
 - A. **Concentration in Human Performance and Health Fitness**
 - PE 515 Advances in Exercise Circulation .. 3 credits
 - PE 517 Experimental Processes in Physical Education 3 credits
 - PE 518 Advances in Exercise Metabolism .. 3 credits
 - PE 519 Advances in Exercise Prescription . 3 credits
 - PE 544 Applied Laboratory Techniques in Exercise Science..... 3 credits
 - PE 595 Internship in Physical Education... 3-6 credits

Suggested Electives:

Specific course selection will be made by the adviser and student based upon the student's professional background and program objectives. The following courses would be appropriate:

- HE 471 Nutrition 3 credits
- HE 483 Nutrition and Cardiovascular Health .. 3 credits
- HE 518 Quantitative Methods in Health Promotion and Epidemiology 3 credits
- *PE 400 Physiology and Techniques of Strength Fitness 3 credits
- PE 402 Exercise Metabolism 3 credits
- *PE 403 Cardiovascular Function, Analysis and Evaluation 3 credits
- PE 404 Exercise Prescription and Cardiac Rehabilitation 3 credits
- PE 405 Exercise Circulation: Mechanisms and Morphology 3 credits
- PE 502 Research variable credit
- PE 503 Directed Study 3 credits
- PE 504 Nutrition for Sports, Exercise and Weight Control 3 credits
- PE 516 Exercise Electrocardiography 3 credits
- PE 520 Health Fitness Program Planning and Management 3 credits

*Recommended based on student's program. Both may be taken.

PE 545 Physical Conditioning and Training
in Sport and Exercise 3 credits

B. Concentration in Athletic Training

This concentration is designed as an entry-level athletic training program and is accredited through the Committee on Accreditation of Allied Health Educational Programs (CAAHEP). Graduates will have the necessary academic and clinical experiences to sit for the National Athletic Trainer's Board of Certification Examination and be licensed in the Commonwealth of Massachusetts. In addition to acceptance into the Graduate School, students must have completed the following courses or their equivalent:
Human Anatomy and Physiology I and II
Introductory Psychology
Introduction to Athletic Training
Biomechanics/Kinesiology
Exercise Physiology
Nutrition

Required Courses:

- AT 540 Management of Lower Extremity
Conditions 3 credits
- AT 541 Management of Upper Extremity and
Torso Conditions 3 credits
- AT 542 Therapeutic Exercise 3 credits
- AT 543 Pharmacology for the Physically
Active 3 credits
- AT 550 Therapeutic Modalities 3 credits
- AT 561 Level I Clinical Experience in Athletic
Training 3 credits
- AT 562 Level II Clinical Experience in Athletic
Training 3 credits
- AT 563 Level III Clinical Experience in Athletic
Training 3 credits
- AT 564 Level IV Clinical Experience in Athletic
Training 3 credits
- AT 590 Administration in Athletic
Training 3 credits

Suggested Electives:

Specific course selection will be made by the adviser and student based upon the student's professional background and program objectives.

C. Concentration in Adapted Physical Education

- PE 451 Prosthetics and Orthotics 3 credits
- PE 484 Physical Education for Children and
Youth with Disabilities 3 credits

- PE 494 Advanced Study of Motor Programs for
Individuals with Chronic Health
Problems 3 credits
- PE 508 Motor Learning 3 credits
- PE 595 Internship in Physical Education ... 3-6 credits
- Courses in psychology and/or special education
appropriate to individual program 9 credits
- Electives appropriate to program 3-6 credits

D. Concentration in Sport and Human Performance

- GP 501 Graduate Program Planning (or equivalent)
- PE 511 Research Methods in Physical
Education 3 credits
- PE 517 Experimental Processes in Physical
Education 3 credits

Choice of four of the following five courses:

- PE 506 Philosophy and Principles of Physical
Education 3 credits
- PE 508 Motor Learning 3 credits
- PE 545 Physical Conditioning and Training in
Sports and Exercise 3 credits
- PE 546 Applied Biomechanics and Movement
Analysis 3 credits
- PE 571 Psychological/Social Issues in
Sport 3 credits

Electives:

- 4 courses as electives
or
2-3 courses and a project or thesis

E. Individualized Program of Study:

Development of a program of study, in consultation with the program adviser, to meet individual career and educational goals. The program must include a minimum of 15 credits in physical education.

Graduate credit can be given for courses numbered 400 except the following:

- HE 477 Environmental and Consumer Health
- PE 414 Coaching
- PE 415 through PE 431
- PE 491 Field Based Pre-Practicum (5-12) - Physical
Education
- PE 492 Practicum in Student Teaching (5-12) -
Physical Education
- PE 498 Field Experience in Physical Education
- PE 499 Directed Study in Physical Education
- RC 498 Field Experience in Recreation