HEALTH AND MOVEMENT SCIENCES

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MAJOR PROGRAMS

The Department of Health and Movement Sciences offers an accelerated BS to MAT program in athletic training, and a BS degree in exercise science with concentrations in human performance and physical education (with preK-12 certification). The department offers an AS to BSRT program in respiratory therapy and a BHSc program in health science.

ATHLETIC TRAINING, B.S./M.A.T. ACCELERATED

Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. Athletic training is practiced by athletic trainers who are health care professionals who collaborate with physicians and other health care providers to optimize activity and participation of patients and clients.

The Accelerated BS/MAT Athletic Training Program permits students to earn their undergraduate degree and their master’s in five years of academic study to include one summer session prior to beginning graduate studies. The program is accredited by the
Commission on Accreditation of Athletic Training Education (CAATE) and is designed to prepare students to work as entry-level athletic trainers with athletic programs, hospitals and clinical settings, military, corporate, public safety, and the performing arts. Those students completing this program receive a Bachelor of Science degree in Athletic Training Studies (non-certification) and Master’s of Athletic Training (MAT). Upon successful completion of the graduate program requirements, students will meet the eligibility requirements established by the Board of Certification Inc. to sit for the national entry-level athletic training examination.

Acceptance to the master's program is dependent on meeting certain standards to include a 3.0 GPA, achieving minimum grade requirements in prerequisite courses and meeting technical standards.

Students not meeting program requirements prior to applying for acceptance into the master's program may transition into the BS Exercise Science-Human Performance program provided all prerequisite requirements are met for that program. Students earning a 3.0 prior and fulfilling other minimum requirements may reapply for the MAT program through the regular non-accelerated graduate admissions process.

**B.S. DEGREE IN ATHLETIC TRAINING**

Attention: In line with changes in athletic training nationwide, the undergraduate Athletic Training Education program is transitioning its undergraduate program to the entry-level master's degree level and is no longer accepting students. The information provided is for informational purposes for accreditation and students currently enrolled in this program. Please view the description of the Accelerated Athletic Training BS to MAT program for current information.

The Athletic Training Education Program serves students who have an interest in the prevention, diagnosis and intervention of emergency acute, and chronic medical conditions involving impairment and disabilities to athletes and similarly active individuals. Accredited by the Commission on Accreditation of Athletic Training Education (CAATE), the program is designed to prepare students to work as entry-level athletic trainers with athletic programs, hospitals and clinical settings, military, corporate, public safety, and performing arts. Those students completing this program receive a B.S. degree in athletic training. Students will also meet eligibility requirements established by the Board of Certification Inc. to sit for the national examination in the semester prior to graduation.

**Athletic Training Admission Requirements**

The program has a competitive admissions process. Students achieving an overall GPA of 3.0 and earning a B- or better in EXS 158, 185, and 281 will be accepted into the program provided all other entrance requirements are met. If less than 18 students meet the previous requirements, students with a GPA of 2.7 or higher will be accepted, on a space available basis, provided all other program admission requirements have been met. Student selection will be based on established criterion, which is available on the athletic training website or through contacting the program coordinator. Up to 18
students will be selected for formal program admission unless more than 18 applications achieve the first condition.

Application materials are due by the third Monday of April. Candidates will be informed of their acceptance status in June. Depending on the number and quality of students applying, students should be aware that earning a GPA between 2.7 and 3.0 does not guarantee acceptance even if all other requirements have been met.

A student seeking admission must meet with or without reasonable accommodations technical standards established to insure graduates are capable of fulfilling physical and mental requirements for professional practice. These include abilities and skills in five categories: observation, communications, motor, intellectual, and behavioral/social. Students must verify their ability to meet these technical standards with or without reasonable accommodations on a signed submitted technical standards form which is available on the Athletic Training Program website. If there are any questions, please contact the Athletic Training Program Coordinator. Candidates who require accommodations to fulfill the technical standards due to a disability are encouraged to contact the Disability Resource Center (DCR) at (203) 392-6828. Information regarding the process and policies can be found on the DRC website.

In addition, standard program admissions requirements include:

- Minimum grade point average of 2.7 overall, which must be maintained until graduation.
- Successful completion of EXS 158, 185, and 281 (C- or better).
- Successful completion of entrance examinations (70% or better).
- Admission Interview with Athletic Training faculty.
- Successful completion of 15 athletic training observation hours.
- Current certification in emergency cardiac care which includes education in Adult CPR and AED.
- Three letters of recommendation.

Note: Online CPR courses are only acceptable if skills are demonstrated and tested in person by a qualified instructor.

Transfer students normally must follow the four year curriculum outlined in the plan of study. Transfer students who have previously attended an accredited athletic training program may be able to receive credit for certain didactic courses. These students will be handled on a case by case basis. Potential transfer students are encouraged to visit the program website or the Program Director, Dr. Gary Morin, for more information on the Athletic Training Program policy.

**Athletic Training Retention**

Student retention and timely progress through the curriculum requires that minimum standards are maintained. In addition to maintaining a minimum GPA of 2.7 through graduation, students must:

- Successfully pass retention examinations (70% or better)
- Earn a C- or better in all professional/major courses
• Complete Professional Development Units
• Maintain CPR certification

Professional Development Units (PDU) are earned through participation in professional organizations, volunteerism, and other activities beyond course requirements. The number of PDUs vary by the student's year in the program and must be earned during a specific time period:

<table>
<thead>
<tr>
<th>Sophomores</th>
<th>12 PDUs</th>
<th>June 1-May 31 (following acceptance into program)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors</td>
<td>24 PDUs</td>
<td>June 1-May 31 (end of sophomore year to end of junior year)</td>
</tr>
<tr>
<td>Seniors</td>
<td>12 PDUs</td>
<td>June 1-December 31 (end of junior year to end of Fall semester of senior year)</td>
</tr>
</tbody>
</table>

Failure to meet retention or prerequisite course requirements may result in (a) increased time to graduation or (b) placement on probationary status and/or removal from the Athletic Training Program. For additional information on these guidelines or any of the retention requirements, please consult the Athletic Training Student Manual, located on the Athletic Training program website.

Completion of extensive clinical observation and experiences are required for successful completion of the Athletic Training Program. The number of contact days per semester will vary according to the student's year in the program. Clinical contact days are primarily completed during the fall and spring semesters. Students not completing clinical contact days during the fall and spring semesters must finish requirements during the summer and/or winter. Clinical contact days may occur during weekends, holidays, early mornings, and/or late evenings. Through these clinical contact days, students will complete a minimum of 600 to a maximum of 1800 hours of clinical experience after acceptance into the program. Students are recommended to see the catalog course descriptions for EXS 202, 203, 302, 303, 402, and 403 for information regarding clinical contact day requirements.

Students are responsible for any CPR, transportation, and/or clothing costs involved with clinical experiences.

**B.S. DEGREE IN EXERCISE SCIENCE**

**Concentration In Human Performance**

This concentration in human performance is a non-teaching Bachelor of Science degree option for exercise science majors. The curriculum is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and provides students with an understanding of the exercise sciences which include exercise physiology, biomechanics, nutrition, sport psychology, strength and conditioning, and exercise prescription. The required 6-credit practicum provides the student an opportunity to apply scientific coursework principles in an exercise, fitness, research, or clinical
setting. Opportunities for employment following graduation include adult or youth fitness, cardiac rehabilitation, strength and conditioning specialist, personal training, environmental physiology research, acceptance into allied health programs such as physical therapy and special population fitness for the elderly or infirm.

In order to attract and hold a superior quality of major students, the faculty of the Exercise Science Department has established minimum admission and retention standards for all students who desire to major in Exercise Science—Human Performance.

**Human Performance Application**

All incoming freshmen and transfers majoring in Exercise Science with a concentration in Human Performance will be listed as Exercise Science-Pre-Human Performance majors. Following application (see below) and having achieved acceptance into the Human Performance professional program, students will then become full Exercise Science-Human Performance majors once the program coordinator notifies the Registrar of accepted students. Students are not allowed to register for 300- or 400-level Exercise Science-Human Performance courses, except EXS 380, until they have achieved full Exercise Science-Human Performance status through the Registrar.

**Human Performance Admission Requirements**

During the second semester of the sophomore year, the student must apply for admission into the Human Performance program. Transfer students should make this application during the first semester at Southern. Applications will be submitted online via a web-based application module. Interviews follow the application submission and are conducted every Fall and Spring semester. Application packets, which include the essay, transcripts, and resume (detailed below) must be uploaded by October 1 for the Fall semester and March 1 for the Spring semester. Recommendation letters are submitted manually. Applicants will be notified of the acceptance decision by letter over the winter or summer break.

The following criteria must be satisfied for acceptance:

Overall university GPA of 2.7.

Successful completion of the following courses:

- EXS 191 — Introduction to Exercise Science
- CHE 120 — General Chemistry
- PSY 100 — Introduction to Psychology
- MAT 122 — Precalculus
- PCH 200 — Introduction to Nutrition

Select one from:

- BIO 200 - Human Biology I (‘C-’ or better)
  - and BIO 201 - Human Biology II (‘C-’ or better)
- EXS 281 - Anatomy and Physiology I (‘C-’ or better)
  - and EXS 282 - Anatomy and Physiology II (‘C-’ or better)
Choice of one of the following Biology courses:

• BIO 100 — Zoology
• BIO 200 - Anatomy and Physiology I
• BIO 201 - Anatomy and Physiology II
• BIO 120 - Microbiology

Note: Successful completion is defined as a GPA of 2.7 or higher for these 8 courses with no single grade lower than C-.

• Introductory typed essay presented to the faculty demonstrating a command of the English language. This essay MUST include long- and short-term career/professional goals, and a statement of justification for department entry.
• Résumé
• Letters of recommendation (2) from non-Exercise Science faculty
• SCSU transcript (unofficial copy is acceptable)
• Interview with faculty panel to express proper attitudes and dispositions for the professional Human Performance program.
• Suggested involvement in Exercise Physiology Club, or other University club.
• Suggested professional activity such as workshop or regional/national conference attendance.

Exercise Science Concentration in Teacher Education (K-12)

The concentration in teacher education is designed for students who want to teach physical education in public and private schools. The successful completion of this program fulfills the academic course requirements of the Connecticut Initial Educator Certificate preK-12 in Physical Education and prepares the individual to teach physical education in both the elementary and secondary schools. Certification requirements include the following:

Students working toward Physical Education preK-12 must pass through four gates. To pass through each gate, students complete a specific set of courses and submit a portfolio in a required format that provides evidence of acceptable progress in meeting the Society of Health and Physical Education standards, College of Health and Human Services and College of Education expectations, CALL (Collaborating, Applying, Leading, and Learning), and State of Connecticut requirements.

Exercise Science K-12 Requirements

Gate 1: Students apply for admission to the Physical Education K-12 program and the College of Education. Students must meet the State of Connecticut requirements for admission to a teacher preparation program (specified in the Admission section of this catalog).

In addition, students must have passed the following courses with the minimum grade indicated for the exercise science courses: EXS 191 (C-), 281 (C-), 282 (C-), 291 (B-),
292 (B-), and 293 (B-). Students must also pass ENG 112; GPA must be a minimum of 2.7; and students must take the ACT, SAT, or Praxis® Core.

Gate 2: Students in Gate 2 take the following physical education teacher preparation courses with the minimum grade indicated: EXS 131 (pass), 184 (C-), 350 (B-), 352 (B-), 383 (C-), 400 (B-), 480 (C-), 483 (B-), and 485 (C-). (GPA must be 2.7 in all courses).

Gate 3: Students in Gate 3 must complete all courses in the program with the exception of EXS 452, EDU 453, and EXS 442. The following courses must be passed with the minimum grade indicated: EXS 384 (C-), 394 (B-), 495 (B-). (GPA must be 2.7)

Gate 4: Students in Gate 4 take Student Teaching I and II (EXS 452 and EXS 453) and a seminar course (EXS 442).

A passing score on Praxis® II is required for completion of teacher certification for most teacher candidates in the state of Connecticut. Students who are required to take this exam and who do not pass will not be recommended for certification.

**Bachelor of Science in Respiratory Therapy**

The Respiratory Care A.S.-to-B.S.R.T. curriculum provides students who hold an Associate’s Degree in respiratory care and the registered respiratory therapist (RRT) credential, with the necessary skills and knowledge to be fully prepared to further assume professional leadership roles in clinical practice, research, education, marketing, and management in the field of respiratory care. Students with an Associate’s degree in Respiratory Therapy (minimum GPA 2.5) and a valid registered respiratory therapist (RRT) credential complete a dual admission process to be considered for this program.

Initially, students must apply to the University, via the Admissions Office. Then, an application is made to the Respiratory Care Program. Students may elect either a Clinical Track (RSPC which includes a 6-credit clinical component) or a Leadership Track (RSPL completed through coursework); all students are required to meet the minimum credit requirements of the University including courses from the Liberal Education Program (LEP). Courses in this program are offered in a variety of formats to meet the needs of the respiratory care professional: traditional classroom format, accelerated 8-week classes, online courses, and in a hybrid format (combination of traditional classroom and online).

**Bachelor of Science in Respiratory Therapy Admission Requirements**

- Associate's Degree in Respiratory Therapy
- Valid registered respiratory therapist (RRT) credential
- Overall university GPA of 2.5
- Successful completion of the following prerequisite courses:

  ENG 112 - Composition II (3 credits)
  MAT 107 or 108 - Elementary Statistics or Math for Natural Sciences (3 credits)
  BIO 110 - Human Biology I - Anatomy & Physiology I (4 credits)
  BIO 111 - Human Biology II - Anatomy & Physiology II (4 credits)
BIO 120 - Microbiology (4 credits)
CHE 101 or CHE 120 - Chemistry in Contemporary Issues or General Chemistry I (4 credits)
The department offers the following:

Accelerated Athletic Training, B.S.
Exercise Science, B.S. - Concentration: Human Performance
Exercise Science K-12, B.S.
Health Science B.H.Sc
Respiratory Therapy, B.S. - Concentration: Clinical
Respiratory Therapy, B.S. - Concentration: Leadership
Minor in Coaching
Minor in Exercise Science
Minor in School Health Education
Minor in Sport Studies
RESPIRATORY THERAPY, BS - CONCENTRATION: CLINICAL

This program has a separate admission process. Please consult the admission requirements for this program for more information.

Overall GPA of 2.5 Required
120 Overall Credits Required

LIBERAL EDUCATION PROGRAM AND WRITING REQUIREMENTS

**Liberal Education Program**

46 Credits Required

Students must complete a comprehensive three-tiered Liberal Education Program (LEP). View all requirements of the tiers on the Liberal Education Program.

While the choice of courses that fulfill the requirements is generally left up to students, some departments require that students select specific courses to complement their major. This major has specific Tier requirements/restrictions for the following:

Tier 1 - Quantitative Reasoning (select one):
MAT 107 - Elementary Statistics ('C' or better)
MAT 108 - Mathematics for the Natural Sciences ('C' or better)

Tier 1 - Written Communication:
ENG 112 - Writing Arguments ('C' or better)

Tier 2 - Natural World II: Life and Environment
BIO 200 - Human Biology I ('C' or better)

Tier 3 - Capstone
RSP 445 - Respiratory Care Seminar

**Writing Requirements (“W-Courses”)**

Three W-courses are required. These may not be taken until after a student has passed ENG 112 — Writing Arguments. W-courses may count toward LEP, major, or cognate requirements, as well as free electives. Course sections that meet this requirement are designated by section numbers ending in “W”.

Transfer students who enter with 60 to 89 credits are required to pass two W-courses, while transfer students who enter with 90 credits or more must pass one W-course.
MAJOR REQUIREMENTS

33 Credits Required
'C' or better

Requirements:

RSP 330
- Case Studies in Medical Ethics

RSP 340
- Principles of Care Coordination in Respiratory Disease Management

RSP 420
- Neonatal-Pediatric Care

RSP 425
- Respiratory Care Education

RSP 440
- Evidenced Based Practice & Research in Respiratory Care

RSP 455
- Clinical Practicum I

RSP 457
- Clinical Practicum II

EXS 410
- Pathophysiology

Select 9 credits from:

- RSP 315 - Healthcare in the Age of Mass Media
- RSP 325 - Dimensions of Healthcare Leadership
- RSP 415 - Healthcare Systems, Policy, and Billing
- RSP 461 - Adult Critical Care Specialty Practice Preparation
- RSP 463 - Neonatal/Pediatric Specialty Practice Exam Preparation
- RSP 465 - Sleep Disorders Specialty Practice Exam Preparation
- RSP 467 - CPFT Practice Exam Preparation
- ANT 380 or WMS 380 - Anthropology of Women and Health
- PCH 201 - Wellness
- PCH 351 - Health in Society
- PCH 352 - Health, Disease and Culture or ANT 312 - Medical Anthropology
- PCH 353 - Global Health
- PCH 450 - Death, Dying, and Bereavement
- REC 307 - Disabilities in Society
- SOC 344 - Medical Sociology

COGNATE REQUIREMENTS
No cognates are required for this program.

FREE ELECTIVES

Students must take remaining credits to reach Overall Credits Required (listed above).
EXERCISE SCIENCE, B.S. - CONCENTRATION: HUMAN PERFORMANCE

This program has a separate admission process. Please consult the admission requirements for this program for more information.

Overall GPA of 2.7 Required
120 Overall Credits Required

LIBERAL EDUCATION PROGRAM AND WRITING REQUIREMENTS

Liberal Education Program

51 Credits Required

Students must complete a comprehensive three-tiered Liberal Education Program (LEP). View all requirements of the tiers on the Liberal Education Program.

While the choice of courses that fulfill the requirements is generally left up to students, some departments require that students select specific courses to complement their major. This major has specific Tier requirements/restrictions for the following:

Tier 1 - Quantitative Reasoning:
MAT 122 - Precalculus

Tier 2 - Mind and Body:
PSY 100 – Introduction to Psychology

Tier 2 – Natural World I: Physical Realm:
CHE 120 – General Chemistry I

Tier 2 - Natural World II: Life and Environment (select one):
BIO 100 – General Zoology
BIO 120 – Microbiology

Tier 3 – Capstone:
HMS 497 – Human Performance Practicum

Writing Requirements (“W-Courses”)

Three W-courses are required. These may not be taken until after a student has passed ENG 112 — Writing Arguments. W-courses may count toward LEP, major, or cognate requirements, as well as free electives. Course sections that meet this requirement are designated by section numbers ending in “W”.

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Transfer students who enter with 60 to 89 credits are required to pass two W-courses, while transfer students who enter with 90 credits or more must pass one W-course.

MAJOR REQUIREMENTS

47 Credits Required

Requirements:

HMS 191 – Introduction to Teaching Physical Education ('C-' or better)
HMS 301 - Exercise and Nutrition ('C' or better)
HMS 308 – Essentials of Strength and Conditioning ('C' or better)
HMS 380 – Sport Psychology
HMS 383 – Biomechanics of Sport and Exercise ('C' or better)
HMS 384 – Exercise Physiology I ('C' or better)
HMS 387 - Standard First Aide and Personal Safety
HMS 389 – Exercise Physiology II ('C' or better)
HMS 411 – General Medical Perspectives ('C' or better)
HMS 421 – Organization and Administration in Human Performance ('C' or better)
HMS 485 – Measurement and Statistics in Exercise Science ('C' or better)
HMS 488 – Exercise Testing & Prescription ('C' or better)
HMS 497 – Human Performance Practicum

Select one from:

BIO 200 and BIO 201 - Human Biology I & II ('C-' or better), OR
HMS 281 and HMS 282 – Anatomy and Physiology I & II ('C-' or better)

COGNATE REQUIREMENTS

22 Credits Required

BIO 100 or BIO 120 - Natural World II: Life and Environment Cognate
CHE 120 - General Chemistry I
MAT 122 - Precalculus
PCH 200 - Introduction to Nutrition ('C-' or better)
PSY 100 - Introduction to Psychology

Select one ('C-' or better):

• PHY 200 - General Physics I
• PHY 210 - College Physics
• PHY 230 - Physics for Scientists and Engineers I

FREE ELECTIVES

Remaining credits to reach Overall Credits Required (listed above).
EXERCISE SCIENCE PK-12, B.S.

This program has a separate admission process. Please consult the admission requirements for this program on the College of Education page for more information.

Overall GPA of 2.7 is required.
120 Overall Credits Required

LIBERAL EDUCATION PROGRAM AND WRITING REQUIREMENTS

Liberal Education Program

Students must complete a comprehensive three-tiered Liberal Education Program (LEP). View all requirements of the tiers on the Liberal Education Program.

While the choice of courses that fulfill the requirements is generally left up to students, courses in the major and/or cognate may also satisfy LEP requirements. These shared courses are recommended below to fulfill both areas, although the course credits are only counted once towards the 120 credits required for graduation.

Tier 1 – Critical Thinking (select one):
- ANT 100 – Interpreting Cultures
- ART 106 – Critical Thinking in the Visual Arts
- ECO 110 - Social Issues and Economic Thinking
- ENG 125 - Reading Sexism and Homophobia Critically
- ENV 101 – Critical Thinking: Global Environmental Issues
- GEO 105 – Food Systems: A Geography
- HIS 150 – Critical Thinking through Historical Biography
- PHI 100 – Introduction to Philosophy
- PHY 111 – Physics for Today
- PHY 123 – Critical Thinking and Science for Future Leaders
- PSC 150 – Thinking about Politics
- SOC 102 – Exploring Social Issues

Tier 1 – Technical Fluency (select one):
- GEO 110 – Geography and Conflict: Ethnicity, Race, and Economy in the US
- GEO 170 - Basic Drone Technology
- MUS 117 - Introduction to Music Technology
- PHY 103 – Physics and Technology for Health Professionals
- PHY 120 – Physics for Tomorrow: Nanotechnology
- WLL 108 - Technology and Language Learning

Tier 2 – American Experience (select one):
- HIS 110 – United States History I
- HIS 111 – United States History II

Tier 2 - Creative Drive
HMS 293 - Movement Foundations
Tier 2 – Cultural Expression (select one):
ART 104 – History of Western Art I
ART 105 – History of Western Art II
CHI 120 - World Languages and Literatures
CHI 210 – A Taste of China: Culture through Food
ENG 217 – Introduction to Literature
GEO 200 – Human Geography
ITA 210 – Italian Language through Culture
JPN 210 – Heart and Soul of Japan
LIT 308 – Spanish National Cinema
MUS 110 – Music History of the Western World
MUS 210 - Music History I
PHI 270 - Philosophy of Education
PSC 240 – Introduction to Political Thought
THR 100 – Understanding Theatre
Tier 2 – Global Awareness (select one):
ANT 201 – The Global Community
ANT 222 - Modern Human Variation
ECO 101 – Principles of Microeconomics
ENV 220 – Global Climate Change
FRE 210 – Continuing French
GEO 102 – World Regional Geography
HIS 104 – Islamic Civilization
HIS 105 – Introduction to Southeast Asia: Southeast Asia to 1500
HIS 106 – East Asia to 1850
HIS 127 – Colonial Latin America
HIS 128 – Modern Latin America
ITA 220 – Italian Food Culture in Italy and America
MUS 115 – Music in World Culture
PHI 211 – Asian Philosophy: India
PHI 212 – Asian Philosophy: China and Japan
PSC 230 - War
PSC 270 – International Relations
WLL 208 – Contemporary Chinese Society and Culture
Tier 2 – Mind and Body:
SHE 203 – School Health
Tier 2 – Natural World II: Life and Environment (select one):
BIO 100 – General Zoology
BIO 120 – Microbiology
BIO 200 - Human Biology I (formerly BIO 110)
BIO 201 - Human Biology II (formerly BIO 111)
Tier 2 - Social Structure, Conflict, and Consensus:
EDU 200 - Teachers, Schools, and Society (‘C’ or better)
Tier 2 - Time and Place (select one):
ANT 205 – Archaeology and the Human Past
ENG 219 – Time and Place in Literature
ESC 210 – Principles of Astronomy
GEO 100 – People, Places, and Environments
HIS 100 – Western Civilization I
HIS 101 – Western Civilization II
PHI 296 – Ancient Philosophy: Pre-Socratics to Plotinus
PHI 297 – Medieval and Renaissance Philosophy
SOC 250 – Apocalypse Now?

Tier 3 – Capstone:
HMS 442 – Practicum Seminar in Physical Education

Writing Requirements (“W-Courses”)

Three W-courses are required. These may not be taken until after a student has passed ENG 112 — Writing Arguments. W-courses may count toward LEP, major, or cognate requirements, as well as free electives. Course sections that meet this requirement are designated by section numbers ending in “W”.

Transfer students who enter with 60 to 89 credits are required to pass two W-courses, while transfer students who enter with 90 credits or more must pass one W-course.

MAJOR REQUIREMENTS

75.5 Credits Required

Exercise Science Requirements
60.5 Credits Required

Requirements:
HMS 131 – Teaching Aquatics (‘B-’ or better)
HMS 191 – Introduction to Teaching Physical Education (‘C-‘ or better)
HMS 281 – Anatomy and Physiology I (‘C-‘ or better)
HMS 282 – Anatomy and Physiology II (‘C-‘ or better)
HMS 291 – Exploring the Teaching of Physical Education (‘B-’ or better)
HMS 292 – Instructional Strategies for Physical Education (‘B-‘ or better)
HMS 293 - Movement Foundations
HMS 350 – Teaching Physical Fitness K-12 (‘B-‘ or better)
HMS 352 – Skill and Strategy of Target, Striking/Fielding, Net/Wall Games (‘B-‘ or better)
HMS 383 – Biomechanics (‘C-‘ or better)
HMS 384 – Exercise Physiology (‘C-‘ or better)
HMS 387 - Standard First Aide and Personal Safety (‘C-‘ or better)
HMS 394 – Physical Education (Elementary School) (‘B-‘ or better)
HMS 400 – Skill and Strategy of Invasion Games (‘B-‘ or better)
HMS 442 - Practicum Seminar in Physical Education
HMS 480 – Motor Learning and Development (‘C-‘ or better)
HMS 483 – Adapted Physical Education (‘B-‘ or better)
HMS 485 – Measurement and Statistics in Exercise Science (‘C-' or better)
HMS 495 – Physical Education (Secondary) (‘B-' or better)

**Education Requirements**

15 Credits Required
Requirements:
EDU 316 – Child Development and Psychology for Educators (‘C' or better)
EDU 471 - Supporting English Learners for School Success (‘C' or better) (formerly IDS 471)
RDG 470 - Literacy in the Content Areas (‘C' or better) (formerly IDS 470)
SED 481 – Teaching Exceptional Students in the Elementary Education Classroom
OR SED 482 – Teaching Exceptional Students in the Secondary Education Classroom
HMS 452 - Elementary Physical Education Student Teaching
HMS 453 - Secondary Physical Education Student Teaching

Non-Course Requirements:
Module 1: Behavioral Difficulties (Social and Emotional Development)
Module 2: Dyslexia Required

**COGNATE REQUIREMENTS**

27 Credits Required
BIO 100 or BIO 120 or BIO 200 or BIO 201 – Natural World I: Physical Realm Cognate
EDU 200 – Teachers, Schools, and Society (‘C' or better)
HIS 110 or HIS 111 – United States History I or II
SHE 203 – School Health
Critical Thinking (select one):
ANT 100 – Interpreting Cultures
ART 106 – Critical Thinking in the Visual Arts
ECO 110 - Social Issues and Economic Thinking
ENG 125 - Reading Sexism and Homophobia Critically
ENV 101 – Critical Thinking: Global Environmental Issues
GEO 105 – Food Systems: A Geography
HIS 150 – Critical Thinking through Historical Biography
PHI 100 – Introduction to Philosophy
PHY 111 – Physics for Today
PHY 123 – Critical Thinking and Science for Future Leaders
PSC 150 – Thinking about Politics
SOC 102 – Exploring Social Issues

Technical Fluency (select one):
GEO 110 – Geography and Conflict: Ethnicity, Race, and Economy in the US
GEO 170 - Basic Drone Technology
MUS 117 - Introduction to Music Technology
PHY 103 – Physics and Technology for Health Professionals
PHY 120 – Physics for Tomorrow: Nanotechnology
WLL 108 - Technology and Language Learning
Cultural Expression (select one):
ART 104 – History of Western Art I
ART 105 – History of Western Art II
CHI 120 - World Languages and Literatures
CHI 210 – A Taste of China: Culture through Food
ENG 217 – Introduction to Literature
GEO 200 – Human Geography
ITA 210 – Italian Language through Culture
JPN 210 – Heart and Soul of Japan
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MUS 110 – Music History of the Western World
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PHI 270 - Philosophy of Education
PSC 240 – Introduction to Political Thought
THR 100 – Understanding Theatre
Global Awareness (select one):
ANT 201 – The Global Community
ANT 222 - Modern Human Variation
ECO 101 – Principles of Microeconomics
ENV 220 – Global Climate Change
FRE 210 – Continuing French
GEO 102 – World Regional Geography
HIS 104 – Islamic Civilization
HIS 105 – Introduction to Southeast Asia: Southeast Asia to 1500
HIS 106 – East Asia to 1850
HIS 127 – Colonial Latin America
HIS 128 – Modern Latin America
ITA 220 – Italian Food Culture in Italy and America
MUS 115 – Music in World Culture
PHI 211 – Asian Philosophy: India
PHI 212 – Asian Philosophy: China and Japan
PSC 230 - War
PSC 270 – International Relations
WLL 208 – Contemporary Chinese Society and Culture

Time and Place (select one):
ANT 205 – Archaeology and the Human Past
ENG 219 – Time and Place in Literature
ESC 210 – Principles of Astronomy
GEO 100 – People, Places, and Environments
HIS 100 – Western Civilization I
HIS 101 – Western Civilization II
PHI 296 – Ancient Philosophy: Pre-Socrates to Plotinus
PHI 297 – Medieval and Renaissance Philosophy
SOC 250 – Apocalypse Now?

FREE ELECTIVES
Students must take remaining credits to reach Overall Credits Required (listed above).
RESPIRATORY THERAPY, BS - CONCENTRATION: LEADERSHIP

This program has a separate admission process. Please consult the admission requirements for this program for more information.

Overall GPA of 2.5 Required
120 Overall Credits Required

LIBERAL EDUCATION PROGRAM AND WRITING REQUIREMENTS

Liberal Education Program

46 Credits Required

Students must complete a comprehensive three-tiered Liberal Education Program (LEP). View all requirements of the tiers on the Liberal Education Program.

While the choice of courses that fulfill the requirements is generally left up to students, some departments require that students select specific courses to complement their major. This major has specific Tier requirements/restrictions for the following:

Tier 1 - Quantitative Reasoning (select one):
MAT 107 - Elementary Statistics ('C' or better)
MAT 108 - Mathematics for the Natural Sciences ('C' or better)

Tier 1 - Written Communication:
ENG 112 - Writing Arguments ('C' or better)

Tier 2 - Natural World II: Life and Environment
BIO 200 - Human Biology I ('C' or better) (formerly BIO 110)

Tier 3 - Capstone
RSP 445 - Respiratory Care Seminar

Writing Requirements (“W-Courses”)

Three W-courses are required. These may not be taken until after a student has passed ENG 112 — Writing Arguments. W-courses may count toward LEP, major, or cognate requirements, as well as free electives. Course sections that meet this requirement are designated by section numbers ending in “W”.

Transfer students who enter with 60 to 89 credits are required to pass two W-courses, while transfer students who enter with 90 credits or more must pass one W-course.
MAJOR REQUIREMENTS

33 Credits Required
'C' or better

Requirements:

RSP 325
- Dimensions of Healthcare Leadership

RSP 415
or

HLS 415
- Healthcare Systems, Policy, and Billing

RSP 330
- Case Studies in Medical Ethics

RSP 340
- Principles of Care Coordination in Respiratory Disease Management

RSP 420
- Neonatal-Pediatric Care

RSP 425
- Respiratory Care Education

RSP 440
- Evidenced Based Practice & Research in Respiratory Care

EXS 410
- Pathophysiology

Select 9 credits from:

- RSP 315 - Healthcare in the Age of Mass Media
- RSP 455 - Clinical Practicum I
- RSP 457 - Clinical Practicum II
- RSP 461 - Adult Critical Care Specialty Practice Preparation
- RSP 463 - Neonatal/Pediatric Specialty Practice Exam Preparation
- RSP 465 - Sleep Disorders Specialty Practice Exam Preparation
- RSP 467 - CPFT Practice Exam Preparation
- ANT 380 or WMS 380 - Anthropology of Women and Health
- PCH 201 - Wellness
- PCH 351 - Health in Society
- PCH 352 - Health, Disease and Culture or ANT 312 - Medical Anthropology
- PCH 353 - Global Health
- PCH 450 - Death, Dying, and Bereavement
- REC 307 - Disabilities in Society
- SOC 344 - Medical Sociology
COGNATE REQUIREMENTS

7 Credits Required

BIO 200
- Human Anatomy and Physiology

MAT 107
or

MAT 108
- Quantitative Reasoning Cognate

FREE ELECTIVES

Students must take remaining credits to reach Overall Credits Required (listed above).
ATHLETIC TRAINING, B.S./M.A.T. ACCELERATED

Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. Athletic training is practiced by athletic trainers who are health care professionals who collaborate with physicians and other health care providers to optimize activity and participation of patients and clients.

The Accelerated BS/MAT Athletic Training Program permits students to earn their undergraduate degree and their master's in five years of academic study to include one summer session prior to beginning graduate studies. The program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE) and is designed to prepare students to work as entry-level athletic trainers with athletic programs, hospitals and clinical settings, military, corporate, public safety, and the performing arts. Those students completing this program receive a Bachelor of Science degree in Athletic Training Studies (non-certification) and Master's of Athletic Training (MAT). Upon successful completion of the graduate program requirements, students will meet the eligibility requirements established by the Board of Certification Inc. to sit for the national entry-level athletic training examination.

Acceptance to the master's program is dependent on meeting certain standards to include a 3.0 GPA, achieving minimum grade requirements in prerequisite courses and meeting technical standards.

Students not meeting program requirements prior to applying for acceptance into the master's program may transition into the BS Exercise Science-Human Performance program provided all prerequisite requirements are met for that program. Students earning a 3.0 prior and fulfilling other minimum requirements may reapply for the MAT program through the regular non-accelerated graduate admissions process.

Overall GPA of 2.0 Required
120 Overall Credits Required

LIBERAL EDUCATION PROGRAM AND WRITING REQUIREMENTS

Liberal Education Program

45 Credits Required

Students must complete a comprehensive three-tiered Liberal Education Program (LEP). While the choice of courses that fulfill the LEP requirements is generally left up to students, some departments recommend that students select specific courses that will also satisfy requirements in the major and/or cognate. This major recommends the following shared courses:
Tier 1 - Quantitative Reasoning:
MAT 107 – Elementary Statistics

Tier 2 - Mind and Body:
PSY 100 - Introduction to Psychology

Tier 2 – Natural World I: Physical Realm (select one):
CHE 120 – General Chemistry I

Tier 2 - Natural World II: Life and Environment (select one):
BIO 200 - Human Biology I (formerly BIO 110)

**Writing Requirements (“W-Courses”)**

Three W-courses are required. These may not be taken until after a student has passed ENG 112 — Writing Arguments. W-courses may count toward LEP, major, or cognate requirements, as well as free electives. Course sections that meet this requirement are designated by section numbers ending in “W”.

Transfer students who enter with 60 to 89 credits are required to pass two W-courses, while transfer students who enter with 90 credits or more must pass one W-course.

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**MAJOR REQUIREMENTS**

55 Credits Required
Minimum GPA of 2.0 Required

Completion of all prerequisites required.*
BIO 120 - Microbiology*
BIO 200 - Human Anatomy I*
BIO 201 - Human Anatomy & Physiology II*
PHY 200 - or higher*

Major Requirements:
HMS 301 - Exercise and Nutrition
HMS 308 - Essentials of Strength and Conditioning
HMS 380 - Sport Psychology
HMS 383 - Biomechanics of Sport and Exercise
HMS 384 - Exercise Physiology
HMS 413 - Functional Anatomy & Clinical Kinesiology
HMS 485 - Measurement & Statistics in Exercise Science
ATH 520 - Prevention and Health Promotion
ATH 540 - Athletic Training Clinical Practice I
ATH 542 - Examination and Diagnosis- Musculoskeletal Conditions
ATH 543 - Primary and Emergency Care
ATH 546 - Evidence Based Practice and Health Care Informatics I
COGNATE REQUIREMENTS

10 Credits Required

• MAT 107 - Elementary Statistics
• CHE 120 - General Chemistry I
• PSY 100 - Introduction to Psychology

FREE ELECTIVES

Remaining credits to reach Overall Credits Required (listed above).
HEALTH SCIENCE, B.H.SC.

The Bachelor of Health Science (BHSc) degree program offers a bachelor's degree for students wishing to gain a comprehensive foundation in natural sciences appropriate for admission to graduate health professions. Graduates are well positioned to pursue degrees in areas including but not limited to: Occupational Therapy, Physical Therapy, Physician Assistant, Chiropractic, Athletic Training, Exercise Science/Kinesiology, or accelerated second bachelor's degree programs in nursing. The BHSc program has a separate admissions process. An overall GPA of 3.2 and the completion of specific courses are required to apply to the BHSc program. Please consult the BHSc program’s website or handbook for application instructions as well as admission and graduation requirements.

120 Credits Required

LIBERAL EDUCATION PROGRAM AND WRITING REQUIREMENTS

Liberal Education Program

45 Credits Required

Students must complete a comprehensive three-tiered Liberal Education Program (LEP). View all requirements of the tiers on the Liberal Education Program.

While the choice of courses that fulfill the requirements is generally left up to students, some departments require that students select specific courses to complement their major. This major has specific Tier requirements/restrictions for the following:

Tier 1 - Quantitative Reasoning:
MAT 107 - Elementary Statistics

Tier 2 - Mind and Body:
PSY 100 - Introduction to Psychology

Tier 2 - Natural World I Physical Realm:
CHE 120 - General Chemistry

Tier 2 - Natural World II Life and Environment:
BIO 200 - Human Biology I

Writing Requirements (“W-Courses”)

Three W-courses are required. These may not be taken until after a student has passed ENG 112 — Writing Arguments. W-courses may count toward LEP, major, or cognate requirements, as well as free electives. Course sections that meet this requirement are designated by section numbers ending in “W”.

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Transfer students who enter with 60 to 89 credits are required to pass two W-courses, while transfer students who enter with 90 credits or more must pass one W-course.

MAJOR REQUIREMENTS

47 Credits Required

BIO 104
- General Biology

BIO 200
- Human Anatomy and Physiology I

BIO 201
- Human Anatomy & Physiology II

CHE 120
- General Chemistry I

CHE 121
- General Chemistry II

HLS 200
or

HSC 200
- Healthcare Professions and Medical Terminology

HLS 415
or

RSP 415
- Healthcare Systems, Policy, and Billing

HMS 384
- Exercise Physiology I

HSC 411
or

HMS 411
- General Medical Perspectives

HSC 421
- Interprofessional Perspectives

PSY 219
- Lifespan Development

REC 307
- Disabilities in Society
RSP 440
- Evidence Based Practice & Research

COGNATE REQUIREMENTS

3 Credits Required
MAT 107 - Elementary Statistics

FREE ELECTIVES

Remaining credits to reach Overall Credits Required (listed above).
COURSES

**EXS 011 - Fit for Life I**
Provide insight and experience into the philosophy of adult fitness, principles of exercise, individualized program construction and the safe use of weight training & aerobic exercise equipment. The course is designed for adults seeking basic knowledge and selective participation in the wholesome use of exercise.
Last Offered: Fall 2019
.5 credits

**EXS 012 - Fit for Life II**
Provide insight and experience into the philosophy of adult fitness, principles of exercise, individualized program construction and the safe use of weight training & aerobic exercise equipment. The course is designed for adults seeking basic knowledge and selective participation in the wholesome use of exercise.
Prerequisite(s): Non-EXS major
Last Offered: Fall 2019
.5 credits

**EXS 131 - Swimming**
Acquaints the exercise science major with diverse activities and equip the student with the water skills and knowledge necessary to be safe in, on, under and around the water.
Prerequisite(s): EXS major
Last Offered: Fall 2019
.5 credits

**EXS 158 - Athletic Training Professional Practice**
Initial exposure to the role of the athletic trainer as a health care provider. Emphasizes the professional responsibilities and foundational knowledge, skills, and behaviors necessary for effective performance as an entry level athletic trainer. Course content includes introduction to sports medicine and the sports medicine team, history of the athletic training profession, standards of practice, medical terminology and basic principles of athletic training.
Prerequisite(s): Athletic Training Major.
Last Offered: Winter Session 2019
1 credits

**EXS 184 - Introduction to Athletic Injury Care and Prevention**
A basic introduction in injury assessment, emergency care, injury pathology, and injury management procedures are taught. Successful completion of this course will certify students in CPR and First Aid Basics.
Last Offered: Spring 2017
3 credits

**EXS 185 - Concepts and Practices of Athletic Training**
Analysis and application of prevention strategies for musculoskeletal injuries, illnesses, and other health related conditions.
Prerequisite(s): C- or better in EXS 158.
Last Offered: Spring 2019
3 credits

**EXS 191 - Introduction to Exercise Science**
Introduction to physical education, human performance, and sport studies. Includes historical and theoretical foundations along with current practices and professional opportunities within the fields.
Last Offered: Fall 2019
3 credits
EXS 202 - Athletic Training Clinical Practice I – Professional Practice
Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing clinical proficiencies within the context of professional practice as an athletic trainer. Satisfactory completion of clinical assignments and a minimum of 30 contact days required.
Prerequisite(s): 'C-' or better in EXS 185 and EXS 281, acceptance into the athletic training major.
Last Offered: Fall 2019
1 credits

EXS 203 - Athletic Training Clinical Practice II – Injury and Illness Prevention
Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing clinical proficiencies within the context of preventing injuries and medical conditions. Satisfactory completion of clinical assignments and a minimum of 30 contact days required.
Prerequisite(s): 'C-' or better in EXS 185 and EXS 202.
Last Offered: Spring 2019
1 credits

EXS 212 - Lifetime Physical Activity
Designed to encourage the inclusion of lifetime physical activity to promote an understanding of lifelong wellness and advocacy for physical activity, as well as identify its relationship to the prevention of hypokinetic diseases.
Last Offered: Fall 2019
3 credits

EXS 227 - Emergency Principles of Athletic Training
Provides the athletic training student with practical and cognitive knowledge necessary to care for emergency situations in the athletic setting. Topics include the care of serious wounds and the prevention of shock, care of sudden illness, and splinting/transporting procedures.
Prerequisite(s): Athletic Training Specialization.
Last Offered: Fall 2019
3 credits

EXS 280 - Survey of Anatomy and Physiology
An overview of body structure and function with fitness emphasis. Including musculoskeletal, cardiorespiratory, and neuroendocrine systems.
Last Offered: Fall 2019
3 credits

EXS 281 - Anatomy and Physiology I
Study of the structure and function of the human body, with emphasis on the skeletal system, muscular system, circulatory, respiratory, urinary, endocrine and nervous systems, and on the physiology of growth and development.
Last Offered: Fall 2019
3 credits

EXS 282 - Anatomy and Physiology II
Study of the structure and function of the human body, with emphasis on the skeletal system, muscular system, circulatory, respiratory, urinary, endocrine and nervous systems, and on the physiology of growth and development.
Last Offered: Fall 2019
3 credits
**EXS 283 - Clinical Anatomy and Kinesiology**

An investigation into human anatomy focusing on arthrokinematics and osteokinematics of bone articulations. Emphasis is placed on providing the fundamental knowledge necessary to understand dysfunction and applying therapeutic principles such as joint mobilizations. Included in the course is a review of anatomical structures and their relationship to the kinetic chain.

Prerequisite(s): Acceptance into Athletic Training Program or department permission

Last Offered: Fall 2019

2 credits

**EXS 286 - Physical Agents for Musculoskeletal Injuries**

Analysis and application of pain theories and tissue healing process related to the use of thermal, acoustical, mechanical, electrical, and manual agents. Lecture: 2 hours. Lab: 2 hours.

Prerequisite(s): C- or better in EXS 185, EXS 281, and EXS 288.

Last Offered: Spring 2019

3 credits

**EXS 288 - Orthopedic Assessment of Lumbar Spine and Lower Extremities**

Provides an in-depth view of injury assessment to the lower body and lumbar spine. Common injuries seen in the physically active are emphasized. Included are epidemiological, mechanical, and physiological factors that contribute to injuries of the lower body and lumbar spine. Course topics are illustrated within the laboratory setting, permitting students to develop competence in performing assessments prior to commencement of clinical rotations. Lecture, 2 hours; laboratory, 2 hours.

Prerequisite(s): ‘C-’ or better in EXS 281 or departmental permission.

Last Offered: Fall 2019

3 credits

**EXS 289 - Orthopedic Assessment of Cervical Spine and Upper Extremities**

Provides an in-depth view of injury assessment relative to posture, the thoracic and cervical spines, the head, and the upper extremities. Common injuries seen in the physically active are emphasized. Included are epidemiological, mechanical, postural, and physiological factors that contribute to injuries of the upper body. Course topics are illustrated within the laboratory setting, permitting students to develop competence in performing assessments prior to commencement of clinical rotations. Lecture, 2 hours; laboratory, 2 hours.

Prerequisite(s): C- or better in EXS 281 or departmental permission.

Last Offered: Spring 2019

3 credits

**EXS 291 - Exploring the Teaching of Physical Education**

A field-based pre-practicum with classroom follow-up. Provides an initial exposure to public school programs (K-12) through 48 hours of field experiences.

Prerequisite(s): EXS 191.

Last Offered: Fall 2019

3 credits

**EXS 292 - Instructional Strategies for Physical Education**

Focus is on teaching physical education to elementary, middle, and high school students, with instruction on developmental needs, teaching skills, analysis and observation, behavior management, and curriculum.

Prerequisite(s): EXS 291. Corequisite: EXS 293.

Last Offered: Spring 2019

3 credits
EXS 293 - Movement Foundations
Foundation for conceptual understanding, personal proficiency and instructional demonstration competency for all fundamental human movements and combinations of movement skills. Major conceptual and skill development components of the course are movement education, tumbling, dance movement, rhythms and dance fundamentals, and motor development and motor learning for children K-12, with an emphasis on K-3.
Prerequisite(s): EXS major and EXS 191.
Last Offered: Spring 2019
3 credits

EXS 301 - Exercise and Nutrition
An investigation and clarification of the relationship between exercise and nutrition as it pertains to the sub-discipline of human performance.
Prerequisite(s): PCH 200. Not open to Pre-Human Performance students.
Last Offered: Fall 2019
3 credits

EXS 302 - Athletic Training Clinical Practice III – Orthopedic Clinical Evaluation
Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing the application of clinical proficiencies within the context of direct patient care specific to orthopedic clinical evaluation. Satisfactory proficiency completion and a minimum of 45 contact days are required.
Prerequisite(s): ’C-' or better in EXS 203, EXS 288, and EXS 289.
Last Offered: Fall 2019
2 credits

EXS 303 - Athletic Training Clinical Practice IV - General Medicine
Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing the application of clinical proficiencies within the context of direct patient care specific to etiology, recognition, physical examination, management, prevention and referral of common medical conditions. Satisfactory proficiency completion and a minimum of 45 contact days are required.
Prerequisite(s): EXS 227, EXS 302, EXS 411
Last Offered: Spring 2019
2 credits

EXS 308 - Conditioning for Strength & Human Performance
Response and adaptations to resistive, anaerobic, and aerobic exercise and training; practical application of scientific principles to human physical conditioning program with emphasis on enhancement of maximal strength, power, and high intensity endurance exercise.
Prerequisite(s): EXS 281 or BIO 200 AND EXS 282 or BIO 201. Not open to Pre-Human Performance students.
Last Offered: Spring 2019
3 credits

EXS 319 - Health and Safety for Coaches
Practical application of the prevention, recognition, initial response, and management of athletic related injuries and other medical conditions encountered in the coaching profession.
Prerequisite(s): EXS 280 or EXS 281 or BIO 200.
Last Offered: not yet offered
3 credits
EXS 328 - Orthopedic Appliances and Advanced Taping Techniques
The course provides the student with a strong understanding of the various orthopedic braces and advanced wrapping skills used in athletic training. Students are expected to use their knowledge of injury and apply it in the design, fitting and/or application of braces to a patient.
Prerequisite(s): C- or better in EXS 185, EXS 288, and EXS 289.
Last Offered: Spring 2019
2 credits

EXS 350 - Teaching Physical Fitness K-12
Builds on the content and competencies established in movement foundations. Applies conceptual understanding, personal proficiency and instructional demonstration competency for all fundamental human movements and combinations of movement skills to teaching of physical fitness K-12.
Prerequisite(s): EXS major, admission to professional program, and EXS 293.
Last Offered: Fall 2019
3 credits

EXS 352 - Individual and Dual Skills and Sports
Builds on the content and competencies established in Movement Foundations, and Teaching Physical Fitness K-12; applies conceptual understanding, personal proficiency and instructional demonstration competency for all fundamental human movements and combinations of movement skills to the teaching of individual skills and sports K-12.
Prerequisite(s): EXS major, admission to professional program, and EXS 293.
Last Offered: Spring 2019
3 credits

EXS 370 - Coaching Individual, Dual and Team Sports
Thorough examination of the methods of coaching team and individual sports, including the mechanics of the sport, conditioning and coaching techniques, practice organization, strategy, officiating, and safety measures.
Last Offered: Summer 2019
3 credits

EXS 380 - Sport Psychology
The study of the behavior of individuals engaged in human movement environments such as play, games, and sport. Emphasis is on selected aspects of psychology pertinent to those interested in sport such as arousal, motivation, perception, and team cohesion.
Prerequisite(s): ENG 112.
Last Offered: Fall 2019
3 credits

EXS 383 - Biomechanics of Sport and Exercise
Analysis and application of human motion based on anatomical and mechanical principles.
Prerequisite(s): EXS 281 or BIO 200 and EXS 282 or BIO 201. Not open to Pre-Human Performance students.
Last Offered: Fall 2019
3 credits

EXS 384 - Exercise Physiology
The physiological bases of human performance are covered. Primary concern is directed to the muscular, nervous, cardiovascular, and endocrine systems during periods of exercise.
Prerequisite(s): EXS 281 or BIO 200 and EXS 282 or BIO 201. Not open to Pre-Human Performance students.
Last Offered: Fall 2019
3 credits
EXS 386 - Fitness Management
Concepts and practice concerning the duties of an exercise leader, his relationship with the general public, and the operation of fitness center facilities. Prerequisite(s): EXS 383 and EXS 384. Not open to Pre-Human Performance students.
Last Offered: Fall 2019
3 credits

EXS 387 - Standard First Aid and Personal Safety
No Description Available
Last Offered: Fall 2019
1 credits

EXS 388 - Therapeutic Exercise for Musculoskeletal Injuries
Analysis and application of rehabilitative principles, equipment, and exercises in the treatment of musculoskeletal injuries to physically active individuals. Students develop and implement programs to correct deficits in the upper and lower extremities, and spine to restore a patient to full physical activity and athletic participation. Lecture: 2 hours. Lab: 2 hours.
Prerequisite(s): C- or better in EXS 288 and EXS 289.
Last Offered: Fall 2019
3 credits

EXS 389 - Exercise Physiology II
An introduction to sports training and the effects of sports training on the musculoskeletal and energy systems of the body.
Prerequisite(s): EXS 384. Not open to Pre-Human Performance students.
Last Offered: Spring 2019
3 credits

EXS 394 - Physical Education (Elementary School)
A prerequisite to elementary student teaching. Content materials of the physical education program from kindergarten through grade 6, with organization of the elementary program and methods of teaching.
Prerequisite(s): Open only to physical education majors who have completed Gate 2 requirements.
Last Offered: Fall 2019
4 credits

EXS 400 - Group and Team Activities, Sports, and Tactics
Builds on the content of movement foundations, teaching physical fitness, and individual dual skills/sports.; applies fundamental human movements and combination skills to the teaching of group and team games and activities, sports, and tactics K-12. Major components of the course are group and team games, sport, and tactical applications of fundamental movements K-12; skill themes in games and activities; conceptual development in games and activities; and tactical concepts and skills.
Prerequisite(s): EXS major, admission to professional program, and EXS 293.
Last Offered: Fall 2019
3 credits

EXS 402 - Athletic Training Clinical Practice V: Treatment and Rehabilitation
Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing the application of clinical proficiencies within the context of direct patient care specific to designing, implementing, and modifying treatment and rehabilitation programs. Satisfactory proficiency completion and a minimum of 60 contact days are required.
Prerequisite(s): EXS 286, EXS 303 and; EXS 308 may be taken concurrently
Last Offered: Fall 2019
3 credits
EXS 403 - Athletic Training Clinical Practice VI – Capstone in Athletic Training
Observe and perform professional skills under the direct supervision of a program approved health care provider emphasizing the application of clinical proficiencies within the context of patient care specific to prevention, immediate care, clinical evaluation, treatment, rehabilitation, reconditioning, organization and administration, and professional responsibility. Satisfactory proficiency completion and a minimum of 60 contact days are required.
Prerequisite(s): C- or better in EXS 402, 6 of 8 Tier 2 complete (Honors Coll.: 15 cr. HON or 45 cr. total), and prior or concurrent completion of all Tier 1 (Honors Coll.: T1MC and T1QR only).
Last Offered: Spring 2019
3 credits

EXS 411 - General Medical Perspectives
Study of pharmacological agents and general medical conditions, disabilities, abnormalities, and diseases of physically active individuals. Included is the etiology, recognition, physical examination, management, prevention and referral of common medical conditions.
Prerequisite(s): EXS 282 or BIO 201, formal acceptance into the athletic training or exercise science majors. Not open to Pre-Human Performance students.
Last Offered: Fall 2019
3 credits

EXS 421 - Organization and Administration in Human Performance
Addresses professional competencies required to successfully operate a physical fitness facility and maintain communication with clients and other target populations. Topics include budgeting, facility and personnel management, program development, marketing, and communication skills.
Prerequisite(s): Formal acceptance into Exercise Science Department and Human Performance concentration. Not open to Pre-Human Performance students.
Last Offered: Fall 2019
3 credits

EXS 422 - Practicum Seminar in Physical Education
The practicum seminar in conjunction with the student teaching period is the culminating experience where the students plan, implement, and evaluate the learning environment and their performance as pre-service teachers.
Prerequisite(s): 6 of 8 Tier 2 complete (Honors Coll.: 15 cr. HON or 45 cr. total), and prior or concurrent completion of all Tier 1 (Honors Coll.: T1MC and T1QR only). Corequisites: EXS 452 and EXS 453.
Last Offered: Spring 2019
3 credits

EXS 452 - Elementary Physical Education Student Teaching
Prearranged experiential learning program, to be planned, supervised, and evaluated for credit by faculty and field supervisors.
Prerequisite(s): EXS 394 and EXS 495
Last Offered: Spring 2019
6 credits

EXS 453 - Secondary Physical Education Student Teaching
Prearranged experiential learning program, to be planned, supervised, and evaluated for credit by faculty and field supervisors.
Prerequisite(s): EXS 394 and EXS 495.
Last Offered: Spring 2019
6 credits

EXS 480 - Motor Learning and Development
Study of major variables affecting the learning process as related to the acquisition of motor skills. Some laboratory exercises required.
Prerequisite(s): Junior status.
Last Offered: Fall 2019
3 credits
EXS 483 - Adapted Physical Education
This course familiarizes the student to the various disabilities he/she may encounter while teaching in the public school system. Also develops the student’s awareness and understanding of the programming necessary to fulfill the needs of the child who is unable to participate in a regular physical education class.
Last Offered: Spring 2019
3 credits

EXS 485 - Measurement and Statistics in Exercise Science
Elementary statistics and testing as applied to health and physical education, with detailed study of the following types of tests: anthropometric, strength, cardiovascular, general motor ability, specialized skills, and knowledge tests.
Prerequisite(s): Exercise Science major. Not open to Pre-Human Performance students.
Last Offered: Fall 2019
3 credits

EXS 490 - Organization and Administration in Athletic Training
A comprehensive examination of issues related to the operation and function of athletic training programs. Topics covered include legal liability, certification, and licensing of athletic trainers, insurance management, record keeping, professional development, personnel management, facility design, budgeting, position statements of relevant organizations and current professional trends.
Prerequisite(s): Athletic Training major.
Last Offered: Spring 2019
3 credits

EXS 492 - Principles of Sport Studies
Analysis of sport studies with respect to cultural, psychological, and philosophical forces and factors that determine scope and function.
Prerequisite(s): Departmental permission, 6 of 8 Tier 2 complete (Honors Coll.: 15 cr. HON or 45 cr. total), and prior or concurrent completion of all Tier 1 (Honors Coll.: T1MC and T1QR only).
Last Offered: Summer 2018
3 credits

EXS 495 - Physical Education (Secondary School)
Practices, methods, and materials of teaching physical education in secondary schools. Emphasis is on development of knowledge and skill in teaching selected physical education activities. A prerequisite for student teaching in the secondary school.
Prerequisite(s): Open only to physical education majors who have completed Gate 2 requirements.
Last Offered: Fall 2019
4 credits

EXS 496 - Sport in American Culture
The study of sport in social groups, process, institutions, economics, religion, the black athlete, women, education, and the media.
Last Offered: Summer 2019
3 credits

EXS 497 - Human Performance Practicum
Practical experience in applying human performance methods and procedures in an exercise science environment, complying with each student’s professional interests. Special Information: Course taken for pass/fail only.
Prerequisite(s): EXS 386, EXS 387, departmental permission, 6 of 8 Tier 2 complete (Honors Coll.: 15 cr. HON or 45 cr. total), and prior or concurrent completion of all Tier 1 (Honors Coll.: T1MC and T1QR only).
Last Offered: Fall 2019
6 credits
EXS 499 - Independent Study
No Description Available
Prerequisite(s): Departmental permission.
Last Offered: Fall 2019
.5 to 3 credits

HMS 011 - Fit for Life I
Provide insight and experience into the philosophy of adult fitness, principles of exercise, individualized program construction and the safe use of weight training & aerobic exercise equipment. The course is designed for adults seeking basic knowledge and selective participation in the wholesome use of exercise.
Last Offered: Spring 2020
.5 credits

HMS 012 - Fit for Life II
Provide insight and experience into the philosophy of adult fitness, principles of exercise, individualized program construction and the safe use of weight training & aerobic exercise equipment. The course is designed for adults seeking basic knowledge and selective participation in the wholesome use of exercise.
Prerequisite(s): Non-EXS major
Last Offered: Spring 2021
.5 credits

HMS 110 - Fit for Life I
Provide insight and experience into the philosophy of adult fitness, principles of exercise, individualized program construction and the safe use of weight training & aerobic exercise equipment. The course is designed for adults seeking basic knowledge and selective participation in the wholesome use of exercise.
Last Offered: not yet offered
.5 credits

HMS 111 - Fit for Life II
Provide insight and experience into the philosophy of adult fitness, principles of exercise, individualized program construction and the safe use of weight training & aerobic exercise equipment. The course is designed for adults seeking basic knowledge and selective participation in the wholesome use of exercise.
Last Offered: not yet offered
.5 credits

HMS 131 - Teaching Aquatics
This course will provide learning experiences that will lead to the development of skills in a variety of aquatic activities. In addition to skill acquisition, this course will focus on how to plan, implement and assess aquatic activities in a preK-12 physical education teaching setting.
Prerequisite(s): EXS major.
Last Offered: Spring 2021
.5 credits

HMS 158 - Athletic Training Professional Practice
Initial exposure to the role of the athletic trainer as a health care provider. Emphasizes the professional responsibilities and foundational knowledge, skills, and behaviors necessary for effective performance as an entry level athletic trainer. Course content includes introduction to sports medicine and the sports medicine team, history of the athletic training profession, standards of practice, medical terminology and basic principles of athletic training.
Prerequisite(s): Athletic Training Major.
Last Offered: not yet offered
1 credits
HMS 160 - Introduction to Human Performance
Provides a foundation to the human performance discipline in the health and movement sciences field, highlighting history, role, and scope of the sub disciplines (exercise physiology, biomechanics, exercise nutrition, strength & conditioning, sport psychology. Exercise prescription, motor behavior). The students are introduced to the profession of human performance including practical demonstrations of the sub disciplines, career opportunities, professional certification, basic research techniques, and scientific writing. Students will learn basic, academic requirements of obtaining employment in the fitness, clinical, or strength & conditioning environment.
Last Offered: Spring 2021
3 credits

HMS 184 - Introduction to Athletic Injury Care and Prevention
A basic introduction in injury assessment, emergency care, injury pathology, and injury management procedures are taught. Successful completion of this course will certify students in CPR and First Aid Basics.
Last Offered: not yet offered
3 credits

HMS 185 - Concepts and Practices of Athletic Training
Analysis and application of prevention strategies for musculoskeletal injuries, illnesses, and other health related conditions.
Prerequisite(s): C- or better in HMS 158.
Last Offered: not yet offered
3 credits

HMS 187 - Cardiopulmonary Resuscitation
No Description Available
Last Offered: not yet offered
.5 credits

HMS 191 - Introduction to Teaching Physical Education
Introduces prospective physical educators to the profession of teaching physical education (PE) in preK-12 schools. Examines the historical, philosophical and social perspectives of physical education. Students will learn the purpose of PE, content taught by physical educators at preK-12 levels, the roles and responsibilities of physical educators in schools, how to design appropriate learning experiences, and lesson planning.
Last Offered: Spring 2021
1.5 credits

HMS 202 - Athletic Training Clinical Practice I – Professional Practice
Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing clinical proficiencies within the context of professional practice as an athletic trainer. Satisfactory completion of clinical assignments and a minimum of 30 contact days required.
Prerequisite(s): ‘C-’ or better in EXS 185 and EXS 281, acceptance into the athletic training major.
Last Offered: not yet offered
1 credits

HMS 203 - Athletic Training Clinical Practice II – Injury and Illness Prevention
Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing clinical proficiencies within the context of preventing injuries and medical conditions. Satisfactory completion of clinical assignments and a minimum of 30 contact days required.
Prerequisite(s): ‘C-’ or better in HMS 185 and HMS 202.
Last Offered: Spring 2020
1 credits
HMS 204 - Field Experience in Group Exercise Instruction

Practical work in a group exercise instruction (GEI) setting where students will utilize their academic knowledge of their major emphasis in human performance to develop knowledge, skill, abilities and experiences toward national certification in group exercise instruction.
Prerequisite(s): Pre-Human Performance major.
Last Offered: not yet offered
1 credits

HMS 212 - Lifetime Physical Activity

Designed to encourage the inclusion of lifetime physical activity to promote an understanding of lifelong wellness and advocacy for physical activity, as well as identify its relationship to the prevention of hypokinetic diseases.
Last Offered: Spring 2021
3 credits

HMS 227 - Emergency Principles of Athletic Training

Provides the athletic training student with practical and cognitive knowledge necessary to care for emergency situations in the athletic setting. Topics include the care of serious wounds and the prevention of shock, care of sudden illness, and splinting/transporting procedures.
Prerequisite(s): Athletic Training Specialization.
Last Offered: Fall 2020
3 credits

HMS 280 - Survey of Anatomy and Physiology

An overview of body structure and function with fitness emphasis. Including musculoskeletal, cardiorespiratory, and neuroendocrine systems.
Last Offered: Fall 2020
3 credits

HMS 281 - Anatomy and Physiology I

Study of the structure and function of the human body, with emphasis on the skeletal system, muscular system, circulatory, respiratory, urinary, endocrine and nervous systems, and on the physiology of growth and development.
Last Offered: Spring 2021
3 credits

HMS 282 - Anatomy and Physiology II

Study of the structure and function of the human body, with emphasis on the skeletal system, muscular system, circulatory, respiratory, urinary, endocrine and nervous systems, and on the physiology of growth and development.
Last Offered: Spring 2021
3 credits

HMS 283 - Functional Anatomy

An investigation into human anatomy focusing on how muscles and joints coordinate to produce human movement. Emphasis is placed on providing fundamental knowledge necessary to understand dysfunction. Included in the course is a review of anatomical structures and their relationship to the kinetic chain.
Prerequisite(s): Acceptance into Athletic Training Program or department permission
Last Offered: Spring 2021
3 credits

HMS 285 - Steroids and Sports Drugs

The relationship between anabolic steroids and other drugs and their effects on physiology and athletic performance.
Last Offered: not yet offered
2 credits

HMS 286 - Physical Agents for Musculoskeletal Injuries

Analysis and application of pain theories and tissue healing process related to the use of thermal, acoustical, mechanical, electrical, and manual agents. Lecture: 2 hours. Lab: 2 hours.
Prerequisite(s): C- or better in HMS 185, HMS 281, and HMS 288.
Last Offered: Spring 2020
3 credits
HMS 288 - Orthopedic Assessment of Lumbar Spine and Lower Extremities

Provides an in-depth view of injury assessment to the lower body and lumbar spine. Common injuries seen in the physically active are emphasized. Included are epidemiological, mechanical, and physiological factors that contribute to injuries of the lower body and lumbar spine. Course topics are illustrated within the laboratory setting, permitting students to develop competence in performing assessments prior to commencement of clinical rotations. Lecture, 2 hours; laboratory, 2 hours.
Prerequisite(s): 'C-' or better in HMS 281 or departmental permission.
Last Offered: not yet offered
3 credits

HMS 289 - Orthopedic Assessment of Cervical Spine and Upper Extremities

Provides an in-depth view of injury assessment relative to posture, the thoracic and cervical spines, the head, and the upper extremities. Common injuries seen in the physically active are emphasized. Included are epidemiological, mechanical, postural, and physiological factors that contribute to injuries of the upper body. Course topics are illustrated within the laboratory setting, permitting students to develop competence in performing assessments prior to commencement of clinical rotations. Lecture, 2 hours; laboratory, 2 hours.
Prerequisite(s): C- or better in HMS 281 or departmental permission.
Last Offered: Spring 2020
3 credits

HMS 291 - Exploring the Teaching of Physical Education

Introduces teacher candidates to pedagogy, management, and organizational strategies specific to physical education. Content includes rationale for skill progressions, scope and sequence of physical education, lesson planning, and program planning. Provides an initial exposure to school physical education programs (preK-12) through 5-8 hours of-field experiences.
Prerequisite(s): HMS 191 Corequisite(s): HMS 293
Last Offered: Fall 2020
3 credits

HMS 292 - Instructional Strategies for Physical Education

Focus is on teaching physical education to elementary, middle, and high school students, with instruction on developmental needs, teaching skills, analysis and observation, behavior management, and curriculum.
Prerequisite(s): HMS 291.
Last Offered: Spring 2021
3 credits

HMS 293 - Movement Foundations

Foundation for conceptual understanding, personal proficiency and instructional demonstration competency for all fundamental human movements and combinations of movement skills. Major conceptual and skill development components of the course are movement education, tumbling, dance movement, rhythms and dance fundamentals, and motor development and motor learning for children K-12, with an emphasis on K-3.
Prerequisite(s): EXS major and HMS 191.
Last Offered: Fall 2020
3 credits
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Description</th>
<th>Prerequisite(s)</th>
<th>Last Offered</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HMS 301 - Exercise and Nutrition</td>
<td>An investigation and clarification of the relationship between exercise and nutrition as it pertains to the sub-discipline of human performance.</td>
<td></td>
<td>PCH 200. Not open to Pre-Human Performance students.</td>
<td>Spring 2021</td>
<td>3</td>
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<tr>
<td>HMS 302 - Athletic Training Clinical Practice III – Orthopedic Clinical Evaluation</td>
<td>Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing the application of clinical proficiencies within the context of direct patient care specific to orthopedic clinical evaluation. Satisfactory proficiency completion and a minimum of 45 contact days are required.</td>
<td>'C-' or better in HMS 203, HMS 288, and HMS 289.</td>
<td>Fall 2020</td>
<td>2</td>
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<tr>
<td>HMS 303 - Athletic Training Clinical Practice IV - General Medicine</td>
<td>Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing the application of clinical proficiencies within the context of direct patient care specific to etiology, recognition, physical examination, management, prevention and referral of common medical conditions. Satisfactory proficiency completion and a minimum of 45 contact days are required.</td>
<td>HMS 227, HMS 302, HMS 411</td>
<td>Spring 2021</td>
<td>2</td>
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<tr>
<td>HMS 308 - Conditioning for Strength &amp; Human Performance</td>
<td>Response and adaptations to resistive, anaerobic, and aerobic exercise and training; practical application of scientific principles to human physical conditioning program with emphasis on enhancement of maximal strength, power, and high intensity endurance exercise.</td>
<td>HMS 281 or BIO 200, and HMS 282 or BIO 201.</td>
<td>Spring 2021</td>
<td>3</td>
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<tr>
<td>HMS 310 - Pharmacology for Athletic Trainers</td>
<td>An introduction to the knowledge, skills, and values required of the entry-level certified athletic trainer on pharmacological applications. Includes indications, contraindications, precautions, interactions, and governing regulations relevant to the treatment of injuries to and illness of the physically active.</td>
<td>EXS or ATH major or departmental permission.</td>
<td>not yet offered</td>
<td>2</td>
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<tr>
<td>HMS 313 - Teaching Skill Themes and Movement Concepts</td>
<td>Designed to provide a framework for understanding the interaction between manipulative skills and movement concepts. Participation in this course provides opportunities for the pre-service teacher to develop pedagogical content knowledge of the movement framework. Students will learn how movement concepts enhance, expand, and embellish skill themes.</td>
<td>HMS 291</td>
<td>not yet offered</td>
<td>.5</td>
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</tbody>
</table>
HMS 314 - Teaching Individual Performance Activities

Provides learning experiences that lead to the development of skills in a variety of individual performance activities. In addition to skill acquisition, this course focuses on how to plan and implement these activities. Practice outside of class time is necessary for students to achieve the expected performance level.
Prerequisite(s): HMS 292
Last Offered: not yet offered
.5 credits

HMS 315 - Teaching Outdoor Pursuits and Adventure Education in PE

Engages students in learning experiences to prepare them to instruct youth in adventure activities and outdoor pursuits in physical education. The course includes the basic principles, skills and concepts of outdoor pursuits and adventure education, as well as appropriate instructional strategies for these activities.
Prerequisite(s): HMS 292
Last Offered: not yet offered
.5 credits

HMS 316 - Physical Activity Promotion and Advocacy

Engages students in learning experiences that develop the knowledge and skills to: (a) promote physical activity within preK-12 school and community settings; (b) design and implement a variety of physical activity opportunities for children and adults; (c) advocate for health and physical education at the local, state, and national levels; and (d) enhance health, physical education, and physical activity program within preK-12 school and community settings.
Prerequisite(s): HMS 292
Last Offered: not yet offered
.5 credits

HMS 319 - Health and Safety for Coaches

Practical application of the prevention, recognition, initial response, and management of athletic related injuries and other medical conditions encountered in the coaching profession.
Prerequisite(s): HMS 280 or HMS 281 or BIO 200.
Last Offered: Spring 2021
3 credits

HMS 328 - Orthopedic Appliances and Advanced Taping Techniques

The course provides the student with a strong understanding of the various orthopedic braces and advanced wrapping skills used in athletic training. Students are expected to use their knowledge of injury and apply it in the design, fitting and/or application of braces to a patient.
Prerequisite(s): C- or better in HMS 185, HMS 288, and HMS 289.
Last Offered: Spring 2020
2 credits

HMS 332 - Lifeguard Training

Progressive techniques and practice of lifeguarding and water safety skills including the lifeguard training material of the American Red Cross. Advanced swimming ability is a prerequisite for the course and CPR and Standard First Aid required before course completion.
Last Offered: not yet offered
1 credits

HMS 334 - Water Safety Instructor

A review of basic strokes and life saving techniques, including new American Red Cross techniques. Also covers competitive swimming, diving, water polo, water treatment and pool maintenance, skin diving, and legal liability. Each member of the class is expected to attempt all skills and be able to demonstrate teaching proficiency.
Prerequisite(s): Life-saving certification.
Last Offered: not yet offered
1 credits
HMS 336 - SCUBA Diving
Theory and techniques of scuba diving. Subject areas include applied sciences, diving equipment, diving safety, and diving environment. Optional open-water training is available for certification by N.A.U.I.
Last Offered: not yet offered
3 credits

HMS 337 - Open Water Diving
No Description Available
Last Offered: not yet offered
1 credits

HMS 350 - Teaching Physical Fitness K-12
Builds on the content and competencies established in movement foundations. Applies conceptual understanding, personal proficiency and instructional demonstration competency for all fundamental human movements and combinations of movement skills to teaching of physical fitness K-12.
Prerequisite(s): EXS major, admission to professional program, and HMS 293.
Last Offered: Fall 2020
3 credits

HMS 352 - Skill and Strategy of Target, Striking/Fielding, Net/Wall Games
Builds on the content and competencies established in Movement Foundations and Teaching Physical Fitness K-12; Applies conceptual understanding, personal proficiency, and instructional demonstration competency for all fundamental movement skills, combinations of skills, and strategies/concepts utilized throughout game-play to the teaching of target, striking/fielding, and net/wall games at the secondary (grades 6-12) level.
Prerequisite(s): EXS major, admission to professional program, and HMS 293.
Last Offered: Spring 2021
3 credits

HMS 370 - Coaching Individual, Dual and Team Sports
Thorough examination of the methods of coaching team and individual sports, including the mechanics of the sport, conditioning and coaching techniques, practice organization, strategy, officiating, and safety measures.
Last Offered: Spring 2021
3 credits

HMS 371 - Coaching of Field Hockey
No Description Available
Last Offered: not yet offered
3 credits

HMS 380 - Sport Psychology
The study of the behavior of individuals engaged in human movement environments such as play, games, and sport. Emphasis is on selected aspects of psychology pertinent to those interested in sport such as arousal, motivation, perception, and team cohesion.
Prerequisite(s): ENG 112.
Last Offered: Spring 2021
3 credits

HMS 383 - Biomechanics of Sport and Exercise
Analysis and application of human motion based on anatomical and mechanical principles.
Prerequisite(s): HMS 281 or BIO 200 and HMS 282 or BIO 201. Not open to Pre-Human Performance students.
Last Offered: Spring 2021
3 credits

HMS 384 - Exercise Physiology
The physiological bases of human performance are covered. Primary concern is directed to the muscular, nervous, cardiovascular, and endocrine systems during periods of exercise.
Prerequisite(s): HMS 281 or BIO 200 and HMS 282 or BIO 201. Not open to Pre-Human Performance students.
Last Offered: Spring 2021
3 credits
HMS 386 - Fitness Management
Concepts and practice concerning the duties of an exercise leader, his relationship with the general public, and the operation of fitness center facilities. Prerequisite(s): HMS 383 and HMS 384. Not open to Pre-Human Performance students.
Last Offered: Spring 2021
3 credits

HMS 387 - Standard First Aid and Personal Safety
No Description Available
Last Offered: Spring 2021
1 credits

HMS 388 - Therapeutic Exercise for Musculoskeletal Injuries
Analysis and application of rehabilitative principles, equipment, and exercises in the treatment of musculoskeletal injuries to physically active individuals. Students develop and implement programs to correct deficits in the upper and lower extremities, and spine to restore a patient to full physical activity and athletic participation. Lecture: 2 hours. Lab: 2 hours. Prerequisite(s): C- or better in HMS 288 and HMS 289.
Last Offered: Fall 2020
3 credits

HMS 389 - Exercise Physiology II
An introduction to sports training and the effects of sports training on the musculoskeletal and energy systems of the body. Prerequisite(s): HMS 384. Not open to Pre-Human Performance students.
Last Offered: Spring 2021
3 credits

HMS 394 - Physical Education (Elementary School)
A prerequisite to elementary student teaching. Content materials of the physical education program from kindergarten through grade 6, with organization of the elementary program and methods of teaching. Prerequisite(s): Open only to physical education majors who have completed Gate 2 requirements.
Last Offered: Fall 2020
4 credits

HMS 398 - Special Topics in Exercise Science
Examination of developments, issues, and other creative work in the field of exercise science. Prerequisite(s): Junior status and Exercise Science major.
Last Offered: not yet offered
2 to 3 credits

HMS 400 - Skill and Strategy of Invasion Games
Builds on the content and competencies established in Movement Foundations, Teaching Physical Fitness K-12 and Skill and Strategy of Target, Striking/Fielding and Net/Wall Games; Applies conceptual understanding, personal proficiency, and instructional demonstration competency for all fundamental movement skills, combinations of skills, and strategies/concepts utilized throughout game-play to the teaching of invasion games at the secondary (grades 6-12) level. Prerequisite(s): EXS major, admission to professional program, and HMS 293.
Last Offered: Fall 2020
3 credits

HMS 401 - Exercise for Special Populations
Exercise prescription for individuals in the special population of commonly encountered medical conditions, disabilities, abnormalities, and diseases of physically active individuals; general study of the etiology, epidemiology, and presentation of diseases and conditions. Prerequisite(s): 'C' or better in HMS 384 and acceptance into Human Performance program.
Last Offered: not yet offered
3 credits
HMS 402 - Athletic Training Clinical Practice V: Treatment and Rehabilitation
Observation and performance of professional skills under the direct supervision of a program approved health care provider emphasizing the application of clinical proficiencies within the context of direct patient care specific to designing, implementing, and modifying treatment and rehabilitation programs. Satisfactory proficiency completion and a minimum of 60 contact days are required.
Prerequisite(s): HMS 286, HMS 303 and; HMS 308 may be taken concurrently
Last Offered: Fall 2020
3 credits

HMS 403 - Athletic Training Clinical Practice VI – Capstone in Athletic Training
Observe and perform professional skills under the direct supervision of a program approved health care provider emphasizing the application of clinical proficiencies within the context of patient care specific to prevention, immediate care, clinical evaluation, treatment, rehabilitation, reconditioning, organization and administration, and professional responsibility. Satisfactory proficiency completion and a minimum of 60 contact days are required.
Prerequisite(s): C- or better in HMS 402, 6 of 8 Tier 2 complete (Honors Coll.: 15 cr. HON or 45 cr. total), and prior or concurrent completion of all Tier 1 (Honors Coll.: T1MC and T1QR only).
Last Offered: Spring 2021
3 credits

HMS 410 - Pathophysiology
Provides the student with knowledge in pathophysiology. Lecture material explains the underlying process involved with medical conditions of the physically active as required, to include their etiologies, symptoms, signs, and prognosis.
Prerequisite(s): EXS major.
Last Offered: not yet offered
3 credits

HMS 411 - General Medical Perspectives
Study of pharmacological agents and general medical conditions, disabilities, abnormalities, and diseases of physically active individuals. Included is the etiology, recognition, physical examination, management, prevention and referral of common medical conditions.
Prerequisite(s): HMS 282 or BIO 201, HMS 384 (may be taken concurrently), BHSc major.
Last Offered: Spring 2021
3 credits

HMS 412 - Medical Documentation
Instructs students interested in the rehabilitative healthcare professions in the proper use of medical documentation associated with assessment, rehabilitation, discharge summaries, and insurance reimbursement.
Last Offered: not yet offered
3 credits

HMS 413 - Functional Anatomy and Clinical Kinesiology
An investigation into human anatomy focusing on joint arthrokinematics and osteokinematics and associated muscle actions. Emphasis on the fundamental knowledge necessary to understand anatomical dysfunction’s role in contributing to injury and the role of joint structure and movement in the application of manual therapy techniques.
Prerequisite(s): Restricted to students in the accelerated BS/MAT Athletic Training program.
Last Offered: not yet offered
3 credits
HMS 421 - Organization and Administration in Human Performance
Addresses professional competencies required to successfully operate a physical fitness facility and maintain communication with clients and other target populations. Topics include budgeting, facility and personnel management, program development, marketing, and communication skills. Prerequisite(s): Formal acceptance into Exercise Science Department and Human Performance concentration. Not open to Pre-Human Performance students.
Last Offered: Spring 2021
3 credits

HMS 442 - Practicum Seminar in Physical Education
The practicum seminar in conjunction with the student teaching period is the culminating experience where the students plan, implement, and evaluate the learning environment and their performance as pre-service teachers. Prerequisite(s): 6 of 8 Tier 2 complete (Honors Coll.: 15 cr. HON or 45 cr. total), and prior or concurrent completion of all Tier 1 (Honors Coll.: T1MC and T1QR only). Corequisites: HMS 452 and HMS 453.
Last Offered: Spring 2021
3 credits

HMS 452 - Elementary Physical Education Student Teaching
Prearranged experiential learning program, to be planned, supervised, and evaluated for credit by faculty and field supervisors. Prerequisite(s): HMS 394 and HMS 495
Last Offered: Spring 2021
5.5 credits

HMS 453 - Secondary Physical Education Student Teaching
Prearranged experiential learning program, to be planned, supervised, and evaluated for credit by faculty and field supervisors. Prerequisite(s): HMS 394 and HMS 495.
Last Offered: Spring 2021
5.5 credits

HMS 455 - Conditioning for Strength and Human Performance II
Provides a continuation of principles learned in the HMS 308 conditioning for strength & human performance course. Emphasis is placed on faculty design and safety, considerations for special populations, age, and sex; specific performance testing and interpretations, athlete coaching and monitoring using wearable technology, and corrective exercise and movement screening. Additionally this course is designed to prepare students for the nationally accredited certifies strength and conditioning specialist (CSCS) certification exam. Prerequisite(s): 'C' or better in HMS 308.
Last Offered: not yet offered
3 credits

HMS 480 - Motor Learning and Development
Study of major variables affecting the learning process as related to the acquisition of motor skills. Some laboratory exercises required. Prerequisite(s): Junior status.
Last Offered: Spring 2021
3 credits

HMS 483 - Adapted Physical Education
This course familiarizes the student to the various disabilities he/she may encounter while teaching in the public school system. Also develops the student’s awareness and understanding of the programming necessary to fulfill the needs of the child who is unable to participate in a regular physical education class.
Last Offered: Spring 2021
3 credits
HMS 485 - Measurement and Statistics in Exercise Science
Elementary statistics and testing as applied to health and physical education, with detailed study of the following types of tests: anthropometric, strength, cardiovascular, general motor ability, specialized skills, and knowledge tests. Prerequisite(s): Exercise Science major. Not open to Pre-Human Performance students. Last Offered: Spring 2021 3 credits

HMS 488 - Exercise Testing and Prescription
Instruction and application of exercise and health assessments, laboratory emphasizes group work, human contact, and report writing during assessment learning. Directed toward preparation for a career in a fitness, sport performance, or clinical physiology environment. Prerequisite(s): HMS 384. Last Offered: not yet offered 4 credits

HMS 490 - Organization and Administration in Athletic Training
A comprehensive examination of issues related to the operation and function of athletic training programs. Topics covered include legal liability, certification, and licensing of athletic trainers, insurance management, record keeping, professional development, personnel management, facility design, budgeting, position statements of relevant organizations and current professional trends. Prerequisite(s): Athletic Training major. Last Offered: Spring 2021 3 credits

HMS 491 - Internship in Sport Studies
A supervised internship in Sport Studies related setting, such as sports information, sports statistics, sport photography, sports retail, sports merchandising, coaching, and others at the discretion of the internship supervisor/department. Students are required to complete 3 credits of internship and can complete up to 6 credits at one or more internships. Last Offered: not yet offered 3 credits

HMS 492 - Principles of Sport Studies
Analysis of sport studies with respect to cultural, psychological, and philosophical forces and factors that determine scope and function. Prerequisite(s): Departmental permission, 6 of 8 Tier 2 complete (Honors Coll.: 15 cr. HON or 45 cr. total), and prior or concurrent completion of all Tier 1 (Honors Coll.: T1MC and T1QR only). Last Offered: not yet offered 3 credits

HMS 495 - Physical Education (Secondary School)
Practices, methods, and materials of teaching physical education in secondary schools. Emphasis is on development of knowledge and skill in teaching selected physical education activities. A prerequisite for student teaching in the secondary school. Prerequisite(s): Open only to physical education majors who have completed Gate 2 requirements. Last Offered: Fall 2020 4 credits

HMS 496 - Sport in American Culture
The study of sport in social groups, process, institutions, economics, religion, the black athlete, women, education, and the media. Last Offered: Winter 2020-21 3 credits
HMS 497 - Human Performance Practicum
Practical experience in applying human performance methods and procedures in an exercise science environment, complying with each student’s professional interests. Special Information: Course taken for pass/fail only. Prerequisite(s): HMS 386, HMS 387, departmental permission, 6 of 8 Tier 2 complete (Honors Coll.: 15 cr. HON or 45 cr. total), and prior or concurrent completion of all Tier 1 (Honors Coll.: T1MC and T1QR only).
Last Offered: Spring 2021
6 credits

HMS 499 - Independent Study
No Description Available
Prerequisite(s): Departmental permission.
Last Offered: not yet offered
.5 to 3 credits

HSC 200 - Health Professions & Medical Terminology
Inquiry of the preparation, credentials, scopes of practice, roles and responsibilities of various clinical and non-clinical medical and healthcare professionals. Elements of medical language related to prefixes, roots and suffixes of body organizations and systems, anatomical structures and common conditions and treatments.
Last Offered: Spring 2021
3 credits

HSC 497 - Internship in Health Science
A supervised internship at a site that allows for the practical application of health science related competencies with a service learning emphasis; 150 hours at internship site. Prerequisite(s): HSC majors only, by permission.
Last Offered: Spring 2020
3 credits

RSP 315 - Healthcare in the Age of Mass Media
Examines the role that mass media plays in the health of global citizens. Investigations into the way healthcare messages are communicated and understood through traditional and non-traditional media formats. E-health, telemedicine, and medical tourism are examined. Explores the current and emerging issues such as organ donation as a 'Facebook' status, television marketing of e-cigarettes, and storytelling as a way to communicate healthcare information. Prerequisite(s): Respiratory Care major.
Last Offered: Fall 2020
3 credits

RSP 325 - Dimensions of Healthcare Leadership
The study of theories, principles, and skills needed to function in a leadership position. Emphasis is placed on the development of competencies applicable to not only the professional practice of respiratory care, but also as members of the community. Addresses the key issues confronting healthcare leaders today; examines the causes, and develops reasonable solutions to current healthcare challenges. Prerequisite(s): Respiratory Care major.
Last Offered: Fall 2019
3 credits

RSP 330 - Case Studies in Medical Ethics
Investigation of groundbreaking medical cases that shape the way healthcare is practiced today. Examination of ethical and social issues surrounding the practice of medicine, particularly the relationship between clinician and patient. Emphasis on the role that advancements in medical technology and biomedical innovation play in healthcare decision-making. Prerequisite(s): Respiratory Care or Healthcare Studies major.
Last Offered: Spring 2021
3 credits
RSP 340 - Principles of Care Coordination in Respiratory Disease Management
Examination of the systems and tools necessary to work successfully with the respiratory disease population. Health models, processes, staffing, training, patient advocacy/engagement, and reporting/reimbursement, with the aim of improving patient outcomes and reducing healthcare costs. Introduction to concepts and principles of pulmonary rehabilitation, and medical home model of care. Exploration of ways to optimize quality of life for chronically ill patients with cardiopulmonary disease through rehabilitation, education, and outpatient management.
Prerequisite(s): Respiratory Care major.
Last Offered: Summer 2020
3 credits

RSP 415 - Healthcare Systems, Policy, and Billing
Engage the student in comprehending the history, trend, issues and evolution of the American health care system with emphasis on the evolving nature of healthcare policy and payment. Contemporary issues in America’s health care system are discussed to identify ways that the organization, delivery and payment of health care, Medicare/Medicaid; issues related to health care disparities and the future directions of the provision of care may impact care. A broad investigation of the provision of payment and billing for health services for the insured, the uninsured and the underinsured.
Prerequisite(s): Respiratory Care major and sophomore status.
Last Offered: Spring 2021
3 credits

RSP 420 - Neonatal-Pediatric Care
Overview of fetal and neonatal development and physiology of the cardiopulmonary system. Normal and abnormal physiology, diagnostics, and possible treatment including examination of trends and technology utilized for neonatal care is researched. Explores the assessments made by the healthcare team on the newborn and continuing monitoring of neonates with respiratory other difficulties.
Prerequisite(s): Respiratory Care major.
Last Offered: Spring 2021
3 credits

RSP 425 - Respiratory Care Education
Fundamental background in educational theory and practical application skills of educational delivery and evaluation within the construct of the healthcare environment, most notably the respiratory care profession. Course content includes information on designing a lecture or course for the classroom, as an in-service or in a continuing education program. Focus on assessing educational needs, organizing instruction, instructional methods, and education.
Prerequisite(s): Respiratory Care major.
Last Offered: Spring 2021
3 credits

RSP 440 - Evidenced Based Practice and Research in Respiratory Care
Conceptual examination of evidence-based practice and skill acquisition necessary to incorporate evidence and best practices into professional work with the lung disease patient. These include an understanding of research methods and a scientific approach to critical appraisal of research literature. Analysis of strong scientific data to support approaches to respiratory care. Examination of the development of respiratory care practice guidelines.
Prerequisite(s): Respiratory Care major.
Last Offered: Fall 2020
3 credits
RSP 445 - Respiratory Care Seminar
Designed to allow the student to explore clinical process in an advanced practice area (neonatal critical care, pediatric critical care, adult critical care, pulmonary rehabilitation, pulmonary function laboratory, polysomnography, hyperbaric therapy, respiratory care management or respiratory care education) through the development of clinically-related projects in the areas of quality improvement, healthcare organizational structures and current processes in patient management with the goal of acquiring the skills necessary to conduct and present original research. Students should select a specialty topic that reflects their area of interest. Peer-to-peer teaching is an integral part of this course.
Prerequisite(s): Respiratory Care major, 6 of 8 Tier 2 complete (Honors Coll.: 15 cr. HON or 45 cr. total), and prior or concurrent completion of all Tier 1 (Honors Coll.: T1MC and T1QR only).
Last Offered: Spring 2020
3 credits

SHE 203 - School Health
Current organization, content and practices of school health programs, covering healthful school living, health instruction, and school health services.
Last Offered: Spring 2021
3 credits

SHE 301 - Drug Education
Historical and contemporary aspects of drug consumption: the nature and uses of drugs; motivation for drug use and abuse; responsible drug use; treatment modalities; societal implications. Emphasis on the role of the educator.
Last Offered: Spring 2021
3 credits

SHE 389 - Holistic Health
Development of concepts that assist the individual to understand holistic measures that promote health and prevent illness.
Prerequisite(s): Junior status.
Last Offered: Spring 2021
3 credits

SHE 411 - Health Teaching in Secondary Schools
Competencies essential to the health educator teaching in secondary schools: planning, development, management, evaluation.
Last Offered: Fall 2020
3 credits

SMT 185 - Introduction to e-Sports
This introductory course explores the management principles related to the business of e-sports. The purpose of this course is to provide a historical background on e-sports from its inception in the early 1980’s to its current state as a multi-billion dollar industry. It includes personnel, programs, marketing, media, financial management, organizational structures and an overview of career possibilities in this growing field. Students will develop a media release/player profile, create and reflect on streaming content through twitch, and simulate activities associated with being an e-sport manager.
Last Offered: not yet offered
3 credits

SMT 285 - e-Sports Promotion
This course provides students with an overview of the promotional history and options as it pertains to e-Sports. In addition, it will cover techniques used to promote e-Sports events, including and not limited to social media, live streaming, and corporate sponsorships.
Prerequisite(s): SMT 185
Last Offered: not yet offered
3 credits
SMT 425 - Human Factors in e-Sports

An examination of human performance factors involved in video gaming, both competitive (e-sports) and recreational. Topics include: gaming performance and cognitive factors; user experience (UX) and fame design; individual difference in e-sports performance; and training and skill learning.

Prerequisite(s): SMT 185

Last Offered: not yet offered

3 credits