

FACULTY

Chairperson: Professor Samuel Baumgarten

Graduate Program Coordinators:

Professor Marcia Anderson (Athletic Training),
Associate Professor Karen Richardson (Health Promotion/
Physical Education)

Professors: Edward Braun, Lydia Burak, Robert Haslam,
Joseph Huber, Amos Nwosu, Elyn Robinson

Associate Professors: Kathleen Laquale, Thomas Quimby,
Pamela Russell, Deborah Sheehy

Assistant Professors: Robert Colandreo, James Leone,
Mark Mattesi, Suanne Maurer-Starks, 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 without a concentration)
- BS in Athletic Training
- BS in Health Education
Concentrations: Community Health, School Health
- BS in Physical Education (awarded for completion of major core and selected concentration)
Concentrations: 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 Athletic Training
- MS in Physical Education
Concentrations: Adapted Physical Education, Applied Kinesiology, Human Performance and Health Fitness, Strength and Conditioning, Individualized Program

POSTBACCALAUREATE 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 athletic training, health promotion/education 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; a major in athletic training, which leads to a Bachelor of Science degree; and a major in health education, with concentrations in community health and school health, which leads to a Bachelor of Science degree. In addition, minors in coaching, 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 Theater and Dance, and 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; a program in the area of athletic training, which leads to a Master of Science in Athletic Training; and a program in the area of physical education, which leads to a Master of Science degree in physical education. Postbaccalaureate programs for initial teacher licensure in physical education and health education are available and are described under the department's graduate programs.

DEPARTMENTAL MISSION

The department promotes the acquisition of an application of knowledge for diverse populations in human movement (sport, fitness/exercise, dance), teaching physical education, health education/promotion, recreation, coaching and athletic training. The department prepares athletic trainers; educators in health, physical education and adapted physical education; coaches; and fitness and recreation leaders who can provide qualified leadership in their respective fields and enhance quality of life by encouraging commitment to healthy lifestyle choices.

DEPARTMENTAL OBJECTIVES

- Provide a quality physical education program, supported by a foundation in the liberal arts, with seven concentrations providing advanced professional preparation.
- Provide quality physical education activity courses to assist students in developing lifetime activity patterns and to assist in professional preparation.
- Provide a quality health education major program, including two concentrations, with courses that will prepare students to promote, maintain and improve individual and community health.
- Provide a quality athletic training major with courses that will prepare students to make successful contributions to the athletic training profession.
- Support an atmosphere of health and well being for all students.

CAREER OPPORTUNITIES

Many career opportunities exist in the areas of Movement Arts, Health Promotion and Leisure Studies. These opportunities are tied to the majors-athletic training, health education and physical education – and the concentrations within those majors where students are provided with the specific information and skills needed to apply knowledge in professional capacities.

Career opportunities for MAHPLS graduates abound in athletic settings, schools and hospitals, nonprofit organizations, and public or private community agencies and organizations.

The athletic training major is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The teacher preparation programs in health and physical education are accredited by the National Council for the Accreditation of Teacher Education (NCATE).

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 seek a Bachelor of Arts or Bachelor of Science degree. In addition, a comprehensive health education major, leading toward a Bachelor of Science, may be selected. A Bachelor of Science in Athletic Training is also available.

BACHELOR OF ARTS — PHYSICAL EDUCATION

All students majoring in physical education and seeking a Bachelor of Arts degree must complete a minimum of 120 credits required for graduation and must complete 41 credits in the major as outlined below:

Required Physical Education Core Courses

Grade Requirement

Students must achieve a grade of “C-” or higher in the six courses listed below.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport (Writing Intensive in the Major Core Curriculum Requirement-CWRM)	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirement..... 9

All majors in physical education must accumulate at least nine credits in activity and/or theory and practice courses. The nine credits must come from at least six different types of traditional activity courses or theory and practice courses. (Taking the second level of a course after having taken the first level will not count as part of that six activity or theory and practice courses). Students must achieve a “C-” or better in required activity and theory and practice courses. Each concentration will determine its own requirements for the nine credits.

Health Course Requirement

HEAL 102 Health and Wellness..... 3

Cognate Courses

BIOL 100 General Principles of Biology 4

or

BIOL 102 Introduction to Zoology

PSYC 100 Introductory Psychology 3

or

PSYC 227 Developmental Psychology

Elective (choose one)..... 3

Any 300-400 level ATTR, HEAL, PHED, or RECR course

or one of the following dance courses

PHED 146 Dance Appreciation

PHED 251 Dance History

PHED 255 Creative Dance I

PHED 256 Creative Dance II

Total minimum credits: 41

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the “Undergraduate Academic Programs” section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. For additional graduation requirements, see the “Undergraduate Academic Policies” section of this catalog.

BACHELOR OF SCIENCE – ATHLETIC TRAINING

This major 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 Association/Board of Certification Examination (BOC). 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 ATEP program is limited and competitive. A separate application process is required for admission and is due to the ATEP Program Director by March 1 of the student’s sophomore year. Candidates should contact the program director for application materials or download them from the ATEP Web site at www.bridgew.edu/atep.

Required Athletic Training Courses

	Credits
ATTR 100 Taping and Bracing.....	1
ATTR 112 Sports First Aid	3
ATTR 240 Introduction to Athletic Training	3
ATTR 241 Level I Clinical Experience in Athletic Training	3
ATTR 340 Sports Injury Management-Lower Extremity	3
ATTR 341 Sports Injury Management-Upper Extremity.....	3
ATTR 342 Level II Clinical Experience in Athletic Training.....	3
ATTR 343 Level III Clinical Experience in Athletic Training.....	3
ATTR 410 Nutritional Concepts for Health Care Practitioners (Writing Intensive in the Major Core Curriculum Requirement – CWRM)	3
ATTR 442 Therapeutic Exercise.....	3
ATTR 443 Pharmacology for the Physically Active	1.5
ATTR 446 Medical Conditions and Disabilities of the Physically Active	1.5
ATTR 450 Therapeutic Modalities	3
ATTR 454 Level IV Clinical Experience in Athletic Training	3
ATTR 455 Level V Clinical Experience in Athletic Training.....	3
ATTR 490 Administration of Athletic Training.....	3

Cognate Courses

BIOL 102 Introduction to Zoology.....	4
BIOL 251 Human Anatomy and Physiology I.....	4
BIOL 252 Human Anatomy and Physiology II.....	4
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4
HEAL 102 Health and Wellness.....	3
PSYC 100 Introductory Psychology	3
Total minimum credits:	71

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the “Undergraduate Academic Programs” section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. For additional graduation requirements, see the “Undergraduate Academic Policies” section of this catalog.

BACHELOR OF SCIENCE — PHYSICAL EDUCATION

All students majoring in physical education and seeking a Bachelor of Science degree must complete a minimum of 120 credits required for graduation and must complete a designated area of study identified as a concentration. The department offers seven concentrations. Two of the concentrations lead to initial teacher licensure in physical education, one at the PreK-8 level and one at the 5-12 level. The other concentrations 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.

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.

Required Physical Education Core Courses

Grade Requirement

Students must achieve a grade of “C-” or higher in the six courses listed below.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport (Writing Intensive in the Major Core Curriculum Requirement-CWRM)	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirements

Grade Requirement

Students must achieve a grade of “C-” or higher in the six courses listed below.

PHED 152 Theory and Practice of Lifeguard Training	2
PHED 204 Theory and Practice of Progressive Resistance Training.....	2
PHED 209 Theory and Practice of Metabolic Training	2
One activity from Individual Sports Category	1
One activity from Team Sports Category	1
One activity from Individual or Team Sports Category	1

Additional Required Courses

*ATTR 112 Sports First Aid	3
PHED 414 Coaching	3
*PHED 416 Planning and Implementing Coaching Leadership Strategies	3
PHED 498 Field Experience in Physical Education	3
*RECR 461 Organization and Administration in Recreation	3
* These courses must be taken prior to the field experience, PHED 498.	

Required Health Course

HEAL 102 Health and Wellness.....	3
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Cognate Courses

BIOL 100 General Principles of Biology	4
or BIOL 102 Introduction to Zoology	
PSYC 100 Introductory Psychology	3
or PSYC 227 Developmental Psychology	

Elective (choose one)	3
Any 300- or 400- level ATTR, HEAL, PHED or RECR course or one of the following dance courses	
PHED 146 Dance Appreciation	
PHED 251 Dance History	
PHED 255 Creative Dance I	
PHED 256 Creative Dance II	
Total minimum credits:	56

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. 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 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.

Required Physical Education Core Courses

Grade Requirement

Students must achieve a grade of "C-" or higher in the six courses listed below.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport (Writing Intensive in the Major Core Curriculum Requirement-CWRM)	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirement

Grade Requirement

Students must achieve a grade of "C-" or higher in the courses listed below.

PHED 204 Theory and Practice of Progressive Resistance Training.....	2
PHED 208 Theory and Practice of Group Instruction.....	2
PHED 209 Theory and Practice of Metabolic Training	2
Three additional credits of activities selected in consultation with adviser.....	3

Additional Required Courses

PHED 201 Fitness Testing in Exercise Science	1
PHED 400 Physiology and Techniques of Strength Fitness	3
PHED 402 Exercise Metabolism	3
PHED 403 Cardiovascular Analysis Evaluation and Rehabilitation.....	3
PHED 404 Exercise Prescription	3
PHED 405 Exercise Circulation: Mechanisms and Morphology.....	3
PHED 409 Planning, Implementing and Evaluating Fitness Programs	3
PHED 498 Field Experience in Physical Education	3

Required Health Courses

HEAL 102 Health and Wellness.....	3
HEAL 471 Nutrition	3

Cognate Courses

BIOL 100 General Principles of Biology	4
or	
BIOL 102 Introduction to Zoology	
PSYC 100 Introductory Psychology	3
or	
PSYC 227 Developmental Psychology	

Total minimum credits: 63

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. 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 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.

Required Physical Education Core Courses

Grade Requirement

Students must achieve a grade of "C-" or higher in the six courses listed below.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport (Writing Intensive in the Major Core Curriculum Requirement-CWRM)	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirement

Grade Requirement

Students must achieve a grade of "C-" or higher in the courses listed below.

PHED 235 Rhythmic Activities: Programming for all Ages.....	1
PHED 280 New Games.....	1
PHED 283 Theory and Practice of Gymnastics	2
Individual: Archery, Tennis or Golf	1
Team: Volleyball or Soccer	1
Dance: Folk, Square or Modern	1
Aquatics: any swimming course.....	1
Fitness/Wellness: any fitness/wellness course.....	1

Additional Required Courses

PHED 324 Physical and Motor Development of Individuals with Disabilities.....	3
PHED 397 The Children's Physical Developmental Practicum	2
PHED 451 Prosthetics and Orthotics	3
PHED 494 Advanced Study of Motor Programs for Individuals with Chronic Health Conditions	3
PHED 498 Field Experience in Physical Education	12

Required Health Course

HEAL 102 Health and Wellness.....	3
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Cognate Courses

BIOL 100 General Principles of Biology	4
or	
BIOL 102 Introduction to Zoology	3
PSYC 227 Developmental Psychology	3
PSYC 355 Behavior Analysis	3
PSYC 370 Abnormal Psychology	3

Total minimum credits: 67

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. For additional graduation requirements, see the "Undergraduate Academic Policies" section of this catalog.

MOTOR DEVELOPMENT THERAPY/ ADAPTIVE PHYSICAL EDUCATION CONCENTRATION – REQUIREMENTS FOR SPECIAL EDUCATION MAJORS

Students with a bachelor of 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.

Required Physical Education Core Courses

Grade Requirement

Students must achieve a grade of "C-" or higher in the six courses listed below.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport (Writing Intensive in the Major Core Curriculum Requirement-CWRM).....	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirement

Grade Requirement

Students must achieve a grade of "C-" or higher in the courses listed below.

PHED 235 Rhythmic Activities: Programming for all Ages.....	1
PHED 280 New Games.....	1
PHED 283 Theory and Practice of Gymnastics	2
Individual: Archery, Tennis or Golf	1
Team: Volleyball or Soccer	1
Dance: Folk, Square or Modern	1
Aquatics: any swimming course.....	1
Fitness/Wellness: any fitness/wellness.....	1

Additional Required Courses

PHED 324 Physical and Motor Development of Individuals with Disabilities.....	3
PHED 397 Children's Physical Development Practicum	2
PHED 451 Prosthetics and Orthotics	3
PHED 494 Study of Motor Programs for Individuals with Chronic and Acute Health Impairments	3
PHED 498 Field Experience in Physical Education	12

Required Health Course

HEAL 102 Health and Wellness.....	3
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Cognate Courses

BIOL 100 General Principles of Biology	4
or	
BIOL 102 Introduction to Zoology	
PSYC 227 Developmental Psychology	3
SPED 202 Introduction to Special Education.....	3
SPED 203 Cultural Diversity Issues in School and Society.....	3
SPED 302 Principles and Application of Behavioral Management for the Special Needs Learner	3
Total minimum credits:	70

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. 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 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.

Required Physical Education Core Courses

Grade Requirement

Students must achieve a grade of "C-" or higher in the six courses listed below.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport (Writing Intensive in the Major Core Curriculum Requirement-CWRM)	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirement

Grade Requirement

Students must achieve a grade of "C-" or higher in the six courses listed below.

PHED 280 New Games.....	1
One activity each from Areas A, B, C, D (see below).....	4
Two additional activities from areas A, B, C, D (see below) — may be a second level course	2
Two additional from Areas A, B, C, D and E.....	2
A) Individual/Dual Sports	
B) Team Sports	
C) Dance	
D) Aquatics	
E) Fitness/Wellness	

Additional Required Courses

RECR 230 Introduction to Recreation.....	3
RECR 332 Leadership and the Group Process	3
RECR 461 Organization and Administration in Recreation	3
RECR 462 Programming for Recreation and Leisure	3

Required Health Course

HEAL 102 Health and Wellness.....	3
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Cognate Courses

BIOL 100 General Principles of Biology	4
or	
BIOL 102 Introduction to Zoology	
PSYC 100 Introductory Psychology	3
or	
PSYC 227 Developmental Psychology	
SOCI 102 Introduction to Sociology	3

Elective (choose one).....

Any 300- or 400- level ATTR, HEAL, PHED or RECR course or one of the following dance courses	
PHED 146 Dance Appreciation	
PHED 251 Dance History	
PHED 255 Creative Dance I	
PHED 256 Creative Dance II	

Recommended Elective Experience

RECR 498 Field Experience in Recreation	(3-15)
Total minimum credits:	56

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. 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.

Required Physical Education Core Courses

Grade Requirement

Students must achieve a grade of "C-" or higher in the six courses listed below.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport (Writing Intensive in the Major Core Curriculum Requirement-CWRM)	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirement

Grade Requirement

Students must achieve a grade of "C-" or higher in the courses listed below.

PHED 163 Aerobics	1
PHED 204 Theory and Practice of Progressive Resistance Training.....	2
PHED 209 Theory and Practice of Metabolic Training	2
PHED 280 New Games.....	1
Three additional credits selected from Areas A, B, C, D and E	3
A) Individual/Dual Sports	
B) Team Sports	
C) Dance	
D) Aquatics	
E) Fitness/Wellness	

Additional Required courses

PHED 400 Physiology and Techniques of Strength Fitness	3
PHED 404 Exercise Prescription	3
PHED 409 Planning, Implementing and Evaluating Fitness Programs	3
PHED 498 Field Experience in Physical Education	3
or	
RECR 498 Field Experience in Recreation	
RECR 332 Leadership and the Group Process	3
RECR 461 Organization and Administration in Recreation	3

Required Health Course

HEAL 102 Health and Wellness.....	3
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Cognate Courses

BIOL 100 General Principles of Biology	4
or	
BIOL 102 Introduction to Zoology	
PSYC 100 Introductory Psychology	3
or	
PSYC 227 Developmental Psychology	

Total minimum credits: 56

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. For additional graduation requirements, see the "Undergraduate Academic Policies" section of this catalog.

TEACHER LICENSURE CONCENTRATION (PREK-8)

Prerequisites

- Declaration as a physical education major
- Acceptance in School of Education and Allied Studies teacher preparation program prior to taking 300-level physical education teacher preparation courses.

Required Physical Education Core Courses

Grade Requirement

Students must achieve a grade of "C-" or higher in the six courses listed below.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport (Writing Intensive in the Major Core Curriculum Requirement-CWRM)	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirements

Grade Requirement

Students must achieve a grade of "C-" or higher in the courses listed below.

PHED 186 Track and Field.....	1
PHED 281 Theory and Practice of Educational Dance	2
PHED 282 Theory and Practice of Games	2
PHED 283 Theory and Practice of Gymnastics	2
Choose one of the following.....	1
PHED 134 Self Defense I	
PHED 163 Aerobics	
PHED 188 Jogging and Road Running	
PHED 190 Conditioning	
PHED 193 Weight Training	
PHED 194 Wrestling	
PHED 234 Yoga	
PHED 257 Movement and Relaxation- Theory, Practice and Performance	

Choose one of the following..... 1

- PHED 150 Beginner Swimming
- PHED 202 Orienteering
- PHED 203 Basic Rock Climbing
- PHED 250 Intermediate Swimming
- PHED 278 Bicycle Touring
- PHED 280 New Games
- PHED 356 Canoeing I

Additional Required Courses

Grade Requirement

Students must achieve a grade of "C-" or higher in the first eight courses listed below, as well as in PSYC 227, before admittance to the final course, the practicum in student teaching. Successful completion of the practicum also requires a grade of "C-" or higher.

- *PHED 205 Introduction to Teaching Physical Education in the Public Schools..... 2
- PHED 210 Developmental Kinesiology 3
- *PHED 225 Observation and Analysis of Movement for Children 4
- PHED 324 Physical and Motor Development of Individuals with Disabilities..... 3
- PHED 326 Teaching Physical Education to Children 3
- PHED 329 Teaching and Curriculum Development in the Middle and Junior High School 3
- PHED 335 Planning, Implementation and Evaluation in Teaching Physical Education..... 6
- PHED 495 Field-Based Pre-Practicum (PreK-8) – Physical Education..... 2
- PHED 496 Practicum in Student Teaching (PreK-8) – Physical Education 12

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

Required Health Course

- HEAL 102 Health and Wellness..... 3

Cognate Courses

- BIOL 100 General Principles of Biology 4
or
BIOL 102 Introduction to Zoology
- PSYC 227 Developmental Psychology 3
- Current certificate from the American Red Cross for Standard First Aid and CPR.

Total minimum credits: 76

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. For additional graduation requirements, see the "Undergraduate Academic Policies" section of this catalog.

TEACHER LICENSURE CONCENTRATION (5-12)

Prerequisites

- Declaration as a physical education major
- Acceptance in School of Education and Allied Studies teacher preparation program prior to taking 300-level physical education teacher preparation courses.

Required Physical Education Core Courses

Grade Requirement

Students must achieve a grade of "C-" or higher in the six courses listed below.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport (Writing Intensive in the Major Core Curriculum Requirement-CWRM).....	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirement

Grade Requirement

Students must achieve a grade of "C-" or higher in the courses listed below.

- PHED 281 Theory and Practice of Educational Dance or choose two of the following dance courses 2
 - PHED 153 Jazz Dance
 - PHED 161 Folk Dance
 - PHED 164 Square Dance
 - PHED 166 African Dance
 - PHED 167 Hip Hop Dance
 - PHED 168 Ballroom Dance
 - PHED 235 Rhythmic Activities: Programming for All Ages
- PHED 186 Track and Field..... 1
- PHED 282 Theory and Practice of Games 2
- PHED 283 Theory and Practice of Gymnastics 2
- Choose one of the following..... 1
 - PHED 134 Self Defense I
 - PHED 163 Aerobics
 - PHED 188 Jogging and Road Running
 - PHED 190 Conditioning
 - PHED 193 Weight Training
 - PHED 194 Wrestling
 - PHED 234 Yoga
 - PHED 257 Movement and Relaxation Theory, Practice and Performance

Choose one of the following..... 1

- PHED 150 Beginner Swimming
- PHED 202 Orienteering
- PHED 203 Basic Rock Climbing
- PHED 250 Intermediate Swimming
- PHED 278 Bicycle Touring
- PHED 280 New Games
- PHED 356 Canoeing I

Additional Required Courses

Grade Requirement

Students must achieve a grade of "C-" or higher in the first eight courses listed below, as well as in PSYC 227, before admittance to the final course, the practicum in student teaching. Successful completion of the practicum also requires a grade of "C-" or higher.

*PHED 205 Introduction to Teaching Physical Education in the Public Schools.....	2
PHED 210 Developmental Kinesiology	3
*PHED 212 Strategies and Analysis of Motor Skills	3
PHED 315 Teaching Team and Individual Sports	4
PHED 324 Physical and Motor Development of Individuals with Disabilities.....	3
PHED 329 Teaching and Curriculum Development in the Middle and Junior High School	3
PHED 335 Planning, Implementation and Evaluation in Teaching Physical Education.....	6
PHED 491 Field-Based Pre-Practicum (5-12) – Physical Education.....	2
PHED 492 Practicum in Student Teaching (5-12) – Physical Education.....	12

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

Required Health Course

HEAL 102 Health and Wellness.....	3
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Cognate Courses

BIOL 100 General Principles of Biology	4
or	
BIOL 102 Introduction to Zoology	3
PSYC 227 Developmental Psychology	3
Current certificate from the American Red Cross for Standard First Aid and CPR.	

Total minimum credits: 76

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. For additional graduation requirements, see the "Undergraduate Academic Policies" section of this catalog.

BACHELOR OF SCIENCE

HEALTH EDUCATION

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 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 prepares students to design, implement and evaluate scientifically and methodologically sound health studies 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 as well as declare a minor in secondary education. Those interested in teacher licensure should refer to the "Secondary Education and Professional Programs" section of this catalog.

HEALTH EDUCATION-NO CONCENTRATION

Grade Requirement

Students must achieve a grade of "C-" or higher in all required courses, including cognates, and must repeat any of those required courses or cognates for which they receive a grade lower than "C-."

Core Health Courses

	Credits
HEAL 200 Principles and Practices of Health Education	3
HEAL 315 School and Community Health.....	3
HEAL 385 Epidemiology: The Study of Diseases	3
HEAL 450 Health Promotion Strategies.....	3
HEAL 451 Program Planning in Health Promotion	3
HEAL 490 Senior Seminar in Health	1

Cognate Courses

BIOL 251 Human Anatomy and Physiology I.....	4
BIOL 252 Human Anatomy and Physiology II.....	4

Health Courses

Choose five from the following	15
HEAL 401 Human Sexuality	
HEAL 405 Drugs in Society	
HEAL 407 Stress Management	
HEAL 420 Women's Health Issues	
HEAL 471 Nutrition	
HEAL 477 Environmental and Consumer Health	
HEAL 484 Death and Dying Education	

Total minimum credits: 39

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. For additional graduation requirements, see the "Undergraduate Academic Policies" section of this catalog.

HEALTH EDUCATION-COMMUNITY HEALTH CONCENTRATION

Grade Requirement

Students must achieve a grade of "C-" or higher in all required courses, including cognates, and must repeat any of those required courses or cognates for which they receive a grade lower than "C-."

Core Health Courses

	Credits
HEAL 200 Principles and Practices of Health Education.....	3
HEAL 315 School and Community Health.....	3
HEAL 385 Epidemiology: The Study of Diseases.....	3
HEAL 450 Health Promotion Strategies.....	3
HEAL 451 Program Planning in Health Promotion.....	3
HEAL 490 Senior Seminar in Health.....	1

Cognate Courses

BIOL 251 Human Anatomy and Physiology I.....	4
BIOL 252 Human Anatomy and Physiology II.....	4
ENGL 201 Technical Writing I.....	3

Health Courses

HEAL 102 Health and Wellness.....	3
HEAL 452 Evaluation and Research in Health Promotion.....	3
Also, four courses from the following.....	12
HEAL 401 Human Sexuality	
HEAL 405 Drugs in Society	
HEAL 407 Stress Management	
HEAL 420 Women's Health Issues	
HEAL 471 Nutrition	
HEAL 477 Environmental and Consumer Health	
HEAL 484 Death and Dying Education	

Internship

HEAL 498 Internship.....	9
Total minimum credits: 54	

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. For additional graduation requirements, see the "Undergraduate Academic Policies" section of this catalog.

HEALTH EDUCATION-SCHOOL HEALTH CONCENTRATION

Grade Requirement

Students must achieve a grade of "C-" or higher in all required courses, including cognates, and must repeat any of those required courses or cognates for which they receive a grade lower than "C-."

Core Health Courses

	Credits
HEAL 200 Principles and Practices of Health Education.....	3
HEAL 315 School and Community Health.....	3
HEAL 385 Epidemiology: The Study of Diseases.....	3
HEAL 450 Health Promotion Strategies.....	3
HEAL 451 Program Planning in Health Promotion.....	3
HEAL 490 Senior Seminar in Health.....	1

Cognate Courses

PSYC 227 Developmental Psychology.....	3
BIOL 251 Anatomy and Physiology I.....	4
BIOL 252 Anatomy and Physiology II.....	4
PHED 200 Fitness for Life.....	3

Health Content Courses

HEAL 300 Current Issues in Health.....	3
HEAL 401 Human Sexuality.....	3
HEAL 405 Drugs in Society.....	3
HEAL 407 Stress Management.....	3
HEAL 471 Nutrition.....	3
HEAL 477 Environmental and Consumer Health.....	3

Education Courses

NOTE: Students in the School Health Concentration must complete a minor in secondary education.

EDHM 210 Introduction to Teaching.....	3
EDHM 235 Learning and Motivation.....	3
EDHM 335 Assessment and Planning.....	3
EDHM 445 Content Area Reading, Writing and Study Skills....	3
SPED 203 Cultural Diversity Issues in School and Society.....	3
HEAL 491 Field Based Pre-Practicum in Health.....	2
HEAL 495 Practicum in Student Teaching—Elementary Health..	6
HEAL 496 Practicum in Student Teaching—Secondary Health....	6
Total minimum credits: 77	

Core Curriculum Requirements

A minimum of 120 earned hours is required for graduation. These earned hours include the core curriculum requirements as specified in the "Undergraduate Academic Programs" section of this catalog and at the Core Curriculum Web site, www.bridgew.edu/corecurriculum. 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.

Required Courses	Credits
ATTR 112 Sports First Aid	3
PHED 200 Fitness for Life	3
PHED 210 Developmental Kinesiology	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 414 Coaching	3
PHED 416 Planning and Implementing Coaching Leadership Strategies	3
PHED 498 Field Experience in Physical Education (three credits only)	3
Total minimum credits: 21	

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.

Required Courses	Credits
THEA/PHED 155 Dance Practicum (two semesters)	2
THEA/PHED 255 Creative Dance I	3
THEA/PHED 256 Creative Dance II	3
THEA/PHED 263 Dance History to 1915 or THEA/PHED 264 Dance History from 1915	3
THEA/PHED 357 Dance Production Theory	2
THEA/PHED 358 Dance Production Techniques	1
PHED 242 Theory and Practice of Ballet – Fall or PHED 245 Theory and Practice of Ballet – Spring	2
Six credits in the following	6
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	

Elective (choose one)	1
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.)	

Total minimum credits: 23

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.

Required Courses	Credits
HEAL 471 Nutrition	3
PHED 400 Physiology and Techniques of Strength Fitness	3
PHED 401 Physiology of Exercise	4
PHED 402 Exercise Metabolism	3
PHED 403 Cardiovascular Analysis, Evaluation and Rehabilitation	3
PHED 404 Exercise Prescription	3
BIOL 102 Introduction to Zoology	4
Total minimum credits: 23	

HEALTH PROMOTION MINOR

The department offers a health promotion minor, which is open to all undergraduates with the exception of health studies majors. 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.

Required Courses	Credits
HEAL 102 Health and Wellness	3
HEAL 385 Epidemiology: The Study of Diseases	3
HEAL 401 Human Sexuality	3
HEAL 405 Drugs in Society	3
HEAL 471 Nutrition	3
HEAL 477 Environmental and Consumer Health	3

Elective (choose one)	3
HEAL 300 Current Issues in Health	
HEAL 302 American Red Cross Standard First Aid	
HEAL 315 School and Community Health	
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	
Total minimum credits:	21

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. The minor is not available to health majors.

Required Courses	Credits
ACFI 100 Fundamentals of Financial Reporting	3
HEAL 102 Health and Wellness.....	3
HEAL 385 Epidemiology: The Study of Diseases	3
HEAL/SCWK 403 Interdisciplinary Approaches to the Delivery of Health Services.....	3
MGMT 130 Principles of Management.....	3
MGMT 140 Human Resources Management	3
Elective (choose one)	3
ACFI 200 Financial Accounting	
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	
Total minimum credits:	21

RECREATION MINOR

The recreation minor is open to all undergraduates with the exception of students enrolled in the recreation concentration or recreation and fitness club administration concentration. It provides a multidisciplinary approach to producing recreation professionals capable of administering, supervising and leading leisure services. Students who minor 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.

Required Courses

RECR 230 Introduction to Recreation.....	3
RECR 332 Leadership and the Group Process	3
RECR 461 Organization and Administration in Recreation	3
RECR 462 Programming for Recreation and Leisure	3
Two additional courses in recreation to be chosen with department approval depending upon elected area of specialization.	6

Recommended Elective Experience

RECR 498 Field Experience in Physical Education	(3-15)
Total minimum credits:	18

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 postgraduate 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

The Department of Movement Arts, Health Promotion and Leisure Studies offers several programs designed to meet the needs of graduate students including: postbaccalaureate 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) and programs leading to the degrees of Master of Education in Health Promotion and Master of Science in Physical Education.

POSTBACCALAUREATE PROGRAM- TEACHER OF PHYSICAL EDUCATION (PreK-8, 5-12) (INITIAL LICENSURE)

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 titled "School of Education and Allied Studies" for professional education admission and retention information and important institutional deadlines.

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 Tests for Educator Licensure® (MTEL)
- Official transcripts of undergraduate and graduate course work

Program Requirements

Students must complete the following 34 credits or the equivalent.

	Credits
PHED 100 Applied Musculoskeletal Anatomy.....	3
PHED 117 Historical and Philosophical Foundations of Sport and Physical Education	3
PHED 210 Developmental Kinesiology	3
PHED 217 Principles of Motor Learning and Performance	3
PHED 318 Socio-Cultural Foundations of Sport	3
PHED 324 Physical and Motor Development of Individuals with Disabilities.....	3
PHED 385 Biomechanics	3
PHED 401 Physiology of Exercise	4

Activity Requirement..... 9

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

Teacher Licensure Courses

PreK-8

*PHED 205 Introduction to Teaching Physical Education in the Public Schools	2
*PHED 225 Observation and Analysis of Movement for Children	4
PHED 326 Teaching Physical Education to Children	3
PHED 329 Teaching and Curriculum Development in the Middle and Junior High School	3

PHED 335 Planning, Implementation and Evaluation in Teaching Physical Education	6
PHED 495 Field-Based Pre-Practicum (PreK-8) – Physical Education.....	2
PHED 496 Practicum in Student Teaching (PreK-8)–Physical Education	12
PSYC 227 Developmental Psychology	3
or PSYC 100 Introductory Psychology	
Current certificate from the American Red Cross for Standard First Aid and CPR.	

Total minimum credits (PreK-8): 69

5-12

*PHED 205 Introduction to Teaching Physical Education in the Public Schools.....	2
*PHED 212 Strategies and Analysis of Motor Skills	3
PHED 315 Teaching Team and Individual Sports	4
PHED 329 Teaching and Curriculum Development in the Middle and Junior High School	3
PHED 335 Planning, Implementation and Evaluation in Teaching Physical Education.....	6
PHED 491 Field-Based Pre-Practicum (5-12) – Physical Education.....	2
PHED 492 Practicum in Student Teaching (5-12) – Physical Education.....	12
PSYC 227 Developmental Psychology	3
or PSYC 100 Introductory Psychology	
Current certificate from the American Red Cross for Standard First Aid and CPR.	

Total minimum credits (5-12): 69

* To be completed prior to admission to professional education and enrollment in upper-division (300-level) education courses.

POSTBACCALAUREATE PROGRAM TEACHER OF HEALTH – TEACHER LICENSURE IN HEALTH/FAMILY AND CONSUMER SCIENCES (PreK-12) (INITIAL LICENSURE)

This program is designed for persons who have a bachelor's degree and wish to be licensed as teachers of health education (PreK-12). Students who successfully complete the curriculum below are eligible. 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 (one 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 Tests for Educator Licensure® (MTEL)
- Official transcripts of undergraduate and graduate course work

Program Requirements

	Credits
GRPP 501 Graduate Program Planning	1
BIOL 251 Human Anatomy and Physiology I	4
*EDHM 210 Introduction to Teaching	3
EDHM 235 Learning and Motivation	3
EDHM 335 Assessment and Planning	3
EDHM 445 Content Area Reading, Writing and Study Skills	3
HEAL 200 Principles and Practices of Health Education	3
HEAL 300 Current Issues in Health	3
HEAL 401 Human Sexuality	3
HEAL 405 Drugs in Society	3
HEAL 407 Stress Management	3
HEAL 430 Epidemiology and Community Health	3
HEAL 450 Health Promotion Strategies	3
HEAL 471 Nutrition	3
HEAL 477 Environmental and Consumer Health	3
HEAL 491 Field-Based Pre-Practicum in Health	2
HEAL 495 Practicum in Student Teaching – Elementary Health ..	6
HEAL 496 Practicum in Student Teaching – Secondary Health ..	6
PHED 200 Fitness for Life	3
PSYC 227 Developmental Psychology	3
SPED 203 Cultural Diversity Issues in School and Society	3
Students must supply evidence of current certification in Standard First Aid and CPR.	

Total minimum credits: 67

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

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.

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.

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 minimum undergraduate GPA of 2.75 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
- Official transcripts of all undergraduate and graduate course work

Program Requirements

	Credits
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
All master's degree candidates in health promotion will be required to successfully complete the following health core requirements.	
HEAL 504 Seminar in Health Promotion Theory and Literature	3
HEAL 511 Research and Evaluation Methods in Health Promotion	3
HEAL 518 Quantitative Methods in Health Promotion and Epidemiology	3
HEAL 519 Scientific and Philosophical Foundations of Health Promotion	3
HEAL 520 Designing and Administering Health Promotion Programs	3
All master's degree candidates will be required to choose one of four alternative courses of study below.	

Option A

- Successful completion of the core requirements and GRPP 501
- Individualized program of health (HEAL) electives by advisement. Nonhealth electives may be taken only with prior written consent of adviser.
- Comprehensive Examination on core requirements

Total minimum credits (option A): 34

Option B

- Successful completion of the core requirements and GRPP 501 16
- Individualized program of health (HEAL) electives by advisement. Non-health electives may be taken only with prior written consent of adviser..... 15
- Health Promotion Project (HEAL 501) 3
- Comprehensive Examination: oral defense of health promotion project

Total minimum credits (option B): 34

Option C

- Successful completion of the core requirements and GRPP 501 16
- Individualized program of health (HEAL) electives by advisement. Non-health electives may be taken only with prior written consent of adviser..... 12
- Thesis in Health Promotion (HEAL 502)..... 6
- Comprehensive Examination: oral defense of thesis

Total minimum credits (option C): 34

Option D: Health Fitness Promotion Concentration

- Successful completion of the core requirements and GRPP 501 16
- Concentration Courses
 - PHED 518 Advances in Exercise Metabolism 3
 - PHED 519 Advances in Exercise Prescription 3
 - PHED 544 Applied Laboratory Techniques in Exercise Science 3
- Total of nine semester hours in any subject area chosen with the approval of the graduate faculty adviser. These may include HEAL 501 or HEAL 502. 9
- Comprehensive Examination
 - a) Examination on core requirements
 - or
 - b) Oral defense of HEAL 501
 - or
 - c) Oral defense of HEAL 502

Total minimum credits (option D): 34

MASTER OF SCIENCE IN ATHLETIC TRAINING

This program 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 Association Board of Certification Examination (BOC). 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 ATEP is limited and competitive. Candidates must apply for acceptance in the School of Graduate Studies by Feb. 1. Candidates should contact the program director for application materials or download them from the ATEP Web site at www.bridgew.edu/atep.

Prerequisite Content Courses

- Anatomy and Physiology I
- Anatomy and Physiology II
- Introduction to Athletic Training including Protective Techniques in Athletic Training (taping, bracing and protective equipment)
- Introductory Psychology
- Kinesiology/Biomechanics
- Exercise Physiology
- Current Emergency Cardiac Care Certification (Certification in Advanced First Aid, Adult and Pediatric CPR, AED and use of barrier devices)

Credits

- ATTR 510 Nutritional Concepts for Health Care Practitioners.... 3
- ATTR/PHED 511 Research Methods in Physical Education 3
- ATTR 540 Management of Lower Extremity Conditions..... 3
- ATTR 541 Management of Upper Extremity and Torso Conditions 3
- ATTR 542 Therapeutic Exercise..... 3
- ATTR 543 Pharmacology for the Physically Active 1.5
- ATTR 546 Medical Conditions and Disabilities of the Physically Active 1.5
- ATTR 550 Therapeutic Modalities 3
- ATTR 561 Level I Clinical Experience in Athletic Training..... 3
- ATTR 562 Level II Clinical Experience in Athletic Training..... 3
- ATTR 563 Level III Clinical Experience in Athletic Training..... 3
- ATTR 564 Level IV Clinical Experience in Athletic Training 3
- ATTR 565 Level V Clinical Experience in Athletic Training 3
- ATTR 590 Administration of Athletic Training..... 3

Culminating Experience

All master's students will be required to show evidence of a culminating experience by passing the comprehensive examination, or the Board of Certification (BOC) national examination, or completing an oral defense of a thesis (ATTR 502) or project (ATTR 501) under the guidance of an adviser.

Total minimum credits: 39

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 minimum undergraduate GPA of 2.75 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
- Official transcripts of all undergraduate and graduate course work

Program Requirements

The graduate program of study involves a minimum of 30 graduate credits. Students must elect one of the options below:

Culminating Experience

Regardless of option chosen, all students must take the comprehensive examination, or complete an oral defense of a thesis (PHED 502) or an oral defense of a project (PHED 501) under the guidance of an adviser.

Concentration in Human Performance and Health Fitness

Required Courses	Credits
PHED 511 Research Methods in Physical Education	3
PHED 515 Advances in Exercise Circulation	3
PHED 517 Experimental Processes in Physical Education	3
PHED 518 Advances in Exercise Metabolism	3
PHED 519 Advances in Exercise Prescription	3
PHED 544 Applied Laboratory Techniques in Exercise Science ..	3
PHED 595 Internship in Physical Education	3-6

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	6-7
HEAL 483 Nutrition and Cardiovascular Health	
HEAL 518 Quantitative methods in Health Promotion and Epidemiology	
*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 502 Research (variable credit)	
PHED 503 Directed Study (variable credit)	
PHED 504 Nutrition for Sports, Exercise and Weight Control	
PHED 516 Exercise Electrocardiography	
PHED 520 Health Fitness Program Planning and Management	
PHED 545 Physical Conditioning and Training in Sports and Exercise	

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

Total minimum credits: 27

Concentration in Adapted Physical Education

Required Courses	Credits
PHED 451 Prosthetics and Orthotics	3
PHED 484 Physical Education for Children and Youth with Disabilities	3
PHED 494 Study of Motor Programs for Individuals with Chronic and Acute Health Conditions	3
PHED 508 Motor Learning.....	3
PHED 511 Research Methods in Physical Education	3
PHED 595 Internship in Physical Education	3-6
Courses in psychology and/or special education appropriate to individual program.....	9
Electives appropriate to program	3-6
Total minimum credits: 30	

Concentration in Applied Kinesiology

Required Courses	Credits
PHED 511 Research Methods in Physical Education	3
PHED 517 Experimental Processes in Physical Education	3
Choice of four of the following five courses	12
PHED 506 Philosophy and Principles of Physical Education	
PHED 508 Motor Learning	
PHED 545 Physical Conditioning and Training in Sports and Exercise	
PHED 546 Applied Biomechanics and Movement Analysis	
PHED 571 Psychological and Social Issues in Sport	

Electives

Four courses as electives

12
or
Two-three courses (six-nine credits) and a project or thesis (three-six credits)

Total minimum credits: 30

Concentration in Strength and Conditioning

Required Courses	Credits
PHED 504 Nutrition for Sports, Exercise and Weight Control....	3
PHED 511 Research Methods in Physical Education	3
PHED 517 Experimental Processes in Physical Education	3
PHED 523 Strength and Conditioning Laboratory.....	3
PHED 543 Foundations of Resistance Training.....	3
PHED 545 Physical Conditioning and Training in Sports and Exercise	3
PHED 595 Internship in Physical Education	3-6

Electives

Three classes or a combination of classes, directed studies or thesis.....

9

Suggested Electives

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 406 Personal Fitness Training	
PHED 502 Research	

PHED 503 Directed Study
PHED 506 Philosophy and Principles of Physical Education
PHED 508 Motor Learning
PHED 516 Exercise Electrocardiography
PHED 520 Health Fitness Program Planning and
Management
PHED 546 Applied Biomechanics and Movement Analysis
HEAL 471 Nutrition
HEAL 483 Nutrition and Cardiovascular Health
HEAL 518 Quantitative Methods in Health Promotion
and Epidemiology

Total minimum credits: 30

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.

All students must take the comprehensive examination, or complete an oral defense of a thesis (PHED 502) or an oral defense of a project (PHED 501) under the guidance of an adviser.

Total minimum credits: 30