
MOVEMENT ARTS, HEALTH PROMOTION AND LEISURE STUDIES

FACULTY

Chairperson: Professor Samuel Baumgarten

Graduate Program

Coordinator: Professor Robert Haslam

Professors: Marcia Anderson, Edward Braun, Janice Harris, Edward Hart, Joseph Huber, Nancy Moses, Amos Nwosu

Associate

Professors: Lydia Burak, Kathleen Laquale, Ellyn Robinson, Pamela Russell

Assistant

Professors: Robert Colandreo, Jinhong Jung, Karen Pagnano, Maura Rosenthal

Department Telephone Number: 508.531.1215

Location: Tinsley Center, Room 232A

Web site: www.bridgew.edu/MAHPLS

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 Education Program (ATEP), 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
- MEd in Health Promotion
- MS in Physical Education
Concentrations: Adapted Physical Education, Applied Kinesiology, Athletic Training, Human Performance and Health Fitness, Strength and Conditioning, individualized program

POST BACCALAUREATE TEACHER LICENSURE PROGRAMS

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

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, dance, exercise physiology, health promotion, health resources management and recreation, 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 Theater 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.

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.

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Note: See Catalog Web Addenda at www.bridgew.edu/catalog/addenda/ as that information supersedes the published version of this catalog.

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, nonprofit 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 nonprofit organizations, hospitals, colleges and universities, business and industries.

The 42-credit health education major is designed to guide students through learning experiences that empha-

size 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 catalog.

Required Courses:

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

Cognate Courses:

BIOL 251 Human Anatomy and Physiology I
 PHED 200 Fitness for Life
 PSYC 227 Development Through the Life Cycle
 SPED 203 Cultural Diversity Issues in School and Society

Teacher Licensure Option Requirements:

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

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

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include Core Curriculum 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.

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:

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

At least one of the following:*

- PHED 146 Dance Appreciation
- PHED 251 Dance History
- PHED 255 Creative Dance I
- PHED 256 Creative Dance II
- or any 300-400 level ATTR, HEAL, PHED, or RECR course

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 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 adviser, select appropriate activities from categories A-E.

**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 Theater, dance and speech communication concentration in the communication arts and sciences major).*

Cognates:

- BIOL 100 General Principles of Biology
- or
- BIOL 102 Introduction to Zoology
- HEAL 102 Health and Wellness
- PSYC 100 Introductory Psychology
- or

PSYC 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 EDUCATION PROGRAM (ATEP) CONCENTRATION

This concentration is accredited by the Commission on Accreditation of Athletic Training Education (CAATE), 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 Education Program (ATEP) during their first semester at the college.

- ATTR 240 Introduction into Athletic Training
- ATTR 241 Apprenticeship in Athletic Training
- ATTR 340 Sports Injury Management - Lower Extremity
- ATTR 341 Sports Injury Management - Upper Extremity
- ATTR 342 Clinical Application of Basic Athletic Training Skills
- ATTR 343 Clinical Application of Intermediate Athletic Training Skills
- ATTR 442 Therapeutic Exercise
- ATTR 443 Pharmacology for the Physically Active
- ATTR 450 Therapeutic Modalities
- ATTR 454 Clinical Application of Advanced Athletic Training Skills
- ATTR 455 Professional Preparation in Athletic Training
- ATTR 490 Administration of Athletic Training

Cognate courses:

- BIOL 280 Human Physiology

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or

BIOL 252 Human Anatomy and Physiology II
PHYS 181 Elements of Physics I
HEAL 471 Nutrition

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include Core Curriculum 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.

ATTR 112 Sports First Aid
PHED 414 Coaching
PHED 416 Planning and Implementing Coaching Leadership Strategies
PHED 498 Field Experience in Physical Education
RECR 461 Organization and Administration in Recreation

Activity Requirements

PHED 152 Theory and Practice of Lifeguard Training
PHED 204 Theory and Practice of Progressive Resistance Training
PHED 209 Theory and Practice of Metabolic Training

One activity from Individual Sports Category
One activity from Team Sports Category
One activity from Individual or Team Sports Category

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include Core Curriculum 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.

EXERCISE SCIENCE/HEALTH FITNESS CONCENTRATION

This concentration prepares students for career opportunities in health and fitness in such settings as indus-

try, 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.

**HEAL 471 Nutrition
PHED 201 Apprenticeship in Exercise Science and Health Fitness
PHED 400 Physiology and Techniques of Strength Fitness
PHED 402 Exercise Metabolism
PHED 403 Cardiovascular Analysis Evaluation and Rehabilitation
PHED 404 Exercise Prescription
PHED 405 Exercise Circulation: Mechanisms and Morphology
PHED 409 Planning, Implementing and Evaluating Fitness Programs
PHED 498 Field Experience in Physical Education
Activity requirements
PHED 163 Aerobics
PHED 204 Theory and Practice of Progressive Resistance Training
PHED 209 Theory and Practice of Metabolic Training
Four additional credits of activities

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include Core Curriculum 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.

** Courses in concentration identified as part of major

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

- PHED 324 Physical and Motor Development of Individuals with Disabilities
- PHED 451 Prosthetics and Orthotics
- PHED 494 Advanced Study of Motor Programs for Individuals with Chronic Health Conditions
- PSYC 224 Child Psychology
- or
- PSYC 226 Adolescent Psychology
- SPED 202 Introduction to Special Education
- SPED 203 Cultural Diversity Issues in School and Society

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

- SPED 302 Principles and Application of Behavioral Management for the Special Needs Learner

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include Core Curriculum 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 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

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

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.

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

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include Core Curriculum 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.

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

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include Core Curriculum 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 Licensure 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:

- *PHED 205 Introduction to Teaching Physical Education in the Public Schools
- PHED 210 Developmental Kinesiology
- PHED 225 Observation and Analysis of Movement for Children
- **PHED 324 Physical and Motor Development of Individuals with Disabilities
- PHED 326 Teaching Physical Education to Children
- PHED 329 Teaching and Curriculum Development in the Middle and Junior High School
- PHED 335 Planning, Implementation, and Evaluation in Teaching Physical Education
- PHED 495 Field Based Pre-Practicum (PreK-8) - Physical Education
- PHED 496 Practicum in Student Teaching (PreK-8) - Physical Education
- PSYC 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.

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include Core Curriculum 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.

* *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.*

ation 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:

- *PHED 205 Introduction to Teaching Physical Education in the Public Schools
- PHED 210 Developmental Kinesiology
- PHED 212 Strategies and Analysis of Motor Skills
- PHED 315 Teaching Team and Individual Sports
- **PHED 324 Physical and Motor Development of Individuals with Disabilities
- PHED 329 Teaching and Curriculum Development in the Middle and Junior High School
- PHED 335 Planning, Implementation, and Evaluation in Teaching Physical Education
- PHED 491 Field Based Pre-Practicum (5-12) - Physical Education
- PHED 492 Practicum in Student Teaching (5-12) - Physical Education
- PSYC 227 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.

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include Core Curriculum 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 organizations such as youth sports programs, church programs, recreational settings and school settings.

- ATTR 112 Sports First Aid
- PHED 200 Fitness for Life
- PHED 210 Developmental Kinesiology
- PHED 217 Principles of Motor Learning
- PHED 414 Coaching
- PHED 416 Planning and Implementing Coaching Leadership Strategies
- PHED 498 Field Experience in Physical Education (3 credits only)

DANCE INTERDISCIPLINARY MINOR

This program, offered in cooperation with the Department of Theater and Dance, 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 Theater 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:

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

Six credits in the following:

- PHED 237 Theory and Practice of Jazz Dance, Fall
- PHED 242 Theory and Practice of Ballet, Fall
- PHED 245 Theory and Practice of Ballet, Spring
- PHED 247 Theory and Practice of Jazz Dance, Spring
- PHED 248 Theory and Practice of Modern Dance, Fall
- PHED 249 Theory and Practice of Modern Dance, Spring
- PHED 259 Dance Repertory
- PHED 271 Theory and Practice of Tap Dance

Choose one:

- PHED 161 Folk Dance
- PHED 164 Square Dance
- PHED 168 Ballroom Dance
- PHED 268 Ballroom Dance II – Theory, Practice and Performance

MUSC 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.

- HEAL 471 Nutrition
- PHED 400 Physiology and Techniques of Strength Fitness
- PHED 401 Physiology of Exercise
- PHED 402 Exercise Metabolism
- PHED 403 Cardiovascular Analysis, Evaluation, and Rehabilitation
- PHED 404 Exercise Prescription
- BIOL 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.

- HEAL 102 Health and Wellness
- HEAL 401 Human Sexuality
- HEAL 405 Drugs in Society
- HEAL 430 Epidemiology and Community Health
- HEAL 471 Nutrition
- HEAL 477 Environmental and Consumer Health

Elective (choose one):

- HEAL 300 Current Issues in Health
- HEAL 302 American Red Cross Standard First Aid
- HEAL 407 Stress Management
- HEAL 420 Women's Health Issues
- HEAL 450 Health Promotion Strategies
- HEAL 451 Program Planning in Health Promotion
- HEAL 483 Nutrition and Cardiovascular Health
- HEAL 484 Death and Dying Education
- HEAL 499 Directed Study in Health (3 credits)

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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:

- ACFI 240 Principles of Accounting I
- HEAL 102 Health and Wellness
- HEAL/SCWK 403 Interdisciplinary
Approaches to the
Delivery of Health Services
- HEAL 430 Epidemiology and Community
Health
- MGMT 130 Principles of Management
- MGMT 140 Human Resources Management

Electives (choose one):

- ACFI 241 Principles of Accounting II
- ACFI 385 Managerial Finance
- HEAL 401 Human Sexuality
- HEAL 405 Drugs in Society
- HEAL 471 Nutrition
- HEAL 477 Environmental and Consumer
Health
- MGMT 200 Marketing Principles
- MGMT 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 minor-ing 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.

- RECR 230 Introduction to Recreation
- RECR 332 Leadership and the Group Process
- RECR 461 Organization and Administration in
Recreation
- RECR 462 Programming for Recreation and Leisure

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

- RECR 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 arts, 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

Graduate Program Coordinator: Dr. Robert Haslam

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 “School of Graduate Studies” 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 GRPP 501 Graduate Program Planning (1 credit) taken their first semester, students accepted to the post baccalaureate licensure program must complete the following:

Admission Requirements

- A 2.8 GPA
- Three appropriate letters of recommendation. At least one letter of recommendation should be an academic reference from a professor.
- A qualifying score on the Communication and Literacy Skills portion of the Massachusetts Test for Educator Licensure (MTEL™).
- Official transcripts of undergraduate and graduate course work.

1. Physical education major including the following 30 credits or the equivalent:

- PHED 100 Applied Musculoskeletal Anatomy
- PHED 117 Historical and Philosophical Foundations of Sport and Physical Education
- PHED 217 Principles of Motor Learning
- PHED 318 Socio-Cultural Foundations of Sport
- PHED 324 Physical and Motor Development of Individuals with Disabilities
- PHED 385 Biomechanics
- PHED 401 Physiology of Exercise
- Nine activities courses designated by the department teacher preparation committee.

2. Teacher licensure courses

PreK-8

- *PHED 205 Introduction to Teaching Physical Education in the Public Schools
- *PHED 225 Observation and Analysis of Movement for Children
- PHED 326 Teaching Physical Education to Children

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

- PHED 329 Teaching and Curriculum Development in the Middle and Junior High School
- PHED 335 Planning, Implementation, and Evaluation in Teaching Physical Education
- PHED 495 Field Based Pre-Practicum (PreK-8) - Physical Education
- PHED 496 Practicum in Student Teaching (PreK-8)-Physical Education
- PSYC 224 Child Psychology
or
PSYC 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

- *PHED 205 Introduction to Teaching Physical Education in the Public Schools
- *PHED 212 Strategies and Analysis of Motor Skills
- PHED 315 Teaching Team and Individual Sports
- PHED 329 Teaching and Curriculum Development in the Middle and Junior High School
- PHED 335 Planning, Implementation, and Evaluation in Teaching Physical Education
- PHED 491 Field Based Pre-Practicum (5-12) - Physical Education
- PHED 492 Practicum in Student Teaching (5-12) - Physical Education
- PSYC 226 Adolescent Psychology
or
PSYC 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.

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Note: See Catalog Web Addenda at www.bridgew.edu/catalog/addenda/ as that information supersedes the published version of this catalog.

For information regarding application procedures and admission standards, students should consult the “School of Graduate Studies” 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 GRPP 501 Graduate Program Planning (1 credit) taken their first semester, students accepted to the post baccalaureate licensure program must complete the following:

Admission Requirements

- A 2.8 GPA
- Three appropriate letters of recommendation. At least one letter of recommendation should be an academic reference from a professor.
- A qualifying score on the Communication and Literacy Skills portion of the Massachusetts Test for Educator Licensure (MTEL™).
- Official transcripts of undergraduate and graduate course work.

BIOL 251 Human Anatomy and Physiology I

- * EDHM 210 Introduction to Teaching
- EDHM 235 Learning and Motivation
- EDHM 335 Assessment and Planning
- EDHM 445 Content Area Reading, Writing and Study Skills
- HEAL 200 Principles and Practices of Health Education
- HEAL 300 Current Issues in Health
- HEAL 401 Human Sexuality
- HEAL 405 Drugs in Society
- HEAL 407 Stress Management
- HEAL 430 Epidemiology and Community Health
- HEAL 450 Health Promotion Strategies
- HEAL 471 Nutrition
- HEAL 477 Environmental and Consumer Health
- HEAL 491 Field Based Pre-Practicum in Health
- HEAL 495 Practicum in Student Teaching – Elementary Health
- HEAL 496 Practicum in Student Teaching – Secondary Health
- PHED 200 Fitness for Life
- PSYC 227 Development Through the Life Cycle

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

SPED 203 Cultural Diversity Issues in School and Society

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

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.

Admission Requirements

- A 2.75 undergraduate GPA based upon four years of work or a 3.0 undergraduate GPA based upon work completed during the junior and senior year.
- A composite score of 900 on the quantitative and verbal parts of the GRE General Test.
- Three appropriate letters of recommendation.

Program Requirements

The graduate program of study includes:

1. GRPP 501 Graduate Program Planning (required of most first semester graduate students, see “Graduate Advisers and Program Planning” in the “School of Graduate Studies” section of this catalog) – 1 graduate credit
2. All master’s degree candidates in health promotion will be required to successfully complete the following core:
 - HEAL 504 Seminar in Health Promotion Theory and Literature (3 credits)
 - HEAL 511 Research and Evaluation Methods in Health Promotion (3 credits)
 - HEAL 518 Quantitative Methods in Health Promotion and Epidemiology (3 credits)
 - HEAL 519 Scientific and Philosophical Foundations of Health Promotion (3 credits)
 - HEAL 520 Designing and Administering Health Promotion Programs (3 credits)

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

Option A

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

Option B

- GRPP 501 Graduate Program Planning (1 credit)
- Successful completion of the core requirements (15 credits)
- Individualized program of health (HEAL) electives by advisement (15 credits). Non-health electives may be taken only with prior written consent of adviser.
- Health Promotion Project (HEAL 501) (3 credits)
- Comprehensive Examination: oral defense of health promotion project

Option C

- GRPP 501 Graduate Program Planning (1 credit)
- Successful completion of the core requirements (15 credits)
- Individualized program of health (HEAL) electives by advisement (12 credits). Non-health electives may be taken only with prior written consent of adviser.
- Thesis in Health Promotion (HEAL 502) (6 credits)
- Comprehensive Examination: oral defense of thesis

Option D: Health Fitness Promotion Concentration

- GRPP 501 Graduate Program Planning (1 credit)
- Successful completion of the core requirements (15 credits)
- Concentration Courses (18 credits)
PHED 518 Advances in Exercise Metabolism
PHED 519 Advances in Exercise Prescription
PHED 544 Applied Laboratory Techniques in Exercise Science

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

- Comprehensive Examination
 - Examination on core requirements
or
 - Oral defense of HEAL 501
or
 - Oral defense of HEAL 502

- Students who apply for admission to the MED 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.

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 course work will not be applied to the graduate program's minimum credit requirements.

Admission Requirements

- A 2.75 undergraduate GPA based upon four years of work or a 3.0 undergraduate GPA based upon work completed during the junior and senior year.
- A composite score of 900 on the quantitative and verbal parts of the GRE General Test.
- Three appropriate letters of recommendation.

Program Requirements

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

- GRPP 501 Graduate Program Planning (required of all first semester students, see "Graduate Advisers and Program Planning" in the "School of Graduate Studies" section of this catalog) – 1 graduate credit.
(Note: Students concentrating in Athletic Training are not required to enroll in GRPP 501)
- PHED 511 Research Methods in Physical Education – 3 credits.

3. Program electives: Students must elect one of the following options:

A. Concentration in Human Performance and Health Fitness

PHED 515	Advances in Exercise Circulation	3 credits
PHED 517	Experimental Processes in Physical Education	3 credits
PHED 518	Advances in Exercise Metabolism.....	3 credits
PHED 519	Advances in Exercise Prescription	3 credits
PHED 544	Applied Laboratory Techniques in Exercise Science	3 credits
PHED 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:

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

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

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 School of Graduate Studies, 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
- Drugs in Society
- Sports First Aid

Required Courses:

PHED 400	Physiology and Techniques of Strength Fitness	3 credits
ATTR 510	Nutritional Concepts for Health Care practitioners in Physical Education.....	3 credits
ATTR/PHED 511	Research Methods in Physical Education	3 credits
ATTR 540	Management of Lower Extremity Conditions	3 credits
ATTR 541	Management of Upper Extremity and Torso Conditions.....	3 credits
ATTR 542	Therapeutic Exercise.....	3 credits
ATTR 543	Pharmacology for the Physically Active	1.5 credits
ATTR 546	Medical Conditions and Disabilities for the Physically Active.....	1.5 credits
ATTR 550	Therapeutic Modalities	3 credits
ATTR 561	Level I Clinical Experience in Athletic Training.....	3 credits
ATTR 562	Level II Clinical Experience in Athletic Training	3 credits
ATTR 563	Level III Clinical Experience in Athletic Training	3 credits
ATTR 564	Level IV Clinical Experience in Athletic Training	3 credits
ATTR 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**
- PHED 451 Prosthetics and Orthotics.....3 credits
 - PHED 484 Physical Education for Children and Youth with Disabilities3 credits
 - PHED 494 Advanced Study of Motor Programs for Individuals with Chronic Health Conditions3 credits
 - PHED 508 Motor Learning3 credits
 - PHED 595 Internship in Physical Education 3-6 credits
- Courses in psychology and/or special education appropriate to individual program9 credits
- Electives appropriate to program 3-6 credits

- D. Concentration in Applied Kinesiology**
- GRPP 501 Graduate Program Planning (or equivalent)1 credit
 - PHED 511 Research Methods in Physical Education3 credits
 - PHED 517 Experimental Processes in Physical Education.....3 credits

- Choice of four of the following five courses:
- PHED 506 Philosophy and Principles of Physical Education.....3 credits
 - PHED 508 Motor Learning3 credits
 - PHED 545 Physical Conditioning and Training in Sports and Exercise3 credits
 - PHED 546 Applied Biomechanics and Movement Analysis.....3 credits
 - PHED 571 Psychological/Social Issues in Sport3 credits

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

- E. Concentration in Strength and Conditioning**
- PHED 504 Nutrition for Sports, Exercise and Weight Control.....3 credits
 - PHED 511 Research Methods in Physical Education.....3 credits
 - PHED 517 Experimental Processes in Physical Education.....3 credits
 - PHED 523 Strength and Conditioning Laboratory.....3 credits
 - PHED 543 Foundations of Resistance Training.....3 credits
 - PHED 545 Physical Conditioning and Training in Sports and Exercise 3 credits

- PHED 595 Internship in Physical Education3-6 credits
- Electives:
Three classes (9 credits) or a combination of classes, directed studies or thesis.
- Suggested Electives:
- PHED 400 Physiology and Techniques of Strength Fitness.....3 credits
 - PHED 402 Exercise Metabolism 3 credits
 - PHED 403 Cardiovascular Analysis Evaluation and Rehabilitation 3 credits
 - PHED 404 Exercise Prescription..... 3 credits
 - PHED 405 Exercise Circulation: Mechanisms and Morphology..... 3 credits
 - PHED 406 Personal Fitness Training 3 credits
 - PHED 502 Research.....3-6 credits
 - PHED 503 Directed Study..... 3 credits
 - PHED 504 Nutrition for Sports, Exercise and Weight Control 3 credits
 - PHED 506 Philosophy and Principles of Physical Education 3 credits
 - PHED 508 Motor Learning..... 3 credits
 - PHED 516 Exercise Electrocardiography... 3 credits
 - PHED 520 Health Fitness Program Planning and Management 3 credits
 - PHED 546 Applied Biomechanics and Movement Analysis 3 credits
 - HEAL 471 Nutrition..... 3 credits
 - HEAL 483 Nutrition and Cardiovascular Health 3 credits
 - HEAL 518 Quantitative Methods in Health Promotion and Epidemiology3 credits

Upon completion of the program all students must take the comprehensive exams or complete a written thesis under the guidance of an adviser.

- F. 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.