

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, RECREATION, AND COACHING

General Education

General Education requirements include a personal health and fitness course for all University students. Additional opportunities exist for the study of health-related physical fitness and/or participation in team, individual, and high risk adventure sports as leisure-time activities at a beginning or intermediate level. Courses offered are available to all students and promote a knowledge of sports and activities which stress the importance of the benefits derived from regular participation in physical activity.

Physical Education Major

Physical Education Major programs provide opportunities supporting both licensure to teach in the public schools and preparation for careers in health, physical education, recreation and coaching. There are two physical education major programs: (1) a 54-unit Licensure major that includes coursework leading to an EC-A Physical Education public school license, and (2) a 35-unit Health, Human Performance and Recreation major, requiring an approved minor, that leads to careers in health promotion, human performance, exercise science, recreation and leisure services.

Major/Emphases

Writing Proficiency Requirement: Students are required to successfully write on a selected topic. This will occur within PEPROF 165. Those who do not pass within PEPROF 165 and transfer students must contact the Department Chairperson for information on alternate examination dates, times, and procedures.

Majors in Health, Physical Education, Recreation, and Coaching

- Physical Education - EC-A License Emphasis BSE (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/physical-education-licensure-emphasis-bse>)
- Physical Education - Health, Human Performance and Recreation Emphasis BSE (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/physical-education-health-human-performance-and-recreation-emphasis-bse>)

Health, Physical Education, Recreation and Coaching Minors

- Athletics Coaching Education (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/athletics-coaching-education>)
- Health (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/health-education>)

- Health Promotion (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/health-promotion>)
- Recreation and Leisure Studies Education (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/recreation-leisure-studies-minor-education>)
- Recreation and Leisure Studies Letters and Sciences (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/recreation-leisure-studies-letters-science-minor>)
- Sport Management (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/sport-management>)
- Strength and Conditioning (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/strength-and-conditioning>)

Certificates in Health, Physical Education, Recreation and Coaching

- Adapted Physical Education (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/adapted-physical-education-certificate>)
- Health Education (<http://uww-public.courseleaf.com/undergraduate/education-professional-studies/health-physical-education-recreation-coaching/health-education-certificate>)

Coaching Courses

COACHING 240 INTRODUCTION TO COACHING 2 Units

A course designed to introduce undergraduate students to the profession of coaching. The nature of the profession, qualifications, skills and issues relative to the profession will be explored.

COACHING 250 APPLICATION OF MECHANICAL PRINCIPLES TO COACHING 2 Units

This course is designed as an introductory course to the fundamentals of movement.

PREREQ: PEPROF 271 OR BIOLOGY 120

COACHING 252 SPORTS PEDAGOGY: TEACHING AND COACHING SPORTS SKILLS 3 Units

This course introduces the student to motor learning/motor development, teaching styles, understanding and writing of teaching/coaching objectives, and the planning, teaching and organization of sports skills. It will also involve the student in a teaching practicum.

COACHING 255 CONDITIONING FOR INTERSCHOLASTIC SPORTS 2 Units

This course is designed to give the student the knowledge needed to develop an agility, endurance, and strength program for all sports.

PREREQ: COACHING 250

COACHING 256 PSYCHO-SOCIAL ASPECTS OF COACHING 2 Units

A study of the social and psychological factors that impact athletic performance. Theoretical and applied perspectives will be explored from a coaching framework.

COACHING 260 HISTORY AND SOCIAL ASPECTS OF ATHLETICS 3 Units

This course is designed to deal with the historical and sociological aspects of athletics as they pertain to every day living. Emphasis will be directed toward the social aspects and historical implications. Areas to be covered include those of socio-economic relationships, building athletics into an American heritage, industrial revolution, athletics and the school, and the future of athletics in our society.

COACHING 265 COACHING OF COMMUNITY SPONSORED SPORTS 3 Units

Designed for men and women who wish to take part in the coaching of community sponsored sports. The role of community sponsored sports in the total picture of a young person's development, the organization and administration, and the actual coaching of community sponsored sports will be covered.

COACHING 341 ADVANCED TOPICS IN STRENGTH AND CONDITIONING 3 Units

This course presents advanced strength training and conditioning theory and practice. Designed primarily for students' specializing in strength and conditioning, the course explores advanced periodization models and their utilization, mastery and analysis of Olympic lifts, plyometric programming, ergogenic aids (identification, legal implications, nutritional alternatives,) facility design, and special population needs.

PREREQ: COACHING 255

COACHING 342 PRINCIPLES OF OLYMPIC WEIGHTLIFTING 3 Units

This course introduces students to the fundamentals of Olympic weightlifting technique and program design. Designed primarily of students' specializing in strength and conditioning, the course explores the theoretical underpinnings of the Olympic weightlifting movements and its uses in athletic preparation and general fitness.

PREREQ: COACHING 255

COACHING 350 COACHING OF FOOTBALL 2 Units

An in-depth study of the game of football, and the coaching techniques that lead to a successful program. Special emphasis in the areas of building offenses and defenses, with a good hard look at related areas.

COACHING 351 COACHING OF BASKETBALL 2 Units

This course is designed for those men and women who wish to become basketball coaches. The administration, organization, and management principles, as well as rules, techniques of individual and team play, strategy, psychology, and problems of coaching are pursued through lectures, discussions, practices, and demonstrations.

COACHING 352 COACHING OF BASEBALL 2 Units

Primarily designed for men and women who wish to become baseball/softball coaches. The organization, psychology, coaching techniques, team selection techniques, training program and fundamentals skills will be covered by lecture and demonstrations.

COACHING 353 COACHING OF TRACK AND FIELD/CROSS COUNTRY 3 Units

Primarily designed for men and women who wish to become track and field /cross country coaches. The organization, motivation, coaching techniques and training programs for each event /sport will be covered by lecture and demonstration.

COACHING 354 COACHING OF SWIMMING 2 Units

To provide candidates with the skills and knowledge necessary to coach a swimming team. All aspects of coaching philosophy, techniques, training, stroke analysis, organization, and management will be covered by lecture, demonstration, observation, and participation. Prereq: Ability to swim at the intermediate level.

PREREQ: ABILITY SWIM AT THE INTERMEDIATE LEVEL

COACHING 356 COACHING OF WRESTLING 2 Units

This course is designed to provide the knowledge and skills essential to the coaching of competitive wrestling.

COACHING 359 COACHING OF VOLLEYBALL 2 Units

Primarily designed for men and women who seek advanced volleyball knowledge or wish to coach volleyball. Includes skill analysis, offensive and defensive strategy, plays, sociology and psychology of sport, organization, training, scouting and rules.

COACHING 360 COACHING OF SOCCER 2 Units

This course is designed to provide the knowledge and skills essential to the coaching of competitive soccer.

COACHING 361 COACHING OF SOFTBALL 2 Units

This course will focus on building an understanding of the components necessary for successful coaching in the game of softball. Included will be the administration, development, implementation and evaluation of a softball program. Priority will be placed on actual coaching techniques and strategies. The course will examine the relationship of the coach to the athlete, the team and the community emphasizing the potential benefits to all those involved.

COACHING 460 ORGANIZATION AND ADMINISTRATION OF INTERSCHOLASTIC ATHLETICS 2 Units

This course is designed for those individuals who wish to become athletic coaches or administrators. The organization and administration of an athletic program will be covered.

PREREQ: COACHING 240, COACHING 250, COACHING 255, COACHING 256, COACHING 461 AND 2 CREDITS IN COACHING 350-COACHING 361

COACHING 461 PREVENTION AND CARE OF ATHLETIC INJURIES 2 Units

This course is designed to give the student the knowledge needed to develop agility, endurance, and strength programs for all sports.

PREREQ: COACHING 250

COACHING 463 CHILDREN AND SPORTS 3 Units

Explore the historical perspective and the present controversy surrounding the involvement of children in competitive sport. Future directions for competitive sport for children will be a major focus.

COACHING 464 MANAGING ATHLETIC PRACTICE SESSIONS 2 Units

Explore the historical perspective and the present controversy surrounding the involvement of children in competitive sport. Future directions for competitive sport for children will be a major focus.

PREREQ: PSYCH 211 OR EQUIV AND CONSENT OF INSTRUCTOR

COACHING 470 PRACTICUM IN ATHLETIC TRAINING Repeatable 1-4 Units

A course designed to give the prospective student trainer actual experience in the training room, working with athletes.

PREREQ: COACHING 461 AND PEPFOP 271 AND PEPFOP 281

COACHING 480 LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES 3 Units

This course will examine the complexities of sport and recreation litigation, primarily focused on educational institutions. Students will use this knowledge to aid their professional growth in the fields of sport and recreation activity. Topics such as risk management, contracts, liability, and policy development will provide a better understanding of the law with respect to challenges encountered by sport and recreation professionals.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR
CROSS-LISTED: COACHING 480 AND RECREATN 480

COACHING 490 WORKSHOP IN INTERCOLLEGIATE OR INTERSCHOLASTIC ATHLETICS Repeatable 1-6 Units

Variable topics. Group activity oriented presentations emphasizing "hands on" and participatory instructional techniques. Repeatable for a maximum of 6 credits in major.

PREREQ: CONSENT OF ADVISOR OR DEPARTMENT CHAIR

COACHING 492 FIELD STUDY IN COACHING 2-3 Units

Field study in coaching provides undergraduate students with a supervised capstone experience in coaching. Students will be placed with department approved university/public/private/community teams/programs to obtain practical experience in the sport(s) of their choice. The site selection will be consistent with the professional objectives selected by the student.

COACHING 496 SPECIAL STUDIES Repeatable 1-4 Units

Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings.

COACHING 497 EXCHANGE STUDY Repeatable 1-12 Units

Variable topics.

COACHING 498 INDEPENDENT STUDY Repeatable 1-4 Units

Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum of 4 credits in major.

Health Education Courses**HEALTHED 181 CONTEMPORARY HEALTH 2 Units**

An investigation of health areas and behaviors as they relate to the college student.

PREREQ: PEGNRL 192 PERSONAL HEALTH AND FITNESS

HEALTHED 240 LIFE SYSTEMS 3 Units

In this course, the predominant life systems of the human body are studied along with influences of lifestyles and environmental conditions to explore the linkages to chronic diseases and injuries. Class discussions incorporate modern health promotion strategies, including client/patient involvement, behavior change, and long-term lifestyle management.

PREREQ: SOPHOMORE STANDING

HEALTHED 250 INTRODUCTION TO HEALTH EDUCATION 3 Units

An investigation of selected health behaviors as they relate to oneself, the community, and the world-at-large.

PREREQ: PEGNRL 192 PERSONAL HEALTH AND FITNESS

HEALTHED 280 INTRODUCTION TO QUALITY OF LIFE AND HEALTH PROMOTION 3 Units

This course is the designated gateway course required for students who choose to minor in health promotion and should be taken within the first 6 units of declaring a health promotion minor. It serves as an introduction to knowledge, research, and application of skills necessary for promoting health.

HEALTHED 335 EXERCISE AND HEALTH 3 Units

This is a course designed to introduce how exercise relates to an individual's health, specifically cardiovascular endurance, relaxation and nutrition. It will include background information regarding holistic health, exercise prescription, nutrition and relaxation, and the role of exercise in illness and injury prevention will be explored.

HEALTHED 340 SECONDARY HEALTH EDUCATION 3 Units

An introduction to various health belief models and philosophies with particular emphasis on health education content at the secondary level.

HEALTHED 341 YOGA/STRESS REDUCTION 2 Units

A course designed to help students and professionals learn to effectively handle stress through specific Yoga training and mind/body connections.

PREREQ: JUNIOR/SENIOR STATUS

HEALTHED 344 PREK-12 SEXUALITY EDUCATION 3 Units

This course will explore current practices associated with teaching sexuality education to preK-12 students. This pedagogy class will explore various sexuality education paradigms as well as address the complexities of teaching this area of study, with the goal of increasing the competency and comfort level of future teachers.

HEALTHED 360 CURRENT TOPICS IN HEALTH AND WELLNESS 3 Units

The course examines, interprets, and evaluates wellness as it relates to current topics in health, disease prevention, health promotion, and health education. Topics included are cardiovascular health, alcohol and other drugs, nutrition concepts, health hazards, tobacco, and topics related to public health such as physical activity and behavior changes.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

HEALTHED 362 STRESS MANAGEMENT 3 Units

The course explains what stress is, its various causes, and its effects. It helps develop a personal "Stress Profile" which enables the participants to pinpoint the specific sources and manifestations of stress and tension. The course shows how to combine biofeedback, relaxation techniques, exercise, diet, and other skills into an individualized "Stress Management System" that will help individuals feel healthier and cope better with daily pressure.

PREREQ: SOPHOMORE/JUNIOR/SENIOR STATUS

HEALTHED 382 ELEMENTARY HEALTH EDUCATION 2 Units

Teaching and learning experiences in selected content areas of health education. Designed for the elementary teacher.

PREREQ: RESTRICTED TO STUDENTS WITH PROFESSIONAL ED ADMISSION

HEALTHED 440 ADVANCED STRESS MANAGEMENT 3 Units

The class emphasis is on 1) facilitating stress management in others, 2) coping with "deep" stress such as trauma and low self-esteem, and 3) alternative avenues for coping such as Tai Chi, yoga, art therapy, and meditation. This course is appropriate for anyone in the helping professions.

PREREQ: HEALTHED 362/HEALTHED 562 OR SOCWORK 303 OR CONSENT OF INSTRUCTOR

HEALTHED 445 TEACHING HEALTH EDUCATION 3 Units

A study of philosophy, trends and teaching-learning strategies. Emphasis will be placed on developing and utilizing models and strategies in health education.

PREREQ: HEALTHED 340

HEALTHED 470 HEALTH BEHAVIOR THEORY 3 Units

This course offers opportunities to gain the skills necessary for helping others with health behavior changes, while creating healthier environments in the home, workplace and community. Health behavior theories are critically analyzed and applied to health promotion scenarios.

PREREQ: HEALTHED 280

HEALTHED 471 RESEARCH IN HEALTH AND PHYSICAL ACTIVITY 3 Units

The content of this course is from a psychophysiological perspective. Emphasis will be placed on research involving the effects of physical activity on psychological states and traits as well as how affect influences performance. Topic will include research design, motivation and adherence, attention, arousal, overtraining, behavior change, personality dynamics, and mental health.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

HEALTHED 475 HEALTH PROMOTION PROGRAMMING 3 Units

This course will emphasize strategic planning to promote health and will apply the concepts of needs assessment, planning, implementation, and evaluation for health promotion programs.

PREREQ: JUNIOR OR SENIOR STATUS

HEALTHED 480 HEALTH PROMOTION MANAGEMENT 3 Units

Theoretical considerations and practical applications of management, operations and programs for health promotion organizations. Begins with the planning, design, financing and construction of health promotion facilities. Includes the hiring and organization of staff members, the development and marketing of special programs and the administration and finance of health promotion organizations.

HEALTHED 490 WORKSHOP IN HEALTH *Repeatable* 1-6 Units

Variable topics. Group activity oriented presentations emphasizing 'hands on' and participatory instructional techniques. Repeatable for a maximum of 6 credits in major/degree.

HEALTHED 492 FIELD STUDY: HEALTH *Repeatable* 1-12 Units

Studies designed to increase the student's understanding of specific areas of health through involvement in off-campus experiences such as elementary or secondary schools, health volunteer agencies, or health maintenance organizations under the direction of department instructors. Repeatable.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

HEALTHED 493 INTERNSHIP *Repeatable* 6-12 Units**HEALTHED 494 SEMINAR 1-3 Units**

Variable topics. Group activity. An advanced course of study in a defined subject matter area emphasizing a small group in intense study with a faculty member. Repeatable

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

HEALTHED 496 SPECIAL STUDIES *Repeatable* 1-3 Units

Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings. Repeatable.

HEALTHED 497 EXCHANGE STUDY *Repeatable* 1-12 Units

Variable topics.

HEALTHED 498 INDEPENDENT STUDY *Repeatable* 1-3 Units

Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum of 3 credits in major/degree.

PREREQ: HEALTH MINOR AND 2.75 GPA OR CONSENT OF DEPARTMENT

Physical Education Field Courses**PEFIELD 411 DIRECTED TEACHING PHYSICAL EDUCATION-ELEMENTARY SCHOOL 1-12 Units**

Directed Teaching - Physical Education - Elementary

PREREQ: PEPFOL 330, PEPFOL 340, PEPFOL 380, PEPFOL 400, PEPFOL 492, S/NC, AND SUCCESSFUL COMPLETION OF ALL COURSES IN MAJOR

PEFIELD 414 DIRECTED TEACHING PHYSICAL EDUCATION-SECONDARY 1-12 Units

Directed Teaching - Physical Education - Secondary

PREREQ: PEPFOL 330, PEPFOL 340, PEPFOL 380, PEPFOL 400, PEPFOL 492, S/NC, AND SUCCESSFUL COMPLETION OF ALL COURSES IN MAJOR

Physical Education General Courses**PEGNRL 100 CREDIT FOR VETERANS WITH SIX MONTHS ACTIVE SERVICE 1 Units**

CREDIT FOR VETERANS WITH SIX MONTHS ACTIVE SERVICE

PEGNRL 103 BEGINNING ARCHERY 0.5 Units

An activity course designed to teach the student the fundamental techniques of archery for use as a leisure-time activity.

PEGNRL 104 BEGINNING BADMINTON 0.5 Units

An activity course designed to teach the student the basic skills, knowledges, strategies, and understandings of badminton.

PEGNRL 108 BEGINNING BOWLING 0.5 Units

An activity course designed to develop or improve the fundamental skills of bowling so that bowling can be utilized now, and later in life, as a recreational activity.

PEGNRL 109 INTERMEDIATE BOWLING 0.5 Units

A course designed to develop the bowler on the intermediate skill level through intermediate and advanced techniques.

PEGNRL 114 BEGINNING RACQUETBALL 0.5 Units

This activity course is designed to teach the fundamental skills of racquetball. Students will develop a basic understanding of the skills, rules, history, and strategies needed to play racquetball

PEGNRL 117 INTRODUCTION TO MOUNTAIN BIKING (GP) 1 Units

This is a beginning level, weekend only, introduction into the sport of mountain biking. The majority of the class will meet at the Kettle Moraine State Park for instruction and activity. A course fee of \$20.00 for State Park Permit. Additional course fee of \$85.00 for mountain bike rental if needed.

PEGNRL 118 BASIC MILITARY RAPPELLING 1 Units

Students will learn and demonstrate basic rappel techniques and safety in the classroom while demonstrating the skills developed on a vertical wall rappel. Skills will include knot tying, Swiss rappel seat construction, belay procedures and Swiss rappelling.

CROSS-LISTED: PEGNRL 118 AND LDRSHP 118

PEGNRL 120 BEGINNING GOLF 0.5 Units

To learn the basic skills, rules, and etiquette of golf for use as a leisure-time activity.

PEGNRL 121 INTERMEDIATE GOLF 0.5 Units

An activity course designed to give the student the opportunity to develop and utilize intermediate skills in golf. Students will practice their skills in an actual nine-hole course setting.

PEGNRL 135 BICYCLING 1 Units

This bicycling course is designed for both the beginner to the intermediate rider. A variety of topics will be included: safety, proper size and riding technique, equipment, repairs & amaintenance, basic physiological benefits, cycle touring and route development. Trips will be on low traveled roads and bike paths. Bikes and helmets are available.

PEGNRL 141 BEGINNING YOGA 0.5 Units

An activity course which introduces the techniques of performing basic asanas (exercises) and purposeful breathing. Extra emphasis is given to toning the body, using deep muscle isometrics, and concentration in relaxation and better mental attitudes.

PEGNRL 142 INTERMEDIATE YOGA 0.5 Units

An activity course designed which expands on the techniques of performing intermediate asanas and new methods for breathing, massage, and imagery. Special emphasis is given to limbering the body while using deep muscle isometrics, imagery in everyday life, stress reduction, and nutrition designed to improve lifelong health.

PEGNRL 150 BEGINNING SWIMMING (ARC LEVELS III-IV) 0.5 Units

An activity class designed to help the student develop proficiency in the front crawl, back crawl, elementary backstroke, and treading water. The breaststroke and sidestroke are introduced.

PEGNRL 151 INTERMEDIATE SWIMMING (ARC LEVEL V-VI) 0.5 Units

An activity course designed to polish the students front crawl and back crawl, as well as develop proficiency in the breaststroke and sidestroke. The butterfly, approach stroke, turns, and surface dives are introduced. PREREQ: ARC LEVEL IV OR ITS EQUIVALENT

PEGNRL 158 BEGINNING SKIN AND SCUBA DIVING 1 Units

An activity course emphasizing basic skin and scuba diving knowledges, skills, safety precautions, and recreational benefits through 22 hours of classroom and practical work. Successful completion of the course qualifies students for check-out dives and final scuba diver certification. The course is taught under the auspices of the Professional Association of Diving Instructors (PADI).

PEGNRL 159 BEGINNING CANOEING 1 Units

An activity course designed to develop techniques and safety skills necessary for river and lake canoeing. Students will be responsible for the cost of transportation.

PEGNRL 160 BEGINNING TENNIS 0.5 Units

An activity course instructing students in the basic fundamentals of tennis. The course consists of learning and practicing six basic strokes. An attempt is made to develop an appreciation and love for the game so the student will participate in the activity after college.

PEGNRL 167 BEGINNING WEIGHT TRAINING 0.5 Units

A course designed to develop a basic understanding of the use of weights as fundamental techniques and skills and to help the individual set up and understand a good program of training.

PEGNRL 170 BEGINNING SELF DEFENSE 0.5 Units

An activity course designed to increase personal fitness, to develop skills in the defense of one's self, and to develop skills to identify crime situations and how to handle them.

PEGNRL 175 BEGINNING TAE KWON DO: KARATE 0.5 Units

An activity course designed to teach the fundamental physical and mental skills of Tae Kwon Do, a Korean style of karate. The course will cover basic blocks, kicks, strikes, and forms, as well as proper breathing techniques and the theory of power. Emphasis will be placed on how karate can be used for self-defense.

PEGNRL 176 INTERMEDIATE TAE KWON DO: KARATE 0.5 Units

An activity course designed to teach the intermediate physical and mental skills of Tae Kwon Do, a Korean martial art. The course will review skills learned in Beginning Tae Kwon Do. Emphasis will be placed on forms and self-defense techniques. COREQ: PEGNRL 175

PEGNRL 177 INTRODUCTION TO MARTIAL ARTS WEAPONS 0.5 Units

A course designed to teach beginning martial arts weapon skills. Students will discuss various weapons used in the martial arts and will learn basic skills and techniques in the bo staff and escrima sticks. PREREQ: BEGINNING TAE KWON DO OR CONSENT OF INSTRUCTOR

PEGNRL 178 ADVANCED TAE KWON DO 1 Units

The course is designed to enhance skills learned in the beginning and intermediate classes along with developing more advanced skills. Students will discuss and practice various advanced techniques, skills, strategies and philosophies in martial arts, along with a constant focus on sound structural basics. PREREQ: PEGNRL 175 AND PEGNRL 176

PEGNRL 179 MARTIAL ARTS SPARRING TECHNIQUES *Repeatable* 0.5 Units

Course focuses on techniques, strategies, and skills to improve self-defense and martial arts competition. PREREQ: PEGNRL 175; COREQ: PEGNRL 176

PEGNRL 183 EXERCISEWALKING 0.5 Units

An activity class to teach students a variety of walking styles and training routines. Students develop a program of exercise walking which best fits their lifestyle and physical fitness needs.

PEGNRL 187 MILITARY CONDITIONING *Repeatable* 1 Units

An activity course which is an introductory study for men and women of military calisthenics designed to develop both individual fitness and leadership skills essential to the management of an effective organizational physical fitness program.

PEGNRL 190 SWIM FOR FITNESS 0.5 Units

An activity course helping students utilize their swimming skills to develop and maintain fitness; distance, fartlek, interval techniques, and dry land exercises are taught. Out-of-class activity is recommended.

PEGNRL 192 PERSONAL HEALTH AND FITNESS FOR LIFE 1 Units

An activity course which develops students understanding of the importance of a healthy lifestyle, while experiencing the choices available. Students will develop a basic understanding of creating and/or assessing healthy and safe exercise program(s) relative to their goals and needs.

PEGNRL 193 INTERCOLLEGIATE ATHLETIC PARTICIPATION *Repeatable* 1 Units

PEGNRL 193 is open to all students who are selected to participate on an intercollegiate athletic team at the University of Wisconsin-Whitewater. The student-athlete must participate in the physical activity and lectures pertaining to the preparation of a varsity athletic team for the entire season to receive credit for the class. (May count for degree credits but not credits in a major or minor.)

PEGNRL 490 WORKSHOP *Repeatable* 0.5-3 Units

Variable topics. Group activity oriented presentations emphasizing 'hands on' and participatory instructional techniques.

PEGNRL 497 EXCHANGE STUDY *Repeatable* 0.5-12 Units

Variable topics.

PEGNRL 498 INDEPENDENT STUDY *Repeatable* 0.5-3 Units

Variable topics. Individual activity in an area of special interest for a variable number of units under the sponsorship and guidance of a faculty member.

Physical Education Professional Courses**PEPROF 165 INTRODUCTION TO PHYSICAL EDUCATION 2 Units**

This course is designed for the beginning student considering a career as a professional physical educator with a Physical Education Broadfield K-12 License or a Health, Human Performance, Recreation major. Focus will be on the development of physical education philosophy, career orientation, the history of physical education and sport, and the various sub-disciplines related to the field of physical education.

PEPROF 166 INTRODUCTION TO PHYSICAL EDUCATION TEACHING PROFESSION 3 Units

This course introduces students to the physical education teaching profession who are in pursuit of a Physical Education EC-12 teaching license. The course presents the role physical education plays in the overall development and education of children. Students focus on learning national standards and guidelines related to the physical education profession.

PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR

PEPROF 173 TEACHING TUMBLING AND GYMNASTICS 3 Units

A course designed to teach basic tumbling and gymnastic skills, as well as develop an understanding of mechanical principles required in movement concepts, exploration in and out of balance, skill combinations, creativity and safety. Students develop competence necessary to teach skill progressions, teaching techniques and mechanical skill analysis used in a K-12 physical education settings, including "hands on" teaching experiences.

PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR

PEPROF 201 STRUCTURE AND FUNCTION OF THE HUMAN BODY I 4 Units

This course is designed to study the basic anatomy and function of bones, muscles and joints throughout the body. Through lectures and labs, emphasis will be placed on the interrelationships between the structure and function of the body and its application to human movement.

PREREQ: BIOLOGY 120 BIOLOGICAL FOUNDATIONS (GL)

PEPROF 202 STRUCTURE AND FUNCTION OF THE HUMAN BODY II 3 Units

This course is designed to explore the structure, function and ways homeostasis is maintained within the autonomic nervous, cardiovascular, respiratory, immune, digestive, endocrine, renal, and sensory systems. Metabolism and nutrition will also be discussed, and emphasis will be placed on the interrelationships between the structure and function of the body and its application to human movement.

PREREQ: BIOLOGY 120 BIOLOGICAL FOUNDATIONS (GL)

PEPROF 209 INVESTIGATING COMMUNITY PROFESSIONS IN PHYSICAL EDUCATION 1 Units

This course prepare students majoring in Physical Education, who are not pursuing a teaching license, for the required Field Study course.

This course provides resources and instruction for designing a plan for professional development and field study placement. Students will visit potential field study sites, interview professionals and develop a resume. Satisfactory/No Credit grade basis only.

PEPROF 230 TEACHING OF AQUATICS 2 Units

Stroke introduction, refinement and proficiency as outlined in the American Red Cross program; Levels 1-6. Teaching technique and lesson planning emphasis for supporting K-12 school swim programs, including stroke progression, fitness activities, and basic water safety. Deep water level comfort is necessary.

PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS AND INTERMEDIATE SWIM LEVEL CARD (AMERICAN RED CROSS) OR PROFICIENCY OR CONSENT OF INSTRUCTOR

PEPROF 240 STANDARDS-BASED CURRICULUM AND PLANNING 3 Units

This course prepares students to develop, design, and change programs to align with State and National physical education standards. It provides knowledge of curricular models and associated pedagogical practices in standards-based physical education programs. Curricular models are addressed and standards, benchmarks, grade level adaptations, and unit planning by model are covered with an emphasis on using a reflective approach.

PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR

PEPROF 250 MOTOR DEVELOPMENT AND LEARNING 3 Units

This course introduces the theoretical foundations of motor development and motor learning and explores the practical application in the teaching of motor skills in school settings.

PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR

PEPROF 260 ASSESSMENT IN PHYSICAL EDUCATION 3 Units

A study of principles and techniques used to evaluate pupil progress in PE through a survey of available testing instruments and the use of statistics. This course is designed to develop the assessment literacy skills of PETE majors. The ability to collect, analyze, evaluate and present data accurately will be developed. Meaningful ways that assessment links to accountability are presented.

PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR

PEPROF 270 MOTOR CONTROL AND PERFORMANCE 3 Units

This course combines the conceptual process of motor development with the application of theoretical models to human performance. Class lecture sessions explore how sensory information is processed to produce motor outputs, factors that influence motor accuracy, and factors that influence how motor skills are learned. Laboratory sessions apply these principles to structure effective practice routines that facilitate motor performance development.

PREREQ: PEPROF 201 AND PEPROF 202

PEPROF 271 STRUCTURE AND FUNCTION OF THE HUMAN BODY 4 Units

Study of the basic structure and function of the human body. Emphasis will be placed on the interrelationships between the systems of the body and their application to human movement.

PREREQ: GENERAL STUDIES LAB SCIENCE OR CONSENT OF INSTRUCTOR

PEPROF 281 FIRST AID AND C.P.R. 2 Units

A study of the human body in relation to accidents and emergency care. A study of the methods of, and the importance of, immediate care of a person who has been injured or has been suddenly taken ill. It includes self-help and home care if medical assistance is not available or is delayed. It includes techniques of cardio-pulmonary resuscitation.

PEPROF 282 NUTRITION FOR HEALTH 3 Units

The course helps students plan, evaluate, and analyze dietary intake based on sound nutritional guidelines, principles, and knowledge for the purpose of health enhancement, improved mental and physical performance, and decreasing risk of disease.

PREREQ: SOPHOMORE STATUS

PEPROF 291 LIFEGUARDING (GP) 3 Units

This course leads to a three-year certification as an American Red Cross Lifeguard, a Waterfront Lifeguard and a Head Lifeguard as well as certification in First Aid and Cardiopulmonary Resuscitation for the Professional Rescuer.

PEPROF 302 BIOMECHANICS OF SPORT AND EXERCISE 3 Units

This course is designed to explore human movement through structural, functional and mechanical analysis. Through lectures and labs, emphasis will be placed on methods of analyzing human movement and the application of movement mechanics to exercise and sport performance.

PREREQ: PEPROF 201 AND PEPROF 202

PEPROF 311 EXERCISE PSYCHOLOGY 3 Units

This course provides an introduction to selected topics in exercise psychology including exercise and personality traits, group dynamics, environmental correlates, and theoretical models of exercise. The course content is designed to provide students with an overview and understanding of theoretical foundations of exercise psychology, research associated with exercise psychology, and the implications of exercise psychology research on practitioners.

PREREQ: PEPROF 201 AND PEPROF 202

PEPROF 315 PERSONAL TRAINER PROFESSIONAL PREPARATION 3 Units

This course is designed to provide theoretical knowledge and practical skills in personal training. Topics include guidelines for instructing safe, effective/purposeful exercise, essentials of client-trainer relationship, conducting health and fitness assessments, and designing/implementing appropriate exercise programming. This course will prepare persons to take the ACE National Certification test. Course fee for certification materials required.

PEPROF 327 MOTOR PROGRAMMING FOR EARLY CHILDHOOD 2 Units

This course is designed for those who plan to work with children in any type of pre-school program. Emphasis will be placed on providing ideas for developmental motor activities that will aid children with their 1) physical coordination, 2) emotional reactions to various experiences, 3) social interactions and, 4) mental development.

PREREQ: RESTRICTED TO STUDENTS WITH PROFESSIONAL ED ADMISSION

PEPROF 328 PHYSICAL EDUCATION FOR THE CLASSROOM TEACHER 2 Units

This course is designed for those who plan to work with children middle childhood/early adolescence. Emphasis will be placed on understanding, planning, and teaching a developmentally appropriate and integrative physical activity for children within these ages.

PREREQ: RESTRICTED TO STUDENTS WITH PROFESSIONAL ED ADMISSION

PEPROF 345 TEACHING COOPERATIVE/ADVENTURE EDUCATION 3 Units

This course introduces the model and activities of including cooperative and initiative games and adventure education activities. Students will learn how to implement the games and activities with different ages and varying abilities in elementary and secondary physical education programs.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 355 TEACHING INVASION GAMES 3 Units

This course introduces the theory, history, and teaching of Invasion games. Students will demonstrate concepts of moving an implement into the opposing team's zone and successfully attacking the goal/target area, staying between the offensive player and the goal, attacking and defending a goal, and maintaining possession. Focus will be on offensive and defensive strategies for a variety of games.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 361 PHYSICAL ACTIVITY AND RECREATION FOR SPECIAL POPULATIONS 3 Units

This course introduces concepts of therapeutic recreation practice, including the history of the profession, current trends, and an overview of various disabilities and disorders across the lifespan. Students will have opportunities to develop the skills and abilities necessary to work with persons with disabilities through field-based activities.

PREREQ: JUNIOR STANDING

PEPROF 365 TEACHING FITNESS IN PHYSICAL EDUCATION 3 Units

This course introduces the foundations and components of health-related, skills based, and performance based fitness, as well as appropriate curriculum and equipment for K-12 programming, effective teaching principles, and assessment of physical activity and fitness.

PREREQ: PEPROF 165 OR PEPROF 166

PEPROF 371 KINESIOLOGY 3 Units

The study of mechanical principles which are essential to the analysis of sport techniques as well as the performance of motor skills. The course includes a review of muscle-skeletal anatomy and the thorough study of human movement.

PREREQ: PEPROF 271

PEPROF 391 HEALTH BEHAVIOR DEVELOPMENT & SOCIETY 3 Units

This course provides an introduction to the development, behavioral and social science factors that influence health and disease. Relationships between developmental experiences, behaviors, and societal outcomes are explored, and students become prepared to apply concepts to help support the well-being of individuals and communities.

PREREQ: JUNIOR STANDING

PEPROF 401 TEACHER PERFORMANCE ASSESSMENT 1 Units

Prepares students with the knowledge, understandings and skills to complete teacher performance measures during student teaching. Topics include edTPA handbook and task overviews, understanding rubric-based scoring, lesson plan and unit plan tips for success, academic language, technical skills for collecting and selecting video clips, how to answer commentary prompts, and how to start the teacher performance assessment quickly and effectively.

COREQ: PEFIELD 411 AND 414

PEPROF 407 TEACHING RHYTHMS AND DANCE 3 Units

This course teaches future physical educators how to have children explore movement through music, develop coordination and rhythm, channel energy, stimulate imagination, enhance balance, flexibility and skill. Students will analyze movements used in basic dance steps and dances, develop self-confidence, improve their technique and creative ability. Choreography, fitness, and teaching practices will be explored in educational dance.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 410 STUDENT TEACHING SEMINAR-PHYSICAL EDUCATION 2 Units

This course discusses topics current for the physical education teaching profession, including Educator Effectiveness Model, Professional Development Programs, Student Learning Outcomes, State legislation, and monitors the preparation for edTPA submission and revisions.

COREQ: CONCURRENTLY ENROLLED IN DIRECTED TEACHING PEFIELD 411 AND/OR PEFIELD 414

PEPROF 415 HEALTH APPRAISAL AND EXERCISE TESTING 3 Units

Theoretical considerations and practical applications of health appraisal and exercise testing. Includes the use of written health appraisal instruments, tests of muscular strength, endurance and flexibility, tests of aerobic capacity, pulmonary function testing, electrocardiography and graded exercise testing. Applications for healthy populations, medical populations and special populations.

PREREQ: PEPROF 201 AND PEPROF 202

PEPROF 416 EXERCISE PRESCRIPTION AND LEADERSHIP 3 Units

Theoretical considerations and practical applications of exercise prescription and leadership. Includes risk stratification, prescription techniques, program progression, exercise leadership, health counseling and program administration. Applications for healthy populations, medical populations and special populations.

PREREQ: PEPROF 201, 202, AND 282, OR INSTRUCTOR'S PERMISSION.

PEPROF 417 TEACHING NET/WALL GAMES 3 Units

This course introduces theory and strategies of Net/Wall games. Focus is on the fundamentals of shot placement, covering space, understanding movement, serve and returning an object, rules, and sustaining a rally.

Instruction will be focused on offensive strategies, defensive strategies, and skill progressions for a variety of Net/Wall games

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 427 TEACHING TARGET GAMES 3 Units

This course introduces the theory, strategies, history, and teaching of Target games. Students will understand that a player either throws, slides, shoots, or strikes an object with the goal of having that object land closest too or in a designated target. Instruction will be focused on offensive strategies and defensive strategies for a variety of Target games.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 437 METHODS OF TEACHING PHYSICAL EDUCATION IN ELEMENTARY SCHOOLS 3 Units

This course prepares students to become highly effective physical educators through the practice of planning, implementing and evaluating the teaching-learning process at the elementary school level. The course includes selection and organization of materials and techniques of instruction. There is an emphasis on skill-based and movement education oriented physical education programs for children in 4K to 5th grade.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION. AND WITHIN TWO SEMESTERS OF STUDENT TEACHING COREQ: PEPROF 492 (2 CREDITS)

PEPROF 447 METHODS OF TEACHING PHYSICAL EDUCATION IN SECONDARY SCHOOLS 3 Units

This course introduces developmentally appropriate curriculum, methodologies, and assessment for middle through high school physical education programs. Emphasis is placed on planning and teaching for learning and assessment.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION. AND WITHIN TWO SEMESTERS OF STUDENT TEACHING COREQ: PEPROF 492 (1 CREDITS)

PEPROF 466 LITERACY IN PHYSICAL EDUCATION 3 Units

Literacy in Physical Education prepares teacher candidates to integrate reading, writing, speaking and listening skills into physical activities.

This course provides information and activities that can be used to meaningfully integrate literacy across the K-12 curriculum. Methods of using assessment to enhance literacy and as part of a teacher's reflective cycle are covered.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 471 PHYSIOLOGY OF EXERCISE 3 Units

A comprehensive study of physiological changes which occur during exercise and exercise training. The student receives practical experience in the organization, interpretation and reporting of laboratory experiences relative to class discussion. A study of physiological adaptations of the human body during work and play while under stress, and environmental aspects of exercise and the effect of conditioning on the body.

PREREQ: PEPROF 201, 202, 270, AND MATH 230 OR INSTRUCTOR'S PERMISSION

PEPROF 472 ADVANCED PHYSIOLOGY OF EXERCISE 3 Units

Theoretical considerations and laboratory experiences in physiology of exercise at an advanced level. Includes exercise biochemistry, biochemical analysis, environmental considerations, exercise histochemistry, cardiorespiratory considerations, animal experimentation, electromyography and aids to performance.

PREREQ: PEPROF 471

PEPROF 475 ADAPTED PHYSICAL EDUCATION FOR LICENSURE STUDENTS 3 Units

This course focuses on adapted physical education teaching strategies and service delivery models in PK-12 settings. The etiology and effects of select physical, sensory, intellectual and other developmental disabilities will be addressed. Content emphasizes movement implications and strategies to enhance physical activity behavior and pedagogical methods for integrating students in a variety of age appropriate physical activities.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND WITHIN THREE SEMESTERS OF STUDENT TEACHING

PEPROF 477 ACTIVITIES OF INCLUSION FROM A-Z IN PHYSICAL EDUCATION 3 Units

This course will focus on physical, social/emotional, fitness, recreational, lifetime and cognitive activities ranging from A-Z that may be used in a gymnasium, recreational environment, outdoors, classroom, or any other environment where children may gather for learning and interaction. This course will include activities that are hands-on, innovative, and interactive to promote inclusion in physical education.

PREREQ: ADAPTED PHYSICAL EDUCATION FOR LICENSURE STUDENTS OR PERMISSION OF INSTRUCTOR

PEPROF 481 CAPSTONE: RESEARCH IN THE PERFORMANCE SCIENCES 3 Units

This is the capstone course for the Human Performance major. Students will complete a research project based on a topic from one of the core courses they wish to examine in greater depth. The course will blend research methods content with practical application by bringing students through the research proposal preparation process and mentoring students through the project implementation process.

PREREQ: SENIOR STANDING AND PREFERABLE TO HAVE ALL OTHER HHPR REQUIREMENTS COMPLETED.

PEPROF 490 WORKSHOP IN PHYSICAL EDUCATION *Repeatable* 0.5-6 Units

Variable topics. Group activity oriented presentations emphasizing 'hands on' and participatory instructional techniques. Repeatable for a maximum of 9 credits in major/degree.

PEPROF 491 TRAVEL STUDY *Repeatable* 1-3 Units

Variable topics. Faculty-led courses abroad.

PEPROF 492 FIELD STUDY *Repeatable* 1-12 Units

A course designed to increase the student's understanding of a specific area of recreation through involvement in an off-campus internship at a recognized Physical Education agency or business which is suited to the student's area of interest.

PREREQ: JUNIOR/SENIOR STATUS

PEPROF 493 HEALTH, HUMAN PERFORMANCE & RECREATION INTERNSHIP *Repeatable* 6-12 Units

The internship is a culminating learning experience for students studying in Health, Physical Education, and Recreation. This experience allows students the opportunity to practice the application of theory and apply the knowledge acquired through academic preparation. The internship is an in-depth supervised work and study experience, preferably at the supervisor or mid-management level, where the student has a degree of responsibility for planning, directing and supervising the work of others. A desired result of this course design is to stimulate good judgement and sound decisions while improving problem solving, communication, human development and relation building skills.

PREREQ: PEPROF 209, WITHIN 9 CREDITS OF COMPLETING MAJOR AND MINOR, APPLICATION MATERIALS FILED BY DUE DATES SEMESTER PRIOR TO PLACEMENT, AND CONSENT OF PROGRAM COORDINATOR

PEPROF 494 SEMINAR *Repeatable* 1-3 Units

Variable topics. Group activity. An advanced course of study in a defined subject matter area emphasizing a small group in intense study with a faculty member. Repeatable.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

PEPROF 496 SPECIAL STUDIES *Repeatable* 0.5-3 Units

Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings. Repeatable.

PREREQ: JUNIOR/SENIOR STATUS

PEPROF 497 EXCHANGE STUDY *Repeatable* 0.5-12 Units

Variable Topics

PEPROF 498 INDEPENDENT STUDY *Repeatable* 1-3 Units

Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum of 3 credits in major/degree.

PREREQ: PHY ED MAJORS OR MINORS AND 2.75 GPA OR DEPARTMENT CONSENT

Recreation Courses

RECREATN 232 INTRODUCTION TO RECREATION AND LEISURE 2 Units

An introduction to the field of recreation with class lecture and discussion on the historical, philosophical and theoretical aspects of leisure, recreation and play, as well as an overview of the recreation profession and its potential careers.

RECREATN 233 INTRODUCTION TO SPORT MANAGEMENT 2 Units

This course will introduce students to the history of the sport industry and the role of the sport manager. Students will develop an understanding of potential career outlets in these fields. Students will apply concepts of administration and management of sport to their future professional practice.

RECREATN 320 LEADERSHIP AND FACILITATION OF RECREATIONAL GAMES 3 Units

This course will assist students to develop their knowledge, skills, and abilities as facilitators and leaders of recreational activities. Readings, assignments, and lecture will focus on leadership and facilitation theories and techniques. A variety of recreational activities will be introduced in class.

RECREATN 334 RECREATION PROGRAMMING 3 Units

Students learn processes involved in assessing recreation participants' needs, program development, goal setting, program implementation, and evaluation. Skills are enhanced through group process experiences and on campus programming.

PREREQ: RECREATN 320 OR CONSENT OF INSTRUCTOR DUE TO PREVIOUS RECREATION LEADERSHIP EXPERIENCE (EX. YOUTH RESIDENT CAMP COUNSELOR OR RESIDENT ASSISTANT EXPERIENCE)

RECREATN 360 AGING AND LEISURE 3 Units

Examines conceptualizations of leisure and aging in the leisure and gerontological literature, examines the benefits of exercise for older persons, and the process of developing an exercise program for older persons as well as examining the benefits of other leisure areas such as the arts, education and outdoor recreation.

RECREATN 382 ADVENTURE AND SPORT TOURISM 3 Units

The nature of sport and adventure program areas will be examined in relation to tourism, perhaps the largest segment of the for-profit sector of the recreation profession. This course introduces students to knowledge, skills, and considerations relevant to tourism professionals operating in adventure and sport tourism settings. Participant motivation, global tourist destinations, and management concerns will be considered through readings and case studies.

PREREQ: JUNIOR/SENIOR STATUS

RECREATN 388 SPECIAL EVENTS MANAGEMENT 3 Units

This course examines local, national and international special events from an international perspective. Skills and knowledge required by professionals involved in Event Management (such as conceptualization, project management, staffing, budget operation, marketing plans, sponsorship, facility operation, and risk management) will be addressed through readings, lectures, and assignments.

PREREQ: JUNIOR/SENIOR STATUS

RECREATN 391 OUTDOOR RECREATION LEADERSHIP 3 Units

This course provides the fundamental knowledge, skills, and experience necessary to lead people in outdoor recreational activities. The course includes topics on trip planning, safety procedures, equipment and food logistics, leadership methods and expedition behavior for a variety of outdoor trip activities. The course also includes a 3 day outdoor trip experience.

RECREATN 423 RESEARCH AND EVALUATION IN RECREATION AND LEISURE STUDIES 3 Units

This course places emphasis on research involving recreation and leisure service provision, evaluation of leisure service programs, and research methodology. Topics will include: review of existing literature, research design, data collection, and data analysis.

PREREQ: JUNIOR/SENIOR STATUS

RECREATN 440 COMMERCIAL AND ENTERPRENEURIAL RECREATION 3 Units

Students in this class will explore commercial recreation, entrepreneurialism, and basics of travel and tourism. Topics include an overview of entrepreneurial recreation, economics, marketing and financing commercial recreation endeavors, and exploring various opportunities available in the commercial and private sector.

RECREATN 450 PLANNING, DESIGN, AND MANAGEMENT OF RECREATION FACILITIES 3 Units

This course will introduce management theories and provide practical experience in the design, development, operation, maintenance, and administration of various recreation facilities

RECREATN 480 LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES 3 Units

This course will examine the complexities of sport and recreation litigation, primarily focused on educational institutions. Students will use this knowledge to aid their professional growth in the fields of sport and recreation activity. Topics such as risk management, contracts, liability, and policy development will provide a better understanding of the law with respect to challenges encountered by sport and recreation professionals.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

CROSS-LISTED: COACHING 480 AND RECREATN 480

RECREATN 489 MANAGING RECREATIONAL SPORT PROGRAMS 3 Units

A study of recreational management concepts in the areas of human resources, facility operations, budget development, marketing, public relations, policy development, and program service design.

PREREQ: JUNIOR STANDING OR ENROLLED IN THE RECREATION MINOR OR INSTRUCTOR CONSENT

RECREATN 490 WORKSHOP *Repeatable* 1-3 Units

Variable topics. Group activity oriented presentations emphasizing 'hands on' and participatory instructional techniques. Repeatable for a maximum of 6 credits in major/degree.

RECREATN 491 TRAVEL STUDY *Repeatable* 1-3 Units

Variable topics. Faculty-led courses abroad.

RECREATN 492 FIELD STUDY: RECREATION *Repeatable* 1-12 Units

A course designed to increase the student's understanding of a specific area of recreation through involvement in an off-campus internship at a recognized recreational agency or business which is suited to the student's area of interest. Repeatable for a maximum of 12 credits in major/degree.

PREREQ: JUNIOR/SENIOR STATUS

RECREATN 493 INTERNSHIP *Repeatable* 6-12 Units

RECREATN 494 SEMINAR IN RECREATION/LEISURE STUDIES 1-3 Units

Variable topics. Group activity. An advanced course of study in a defined subject matter area emphasizing a small group in intense study with a faculty member. Repeatable for a maximum of 6 credits in major/degree.

PREREQ: JUNIOR/SENIOR STATUS

RECREATN 496 SPECIAL STUDIES *Repeatable* 1-3 Units

Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings. Repeatable for a maximum of 6 credits in major/degree.

RECREATN 497 EXCHANGE STUDY *Repeatable* 1-12 Units

Variable Topics

RECREATN 498 INDEPENDENT STUDY IN RECREATION *Repeatable* 1-3 Units

Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum 6 credits in major/degree.

PREREQ: REC/LEISR MINOR AND 2.75 GPA OR DEPARTMENT CONSENT