

HEALTH, PHYSICAL EDUCATION AND ATHLETICS

Sports & Activity Center 2nd Floor • (262) 595-2308 or 595-2245

www.uwp.edu/academic/hpea

Degree Offered:

Bachelor of Science.

Associate Professors:

Lyter, Ph.D. (Chair)

Clinical Associate Professors:

Draft, M.S. (Associate Athletic Director);

Kilps, ATC-L/M.S. (Coach)

Clinical Assistant Professors:

Curtis, ATC-L/M.S.E.(Athletic Trainer); Koch, M.S. (Coach);

Miller, M.S. (Aquatic Director); Rosa, B.S. (Coach)

Lecturer:

Williams, S., M.S. (Wellness Center Coordinator)

Visiting Assistant Professors:

Schoepfer, J.D.; Johnson, Ph.D.

Specialists:

Williams, D., M.S. (Acting Athletic Director); Reed, B.A.

(Facility Director); Archuleta, M.S. (Coach); DeWitt, M.S.

(Coach); Fabiano, B.S. (Coach); Falk-Day, B.A. (Intramural

Coordinator); Fillipp, B.S. (Coach); Knight, B.S. (Coach);

Kratochvil, B.A. (Sports Information Director);

Olsen, M.Ed. (Coach); Wolter, B.S. (Coach)

Professional Accreditations or Memberships:

National Collegiate Athletic Association - Division II, Great Lakes Valley Conference.

Student Organizations/Clubs:

Student-Athlete Advisory Committee, Sport & Fitness Management Club.

Career Possibilities:

Majors can find employment within the sport or fitness field including educational institutions, amateur and professional sport organizations, health and fitness centers and the sporting goods industry. Careers include marketing, administration, coaching, program development, consulting, journalism and public relations.

Department Overview

The Health, Physical Education and Athletics Department (HPEA) offers a major in either sport or fitness management as well as certificates in coaching, sport management, and fitness management. The sport and fitness management core program is designed to create a foundation in management, business, mar-

keting, legal, and accounting principles that can be applied to the sport and fitness industry. Students entering the program are required to select either a sport or a fitness concentration to complete the remainder of the specialized course work.

The certificates are designed to supplement an existing major with career-specific course work to enhance employment opportunities.

In addition, the curriculum provides education in lifetime wellness and a variety of lifetime activities stressing awareness, knowledge and skills to promote lifelong wellness and improved quality of life.

The Sports & Activity Center houses the HPEA curriculum, recreation and athletic programs. The facility opened in the fall of 2000 and consists of both new and remodeled spaces. Indoor space includes the DeSimone Gymnasium and the Petretti Fieldhouse containing tennis, volleyball, badminton and basketball courts as well as a 200-meter track. In addition, there is the Carmelo D. Tenuta Hall including classrooms, a weight room, dance studio, racquetball courts, multi-purpose room, combative room, Wellness Center, eight-lane pool, and equipment room. Outdoor space includes eight soccer fields; Red Oberbruner baseball diamond; Case Softball Complex; 400-meter, all-weather track; six tennis courts, and the Wayne E. Dannehl National Cross Country Course.

The athletics program provides intercollegiate competition in the National Collegiate Athletic Association – Division II and is a member of the Great Lakes Valley Conference (GLVC), with member schools in Indiana, Illinois, Kentucky, Missouri, and Wisconsin. UW-Parkside offers athletic scholarships with recipients determined by the head coaches of the various sports. Varsity programs are offered in:

- Men's and Women's Basketball
- Men's and Women's Cross Country
- Men's and Women's Soccer
- Men's and Women's Indoor and Outdoor Track
- Men's Golf
- Women's Volleyball
- Men's Wrestling
- Women's Softball
- Men's Baseball

Preparation for Graduate Studies

Undergraduate study in the sport management concentration provides excellent preparation for graduate study in sport administration and sport law, while undergraduate study in fitness management concentration provides preparation for advanced study in such areas as physical therapy, occupational therapy, medical school, and exercise science.

GPA Requirements

Students must have a minimum of a 2.0 cumulative GPA to be accepted into the sport and fitness management major. Students must have a minimum of a 2.5 major GPA to graduate with a degree in sport and fitness management.

Core Course Requirements for the Major in Sport and Fitness Management

Core Course Work (18 credits)

BUS 100	Introduction to Business	3 cr
ACCT 201	Financial Accounting	3 cr
HPEA 210	Intro to Sport and Fitness Management	3 cr
HPEA 300	Legal Issues in Sport and Fitness Management	3 cr
MGT 349	Organizational Behavior	3 cr
HPEA 450	Sport and Fitness Marketing	3 cr

Concentration options for the major (select one)

A. Sport Concentration (39 credits)

ENGL 204	Writing for Business & Industry	3 cr
COMM 250	Media Message Design	3 cr
COMM 303	Organizational Communication	3 cr
ECON 305	Economics of Sport	3 cr
HPEA 332	Issues and Ethics in Sport Management	3 cr
HPEA 330	Sport in Society	3 cr
HPEA 380	Facility Development and Management	3 cr
HPEA 400	Advanced Issues in Sport Law	3 cr
HPEA 420	Sport Business and Finance	3 cr
HPEA 495	Fieldwork in Sport Management*	3-12 cr

* Fieldwork may be completed as follows – student must have a minimum of a 2.5 major GPA to enroll in HPEA 495:

- 1) Fieldwork Only Option
12 credits (to be completed after all other required course work is completed/in students last semester).
- 2) Fieldwork/Course Option
12 credits of 300 or 400 level approved courses. A minimum of 6 credits must be in HPEA 495. Fieldwork in sport management with at least 3 of these credits in the student's last semester.

B. Fitness Concentration (43 credits)

BIOS 105	Anatomy and Physiology I	4 cr
BIOS 106	Anatomy and Physiology II	4 cr
BIOS 190	Nutrition	2 cr
HPEA 270/271	Lifetime Wellness and Lab	3 cr
HPEA 345	Prevention and Care of Athletic Injuries	3 cr
HPEA 353	Biomechanics	3 cr
HPEA 354	Physiology of Exercise	3 cr
HPEA 358	Sport and Fitness Psychology	3 cr
HPEA 410	Fitness Assessment and Prescription	3 cr
HPEA 430	Fitness Program Management	3 cr
HPEA 498	Fieldwork in Fitness Management*	3-12 cr

* Fieldwork may be completed as follows – student must have a minimum of a 2.5 major GPA to enroll in HPEA 498:

- 1) Fieldwork Only Option
12 credits (to be completed after all other required coursework is completed).
- 2) Fieldwork/Course Option
12 credits of approved 300 or 400-level courses. A minimum of 6 credits must be in HPEA 498 fieldwork in fitness management with at least 3 of these credits in the student's last semester.

Coaching Certificate Requirements

HPEA 211	Sport Safety Training and Automated External Defibrillation	1 cr
HPEA 283	Orientation to Coaching	3 cr
HPEA 301	Training Patterns	2 cr
HPEA 345	Prevention and Care of Athletic Injuries	3 cr

* Individuals who successfully complete the coaching certificate will meet WIAA requirements for coaching.

Two of the following:

HPEA Coaching Theory 2 credits each
Baseball (251), Basketball (252), Soccer (259), Softball (260), Track and Field (264), Wrestling (265), and Volleyball (266)

* Each of the coaching theory courses has a corresponding activity course (1 credit each) as a prerequisite. Baseball (115), Basketball (117), Soccer I (180), Softball (182), Track and Field (192), Wrestling (198), Volleyball (194)

Total credits 15

UNDERGRADUATE PROGRAMS

Sport Management Certificate Requirements

HPEA 210	Introduction to Sport and Fitness Management	3 cr
HPEA 300	Legal Issues in Sport and Fitness Management	3 cr
HPEA 332	Issues and Ethics in Sport Management	3 cr
HPEA 450	Sport and Fitness Marketing	3 cr
Elective	3 credits of approved 300 or 400 level coursework	3 cr
Total credits		15 cr

Fitness Certificate Requirements

BIOS *105	Human Physiology and Anatomy I . . .	4 cr
BIOS 106	Human Physiology and Anatomy II . . .	4 cr
BIOS 190	Fundamentals of Human Nutrition . . .	2 cr
HPEA *270	Lifetime Wellness	2 cr
HPEA *271	Lifetime Wellness Lab	1 cr
HPEA 353	Biomechanics	3 cr
HPEA 354	Physiology of Exercise	3 cr
Total credits		19 cr

Courses in Health, Physical Education and Athletics (HPEA)

- 105 Beginning Swimming I** 1 cr
Prereq: Non-swimmers only. Freq: Occasionally.
 This course is designed for non-swimmers or those who cannot swim 10 yards. Four basic strokes covered along with water safety skills.
- 106 Beginning Swimming II** 1 cr
Prereq: For those confident in deep water and with average swimming ability.
 This course is designed for those who can swim at least two lengths of the pool using two of the five basic strokes taught in the class. Elementary diving and water safety skills also covered.
- 110 Scuba Diving** 1 cr
Prereq: None. Freq: Fall, Spring.
 The fundamentals of scuba diving including diving equipment and techniques. Successful completion of the course qualifies students for check-out dives and final scuba diver certification. This course is taught under the auspices of the Professional Association of Diving Instructors (PADI). Two-hour lab. Extra fees required.
- 112 Swim for Fitness** 1 cr
Prereq: Consent of instructor or ability to swim a minimum of 100 yards using any stroke. Freq: Fall, Spring.
 Improve cardiovascular fitness through swimming. Additional swimming outside of class is required. Not appropriate for weak or non-swimmers. Two-hour lab.

- 113 Badminton** 1 cr
Prereq: None. Freq: Occasionally.
 Introduction to basic skills, rules, proper court position and conditioning. Two-hour lab.
- 115 Baseball** 1 cr
Prereq: None. Freq: Occasionally.
 Introduction to fundamental skills and the elements of position play. Two-hour lab.
- 117 Basketball** 1 cr
Prereq: None. Freq: Spring.
 Practical experience in fundamentals and team play. Two-hour lab.
- 123 Bowling I** 1 cr
Prereq: None. Freq: Fall, Spring.
 Fundamentals of duck-pin and ten-pin bowling. Practice in local centers. Two-hour lab.
- 124 Bowling II** 1 cr
Prereq: HPEA 123 or consent of instructor. Freq: Fall, Spring.
 Continuation of Bowling I but with a special emphasis on advanced techniques which require a minimum background in bowling.
- 130 Relaxation** 1 cr
Prereq: None. Freq: Fall, Spring
 The purpose of this course is to provide the student with the necessary knowledge and the ability to recognize stressors and their effects on one's life, as well as the implementation of various relaxation techniques. Relaxation techniques including deep breathing, meditation, imagery and progressive relaxation are among those covered in the course.
- 132 Social Dance** 1 cr
Prereq: None. Freq: Occasionally.
 Includes an array of social dances which best meet the modern dancing needs for current college students. Two-hour lab.
- 138 Jogging for Fun & Fitness** 1 cr
Prereq: None. Freq: Fall, Spring.
 To teach students proper running techniques, working with pulse rates, how to test themselves, and foot care.
- 139 Disc Golf** 1 cr
Prereq: None. Freq: Fall, Spring
 To provide the student with the knowledge and skills needed to play disc golf. Students also learn the rules so they can play at a competitive level.
- 141 Golf I** 1 cr
Prereq: None. Freq: Fall, Spring.
 Fundamentals of golf: grip, stance, swing, rules and etiquette. Practice with all clubs with emphasis upon fundamental mechanics. Opportunity to develop skills on local golf courses. Two-hour lab.
- 142 Golf II** 1 cr
Prereq: HPEA 141 or consent of instructor. Freq: Occasionally.
 Continuation of Golf I. Advanced shots; playing; and planning all types of tournaments.

- 143 Step Aerobics I**.....1 cr
Prereq: None. Freq: Fall, Spring.
 Basic step aerobics fundamentals and medium impact levels of cardiovascular development.
- 144 Step Aerobics II**1 cr
Prereq: HPEA 143. Freq: Fall, Spring.
 Advanced techniques in Step Aerobics to develop high-level skills and fitness.
- 149 Aerobics I**.....1 cr
Prereq: None. Freq: Fall, Spring.
 Provides a study of aerobic dance, exercise theory and techniques.
- 150 Aerobics II**1 cr
Prereq: HPEA 140. Freq: Fall, Spring.
 Advanced techniques of aerobics including step aerobics designed to improve fitness levels and provide greater understanding of the values of exercise theory.
- 157 Karate I**.....1 cr
Prereq: None. Freq: Fall, Spring.
 Fundamentals of basic karate techniques. Emphasis placed on proper overall organization of hand and foot techniques, stances, posture, and physical principles of power.
- 158 Karate II**1 cr
Prereq: HPEA 157 or consent of instructor Freq: Fall, Spring.
 Intermediate study in the art of self-defense. Introduction to defense against an actual assailant and concentrated study of prearranged formal exercises.
- 159 Karate III**.....1 cr
Prereq: HPEA 158 or consent of instructor Freq: Fall, Spring.
 Advanced study in the art of self-defense. Instruction in defense against attacks with a weapon and multiple assailants. Combined physical psychological principles of power.
- 167 Racquetball I**.....1 cr
Prereq: None. Freq: Fall, Occasionally.
 Practice in fundamentals of stroke and hand techniques through various types of drills for all levels of ability; rule interpretation; and single and double play. Two-hour lab.
- 168 Racquetball II**1 cr
Prereq: HPEA 167 or consent of instructor. Freq: Occasionally.
 Teach advanced racquetball techniques for students with beginning racquetball experience. Advanced tactics, strategy, shot selections and court positions are taught. Two-hour lab.
- 169 Personal Defense**.....1 cr
Prereq: None. Freq: Occasionally.
 This is a practical basic course consisting of a small “repertoire” of defense actions, easy to learn and easy to remember. These simple actions can be combined and applied to most situations.
- 171 Wellness Lab**1 cr
Prereq: None. Freq: Fall, Spring, Summer.
 To learn and develop a personal fitness program using the Wellness Center and to measure and evaluate personal fitness parameters.
- 178 Cross Country Skiing**.....1 cr
Prereq: None. Freq: Winterim.
 Fundamentals of skiing, including equipment, conditioning, and waxing with both recreational ski jogging and competitive running a part of the program. Two-hour lab.
- 179 Aerobic Walking**.....1 cr
Prereq: None. Freq: Fall, Spring.
 To learn and develop proper aerobic walking techniques and the personal fitness benefits of walking.
- 180 Soccer I**.....1 cr
Prereq: None. Freq: Alternate Springs.
 Practice in basic principles of soccer skills. Class is divided into groups for principles of team play and the use of these skills in game situations. Two-hour lab.
- 181 Soccer II**.....1 cr
Prereq: HPEA 180 or consent of instructor. Freq: Occasionally.
 Advanced study and practice in the tactics, strategy and fitness of the game of soccer, with emphasis on theory rather than techniques.
- 182 Softball**.....1 cr
Prereq: None. Freq: Occasionally.
 Fundamentals of softball, position play stressed, offensive and defensive team play presented. Two-hour lab.
- 183 Cross Training I**.....1 cr
Prereq: Consent of Instructor. Freq: Spring
 This course, combining plyometrics, agility, and speed training, is designed for developing power and quickness for the athlete who competes in serious recreational leagues and amateur sports competition.
- 184 Cross Training II**1 cr
Prereq: Cross Training I, Consent of Instructor. Freq: Spring
 Mid-level developmental skill for the serious recreational and amateur sports competitor (in the areas of plyometrics, agility, and speed).
- 185 Cross Training III**.....1 cr
Prereq: Cross Training I & II, Consent of Instructor. Freq: Spring
 Advanced skill development in the areas of plyometrics, agility, and speed for the serious competitor in amateur athletics.
- 186 Cross Training IV**1 cr
Prereq: Cross Training I, II, III, Consent of Instructor.
 High performance development in advanced skills of plyometrics, agility and speed for the serious recreational and amateur athlete.
- 188 Tennis I**.....1 cr
Prereq: None. Freq: Fall, Spring.
 Fundamentals of stroke technique through drills designed for all levels of ability, rules interpretation and match play. Two-hour lab.
- 189 Tennis II**1 cr
Prereq: HPEA 188 or consent of instructor. Freq: Occasionally.
 Tennis II involves the intermediate strokes of competitive tennis. This course includes preparation for tournament play in both singles and doubles.

- 190 Tennis III**.....1 cr
Prereq: HPEA 189 or consent of instructor. Freq: Occasionally.
 Tennis III is “power” tennis involving the most advanced strokes and the strategy of championship play. All students will compete in a singles and doubles tournament.
- 191 Special Topics**1 cr
Prereq: None. Freq: Occasionally.
 Selected activity courses will be examined.
- 192 Track and Field**1 cr
Prereq: None. Freq: Occasionally.
 Fundamentals of track and field events. Two-hour lab.
- 194 Volleyball**1 cr
Prereq: None. Freq: Spring.
 Fundamentals of technique, elements of attack and defense, rules interpretation, game strategy, officiating and skill testing. Two-hour lab.
- 195 Physical Education Workshop**.....1-3 cr
Prereq: Consent of instructor. Freq: Fall, Spring, Summer.
 Activities, models, methods, and instructional resources in physical education. Emphasis on participant involvement through individual/group experience, problem solving and expression.
- 196 Weight Training**.....1 cr
Prereq: None. Freq: Fall, Spring.
 Elementary weight training to introduce the student to a general program of the basic lifts, the muscle groups affected by these lifts, and procedures of safety factors and theory of weight training. Two-hour lab.
- 198 Wrestling**.....1 cr
Prereq: None. Freq: Alternate Springs.
 Fundamental wrestling techniques, scoring, chain wrestling, strategy, teaching techniques, experience in actual matches, conditioning exercises and warm-up drills. Two-hour lab.
- 199 Yoga**1 cr
Prereq: None. Freq: Fall, Spring.
 A study of the various Yoga disciplines. Emphasis on the total health of a person through the discipline of Yoga.
- 201 Community First Aid and CPR**.....1 cr
Prereq: None. Freq: Fall, Spring.
 Training individuals to act in emergency situations, being able to recognize and control life-threatening situations including sudden illness and injuries. Includes cardio-pulmonary resuscitation (CPR).
- 210 Intro to Sport and Fitness Management**3 cr
Prereq: None. Freq: Fall, Spring.
 This introductory course will provide an overview of the sport and fitness management industry. Emphasis will be placed on basic management principles and career opportunities.
- 211 Sport Safety Training and Automated External Defibrillation**1 cr
Prereq: None.
 Provide coaches with the knowledge and skills necessary to help provide a safe environment for athletes while they are practicing and competing. To sustain life until EMS personnel arrive. Upon successful completion certificates for CPR/FA and AED will be issued.

- 232 Lifeguard Training**2 cr
Prereq: Ability to swim 500 yards continuously using the front crawl with rhythmic breathing. Freq: Spring.
 To teach lifeguard skills and knowledge needed to prevent and respond to aquatic emergencies. Upon successful completion American Red Cross certifications will be issued.
- 233 Water Safety Instructor**2 cr
Prereq: Swimmer level skills, current emergency water safety or current lifeguard training certification. Freq: Occasionally.
 Students completing this course will be eligible to teach progressive swimming courses and four other certifying courses. Meets American Red Cross Standards. One-hour lecture, two-hour lab.
- 240 Ballet**.....2 cr
Prereq: None. Freq: Fall, Spring.
 Ballet offers the student the opportunity to get in shape and achieve positive personal goals through the study of classical ballet technique, terminology and style.
- 242 Jazz Dance**.....2cr
Prereq: None. Freq: Fall, Spring.
 Jazz Dance offers the opportunity to get in shape and achieve positive personal goals through the study of jazz dance, terminology and styles of dancing.

251-266 COACHING THEORY

- 251 Baseball**.....2 cr
Prereq: HPEA 115 or consent of instructor. Freq: Alternate Falls.
 A study of the techniques necessary to organize, administer, and teach above activity for interscholastic competition. All courses coeducational. Two-hour lecture.
- 252 Basketball**.....2 cr
Prereq: HPEA117 or consent of instructor. Freq: Spring.
 A study of the techniques necessary to organize, administer, and teach above activity for interscholastic competition. All courses coeducational. Two-hour lecture.
- 259 Soccer**.....2 cr
Prereq: HPEA180 or consent of instructor. Freq: Alternate Springs.
 A study of the techniques necessary to organize, administer, and teach above activity for interscholastic competition. All courses coeducational. Two-hour lecture.
- 260 Softball**.....2 cr
Prereq: HPEA 182 or consent of instructor. Freq: Alternate Falls.
 A study of the techniques necessary to organize, administer, and teach above activity for interscholastic competition. All courses coeducational. Two-hour lecture.
- 264 Track and Field**2 cr
Prereq: HPEA192 or consent of instructor. Freq: Alternate Springs.
 A study of the techniques necessary to organize, administer, and teach above activity for interscholastic competition. All courses coeducational. Two-hour lecture.
- 265 Wrestling**.....2 cr
Prereq: HPEA 198 or consent of instructor. Freq: Alternate Springs.
 A study of the techniques necessary to organize, administer, and teach above activity for interscholastic competition. All courses coeducational. Two-hour lecture.

- 266 Volleyball**2 cr
Prereq: HPEA 194 or consent of instructor. Freq: Alternate Falls.
 A study of the techniques necessary to organize, administer, and teach above activity for interscholastic competition. All courses coeducational. Two-hour lecture.
- 268 Officiating Team and Dual Sports**2 cr
Prereq: None. Freq: Occasionally.
 Rule interpretations and techniques of officiating; practice in actual officiating required. Graduates are eligible for certification by the WIAA as an official and by the intramural board for university officiating.
- 270 Lifetime Wellness**2 cr
Prereq: Concurrent registration in HPEA 271.
Freq: Fall, Spring, Summer.
 Provide the necessary knowledge and skills to develop a personal fitness/wellness program and to achieve greater life-long health and wellness.
- 271 Lifetime Wellness Lab**1 cr
Prereq: Concurrent registration in HPEA 270.
Freq: Fall, Spring, Summer.
 Learn and develop a personal fitness program using individually selected lab techniques to measure and evaluate personal fitness parameters.
- 283 Orientation to Coaching**3 cr
Prereq: None. Freq: Spring.
 Designed to introduce the student to the general techniques and responsibilities necessary for success in athletic coaching.
- 290 Special Topics in Physical Education**1-4 cr
Prereq: None. Freq: Occasionally.
 Selected topics in physical education will be examined.
- 291 Wrestling Officiating Certification**2 cr
Prereq: None. Freq: Occasionally.
 Rule interpretations and technique of officiating. Practical experience in officiating is required. The final examination will certify the students for WIAA certification.
- 292 Basketball Officiating Certification**2 cr
Prereq: None. Freq: Occasionally.
 Prepare students who aspire to coach and/or officiate basketball games at the elementary, middle, and secondary levels in the greater UW-Parkside community.
- 300 Legal Issues in Sport and Fitness Management**3 cr
Prereq: Junior/senior status. Freq: Fall, Spring.
 A presentation of the basic legal system, terminology and principles as applied to sport and fitness management. Emphasis is placed on identifying and analyzing legal issues, the ramifications of those issues, and the means of limiting liability of sport and fitness organizations.
- 301 Training Patterns**2 cr
Prereq: None. Freq: Spring.
 Fundamental principles of conditioning, including marathon, Fartlek, interval, repetition, speed and weight training. Two-hour lab.
- 305 The Economics of Sports**3 cr
Prereq: Intro course in economics or consent of instructor.
Freq: Fall (odd years).
 Economic issues in professional sports: labor relations, player salaries, ticket prices, franchise values, competitive balance, stadium financing, and market structure. (Cross-listed as ECON 305.)
- 321 Women's Health Issues**3 cr.
Prereq: Junior/senior status. Freq: Spring (even years).
 This course will provide a comprehensive overview of critical, contemporary women's health topics and a framework for informed personal and social health decision-making. Topics include: Women's health, overview of definitions; health status and implications; nutrition and fitness; sexuality and reproductive health; violence in women's lives; health of women across the life span; chronic diseases; and substance use/abuse issues.
- 322 First Aid and Emergency Response**3 cr
Prereq: None. Freq: Fall, Spring.
 Provide knowledge and skills necessary to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until help arrives. American Red Cross certified in adult CPR and first aid.
- 324 Games, Play and Physical Education PK-3**3 cr
Prereq: TEDU 215, 301; admission to Teacher Education.
Freq: Summer.
 Contributions of play, games and physical education to development in early childhood; curriculum, methods, and materials that maximize physical, social, personal, motor and cognitive health.
- 330 Sport in Society**3 cr
Prereq: None. Freq: Fall, Spring.
 A survey of the past and present roles sport has played within our society including its impact on our educational system, the media, the family, and economic structures. Areas including heritage, social status, personality and race will be addressed.
- 332 Ethics and Issues in Sport Management**3 cr
Prereq: Junior/senior status. Freq: Spring.
 A study of ethical and behavioral issues as they relate to current issues and problems in sport management including areas of academic athletic counseling, diversity, media, athletes as role models, and ethical dilemmas confronting professionals in sport management.
- 340 Aging and Wellness**3 cr
*Prereq: HPEA *270 and *271; or BIOS *109, or consent of instructor. Freq:*
 The course addresses the health needs of an aging population covering the multifaceted dimensions of wellness and the ensuing effects on the aging process, as well as the biological, psychological, social, and political factors affecting the health of a diverse aging population.

- 345 Prevention and Care of Injuries**3 cr
Prereq: None. Freq: Fall.
 A study of the latest techniques in the prevention of injuries related to fitness, recreation and athletics. Areas covered will focus on injury evaluation and care, including conditioning, taping, wound care, therapeutic modalities, and rehabilitation exercises.
- 348 Health/Physical Education for Elementary/Middle Teachers**3 cr
Prereq: Admission to Teacher Education. Freq: Fall.
 Study and analysis of problems and methods in organization, administration, teaching, and curriculum construction for grades 1-9 in health and physical education. Includes school visitation, gym, lab experience and class project.
- 352 Physical Education Techniques**2 cr
Prereq: None. Freq: Fall, Spring.
 Designed to acquaint the student with various methods of conducting the instructional period in physical education and teaching aids; the underlying principles basic to sound teaching practices; and practical experience as teacher aids to instructional staff. One-hour lecture; two-hour lab.
- 353 Biomechanics**3 cr
Prereq: BIOS 105 and 106; MATH 111. Freq: Fall.
 Examines human movement from anatomical and mechanical perspectives. Topics include fundamental biomechanical concepts, terminology, principles, and their application as they relate to sport and exercise.
- 354 Physiology of Exercise**3 cr
Prereq: BIOS 105, 106, MATH 111. Freq: Spring.
 A study of the physiological changes of the human body, during and after exercise, and their implications to human performance.
- 355 Physiology of Exercise Lab**1 cr
Prereq: HPEA 354 or concurrent enrollment. Freq: Occasionally.
 Provides students the opportunity to apply fundamental techniques of physiology of exercise.
- 358 Sport and Fitness Psychology**3 cr
Prereq: None. Freq: Fall.
 Course integrates theory and application of psychological dynamics impacting exercise and sport participants. Covers areas such as personality, motivation, program adherence and retention for individuals and teams/groups.
- 365 Personal, School, and Community Health**2 cr
Prereq: None. Freq: Occasionally.
 An introductory course concerned with problem issues in health and hygiene. Problems involving pollution, drugs, nutrition, disease, sanitation, and personal safety. Two-hour lecture.
- 380 Facility Development and Management**3 cr
Prereq: Junior/Senior status. Freq: Fall.
 A study of the planning, development, and management of sport and fitness facilities including financial planning, architectural design, function, budget, and personnel management.
- 390 Special Topics**1-4 cr
Prereq: None. Freq: Occasionally.
 Selected topics in Sport and Fitness Management.
- 400 Advanced Legal Issues in Sport Management**3 cr
Prereq: HPEA 300. Freq: Spring
 An in-depth study of the relationship between sport management and the law. Topics to be covered include labor law, antitrust law, contract law, collective bargaining, amateur athletics, constitutional law and tort liability.
- 410 Fitness Assessment and Prescription**3 cr
Prereq: HPEA 353, 354, or consent of instructor. Freq: Fall
 Provides the knowledge and skills to assess, analyze, and prescribe appropriate fitness and health behavior programs for diverse population.
- 420 Sport Business and Finance**2 cr.
Prereq: Junior/senior status. Freq: Spring.
 A study of theory and applications in the fundamental business practices as applied to sport management. Topics covered include revenue sources, budget development, ownership, taxation, financial analysis and economic impact studies.
- 430 Fitness Program Management**3 cr
Prereq: HPEA 353, 354, 410 or consent of instructor. Freq: Spring.
 Utilizes theoretical considerations and practical applications for planning, developing and managing health and fitness organizations. Includes the management of personnel, the facility, marketing, and programming.
- 445 Recognition and Advanced Treatment of Athletic Injuries**3 cr
Prereq: HPEA 345 or consent of instructor. Freq: Alternate Springs.
 Advanced study of the latest modalities in recognition and treatment of athletic injuries in the training room and on the playing field.
- 450 Sport and Fitness Marketing**3 cr
Prereq: HPEA 210, Junior/senior status. Freq: Fall.
 A study of basic marketing concepts with applications to sport and fitness organizations. Topics include promotions and public relations, sponsorship, endorsements, consumer demographics, consumer behavior and market research. Included is the development of a detailed marketing plan for a sport or fitness enterprise.
- 490 Special Topics**1-3 cr
Prereq: None. Freq: Fall, Spring, Summer.
 Selected topics in physical education will be examined.
- 491 Varsity Sports Field Experience**1 cr
Prereq: Open to all students by tryout; consent of instructor. Freq: Fall, Spring.
 Advanced training in techniques through participation in the varsity athletic program for both men and women. A maximum of four credits may be applied to the graduation requirement.
- 494 Internship**1-3 cr
Prereq: Consent of instructor. Freq: Fall, Spring, Summer.
 Practical application of the methods and techniques in various sport and fitness fields. Under guidance of a supervising instructor. May be repeated for a maximum of 6 credits.

495 Fieldwork in Sport Management1-12 cr

Prereq: Completion of SFMT major course work with minimum major GPA of 2.50. Freq: Fall, Spring, Summer.

A supervised field-based experience to provide applicable experience in the conditions, practices, and environmental settings where aspired vocational roles are conducted. Placement and approval by sports and fitness management training coordinator/department chair.

496 Directed Studies.....1-3 cr

Prereq: Consent of instructor. Freq: Occasionally.

Directed independent work under the guidance of the supervising professor. May be repeated for credit.

498 Fieldwork in Fitness Management1-12 cr

Prereq: Completion of SFMT major course work with minimum major GPA of 2.50. Freq: Fall, Spring, Summer.

A supervised field-based experience to provide applicable experience in the conditions, practices, and environmental settings where aspired vocational roles are conducted. Placement and approval by SFMT coordinator/department chair.

499 Independent Study1-3 cr

Prereq: Consent of instructor and department chair.

Freq: Fall, Spring.

Independent work in specific areas under faculty supervision.