

# Department of Health, Physical Education, Recreation, and Safety

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**Dianne Bartley, Chair**  
Murphy Athletic Center 111

The Department of Health, Physical Education, Recreation, and Safety offers two Master of Science degrees: one with a major in Health, Physical Education, and Recreation with concentrations in Health, Physical Education, Recreation, and Sport Management and one with a major in Exercise Science and Health Promotion. All students in the Master of Science program in Health, Physical Education, and Recreation **must** choose one of the four concentrations.

The department also offers the Ph.D. in Human Performance with specializations in four areas: Exercise Science, Health, Leisure Studies, and Physical Education.

A score of 35 on the Miller Analogies test or 750 on the Graduate Record Examination is expected for admission to the M.S. in HPER and the M.S. in Exercise Science and Health Promotion. Three letters of reference will be required as of August 2004 (pending Tennessee Board of Regents approval). For admission to the doctoral program, a score of 1000 on the GRE is expected.

## **Admissions Process**

Listed below are the general admission and graduation standards for the M.S. in HPER, the M.S. in Exercise Science and Health Promotion, and the Ph.D. in Human Performance. Applications for Summer/Fall admission must be complete by March 31 and applications for Spring admission must be complete by October 31. Late applicants who meet the admission criteria may be considered on a case-by-case basis.

## **Requirements for the Master of Science— HPER Major (5000 and 6000 level)**

### **Thesis Option**

Candidate must

1. have earned undergraduate prerequisites of at least 18 semester hours in HPERS professional courses or a bac-

calaureate degree from an approved college in an area determined by the admissions committee to be related to the competencies required in the field of health, physical education, and recreation.

2. complete 30 semester hours of academic work to include thesis requirements; degree core course requirements (HPER 6610; HPER 6700); and 21 semester hours of concentration requirements to be selected in consultation with the candidate's advisor. **NOTE:** No more than 30 percent of the total degree hours (or 3 courses) at the 5000 level can be counted toward the degree.
3. complete a minimum of 3 semester hours of thesis credit.
4. select a thesis committee composed of two members, one of whom must be from the Department of HPERs.
5. file a Candidacy Form with the Graduate Office prior to the completion of 24 credit hours.
6. successfully complete a written comprehensive examination during the last semester of coursework (may be taken no more than twice).
7. successfully complete an oral examination relating to the thesis.

Candidate may incorporate 6 semester hours of designated cognate courses or a minor of 12 semester hours into the program upon approval of the graduate advisor and the dean of Graduate Studies.

### Nonthesis Option

Candidate must

1. have earned undergraduate prerequisites of at least 18 semester hours in HPERs professional courses or a baccalaureate degree from an approved college in an area determined by the admissions committee to be related to the competencies required in the field of health, physical education, and recreation.
2. complete 32 semester hours of academic work to include degree core course requirements (HPER 6610, HPER 6700) and 26 semester hours of concentration requirements to be selected in consultation with the candidate's advisor. **NOTE:** No more than 30 percent of the total degree hours (or 3 courses) at the 5000 level can be counted toward the degree.
3. file a Candidacy Form with the Graduate Office prior to the completion of 24 credit hours.
4. successfully complete a written comprehensive examination during the last semester of coursework (may be taken no more than twice).

Candidate may incorporate 6 semester hours of designated cognate courses or a minor of 12 semester hours into the program upon approval of the graduate advisor and the dean of Graduate Studies.

### Concentration: Health

Candidate must have earned appropriate undergraduate prerequisites.

#### Core Requirements (6 hours):

- HPER 6610 Research Methods in HPERs  
 HPER 6700 Data Analysis and Organization for Human Performance

#### Concentration Requirements (15 hours):

- HLTH 6100 Health Education and Behavior  
 HLTH 6510 The Nation's Health  
 HLTH 6850 Methods in Epidemiology  
 HLTH 6860 Program Planning for Health Promotion  
 HLTH 5600 Technology Applications  
 HLTH 5601 Technology Applications Lab

#### Guided Electives (6 hours, thesis option; 8 hours, nonthesis option)

- HLTH 5270 Bioethical Issues in Health Education  
 HLTH 5340 Wellness and Healthy Lifestyles  
 HLTH 5900 Certified Health Education Specialist (CHES) Review  
 HLTH 6000 Stress Management in Health and Health Promotion  
 HLTH 6010 Holistic and Complementary Health Care  
 HLTH 6020 Somatic Therapy Techniques for Health Care Providers  
 HLTH 6500 Pathopharmacology in Health and Human Performance  
 HLTH 6870 Health Promotion  
 HLTH 6930 Principles and Philosophy of School Health Education Programs  
 HLTH 6950 Advanced Methods of Community Health Education  
 HLTH 6960 Health Dimensions  
 HLTH 6970 Advanced Methods in Human Sexuality Education

Student is required to select either the thesis or nonthesis option.

#### Thesis Option Requirement:

- HLTH 6640 Thesis Research (3 hours minimum requirement; no more than 3 hours apply to degree)

#### Nonthesis Option Requirement:

- HLTH 6880 Internship/Special Projects (3 hours minimum)

### Concentration: Physical Education (NCATE Accredited)

Candidate must have earned appropriate undergraduate prerequisites.

#### Core Requirements (6 hours):

- HPER 6610 Research Methods in HPERs  
 HPER 6700 Data Analysis and Organization for Human Performance

#### Concentration Requirements (18 hours):

- FOED 6020 Educational Foundations  
 SPSE 6430 Introduction to Curriculum Development  
 EXSC 6650 Physiological Bases of Human Performance  
 PHED 6800 Program Planning in Physical Education  
 PHED 6820 Administration and Supervision of Physical Education and Sport  
 EXSC 6830 Measurement in Exercise and Sport  
**Electives (3-8 hours)\***  
 PHED 6500 Legal Issues and Risk Management in Physical Education, Sport, and Leisure Services  
 PHED 6630 Philosophy and Principles of Human Performance  
 EXSC 6840 Advanced Principles of Exercise Prescription and Assessment  
 PHED 6910 Independent Study in Health, Physical Education, and Recreation  
 PHED 5600 Technology Applications  
 PHED 5601 Technology Applications Lab  
 PHED 5910 Kinesiology  
 PHED 5950 Adaptive Physical Education  
 ATHC 5060 Sports Psychology  
 ATHC 5690 Psychology of Coaching  
 ATHC 5800 Administration of High School and College Athletics  
 PHED 6640 Thesis Research (3 hours minimum requirement; no more than 3 hours apply to degree)

\*The student is required to take the thesis option of 3 hours of thesis research or the nonthesis option with 8 hours of electives.

**Concentration: Recreation**

Candidate must have earned appropriate undergraduate pre-requisites.

**Core Requirements (6 hours):**

HPER	6610	Research Methods in HPERS
HPER	6700	Data Analysis and Organization for Human Performance

**Concentration Requirements (12 hours):**

REC	6500	Legal Issues and Risk Management in Physical Education, Sport, and Leisure Services
REC	6510	Financial Management and Marketing of Leisure Services
REC	6520	Management Practices in Recreation and Leisure
REC	6530	Historical and Philosophical Principles in Recreation and Leisure Services
REC	6570	Issues, Trends, and Research in Recreation
REC	6670	Behavioral Concepts in Recreation and Leisure Services

**Concentration Electives (9-12 hours):**

In consultation with the advisor, student selects a minimum of: a) if thesis option, 3-6 hours from the Recreation and Leisure Services courses listed below and 3-6 hours of non-REC coursework, or b) if nonthesis option, 6-9 hours from the Recreation and Leisure Services courses listed below and 3-6 hours of non-REC coursework. **NOTE:** Students are highly encouraged to take non-REC course(s) outside the department.

REC	5340	Wellness and Healthy Lifestyles
REC	5380	Introduction to Recreation for Persons with Disability
REC	5480	Recreational Therapy Techniques
REC	5490	Campus Recreation
REC	5500	Introduction to Recreational Therapy
REC	5510	Recreational Therapy in Clinical Settings
REC	5520	Transitional and Community Recreational Therapy
REC	5560	Field Studies in Recreation and Parks
REC	5570	Outdoor Recreation Workshop
REC	5580	Seminar: Outdoor Recreation and Environmental Issues
REC	5590	Readings in Parks and Recreation
REC	5600	Technology Applications
REC	5601	Technology Applications Lab
REC	5660	Evaluation of Recreation and Leisure Services
REC	5790	Sport and Society
REC	5920	Special Problems
REC	6500	Legal Issues and Risk Management in Physical Education, Sport, and Leisure Services
REC	6510	Financial Management and Marketing of Leisure Services
REC	6520	Management Practices in Recreation and Leisure
REC	6530	Historical and Philosophical Principles in Recreation and Leisure Services
REC	6550	Outdoor Environmental Education
REC	6570	Issues, Trends, and Research in Recreation
REC	6670	Behavioral Concepts in Recreation and Leisure Services

**Thesis Option Requirements:**

REC	6640	Thesis Research (3 hours minimum requirement; no more than 3 hours apply to degree)
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**Nonthesis Option Requirements**

REC	6910	Independent Study in Health, Physical Education, and Recreation (2 hours minimum requirement; no more than 2 hours apply to degree)
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**Concentration: Sport Management**

Candidate must have earned appropriate undergraduate pre-requisites.

**Core Requirements (6 hours):**

HPER	6610	Research Methods in HPERS
HPER	6700	Data Analysis and Organization for Human Performance

**Concentration Requirements (18 hours):**

PHED	6500	Legal Issues and Risk Management in Physical Education, Sport, and Leisure Services
PHED	6510	Sport Management
PHED	6520	Sport Event Planning, Promotion, and Fundraising
PHED	6630	Philosophy and Principles of Human Performance
PHED	6820	Administration and Supervision of Physical Education and Sport
PHED	6050	Facilities and Equipment for Physical Education and Sport

**Electives (5 hours):**

ACTG	6000	Survey of Accounting Principles
ATHC	5060	Sport Psychology
ATHC	5800	Administration of High School and College Athletics
BLAW	6430	Legal Environment of Management
FIN	6000	Survey of Financial Management
HIST	5680	History of Sport in America
M C	6300	Media Law and Ethics
MGMT	6000	Management and Operations Concepts
PHED	5600	Technology Applications
PHED	5601	Technology Applications Lab
PHED	6910	Independent Study in Health, Physical Education, and Recreation
REC	5790	Sport and Society

**Thesis Option Requirement:**

PHED	6640	Thesis Research (3 hours minimum requirement; no more than 3 hours apply to degree)
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**Nonthesis Option Requirement:**

PHED	6880	Internship/Special Project (3 hours minimum)
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**NOTE:** All students (thesis or nonthesis) MUST do an internship, PHED 6880, at the end of their coursework.

**Requirements for the Master of Science—  
Exercise Science and Health Promotion  
Major (5000 and 6000 level)****Thesis Option:**

Candidate must

1. have completed a course in human anatomy and physiology, be certified in CPR, and submit three letters of recommendation.
2. complete 30 semester hours to include the following courses:

**Required courses - preferred sequence (21 hours):**

HPER	6700	Data Analysis and Organization for Human Performance
EXSC	6650	Physiological Bases of Human Performance
HPER	6610	Research Methods in HPERS
EXSC	6830	Measurement in Exercise and Sports
EXSC	6840	Advanced Principles of Exercise Prescription and Assessment
EXSC	6880	Internship/Special Project in Exercise Science and Health Promotion
EXSC	6640	Thesis Research

**Approved electives (9 hours):**

Nine hours of electives selected in consultation with advisor.

3. select a thesis committee composed of two members, one of whom must be from the Department of HPERS.
4. file a Candidacy Form with the Graduate Office prior to the completion of 24 credit hours.
5. successfully complete a written comprehensive examination (may be taken no more than twice).
6. successfully complete an oral examination relating to the thesis.

### Nonthesis Option:

Candidate must

1. have completed a course in human anatomy and physiology, be certified in CPR, and submit three letters of recommendation.
2. complete 36 semester hours which include the following courses:

#### Required courses (24 hours)

HPER	6610	Research Methods in HPERS
HPER	6700	Data Analysis and Organization for Human Performance
EXSC	6650	Physiological Bases of Human Performance
EXSC	6830	Measurement in Exercise and Sport
EXSC	6840	Advanced Principles of Exercise Prescription and Assessment
EXSC	6880	Internship/Special Projects
EXSC	6890	Seminar in Exercise Science and Health Promotion

#### Approved electives (12 hours)

Twelve hours of electives selected in consultation with advisor.

3. file a Candidacy Form with the Graduate Office prior to the completion of 24 credit hours.
4. successfully complete a written comprehensive examination during the last semester of coursework (may be taken no more than twice).

## Requirements for the Doctor of Philosophy in Human Performance (6000 and 7000 level)

The Ph.D. degree is offered for the purpose of developing doctoral level expertise in research (both applied and theoretical) and as preparation for teaching at the collegiate level.

The Ph.D. in Human Performance requires 60 credit hours past the master's degree. A maximum of 12 hours from the master's degree may be transferred in from an accredited doctoral program. Two-thirds of the program must be at the 7000-level.

The general degree plan includes 10 hours of pedagogy, 15 hours of research tools, 23 hours in coursework and independent research in one of four areas of specialization (Exercise Science, Health, Leisure Studies, Physical Education). Twelve credit hours of dissertation are included in the 60 hours required.

### Admission

Requirements for the consideration of admission include

1. an expected GRE score of 1000 combined verbal and quantitative.
2. a 3.00 GPA on last 60 credit hours of academic work (master's plus bachelor's).

3. three letters of recommendation.
4. a 400-word essay.
5. research skills (6 credit hours of statistics/research methods equivalent to HPER 6700 and 6610).
6. a master's degree (bachelor's or master's degree must be in a related area).

**NOTE:** Admittees will have completed a thesis or scholarly equivalent as part of their master's degrees.

### Pre-dissertation Advising

Upon admission to the Ph.D. program the candidate will be assigned an advisor who (in cooperation with the graduate coordinator) will serve to advise the student on an appropriate program of study and of any deficiencies to correct.

### Qualifying Examinations

Upon completion of coursework the candidate will be eligible to take written qualifying exams.

The written exams will be structured to test the student on the breadth of knowledge gained from statistics, research methods, and design components as well as the specialization component. All exams are to be taken within one calendar year.

### Advancement to Candidacy

Upon completion of the Written Qualifying Exams the student will file an Advancement to Candidacy form with the Graduate Studies Office. No more than six credit hours of C grade will count toward the Ph.D. degree requirements. D and F grades will not count toward degree requirements but will be computed in the GPA. The student must have a GPA of 3.25 for the program of studies to advance to candidacy.

### Dissertation Committee

Following advancement to candidacy the student will formally construct his/her dissertation committee. The committee should include at a minimum three faculty members; two must be from the department and one must be from outside the department. The chair of the committee must be a doctoral-level graduate faculty member.

### Residency

Ph.D. students must be enrolled in full-time study (9 semester hours) for at least one semester to fulfill residency requirements.

### Time Limit

There is a ten-year limit for completing all Ph.D. degree requirements, i.e., all doctoral coursework taken at MTSU, as well as the dissertation must be completed within ten years of the first semester of enrollment.

## Courses in Exercise Science [EXSC]

- 5240 Principles of Exercise Prescription and Assessment.** Three credits. Prerequisites: EXSC 4810 and 4830; PHED 4910. Application of knowledge gained to practical situations; develop proficiency in using equipment and skills to evaluate an individual's health risks and fitness.
- 5920 Special Problems.** One, two, or three credits. (Same as HLTH/PHED/REC 5920.) Presentation and discussion of research work in physical education, recreation, health and safety education, or athletics. (A maximum of three semester hours may be applied toward a degree.)
- 6640 Thesis Research.** One to six credits. (Same as HLTH/PHED/REC 6640.) Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of thesis. Once enrolled, student should register for at least one credit hour of master's research each semester until completion. S/U grading.
- 6650 Physiological Bases of Human Performance.** Three credits. Principles of exercise physiology. Acute responses and chronic adaptations of the body to physical activity, exercise, and sports participation and their impact on homeostasis examined. Physiological systems examined in detail.
- 6830 Measurement in Exercise and Sport.** Three credits. Measurement theory related to reliability, objectivity, and validity, with application to real world testing situations in the field of health and human performance. Practical experience of testing through labs and/or a research project, including computer analysis and interpretation of reliability and validity data.
- 6840 Advanced Principles of Exercise Prescription and Assessment.** Three credits. Prerequisite: EXSC 4240 or equivalent. Provides theoretical and laboratory learning experiences for health risk appraisal, cardiovascular evaluation, and exercise prescription for healthy people and special populations.
- 6880 Internship/Special Projects.** Three to six credits. (Same as HLTH/PHED 6880.) On-site practical experience in an exercise science, health promotion, or sport management program. Those with extensive work experience will develop, implement, and conclude a project (research or applied) in consultation with the major professor.
- 6890 Seminar in Exercise Science and Health Promotion.** Three credits. Current issues and research in exercise science and health promotion. Written and oral presentation of a research project required.
- 6910 Independent Study in Health, Physical Education, and Recreation.** One, two, or three credits. (Same as HLTH/PHED/REC 6910.) Individual study of current problems or areas of interest. S/U grading.
- 7100 Mechanical Analysis of Sports Skills.** Three credits. A synthesis of scientific principles as they relate to teaching simple and complex motor patterns.
- 7200 Applied Human Exercise Physiology.** Three credits. Prerequisite: EXSC 6650. Investigation of how the physiological response to exercise is impacted by intensity, duration, type of muscular contraction, limbs involved, and body position.

## Courses in Human Performance [HPER]

- 6610 Research Methods in HPERS.** Three credits. Location of information, methods of research, methods of collecting data, application of the computer in analyzing data, and preparation and presentation of a research paper.
- 6700 Data Analysis and Organization for Human Performance.** Three credits. Prerequisites: PHED 4810 or equivalent, good understanding of mathematical concepts, and computer literacy. Pertinent skills needed to analyze and organize research data through introduction of concepts, principles, techniques, and activities that lead to the appropriate organization and analysis of research data collected for health and human performance.
- 7030 Research Seminar in Human Performance.** Three credits. Current problems, issues, trends, and research in human performance; selected lectures, reports, and class discussion.
- 7060 Field Work or Laboratory Experiment in Human Performance.** One to six credits. Professional assignments in human performance appropriate to the student's background and interests will be pursued.
- 7080 Professional Preparation in Human Performance.** Three credits. Comparisons of current programs and trends; the development of individual programs.
- 7600/ 7610 Practicum in Human Performance.** Two credits. Careful supervision given to actual teaching, clinical, or research experience. Assignment by department or chair of candidate's committee. S/U grading.
- 7640 Dissertation Research.** One to six credits. Assignment by department or chair of candidate's committee. Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of dissertation. Once enrolled, student should register for at least one credit hour of doctoral research each semester until completion. S/U grading.
- 7700 Advanced Data Analysis and Organization for Human Performance.** Three credits. Prerequisites: HPER 6610 and 6700 or equivalent. Skills and understanding necessary to read, conduct, report, and interpret advanced data analytical techniques using data from HPER. Practical and written assignments, presentations, examinations, and projects will furnish doctoral student with tools necessary for data analysis associated with dissertation requirement.
- 7710 Experimental Design in Human Performance.** Three credits. Prerequisites: HPER 6610 and 7700 or equivalent. Skills and understanding necessary to evaluate designs used in HPER research literature. Practical and written assignments, evaluation of current research, examinations, and projects; knowledge and skills for planning appropriately the design for future research projects.

## Courses in Physical Education [PHED]

- 5340 Wellness and Healthy Lifestyles.** Three credits. (Same as HLTH and REC 5340.) Developing healthy lifestyles through health appraisal, fitness evaluation, identification of cardiovascular risk factors, and individual exercise prescriptions.
- 5600 Technology Applications.** One credit. (Same as HLTH and REC 5600.) Prerequisite: Introductory course in computer literacy or equivalent with instructor permission. Corequisite: 5601. Focus on understanding of and competency in use of a variety of tech-

nology applications related to the profession. Students will be required to enroll in the corresponding lab during the same semester.

- 5601 Technology Applications Lab.** Two credits. (Same as HLTH and REC 5601.) Corequisite: PHED 5600. Investigation and application of profession-specific software and hardware applications.
- 5700 Skills and Techniques of Teaching Rhythmic Activities.** Three credits. (Same as DANC 5700.) Various dance forms, methods and materials, evaluative procedures, and experiences in teaching all forms of dance to students at the K-12 level.
- 5810 Directing Intramural.** Two credits. The organization and administration of intramural programs. Actual participation in developing and supervising intramural activities.
- 5910 Kinesiology.** Three credits. The science of human motion. Emphasis on principles of anatomy, physiology, and mechanics of human activity.
- 5920 Special Problems.** One, two, or three credits. (Same as EXSC/HLTH/REC 5920.) Presentation and discussion of research work in physical education, recreation, health and safety education, or athletics. (A maximum of three semester hours may be applied toward a degree.)
- 5950 Adaptive Physical Education.** Three credits. Principles of planning and conducting physical education to provide for the special needs, interests, and abilities of exceptional students. Field work in local schools and community agencies.
- 6050 Facilities and Equipment for Physical Education and Sport.** Three credits. The planning of areas and facilities related to physical education, athletics, and sport. Clinical or field experience required of students with a sport management concentration.
- 6500 Legal Issues and Risk Management in Physical Education, Sport, and Leisure Services.** Three credits. (Same as REC 6500.) Understanding the legal basis for management actions, concepts of legal liability including torts and contracts as applied to physical education, sport, and leisure services organizations. Emphasis on the ability to plan, develop, and implement risk management programs.
- 6510 Sport Management.** Three credits. Overview of careers in sport management and psychosocial aspects of sport, philosophical foundations, management thought, organizational behavior, business, communication, marketing, intercollegiate athletics, public recreation, event and facility management, and professional sport.
- 6520 Sport Event Planning, Promotion, and Fundraising.** Three credits. Overview of marketing practices in the sport business industry; theory; pricing, distribution, and promotional technique of sport; media relations; endorsement and sponsorships; and licensing.
- 6630 Philosophy and Principles of Human Performance.** Three credits. The philosophic basis of human performance and the scientific principles which provide a base for the development of sound programs.
- 6640 Thesis Research.** One to six credits. (Same as EXSC/HLTH/REC 6640.) Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of thesis. Once enrolled, student should register for at least one credit hour of master's research each semester until completion. S/U grading.
- 6800 Program Planning in Physical Education.** Three credits. Modern programs of physical education for all grade levels and the contribution of activities to the goals of education.
- 6801 Advanced Sport and Exercise Psychology.** Three credits. Examines the psychological factors that explain high quality performance in sport and exercise. Sample topics include motivation, coaching psychology, the use of mental skills, communication strategies, and factors that affect participation and adherence to exercise.
- 6820 Administration and Supervision of Physical Education and Sport.** Three credits. The organization, planning, and functions involved in administering and supervising programs of physical education and sport. Clinical or field experience required of students with a sport management concentration.
- 6880 Internship/Special Projects.** Three to six credits. (Same as EXSC/HLTH 6880.) On-site practical experience in an exercise science, health promotion, or sport management program. Those with extensive work experience will develop, implement, and conclude a project (research or applied) in consultation with the major professor.
- 6910 Independent Study in Health, Physical Education, and Recreation.** One, two, or three credits. (Same as EXSC/HLTH/REC 6910.) Individual study of current problems or areas of interest. S/U grading.
- 6999/ 7999 Comprehensive Examination and Preparation.** One credit. Open only to students who are not enrolled in any other graduate course and who will take the master's comprehensive examination during the term. The student must contact the graduate advisor during the first two weeks of the term for specifics regarding the details of this comprehensive examination preparatory course. Credit may not be applied to degree requirements.
- 7000 Adapted Physical Activity.** Three credits. Cognitive, neuromuscular, sensory, and orthopedic impairments; identification of current topics and procedures for testing and programming for individuals with disabilities; current research findings and practices to assist students in developing necessary skills to design and implement appropriate physical activity programs for individuals with disabilities.
- 7010 Analysis and Criticism of Professional Literature.** Three credits. Thorough consideration of selected specialized literature most likely to influence physical education programs, procedures, and practices in the school and community.
- 7020 College Physical Education Administration.** Three credits. Provides administrators and professional students with a broad base of workable administrative principles and guides.
- 7040 History of Physical Education.** Three credits. The role of physical activity in the lives of people from antiquity to the present with an emphasis on the major events, movements, and people that have influenced the development of physical education.
- 7090 Motor Learning in Physical Education.** Three credits. Theories of learning related to the acquisition of motor skills; a review of the literature pertaining to motor skill development and the implications for teaching.
- 7630 Pre-Dissertation Seminar.** Two credits. Prerequisites: HLTH/PHED/REC 6610 and 6700 or equivalent. Gives doctoral students an opportunity to discuss the process of conducting dissertation and issues concerning research at the university. Grant writing also addressed.

## Courses in Health [HLTH]

- 5270 Bioethical Issues in Health Education.** Three credits. Analysis of current bioethical issues, problems, needs, trends, and interests in health education.
- 5280 Instructor Course: First Aid and CPR.** Two credits. Prerequisite: HLTH 3300 or current American Red Cross certification in multimedia first aid or standard first aid and CPR. Organizing, planning, and teaching American Red Cross safety courses. Red Cross instructor certification awarded for successful completion.
- 5290 Corrective Therapy-Clinical Training Program.** Nine credits. Orientation, observation, and practice in the methods and techniques of medical rehabilitation and application of physical education principles to the treatment of illness and injury. Student-trainee program affiliated with the Veterans Administration Hospital, Murfreesboro; training designed to prepare therapists for medical treatment programs.
- 5310 Health Problems of Exceptional Children.** Three credits. Common health problems with emphasis on those peculiar to children in various areas of exceptionality. Consideration given to identification and referral.
- 5340 Wellness and Healthy Lifestyles.** Three credits. (Same as PHED and REC 5340.) Developing healthy lifestyles through health appraisal, fitness evaluation, identification of cardiovascular risk factors, and individual exercise prescriptions.
- 5600 Technology Applications.** One credit. (Same as PHED and REC 5600.) Prerequisite: Introductory course in computer literacy or equivalent with instructor permission. Corequisite: 5601. Focus on understanding of and competency in use of a variety of technology applications related to the profession. Students required to enroll in the corresponding lab during the same semester.
- 5601 Technology Applications Lab.** Two credits. (Same as PHED and REC 5601.) Corequisite: HLTH 5600. Investigation and application of profession-specific software and hardware applications.
- 5900 Certified Health Education Specialist (CHES) Review.** One credit. Responsibilities and competencies on the Certified Health Education Specialist examination. Pass/Fail.
- 5920 Special Problems.** One, two, or three credits. (Same as EXSC/PHED/REC 5920.) Presentation and discussion of research work in physical education, recreation, health and safety education, or athletics. (A maximum of three semester hours may be applied toward a degree.)
- 6000 Stress Management in Health and Health Promotion.** Three credits. Evaluation techniques and instruments considered. Effects of stress on physical and mental domains of health examined. Methods of conducting stress management workshops and classes emphasized.
- 6010 Holistic and Complementary Health Care.** Three credits. Concepts and theories that make up the disciplines and practices constituting the holistic and complementary approach to health promotion and disease treatment and prevention.
- 6020 Somatic Therapy Techniques for Health Care Providers.** Three credits. (Same as ATHT 6020.) Theoretical concepts, knowledge, theories, and history of Somatic Therapy. Emphasis on Swedish-Esalen, Sports Massage, Shiatsu, and Connective Tissue. Includes advanced rehabilitative and therapeutic modality techniques. Combines didactic and some experiential opportunities.
- 6100 Health Education and Behavior.** Three credits. Links behavioral change to practical application in the design and implementation of individual and group programs in health education and behavior.
- 6500 Pathopharmacology in Health and Human Performance.** Three credits. Etiology and pathology of disease and how functional physiological changes affect health and human performance. Involves the study of pharmacological considerations used in the treatment of disease and musculoskeletal conditions.
- 6510 The Nation's Health.** Three credits. Investigates the determinants of health and the role of public health and health care on the health status of the population of the United States. Study of biological, socioeconomic, cultural, and behavioral factors that influence health status and care in America.
- 6610 Research Methods in HPERS.** Three credits. (Same as REC 6610.) Location of information, methods of research, methods of collecting data, application of the computer in analyzing data, and preparation and presentation of a research paper.
- 6640 Thesis Research.** One to six credits. (Same as EXSC/PHED/REC 6640.) Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of thesis. Once enrolled, student should register for at least one credit hour of master's research each semester until completion. S/U grading.
- 6700 Data Analysis and Organization for Human Performance.** Three credits. (Same as REC 6700.) Prerequisites: PHED 4810 or equivalent, good understanding of mathematical concepts, and computer literacy. Pertinent skills needed to analyze and organize research data through introduction of concepts, principles, techniques, and activities that will lead to the appropriate organization and analysis of research data collected for health and human performance.
- 6850 Methods in Epidemiology.** Three credits. Principles and methods of epidemiologic analysis including standardization; stratified analysis; confounding and its control; planning and conducting epidemiologic research; role of multivariate analysis in epidemiologic research.
- 6860 Program Planning for Health Promotion.** Three credits. Program planning, theories and models of health education and promotion, development of interventions, and program implementation, including mission, goals, objectives, and activities of health education and promotion programs. Introduces needs assessment and program evaluation.
- 6870 Health Promotion.** Three credits. Health promotion knowledge as well as the ability to impart this knowledge to the lay population. In-depth information will be covered regarding lifestyle and its relationship to risk factors for cardiovascular disease and cancer.
- 6880 Internship/Special Projects.** Three to six credits. (Same as EXSC/PHED 6880.) On-site practical experience in an exercise science, health promotion, or sport management program. Those with extensive work experience will develop, implement, and conclude a project (research or applied) in consultation with the major professor.
- 6910 Independent Study in Health, Physical Education, and Recreation.** One, two, or three credits. (Same as EXSC/PHED/REC 6910.) Individual study of current problems or areas of interest. S/U grading.

- 6930 Principles and Philosophy of School Health Education Programs.** Three credits. A detailed overview.
- 6950 Advanced Methods of Community Health Education.** Three credits. Review of program planning, development of interventions, and implementation of programs. Budgeting, needs assessment, and evaluation of health education and promotion programs covered.
- 6960 Health Dimensions.** Three credits. Advanced content for teachers of personal and community health; designed for up-dating professional preparation and for gaining additional in-depth basics utilized in curriculum planning, teaching, public service, and research by school health educators.
- 6970 Advanced Methods in Human Sexuality Education.** Three credits. Methodology, teaching techniques, and the organization of sexuality education programs for schools (K-12) and other community settings. Additional emphasis directed to concepts and information about human sexuality education, i.e., the psychological, physiological, sociological, and ethical aspects.
- 7120 Research in Epidemiology.** Three credits. Advanced study in epidemiological analysis, methods, and critique with an emphasis within the field of health and human performance. Areas include epidemiology and chronic disease, public health, exercise science, and sports medicine.

## Courses in Athletic Coaching [ATHC]

- 5060 Sport Psychology.** Three credits. (Same as PSY 5060.) Application of the knowledge base of psychology to the human endeavors of athletics. Introduction of behavioral principles, motivational research, personality factors, social/psychological findings, cognitive processes, dysfunctional behavior knowledge, and psychometric assessment procedures for the purpose of enhancing performance.
- 5180 Coaching Speed/Strength Conditioning for Sports.** Three credits. Organizing and developing speed and strength conditioning programs for sports. Setting up and supervising proper methods and techniques in running, weight lifting, and conditioning exercise for athletics today.
- 5220 Coaching Soccer.** Two credits. Theory and practice of soccer fundamentals as well as introduction of offensive and defensive plays.
- 5600 Advanced Coaching of Football.** Two credits. Philosophies of coaching football and close examination of the master plan of coaching responsibilities.
- 5620 Advanced Coaching of Basketball.** Two credits. Philosophies of coaching basketball discussed, along with a detailed study of the master plan of coaching responsibilities.
- 5640 Coaching of Baseball.** Two credits. Theory and practice in baseball fundamentals as well as reviewing the various systems and types of plays.
- 5650 Coaching Cross-Country, Track and Field.** Two credits. Theory and practice in fundamentals and skills.
- 5680 Coaching and Judging Women's Gymnastics.** Three credits. Includes classroom instruction and practical experience in principles and techniques of coaching, spotting, and judging women's gymnastics; a USGF Judges Rating may be obtained.
- 5690 Psychology of Coaching.** Three credits. Application of basic psychological principles to everyday coaching situations and problems. Designed to improve communication and motivation for players and coaches.
- 5800 Administration of High School and College Athletics.** Three credits. National, state, and local policies concerning athletic eligibility, contest management, equipment, awards, finances, budgets, safety, maintenance of facilities, public relations, publicity, and current athletic trends.

## Courses in Athletic Training [ATHT]

- 5610 Prevention and Care of Athletic Injuries.** Three credits. Theory and practice in the prevention and care of athletic injuries including treatment, taping, and rehabilitation.
- 5960 Rehabilitation Techniques in Sports Medicine.** Three credits. Methods and techniques in the selection and application. The N.A.T.A. *Competencies in Athletic Training* will be a guideline for knowledge that each student should obtain. Students will engage in the process of reviewing, analyzing, discussing, and reflecting about athletic training.
- 5970 Therapeutic Modalities in Sports Medicine.** Three credits. Methods and techniques in the application of selected therapeutic modalities and the evaluation of injuries relative to modalities. The N.A.T.A. *Competencies in Athletic Training* will be a guideline for knowledge that each student should obtain. Reviewing, analyzing, discussing, synthesizing, and reflecting about athletic training.
- 6020 Somatic Therapy Techniques for Health Care Providers.** Three credits. (Same as HLTH 6020.) Examines the concepts, knowledge, theories, and history of Somatic Therapy. Emphasis on Swedish-Esalen, Sports Massage, Shiatsu, and Connective Tissue. Includes advanced rehabilitative and therapeutic modality techniques and combines didactic and some experiential opportunities.

## Courses in Recreation [REC]

- 5340 Wellness and Healthy Lifestyles.** Three credits. (Same as HLTH and PHED 5340.) Developing healthy lifestyles through health appraisal, fitness evaluation, identification of cardiovascular risk factors, and individual exercise prescriptions.
- 5380 Introduction to Recreation for Persons with Disability.** Three credits. Important issues such as advocacy, accessibility, legalities, and the importance of and broad range of opportunities in the provision of recreational services for persons with disability in our society.
- 5470 Leisure and Aging.** Three credits. Aging relative to the individual, family, peers, and society with an emphasis on leisure. The holistic approach including physical, psychological, social, cultural, environmental, and cognitive aspects explored. Interdisciplinary approach ideal for the developing or practicing human service professional.
- 5480 Recreational Therapy Techniques.** Three credits. Activity-based therapeutic interventions currently utilized to alleviate existing health-related problems, maintain current level of functioning, or to assist in overall rehabilitation efforts of transdisciplinary treatment team.



- 5490 Campus Recreation.** Three credits. For those wishing to acquire a specific and comprehensive knowledge of the recreational sports program and an understanding of its place and value in education and society.
- 5499 Therapeutic Terminology in Recreational Therapy.** Three credits. Offers preparation for establishing a vital knowledge base necessary to work in today's fast changing rehabilitation settings. Terminology related to third-party reimbursement, accreditation of health care organizations, and basic medical abbreviations used in charting.
- 5500 Introduction to Recreational Therapy.** Three credits. Prerequisite: REC 3010. Explores the profession of recreational therapy, the wide range of disabilities, and the role of intervention in a variety of settings: clinical, community, and transitional. Topics include history, philosophy, professional development/certification, systemic program design, and implementation.
- 5510 Recreational Therapy in Clinical Settings.** Three credits. Prerequisites: REC 3010 and 4500. Increases understanding of recreational therapy in clinical settings working with persons with health-related issues and/or disabilities. Concepts of disease and disability, holistic approach, interdisciplinary treatment, assessment, intervention planning and implementation, evaluation, documentation, and third-party reimbursement explored.
- 5520 Transitional and Community Recreational Therapy.** Three credits. Issues clients may face when leaving institutions and returning to their communities. Examines the role and provision of recreational therapy services in transitional and community-based settings.
- 5540 Organization and Administration of Recreation.** Three credits. Prerequisites: REC 3010 and 9 hours of recreation courses. Duties and responsibilities of an administrator and how these are performed.
- 5560 Field Studies in Recreation and Parks.** Three credits. Prerequisites: REC 2500 and 3530. Opportunity for supervised practical application of classroom theory in professional field work.
- 5570 Outdoor Recreation Workshop.** Three credits. Off-campus course that provides materials and experiences not available in the classroom. Exposure to issues, trends, and concerns relevant to outdoor recreation, resource management, and the delivery of programs and services in outdoor environments. Public, private non-profits, and commercial agencies experienced through a series of field trips, lectures, group exercises, and other experiential-based activities.
- 5580 Seminar: Outdoor Recreation and Environmental Issues.** Three credits. Awareness of the importance of environmental considerations when planning, managing, or administering outdoor recreation programs. Includes environmental issues and methods of seeking solutions to environmental problems.
- 5590 Readings in Parks and Recreation.** Three credits. In-depth reading and preparation of an annotated bibliography and report. Arrangements for this course should be made with the instructor prior to registration.
- 5600 Technology Applications.** One credit. (Same as HLTH and PHED 5600.) Prerequisite: Introductory course in computer literacy or equivalent with instructor permission. Corequisite: 5601. Focus on understanding of and competency in use of a variety of technology applications related to the profession. Students required to enroll in the corresponding lab during the same semester.
- 5601 Technology Applications Lab.** Two credits. (Same as HLTH and PHED 5601.) Corequisite: REC 5600. Investigation and application of profession-specific software and hardware applications.
- 5660 Evaluation of Recreation and Leisure Services.** Three credits. Research and evaluation procedures and techniques applicable to assessing recreation and leisure service programs, participants, administrative structures, and resources. Emphasis on beginning and completing a "real-world" evaluation project.
- 5790 Sport and Society.** Three credits. (Same as SOC 5790.) A behavioral approach to the sport and leisure phenomena from the related perspectives of sociology and anthropology.
- 5920 Special Problems.** One, two, or three credits. (Same as EXSC/HLTH/PHED 5920.) Presentation and discussion of research work in physical education, recreation, health and safety education, or athletics. (A maximum of three semester hours may be applied toward a degree.)
- 6500 Legal Issues and Risk Management in Physical Education, Sport, and Leisure Services.** Three credits. (Same as PHED 6500.) Understanding the legal basis for management actions, concepts of legal liability including torts and contracts as applied to physical education, sport, and leisure services organizations. Emphasis on the ability to plan, develop, and implement risk management programs.
- 6510 Financial Management and Marketing of Leisure Services.** Three credits. Principles and practices of budgeting, financial methods and strategies, and revenue sources for recreation and leisure service agencies, including cost accounting and fiscal control. Includes traditional approaches to marketing with particular focus on approaches unique to recreation and leisure services organizations.
- 6520 Management Practices in Recreation and Leisure.** Three credits. An analysis of administrative processes and management techniques used in planning, organizing, staffing, directing, and controlling with respect to leisure service delivery systems.
- 6530 Historical and Philosophical Principles in Recreation and Leisure Services.** Three credits. Identification of principles and practices applicable to a variety of opportunities in public, private, institutional, and industrial recreation.
- 6550 Outdoor Environmental Education.** Three credits. Camping leadership and outdoor education principles with implications for management, planning of, and interpretation in recreation areas as well as for policy development.
- 6570 Issues, Trends, and Research in Recreation.** Three credits. Identification and analysis. Emphasis on meaningful, outstanding studies and research in the field of recreation.
- 6610 Research Methods in HPERS.** Three credits. (Same as HLTH 6610.) Location of information, methods of research, methods of collecting data, application of the computer in analyzing data, preparation and presentation of a research paper.
- 6640 Thesis Research.** One to six credits. (Same as EXSC/HLTH/PHED 6640.) Selection of a research problem, review of pertinent literature, collection and analysis of data, and composition of thesis. Once enrolled, student should register for at least one credit hour of master's research each semester until completion. S/U grading.
- 6670 Behavioral Concepts in Recreation and Leisure Services.** Three credits. Social psychological concepts concerning recreation and

leisure behavior in various types of park, recreation, and tourism settings. Range of different theoretical perspectives and behavioral concepts underlying pertinent research.

**6700 Data Analysis and Organization for Human Performance.**

Three credits. (Same as HLTH 6700.) Prerequisites: PHED 4810 or equivalent, good understanding of mathematical concepts, and computer literacy. Pertinent skills needed to analyze and organize research data through introduction of concepts, principles, techniques, and activities that will lead to the appropriate organization and analysis of research data collected for health and human performance.

**6910 Independent Study in Health, Physical Education, and Recreation.**

One, two, or three credits. (Same as EXSC/HLTH/PHED 6910.) Individual study of current problems or areas of interest. S/U grading.

## Courses in Safety [SAFE]

**5320 Principles of Accident Control.**

Three credits. Principles, concepts, and methodology of the safety movement. Introductory experiences dealing with accident prevention as well as control efforts recommended by various social institutions and agencies reviewed.

**5350 Automotive Transportation Safety Programs.**

Three credits. Federal, state, and local legislation concerning transportation control and design.

**5850 Driver and Traffic Safety Fundamentals.**

Three credits. Prerequisite: Valid driver's license. Introduction to the field of driver and traffic safety education. Primary focus is on current concepts related to safe driving.

**5870 Teaching Driver and Traffic Safety.**

Three credits. Prerequisite: SAFE 4850 or 5850. Designed to develop teaching techniques for laboratory instruction including on-street, driving simulator, and multiple-car range programs.

**6410 Administration and Supervision of Safety Programs in Schools and Colleges.**

Three credits. An overview of the total program administration through analysis of tasks, strategies, and situational factors affecting them; examines handicaps to safety programming, needed change, and methods for implementation.

**6450 Field Practice in Safety Education.**

Three credits. Professional assignment under supervision of one or more safety educators or agency directors in school or community organizations.

**6470 Disaster Preparedness and Emergency Care Systems.**

Three credits. Major elements involved in disasters and emergencies, preparedness planning, systems utilization, and attention to essential human services, with emphasis on community action.

**6920 School Safety and Safety Education.**

Three credits. School safety education concepts in all disciplines and levels, including content, methodology, and teacher liability.