HEALTH AND MOVEMENT SCIENCES

MORIN, GARY E., Professor and Chairperson
AXTELL, ROBERT S., Professor and Graduate Coordinator in Exercise Science
MISASI, SHARON P., Professor and Graduate Coordinator in Exercise Science (certification only)
PANICHAS, PATRICIA, Professor and Graduate Coordinator in Exercise Science (cross endorsement)
EDMONDSON, BONNIE, Associate Professor and Graduate Coordinator in School Health Education
GREGORY, ROBERT, Associate Professor
KEMLER, DAVID S., Professor
LATCHMAN, PETER, Associate Professor
LUNN, WILLIAM., Associate Professor
MARINO, DORIS M., Associate Professor
ROBERTSON, MARC, Associate Professor
ROTHBARD, MATTHEW, Associate Professor
SWARTZ, DANIEL, Professor
YANG, JINJIN, Professor
Exercise Science, M.S. - Human Performance

Exercise Science, M.S. - Sport Psychology

School Health Education, M.S.
EXERCISE SCIENCE, M.S. - HUMAN PERFORMANCE

For further information: ExerciseScienceGrad@southernct.edu

Application Deadline

Complete files will begin to be reviewed on April 1/Nov 1 and considered until the cohort is full.

Admission Requirements for the M.S. Degree Program

• undergraduate quality point ratio of 3.0 or higher
• personal essay
• two letters of recommendation

(admission requirements should be mailed directly to: Southern Connecticut State University Office of Graduate Studies Application Processing Center. PO Box 8057 Portsmouth, NH 03802)

Master of Science Degree

The graduate program in exercise science serves students who have excelled in their undergraduate work and show an aptitude for advanced study which will further prepare them for their professional careers.

The degree options and the areas of specialization allow flexibility to meet the various needs of the applicant.

Human Performance

The Commission on Accreditation of Allied Health Education Programs (CAAHEP) granted Applied Exercise Physiology status in 2017. This concentration is designed to afford the student opportunity for advanced study in the exercise sciences which include: exercise physiology, strength and conditioning, sports medicine, biomechanics, bionutrition of exercise and sport and adult fitness and cardiac rehabilitation. Graduates are prepared to accept leadership roles under the fitness umbrella known as sports medicine. The research/teaching laboratory is equipped to assess anaerobic power cardio-pulmonary fitness, autonomic physiology, body composition, isokinetic, muscle strength, balance and stability, EMG analysis, resting and exercise metabolism, sport psychological assessment, body mechanics and human gait analysis. Thirty credits of course work are offered on an annual, rotating basis. Prerequisites: Equivalent of EXS 281 Anatomy & Physiology I; EXS 282 Anatomy & Physiology II; EXS 383 Biomechanics; EXS 384 Exercise Physiology.
Program Sequence - 30 Credits

As sequencing changes, it is highly recommended that students meet with their program advisor to finalize a list of requirements for graduation.

Prerequisites
EXS 281-281 Anatomy and Physiology I & II – 6 credits
EXS 383 – Biomechanics – 3 credits
EXS 384 – Exercise Physiology – 3 credits

Research Component (6-9 credits)
EXS 554 – Research Techniques – 3 credits
EXS 590 – Thesis Seminar – 3 credits (thesis tack only)
EXS 591 – Thesis Completion – 3 credits (thesis track only)
EXS 600 – Independent Study – 3 credits (comprehensive exam track only)

Core (18 credits)
EXS 552 – Biomechanics – 3 credits
EXS 558 – Physiology of Exercise – 3 credits
EXS 565 – Physiological Basis and Application Principles of Designing Resistance Training Programs – 3 credits
EXS 571 – Methods and Procedures of Physical Fitness Testing – 3 credits
EXS 573 – Sports Medicine – 3 credits
EXS 583 – Physiology of Exercise II – 3 credits

Electives (3-6 credits)
EXS 553 – Psychology of Sport – 3 credits
EXS 570 – Human Fitness, Exercise, and Aging – 3 credits
EXS 574 – Adult Fitness and Cardiac Rehabilitation – 3 credits
EXS 576 – Heart Physiology – 3 credits

Additional Requirement
Thesis
Or
Comprehensive Examination
EXERCISE SCIENCE, M.S. - SPORT PSYCHOLOGY

For further information: ExerciseScienceGrad@southernct.edu

Application Deadline

Complete files will begin to be reviewed on April 1/Nov 1 and considered until the cohort is full.

Admission Requirements for the M.S. Degree Program

• undergraduate quality point ratio of 3.0 or higher
• personal essay
• two letters of recommendation (should be mailed directly to: Southern Connecticut State University School of Graduate and Professional Studies Application Processing Center. PO Box 8057 Portsmouth, NH 03802)

Master of Science Degree

The graduate program in exercise science serves students who have excelled in their undergraduate work and show an aptitude for advanced study which will further prepare them for their professional careers.

The degree options and the areas of specialization allow flexibility to meet the various needs of the applicant.

Sport Psychology

The sport psychology concentration is designed to offer the student in-depth study in the areas of health psychology, performance enhancement, and intervention. This interdisciplinary approach presents 33 or 34 credits of coursework from the following departments: Exercise Science, Counseling & School Psychology, and Psychology. Prerequisites: EXS 281 Anatomy & Physiology I; EXS 282 Anatomy & Physiology II; EXS 383 Biomechanics; PSY 100 Intro to Psychology, PSY 228 Personality or equivalent, PSY 321 Abnormal Psychology.

Program Sequence – 33-34 credits

As sequencing changes, it is highly recommended that students meet with their program advisor to finalize a list of requirements for graduation.

Undergraduate Prerequisites
EXS 281-282 – Anatomy and Physiology I & II – 6 credits
EXS 384 – Exercise Physiology – 3 credits
PSY 100/102 Introduction to Psychology – 3 credits
PSY 228/525 – Personality – 3 credits
PSY 321/528 Abnormal Psychology – 3 credits

Research Component (6-9 credits)
EXS 554 – Research Techniques – 3 credits
EXS 590 – Thesis Seminar – 3 credits (thesis track only)
EXS 591 – Thesis Completion – 3 credits (thesis track only)
EXS 600 – Independent Study – 3 credits (comprehensive exam track only)

Core Courses (9 Credits)
EXS 553 – Psychology of Sport – 3 credits
EXS 558 – Exercise Physiology – 3 credits
CSP 569 – Theories of Counseling – 3 credits

Sports Psychology Electives (6 Credits)
EXS 577 – Youth in Sport – 3 credits
EXS 578 – Exercise Psychology – 3 credits
EXS 579 – Sport Psychology Field Practicum I – 3 credits

General Electives (9-13 Credits)
CSP 550 – Counseling Procedures – 4 credits
CSP 572 – Career Counseling – 3 credits
CSP 605 – Child and Family Counseling – 3 credits
CSP 656 – Group Counseling – 3 credits
PSY 530 – Statistical Foundations – 3 credits
PSY 557 – Behavior Modification – 3 credits
PSY 583 – Seminar in Comparative Physiological Psychology – 3 credits

Additional Requirement
In lieu of the thesis, the student must pass a comprehensive examination.
SCHOOL HEALTH EDUCATION, M.S.

For further information: SchoolHealthEdGrad@southernct.edu

Application Deadline

November 1 and April 1 or until cohort is full.

School Health Education Specialization

The Master of Science in School Health Education prepares school health educators for leadership roles in the field of school health education. The Program imparts competencies as developed by American Association for Health Education and the National Council on Health Education Credentialing. These competencies prepare leaders with the skills and knowledge to coordinate, teach, and advocate for school health education programs for grades pre-K through twelve. Additionally, this program meets the requirements for certified teachers seeking a cross-endorsement in health education. Students are engaged in a contemporary program addressing curriculum development; selection and design of assessment strategies; skills-based teaching strategies; program planning, promotion, and evaluation; advocacy; and health communications.

This graduate program is designed to support the individual learners through real-life experiences and whenever possible, application within their current school communities.

Admission Requirements

Apply using the School of Graduate and Professional Studies' online application process:

- Overview of the Graduate Application Process
- The Graduate School Application

Important: Students may upload most documents to the Admissions website. Official transcripts and recommendations must be mailed directly to:

Southern Connecticut State University
School of Graduate and Professional Studies Application Processing Center
PO Box 8057 Portsmouth, NH 03802

The requirements for matriculation and admission to the School Health Education Program for the Master of Science degree are listed below:

1. Complete SCSU School of Graduate and Professional Studies application with $50 application fee.

2. Submit official transcripts from all colleges and universities attended by the applicant. Official transcripts should be mailed directly from the registrar of the institution to
the location indicated by the School of Graduate and Professional Studies’ admissions process. International transcripts require an external transcript evaluation.

3. Have an undergraduate Q.P.R. of 3.0 or higher

4. Submit a current resume

5. Submit a 500 word "statement of interest" describing professional aspirations, current and desired knowledge and skill sets, and how the MS Program in School Health Education will contribute to your professional development

6. Submit two letters of recommendation from an employer or former faculty

Program Sequence-30 Credits

Course offerings include on-ground, on-line, and hybrid delivery. Students have the option of completing either a thesis or special project to complete program requirements.

As sequencing changes, it is highly recommended that students meet with their program advisor to finalize a list of requirements for graduation.

Program Requirements (24 credits)

Students must earn a grade of "B" or better in each course.

SHE 505 – School Health Education Foundations – 3 credits
SHE 508 – Contemporary Issues in Adolescent Health – 3 credits

SHE 554 – Research Techniques – 3 credits
OR
EXS 554 – Research Techniques – 3 credits
OR
EDU 592 – Research in Education – 3 credits

SHE 556 – Methods of Planning and Evaluation in School Health Education – 3 credits
SHE 560 – Curriculum Development in Health Education – 3 credits
SHE 561 – Sexual Health Education – 3 credits
SHE 570 – Leadership and Advocacy of School Health Education Programs – 3 credits
SHE 594 – Thesis/Special Project Seminar II – 3 credits

Electives (6 credits)

SHE 500 – Health and Society – 3 credits
SHE 511 – School Health Nutrition Institute – 3 credits
SHE 558 – Group Process – 3 credits
SHE 547 – Drug Prevention – 3 credits
SHE 552 – School Health Intervention – 3 credits
SHE 579 – Holistic Health – 3 credits
SHE 590 – Thesis / Special Project – 3 credits

Mission Statement
The mission of the School Health Education Program at Southern Connecticut State University is to prepare leaders that are equipped with the skills and knowledge to coordinate, teach, and advocate for school health education programs.

**Program Goals**

1. Prepare graduates as leaders in the field of health education.
2. Prepare graduates to coordinate, teach, and advocate for health education that is evidence-and standards-based, developmentally-appropriate, and culturally-relevant.
3. Integrate best practices in health education to develop health literacy, reduce health disparities, and promote student achievement.
4. Engage in inter-professional collaboration to enhance the delivery and promotion of standards-based health education programs.
5. Implement the necessary content and skills-based pedagogy to facilitate interactive learning related to health in Pre K–12 classroom settings.
6. Integrate the latest health and educational research and technological innovations to develop, promote, implement, and evaluate policy, programs, and services in school health education.
7. Cultivate an intellectual desire for advanced study, inquiry, and research in school health education.
8. Deliver innovative programs of study that are responsive to contemporary health issues such as mental health, school climate, sexual health education, drug prevention, and other vital areas in school health education.
9. Prepare professionals to deliver lessons in a cooperative, compassionate, and ethical manner.
10. Cultivate school, family, community, and business partnerships to support health promotion and education efforts.

**Student Objectives**

**School Health Education students will be prepared to:**

- lead, coordinate, assess, implement, and evaluate school health education programs.
- implement the knowledge and skills needed to teach health education content and skills aligned with the National Health Education Standards.
- address health and education needs, practices, interests, and strengths of culturally diverse populations in school health curricula.
- facilitate effective pedagogical methods and strategies in the Pk-12 classroom setting.
- engage in advanced study, and/or personal growth related to school health educators.
- develop the skills and strategies to promote change within school health education.
- engage key stakeholders to support and implement school health education policies and programs.
COURSES

ATH 510 - Clinical Anatomy and Kinesiology
An investigation into human anatomy focusing on arthrokinematics and osteokinematics of bone articulation and associated muscle actions. Emphasis on the fundamental knowledge necessary to understand dysfunction and applying therapeutic principles such as joint mobilizations.
Prerequisite(s): Acceptance into the Masters Athletic Training Program. Open to Matriculated ATH students only.
Last Offered: not yet offered
3 credits

ATH 520 - Prevention and Health Promotion
Emphasizes illness and injury prevention in the physically active. Education of patients/clients in the basic concepts of nutrition, environmental concerns and assessing preseason status.
Application of personal protective equipment and basic wrapping techniques.
Last Offered: not yet offered
4 credits

ATH 540 - Athletic Training Clinical Practice I
Initial full-time eight week immersed supervised clinical placement for demonstration of professional behaviors, knowledge, skills, and abilities. Students will be required to complete course requirements during weekday and weekend mornings, afternoons, evenings, and holidays.
Prerequisite(s): 3.0 GPA in graduate athletic training coursework and ATH 510. Open to Matriculated ATH students only.
Last Offered: not yet offered
3 credits

ATH 542 - Examination and Diagnosis - Musculoskeletal Conditions
Application of evidenced-based knowledge and skills in the examination of acute and chronic pathologies involving the musculoskeletal system. The course will include the principles of the physical examination process to include imaging techniques.
Prerequisite(s): Good standing in the MAT Athletic Training Program. Successful completion of ATH 510 and 520. Open to Matriculated ATH students only.
Last Offered: not yet offered
7 credits

ATH 543 - Primary and Emergency Care
Pathophysiological and mechanical responses to injury and the techniques to manage them. Instruction in developing and implementing emergency action plans and the applying techniques such as splinting, spine boarding, concuss assessment and ambulatory aids.
Prerequisite(s): Acceptance into the Master's in Athletics Training Program and at least a 'B-' or better in ATH 520 Prevention and Health. Open to Matriculated ATH students only.
Last Offered: not yet offered
4 credits

ATH 546 - Evidence Based Practice and Health Care Informatics I
First course of a progression emphasizing the use of patient circumstances, evidence and clinical expertise to guide clinical decision-making. Additionally, students will create and utilize healthcare information to foster collaboration among healthcare providers.
Prerequisite(s): Good Standing in MAT Program (3.0). Open to Matriculated ATH students only.
Last Offered: not yet offered
1 credits
ATH 550 - Athletic Training Clinical Practice II
Continued full-time eight week immersed supervised clinical placement for demonstration of professional behaviors, knowledge, skills, and abilities. Students will be required to complete course requirements during weekday and weekend mornings, afternoons, evenings, and holidays.
Prerequisite(s): 3.0 GPA in Athletic Training Coursework. B- or better in ATH 540. Open to Matriculated ATH students only.
Last Offered: not yet offered
3 credits

ATH 551 - Therapeutic Interventions I - Pathophysiology and Physical Agents
Theory, application and clinical role of physical agents including manual, mechanical, thermotherapy, cryotherapy, hydrotherapy and electrotherapies. Application and fitting of strappings, braces and orthoses, and selected pharmacological interventions.
Prerequisite(s): Good standing in the MAT Athletic Training Program (3.0 GPA), 'B-' or better in ATH 510 and ATH 520. Open to Matriculated ATH students only.
Last Offered: not yet offered
4 credits

ATH 553 - Therapeutic Interventions II - Therapeutic Exercise
Application of evidenced-based rehabilitative principles and techniques in the treatment, rehabilitation and reconditioning of musculoskeletal conditions in a physically active population.
Prerequisite(s): Good Standing in MAT Program, 'B-' or better in ATH 542. Open to Matriculated ATH students only.
Last Offered: not yet offered
4 credits

ATH 555 - Illness and Interventions in the Physically Active I
Theory and laboratory practice in the assessment of selected non-musculoskeletal conditions. Includes instruction on preparing a treatment plan to include referral to an appropriate health care provider.
Last Offered: not yet offered
4 credits

ATH 556 - Evidenced Based Practice and Health Care Informatics II
Second course of a progression emphasizing the use of patient circumstances, evidence and clinical expertise to guide clinical decision-making. Additionally, students will create and utilize healthcare information to foster collaboration among healthcare providers.
Prerequisite(s): Good Standing in MAT Program (3.0), 'B-' or better in ATH 546. Open to Matriculated ATH students only.
Last Offered: not yet offered
1 credits

ATH 560 - Athletic Training Clinical Practice III
Continued full-time eight week immersed supervised clinical placement for demonstration of professional behaviors, knowledge, skills, and abilities. Students will be required to complete course requirements during weekday and weekend mornings, afternoons, evenings, and holidays.
Prerequisite(s): 3.0 GPA in Athletic Training Coursework, 'B-' or better in ATH 550.
Last Offered: not yet offered
3 credits

ATH 562 - Therapeutic Interventions III - Psychosocial and Pharmacological
Evidenced-based pharmacological and psychosocial interventions as applied in the professional practice of athletic training.
Prerequisite(s): Good standing Athletic Training Program, 'B-' or better in ATH 553. Open to Matriculated ATH students only.
Last Offered: not yet offered
3 credits
ATH 565 - Illness and Interventions in the Physically Active II

Theory and laboratory practice in the recognition of cancer, genitourinary/reproductive and systemic conditions along with musculoskeletal disease. Includes instruction on preparing a treatment plan include referral to an appropriate health care provider.
Prerequisite(s): Good Standing in MAT Program (3.0 GPA), 'B-' or better in ATH 555. Open to Matriculated ATH students only.
Last Offered: not yet offered
4 credits

ATH 566 - Evidence Based Practice and Health Care Informatics III

Third course of a progression emphasizing the use of patient circumstances, evidence, and clinical expertise to guide clinical decision making. Additionally, students will create and utilize healthcare information to foster collaboration among healthcare providers.
Prerequisite(s): 3.0 GPA in graduate athletic training coursework and ATH 556. Open to Matriculated ATH students only.
Last Offered: not yet offered
1 credits

ATH 570 - Athletic Training Clinical Practice IV

Culminating full-time eight week immersed supervised clinical placement for demonstration of professional behaviors, knowledge skills, and abilities. Students will be required to complete course requirements during weekday and weekend mornings, afternoon, evenings, and holidays.
Prerequisite(s): 3.0 GPA in Athletic Training coursework, 'B-' or better in ATH 560. Open to Matriculated ATH students only.
Last Offered: not yet offered
3 credits

ATH 572 - Professional Responsibilities and Health Administration

Emphasizes the fundamental principles of administration and evaluation of the delivery of athletic training services. Strategies in facility planning and operation, personnel management and other issues will be addressed.
Prerequisite(s): Good standing in MAT program (3.0), 'B-' or better in ATH 553, 555, and 565. Open to Matriculated ATH students only.
Last Offered: not yet offered
3 credits

ATH 575 - Occupational Injury and Prevention

Explores the prevention of workplace injury through employee education, task analysis and skill instruction. Covers OSHA reporting guidelines and issues associated with this patient/client population.
Prerequisite(s): 3.0 GPA in Athletic Training Program and 'B-' or better in ATH 553 or departmental permission. Open to Matriculated ATH students only.
Last Offered: not yet offered
3 credits

ATH 578 - Therapeutic Interventions IV - Capstone

Culminating course featuring activities designed to assess a student’s readiness to independently practice as an entry-level athletic trainer. Students will be expected to connect evidence to practice and reflect on how evidence impacts their practice.
Prerequisite(s): Good standing in MAT program, ATH 551, 553, and 562. Open to Matriculated ATH students only.
Last Offered: not yet offered
3 credits
EXS 502 - Athletic Training Clinical Practicum
Observe and perform professional skills under the direct supervision of a program approved preceptor. Classroom and clinical experience emphasizes the application of clinical proficiencies within the context of clinical diagnosis and injury management. Satisfactory proficiency completion and a minimum of 60 contact days required.
Last Offered: not yet offered
3 credits

EXS 503 - Clinical Capstone in Athletic Training
The integration and application of clinical proficiencies across the spectrum of athletic training education. Students are expected to demonstrate proficiency in the six domains of athletic training to include injury prevention, clinical diagnosis, injury management, rehabilitation, organization and administration at an actual professional practice.
Last Offered: not yet offered
6 credits

EXS 541 - Physical Examination of the Lumbar Spine and Lower Extremity
Application of evidenced-based knowledge and skills in the examination of acute and chronic pathologies of the lumbar spine and lower extremities. The course will include the principles of the physical examination process.
Last Offered: not yet offered
3 credits

EXS 542 - Physical Examination of the Cervical Spine and Upper Extremities
Application of evidence-based knowledge and skills in the examination of acute and chronic pathologies of the cervical and thoracic spine and the upper extremities. The course will include postural examinations, gait assessment and the trunk region.
Last Offered: not yet offered
3 credits

EXS 543 - Evidence-Based Practice in Therapeutic Exercise
Development and application of evidence-based rehabilitative principles and techniques in the treatment of musculoskeletal conditions in an active population.
Last Offered: not yet offered
3 credits

EXS 545 - Occupational Injury Prevention and Ergonomics
Provides the skills necessary to prevent workplace injury through employee education and skill instruction. Students will receive an overview of ergonomics to include knowledge of workplace design in terms of injury prevention. Students will also gain knowledge in the impact that injury prevention can have in reducing company expenses.
Last Offered: not yet offered
3 credits

EXS 552 - Biomechanics
Human performance analysis using Peak Performance Technologies motion analysis system. Scheduled every three semesters.
Prerequisite(s): undergraduate kinesiology or departmental permission.
Last Offered: Spring 2020
3 credits

EXS 553 - Psychology of Sport
Recognition, study and understanding of the behavior of individuals involved in performance. Emotional arousal, aggression, motivation, personality and behavior modification will be addressed regarding groups and individuals of varying ages. Scheduled spring of even-numbered years.
Last Offered: Spring 2020
3 credits
EXS 554 - Research Techniques
Selection and formulation of problems, research design and analysis of data, basic statistics. An individual research project is required. Scheduled fall semesters.
Last Offered: Fall 2019
3 credits

EXS 558 - Physiology of Exercise
Exercise effects on human physiological systems. Scheduled fall semesters.
Last Offered: Fall 2019
3 credits

EXS 561 - Curriculum Development in Physical Education
No Description Available
Last Offered: Fall 2019
3 credits

EXS 565 - Physiological Basis and Application Principles of Designing Resistance
The study of physiological mechanisms of the human body's adaptation to resistance training. Application of scientific findings to the design of safe, effective and efficient training programs for individuals will be emphasized. Scheduled spring of odd-numbered years.
Prerequisite(s): EXS 558 and EXS 552.
Last Offered: Fall 2019
3 credits

EXS 568 - Motor Learning
The application of various learning theories, psychological and physiological, to the acquisition of motor skills. Scheduled every three semesters.
Last Offered: Fall 2019
3 credits

EXS 570 - Human Fitness, Exercise and Aging
Cardiovascular and pulmonary fitness, body composition, and nutrition regarding fitness, aging, and exercise prescription. Scheduled spring semesters of odd numbered years. Scheduled spring of odd-numbered years.
Last Offered: Spring 2019
3 credits

EXS 571 - Methods and Procedures of Physical Fitness Testing
Lectures and laboratory sessions on the evaluation of body composition, aerobic fitness, isokinetic strength and flexibility. Scheduled spring semesters of even-numbered years. Scheduled spring of even-numbered years.
Last Offered: Spring 2020
3 credits

EXS 573 - Sports Medicine
Physiologic and medical aspects of exercise. The interdisciplinary approach to fitness training, sports injuries, and rehabilitation. Scheduled fall semesters.
Last Offered: Summer 2019
3 credits

EXS 574 - Adult Fitness and Cardiac Rehabilitation
The development of Adult Fitness and Cardiac Rehabilitation Programs. Exercise testing, exercise prescription, program content, and fitness assessment and reassessment. Scheduled spring semesters of odd-numbered years.
Last Offered: Fall 2019
3 credits

EXS 577 - Youth in Sport
An examination of the role of youth in American sport from the perspectives of social, developmental and experimental psychological theory. Scheduled every third semester.
Last Offered: Summer 2015
3 credits

EXS 578 - Exercise Psychology
An examination of why people exercise, the psychological effects of exercise, and stress management aspects of exercise, both immediately and over the long term. Scheduled spring semesters of odd-numbered years.
Last Offered: Spring 2019
3 credits
EXS 579 - Sport Psychology Field Practicum I

The supervised field practicum provides opportunities for the student to apply conceptual material to practice situations and to develop professional practice competency. Weekly seminar required. Scheduled each semester.
Prerequisite(s): EXS 553, EXS 578, CSP 569, CSP 550, CSP 5 55, PSY 554, and PSY 557 and departmental permission.
Last Offered: Spring 2019
3 credits

EXS 583 - Physiology of Exercise II

Advanced investigation of human physiological adaptations in response to exercise/exercise training. Theory of system's function, metabolic control, fatigue, and factors that affect performance will be studied. Scheduled spring semesters.
Prerequisite(s): EXS 558.
Last Offered: Spring 2020
3 credits

EXS 585 - Bionutrition of Exercise and Sport

Explores the relationship between physiological function of exercise/ sport performance and nutrient utilization during energy production. Scheduled fall semesters.
Prerequisite(s): EXS 558.
Last Offered: Fall 2016
3 credits

EXS 590 - Thesis I: Proposal Development

Development of the thesis proposal including: introduction, review of literature, statement of the problem, hypotheses, procedures, selection of subjects and statistical design. Scheduled spring semesters.
Prerequisite(s): EXS 554 or departmental permission.
Last Offered: Spring 2020
3 credits

EXS 591 - Thesis II: Thesis Completion

Completion of thesis including: analysis of data, results, discussion, summary, conclusions and recommendations for future study. Scheduled each semester.
Prerequisite(s): EXS 590.
Last Offered: Spring 2020
3 credits

EXS 600 - Independent Study

Identification and investigation of a problem relevant to the field of physical education and the preparation and presentation of a scholarly document summarizing the study or research. Scheduled each semester.
Prerequisite(s): departmental permission.
Last Offered: Fall 2016
.5 to 3 credits

HMS 545 - Occupational Injury Prevention and Ergonomics

Provides the skills necessary to prevent workplace injury through employee education and skill instruction. Students will receive an overview of ergonomics to include knowledge of workplace design in terms of injury prevention. Students will also gain knowledge in the impact that injury prevention can have in reducing company expenses.
Prerequisite(s): HMS 544
Last Offered: not yet offered
3 credits

HMS 552 - Biomechanics

Human performance analysis using Peak Performance Technologies motion analysis system. Scheduled every three semesters.
Prerequisite(s): undergraduate kinesiology or departmental permission.
Last Offered: not yet offered
3 credits
HMS 554 - Research Techniques
Selection and formulation of problems, research design and analysis of data, basic statistics. An individual research project is required. Scheduled fall semesters.
Last Offered: not yet offered
3 credits

HMS 558 - Physiology of Exercise
Exercise effects on human physiological systems. Scheduled fall semesters.
Last Offered: not yet offered
3 credits

HMS 565 - Physiological Basis and Application Principles of Designing Resistance
Training Programs The study of physiological mechanisms of the human body's adaptation to resistance training. Application of scientific findings to the design of safe, effective and efficient training programs for individuals will be emphasized. Scheduled spring of odd-numbered years.
Prerequisite(s): HMS 558 and HMS 552.
Last Offered: not yet offered
3 credits

HMS 574 - Adult Fitness and Cardiac Rehabilitation
The development of Adult Fitness and Cardiac Rehabilitation Programs. Exercise testing, exercise prescription, program content, and fitness assessment and reassessment. Scheduled spring semesters of odd-numbered years.
Last Offered: not yet offered
3 credits

HMS 590 - Thesis I: Proposal Development
Development of the thesis proposal including: introduction, review of literature, statement of the problem, hypotheses, procedures, selection of subjects and statistical design. Scheduled spring semesters.
Prerequisite(s): EXS 554 or departmental permission.
Last Offered: not yet offered
3 credits

HMS 591 - Thesis II: Thesis Completion
Completion of thesis including: analysis of data, results, discussion, summary, conclusions and recommendations for future study. Scheduled each semester.
Prerequisite(s): EXS 590.
Last Offered: not yet offered
3 credits

SHE 500 - Health and Society
A survey of personal and social factors that influence mortality and morbidity of students, grades K-12. Emphasis is placed on how this information should be integrated into the school health program, and how the student can best avoid and manage these factors.
Last Offered: Spring 2019
3 credits

SHE 505 - School Health Educational Foundations
Provides a comprehensive framework for school health educators by introducing students to the history and philosophy of health education, health theory, and ethics.
Last Offered: Fall 2019
3 credits

SHE 508 - Contemporary Issues in Adolescent Health
Exploration of adolescent health in both the global and national contexts, addresses behavioral protective and risk factors, and examines policies and programs to improve the health and well-being of youth.
Last Offered: Fall 2019
3 credits

SHE 511 - School Health Nutrition Institute
A survey of skills, techniques and methods for teaching nutrition in schools (Pre-K-12). Instruction will cover all areas of nutrition mandated by the state. Emphasis will be placed on how and where to obtain resources for the instruction of nutrition in schools.
Last Offered: Summer 2019
3 credits
SHE 547 - Drug Prevention Education Institute
Instruction will cover the effective preventive education strategies to teach drug education pre-kindergarten to grade 12. Required for state certification to teach health. Last Offered: Summer 2018
3 or 6 credits

SHE 552 - School Health Intervention
An analysis of skills and methods necessary for intervention in health crises for students K-12. Emphasis is placed on use of the Student Assisting Groups, which focuses primarily on substance abuse, suicide and other destructive behaviors. Last Offered: Fall 2018
3 credits

SHE 554 - Research Techniques
Research methods and tools, selection and formulation of problems, research design, basic statistics, and analysis of data. An individual research project is required. Last Offered: Fall 2018
3 credits

SHE 556 - Methods of Planning and Evaluation in School Health Education
Development of effective health education methods; public school and community resources for health education. Last Offered: Spring 2019
3 credits

SHE 558 - Group Process in School Health
A survey of individual and group processes that relate to school health instruction. Students learn how to facilitate groups for effective interaction. State mandated for certification to teach school health. Last Offered: Fall 2019
3 credits

SHE 560 - Curriculum Development in Health Education
Past, current, and future programs of health education. Developing skills for writing a curriculum in health education. Last Offered: Spring 2020
3 credits

SHE 561 - Sexual Health Education
Teaching techniques and content for human sexuality instruction. Last Offered: Spring 2020
3 credits

SHE 570 - Leadership and Advocacy of School Health Education Programs
Prepares students to lead, organize, and advocate for school health education programs and to build collaborations with key school-community stakeholders implementing the Whole School, Whole Community, Whole Child framework. Last Offered: Fall 2019
3 credits

SHE 579 - Holistic Health Institute
Development of concepts and skills that assist the individual to understand and utilize holistic measures that promote health and prevent and treat illness, for personal and professional application. Last Offered: Spring 2020
3 credits

SHE 590 - Thesis/Special Project Seminar I
Development of the thesis or special project proposal including introduction, review of literature, statement of the problem, hypotheses, procedures, selection of subjects and statistical design. Prerequisite(s): SHE 554 and departmental permission. Last Offered: Spring 2020
3 credits

SHE 594 - Thesis/Special Project Seminar II
Completion of a thesis or special project. Prerequisite(s): departmental permission. Last Offered: Spring 2020
3 credits
SHE 599 - Special Topics

Special Topics in School Health. (Topics vary)
Last Offered: Summer 2016
3 credits