## Physical Education Health & Recreation (PEHR)

### Courses

**PEHR 1001. FYE: Athletics/PEHR. 1 Hour.**  
A First Year Experience course designed to help students adapt to university life and become integrated into Dixie State University. Students will refine academic skills, create and foster social networks, learn about university resources, and explore different fields of study, degree options, and career opportunities. Sections offered by academic departments will include information pertinent to that discipline, while open major sections will include information about choosing a major or area of study. Multiple listed with all other sections of First Year Experience (all 1001 courses, ENGR 1000). Students may only take one FYE course for credit. FA.

**PEHR 1003. Sport and Performance Psychology. 1 Hour.**  
For students interested in psychological skills training. This course is designed to help students maximize their performance through mental skills training. In particular, this course will help students understand the building blocks for success, know what it means to be ready to play, and learn strategies to more effectively prepare for performance. This course is recommended for student-athletes, performing artists, musicians, and all other students looking to improve their performance.

**PEHR 1005. Health Education. 2 Hours.**  
For students interested in up-to-date information about a variety of health topics. It teaches a health information framework to involve the student in activities related to various health issues. Involves lectures, oral reports and videos. The purpose of this course is to enable students to make sound health related decisions.

**PEHR 1010. Aerobic Dynamics. 1 Hour.**  
Activity class for students interested in learning the fundamentals of individual fitness. Emphasizes fitness through a variety of cardiovascular formats, muscle conditioning, and flexibility. Lab fee required. FA, SP.

**PEHR 1020. Step Workout. 1 Hour.**  
Activity course for students to learn a variety of ways to use a Reebok step for cardiovascular training as well as muscular conditioning. Designed to teach step aerobics as well as enhance fitness. FA, SP.

**PEHR 1035. Paddleboarding. 1 Hour.**  
This course is designed as an introductory course to the sport of stand-up paddle boarding. Emphasis is on techniques to increase balance, maneuverability, physical conditioning, safety, and fun. Lab fee required.

**PEHR 1036. Fitness Dancing. 1 Hour.**  
High energy activity course for students interested in developing fitness through dancing.

**PEHR 1057. Kundalini Yoga. 1 Hour.**  
Activity course to introduce students to the movement, meditation, and breath work practices of Kundalini Yoga. Includes study from a text. Presents yoga practices as a technology teaching self-awareness and consciousness. Lab fee required. FA, SP.

**PEHR 1058. Intermediate Kundalini Yoga. 1 Hour.**  
Activity course for students interested in learning advanced skills in the practices of Kundalini Yoga. Lab fee required. FA, SP.

**PEHR 1059. Vinyasa Yoga. 1 Hour.**  
Activity course to introduce students to yoga poses that move in unity with breath and meditation. Includes study from a text. Presents yoga practices as a means to increase strength, endurance, flexibility, balance, and focus. Lab fee required. FA, SP.

**PEHR 1067. Intro to Triathlon Training. 1 Hour.**  
Activity course for students who wish to learn about multisport events and how to properly train and compete in a triathlon. Safe, fitness-oriented swimming, bicycling, and running skills will be taught. Students must supply their own bike, cycling helmet, and swim goggles. Lab fee required. SP.

**PEHR 1085. Weight Training. 1 Hour.**  
Activity course for men and women students interested in learning the fundamentals of weight training. Includes instruction designed to build and strengthen the body. Students will receive supervised practice in various progressive resistance exercises and learn basics of weight training as well as improve their body strength. Course fee required. FA, SP.

**PEHR 1086. Kettlebell Fitness Training. 1 Hour.**  
Emphasizes total body strength training through activities utilizing Kettlebell and free-weight equipment. Lab fee required.

**PEHR 1088R. Fitness Center. 1 Hour.**  
Activity course designed for students who desire to begin and sustain a fitness program. Teaches students to manage a fitness program and pursue lifelong fitness goals. Dixie State University's Fitness Center is equipped with the finest fitness equipment, including dozens of aerobic and strength machines, and it is staffed by trained fitness instructors. Students may receive complete fitness assessments and have one of the instructors help develop a personalized exercise program. Students must attend a general orientation at the beginning of the semester. Thereafter, students use the fitness equipment at times that may be convenient to them to fulfill a required number of hours spent exercising. Repeatable up to 8 credits subject to graduation restrictions. Course fee required. FA, SP, SU.

**PEHR 1100. Beginning Tennis. 1 Hour.**  
Activity course that provides instruction in the fundamentals of tennis, including basic stroke orientation, rules, and scoring in order to encourage further involvement in tennis. Students will learn tennis with the intent of developing a lifetime leisure and social activity that will give hours of enjoyment as a family, social, and/or competitive activity. Lab fee required. FA, SP.
PEHR 1101. Intermediate Tennis. 1 Hour.
Activity course for students interested in expanded, more advanced skill development of strokes and strategy for both singles and doubles play in order to increase their interest in tennis and inspire continued involvement as a social outlet and recreational activity. Lab fee required. FA, SP.

PEHR 1105. Badminton & Pington. 1 Hour.
Two lifetime sports will be taught in this course. Both Badminton and Pington are played on a net using slightly different shuttlecocks. Badminton is played with a racquet, while Pington is played with a wooden paddle. The course is taught with the intent of students developing a lifetime leisure and social activity that will give hours of enjoyment as a family, social, and/or competitive activity. Lab fee required. FA, SP.

PEHR 1110. Racquetball. 1 Hour.
Activity course for students interested in learning the basics of racquetball, including instruction in serving, returning, and court strategy. Students will learn skills, rules, and proper etiquette as well as improving their skill levels in racquetball. Course fee required. FA, SP.

PEHR 1111. Intermediate Racquetball. 1 Hour.
Activity course for students interested in learning more skills in racquetball. Designed to improve student's racquetball skill, as well as provide activity. Course fee required. FA, SP.

PEHR 1125. Pickleball. 1 Hour.
Pickleball is a game similar to tennis, but played on a smaller court with a wiffleball and wooden or composite paddles. It is arguably easier to establish basic skills than tennis; however, the game can become very competitive among advanced players. The course is taught with the intent of students developing a lifetime leisure and social activity that will give hours of enjoyment as a family, social, and/or competitive activity. Lab fee required. FA, SP.

PEHR 1129. Disc Golf. 1 Hour.
Activity course for students interested in learning basic disc golf skills and knowledge. Designed to teach technique, rules, strategy and course etiquette, as well as provide activity. Lab fee required. FA, SP.

PEHR 1130. Beginning Golf. 1 Hour.
Activity course for students interested in learning the basics of golf, including instruction in the fundamentals of grip, stance, swing, use of various clubs, as well as rules, etiquette, and scoring. Designed to give students playing time at the driving range and on the golf course as well as improving skill levels. Course fee required. SP.

PEHR 1131. Intermediate Golf. 1 Hour.
Activity course for students interested in learning more golf skills. Teaches fundamentals of grip, stance, swing, use of clubs, as well as rules, etiquette, and scoring. Actual practice at the golf course will include putting and driving. Designed to improve student's golf skills, as well as provide activity. Course fee required. SP.

PEHR 1145. Bowling. 1 Hour.
Activity course for students interested in learning the fundamentals of bowling, including instruction in the stance, approach, release and roll. Designed to give students playing time and gain knowledge of rules, scoring, and etiquette as well as improving skill levels. Course fee required. FA, SP.

PEHR 1146. Intermediate Bowling. 1 Hour.
Activity course for students interested in continued development of the fundamentals of bowling, including instruction in the stance, approach, release and roll. Designed to give students playing time and gain knowledge of rules, scoring, and etiquette as well as improving skill levels. Course fee required. FA, SP.

PEHR 1200. Basketball. 1 Hour.
Activity course for students interested in learning the basics of basketball, including skills such as dribbling, passing, shooting, and team offense and defense, as well as knowledge of the game. Designed to give students playing time, increase knowledge of basketball, and improve individual skill levels. Lab fee required. FA, SP.

PEHR 1201. Intermediate Basketball. 1 Hour.
Activity course for students interested in learning more skills in basketball. Designed to give students playing time, increase knowledge of basketball, and improve individual skill levels. Lab fee required. FA, SP.

PEHR 1210. Volleyball. 1 Hour.
Activity course for students interested in learning the basics of volleyball, including instruction in the fundamentals of service, passing, setting, and spiking, as well as knowledge of the rules of volleyball. Designed to give students playing time, increase knowledge of volleyball, and improve individual skill levels. Lab fee required. FA, SP.

PEHR 1211. Intermediate Volleyball. 1 Hour.
Activity course for students interested in learning more skills in volleyball. Designed to give students playing time, increase knowledge of volleyball, improve individual skill levels, and provide activity. Lab fee required. FA, SP.

PEHR 1225. Softball. 1 Hour.
Activity course for students interested in learning the basics of softball, including instruction in the fundamentals of play situations and rules of softball. Designed to give students playing time, increase knowledge of basketball, and improve individual skill levels. Lab fee required.

PEHR 1230. Soccer. 1 Hour.
Activity course for students interested in learning the basics of soccer, including instruction in fundamental skills such as dribbling, heading, shooting, trapping, passing, and defensive knowledge of the game as well as improving their individual skill levels. Lab fee required. FA, SP.

PEHR 1231. Intermediate Soccer. 1 Hour.
Activity course for students interested in expanded, more advanced skill development of soccer. Designed to improve student's soccer skills, as well as provide activity. Lab fee required. FA, SP.
PEHR 1285R. Intercollegiate Track & Field. 1 Hour.
Activity course for student-athletes chosen to compete in intercollegiate track. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission required. FA.

PEHR 1286R. Intercollegiate Women's Swimming. 1 Hour.
Activity course for women student-athletes chosen to compete in intercollegiate women's swimming. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. SP.

PEHR 1287R. Intercollegiate Men's Soccer. 1 Hour.
Activity course for men student-athletes chosen to compete in intercollegiate men's soccer. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. FA.

PEHR 1288R. Intercollegiate Women's Cross Country. 1 Hour.
Activity course for women student-athletes chosen to compete in intercollegiate cross country competition. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. FA.

PEHR 1289R. Intercollegiate Men's Cross Country. 1 Hour.
Activity course for men student-athletes chosen to compete in intercollegiate cross country competition. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. FA.

PEHR 1290R. Intercollegiate Men's Football. 1 Hour.
Activity course for men student-athletes chosen to compete in intercollegiate men's football. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. FA.

PEHR 1291R. Intercollegiate Women's Volleyball. 1 Hour.
Activity course for female student-athletes who play intercollegiate volleyball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. FA.

PEHR 1292R. Intercollegiate Women's Soccer. 1 Hour.
Activity course for female student-athletes who play intercollegiate women's soccer. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. FA.

PEHR 1293R. Intercollegiate Men's Basketball. 1 Hour.
Activity course for men student-athletes who play intercollegiate men's basketball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. SP.

PEHR 1294R. Intercollegiate Women's Basketball. 1 Hour.
Activity course for women student-athletes who play intercollegiate women's basketball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. SP.

PEHR 1295R. Intercollegiate Men's Golf. 1 Hour.
Activity course for men student-athletes who play intercollegiate men's golf. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. SP.

PEHR 1296R. Intercollegiate Men's Baseball. 1 Hour.
Activity course for men student-athletes who play intercollegiate men's baseball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. SP.

PEHR 1297R. Intercollegiate Women's Softball. 1 Hour.
Activity course for women student-athletes who play intercollegiate women's softball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. SP.

PEHR 1298R. Intercollegiate Women's Tennis. 1 Hour.
Activity course for women student-athletes who play intercollegiate women's tennis. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. SP.
PEHR 1299R. Intercollegiate Women's Golf. 1 Hour.
Activity course for female student-athletes who play intercollegiate women's golf. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. Prerequisite: Instructor permission. SP.

PEHR 1300. Beginning Swimming. 1 Hour.
Activity course for students interested in swimming. Includes instruction and practice in the fundamental elements of swimming and water safety skills emphasizing the basic skills of floating, rhythmic breathing, gliding and kicking, and the forms of the crawl stroke and elementary backstroke. Students will gain knowledge as well as improve their skill level in swimming. Course fee required. FA, SP.

PEHR 1301. Intermediate Swimming. 1 Hour.
Activity course designed for students interested in learning intermediate aspects of swimming, including the advanced techniques of the four competitive strokes--front crawl, back crawl, breaststroke and butterfly, as well as the two leisure strokes--sidestroke and elementary backstroke. Designed to improve students' skill and fitness levels. Course fee required. FA, SP.

PEHR 1315. Aquatic Fitness. 1 Hour.
Course introduces aerobic conditioning principles designed to develop the cardiovascular-respiratory systems, strength and coordination. Lab fee required. FA, SP.

PEHR 1340. Lifeguarding. 2 Hours.
Activity course for students in furthering their knowledge and skills in swimming and getting their lifeguard training. Instruction is given in water rescue, water safety and skills. This course includes the Red Cross Exam, and successful students will be Red Cross certified. Students must demonstrate proficiency in two basic strokes (American Crawl and breaststroke). Course fee required. FA, SP.

PEHR 1350. SCUBA Diving. 1 Hour.
For students interested in SCUBA diving. Includes lectures on underwater environment, diving skills, equipment, techniques, respiration, breathing air at depth, and safety procedures in scuba diving. Students will practice basic SCUBA diving techniques, SCUBA safety, and use of SCUBA equipment in a swimming pool and in strictly supervised open water dives. While students receive the Professional Association for Diving Instructors (PADI) open water scuba course, students must certify in scuba diving independently of this course. Course fee required. Corerequisite: PEHR 1355, FA, SP.

PEHR 1355. SCUBA Diving Lab. 0 Hours.
Lab portion of PEHR 1350, for practice of basic SCUBA techniques, SCUBA safety, and use of SCUBA equipment in swimming pool and strictly supervised, limited open water dives. Lab fee required. Corequisite: PEHR 1350, FA, SP.

PEHR 1410. Tai Chi. 1 Hour.
An activity course in beginning Tai Chi, providing a foundation to Tai Chi philosophy and practice. Students will learn how to achieve optimum health and wellness, as well as the martial art applications of Tai Chi. The class will also focus on the history, philosophy and training of Tai Chi. FA, SP.

PEHR 1411. Intermediate Tai Chi. 1 Hour.
An activity course for students interested in more advanced Tai Chi skills and training. Students will learn more advanced skills in martial art applications of Tai Chi. Designed to improve student's health and wellness as well as provide activity. Prerequisite: PEHR 1410. FA, SP.

PEHR 1450. Chinese Kung Fu. 1 Hour.
Activity course designed for students of all fitness levels who are interested in developing more self-awareness, flexibility, physical conditioning, and power through the medium of Chinese martial arts. Examines the psychological and physiological response to conflict, and provides a foundation of techniques that will teach students how to operate in high-stress environments. Concepts are presented through lecture, active learning, and actual self-defense practice. FA, SP.

PEHR 1527. Introduction to Climbing. 1 Hour.
Activity course is designed for all students, presenting introductory information on safety, equipment and its maintenance, and climbing technique, including rappelling, belaying, and sport climbing. Climbs will be conducted on and off campus at local venues. Course fee required. FA, SP.

PEHR 1528. Rock Climbing II. 1 Hour.
Activity course for students interested in intermediate rock climbing. Includes safety, equipment and its maintenance, and climbing techniques, including rappelling, belaying, and sport climbing. Climbs will be conducted on and off campus at local venues. Course fee required. FA, SP.

PEHR 1535. Backpacking. 1 Hour.
Activity course designed to allow students to learn about the basic principles, tools, skills, and equipment pertaining to a safe and enjoyable activity revolving around overnight backcountry foot-powered trips. Course includes classroom and outdoor laboratory activities, as well as a required weekend field trip. Course fee required. SP.

PEHR 1540. Outdoor Recreation Survey. 1 Hour.
Activity course to introduce students to the basic principles pertaining to the provision of safe and enjoyable outdoor recreation activities by learning about specific equipment, tools, skills, and techniques. Students will be exposed to health and safety topics pertaining to the outdoor environment. Course fee required. SP.

PEHR 1543. First Aid / Resp Emergencies. 3 Hours.
Designed for students desiring to learn about first aid, including instruction in the principles and practices in emergency care and first aid procedures for injuries and safety precautions. Successful completers will be certified through the American Red Cross in CPR and First Aid. FA, SP.

PEHR 1545. Outdoor Cooking. 1 Hour.
Activity course designed to allow students to learn the basic principles pertaining to the preparation of meals in the outdoors by studying specific equipment, tools, and techniques, including Dutch oven cooking, grilling, backpack cookery, and cooking for large groups. Course includes classroom and outdoor laboratory activities, as well as a required weekend field trip. Course fee required. FA, SP.
PEHR 1550. Mountain Biking. 1 Hour.
Activity course designed to present basic information on equipment purchase, maintenance, and repair of a mountain bike. Fitness programs and short trips are conducted in the local area with an extended tour planned by the group to conclude the semester. Student must supply own bicycle. Lab fee required. FA, SP.

PEHR 1551. Intermediate Mountain Biking. 1 Hour.
Activity course that offers students the opportunity to further the skills learned in Beginning Mountain Biking. Students will discover some of the more advanced local mountain biking trails in our area, tackle more challenging terrain, learn to develop and use a training schedule, and do more in-depth maintenance on their bicycles. Instruction is provided on components, technical cycling skills, safety, conditioning, trip planning, maintenance and repair. Student must supply own bicycle. Lab fee required. SP.

PEHR 1730R. Adaptive PE. 1 Hour.
Activity course for students physically disabled or unable for physical or medical reasons to participate in the regular physical education courses. Instructor will give assignments according to the student’s individual abilities and needs. Schedule will be arranged by instructor. Repeatable up to 2 credits subject to graduation restrictions. Prerequisite: Instructor permission. FA, SP.

PEHR 1790. Weight Training for Women. 1 Hour.
Course designed for women interested in the fundamentals of weight training. Includes instruction designed to build and strengthen the body. In this activity class, students will receive supervised practice in various progressive resistance exercises. Students will learn the basics of weight training as well as improve their body strength. Course fee required.

PEHR 1810R. Athletic Comm Engagement. 1 Hour.
Provides outreach and partnership with faculty, students, and community in a mutually beneficial and respectful collaboration. Students will address community-identified needs, deepen civic learning, enhance community well-being, and enrich the scholarship of the institution through completing several service-learning activities. Students will learn organization and leadership skills. Students must participate in the class both fall and spring semesters. Class registration will be spring semester. Repeatable up to 4 credits subject to graduation restrictions. Prerequisite: Instructor permission. SP.

PEHR 1850R. Special Perf Cheerleading. 1 Hour.
Activity course for students selected as members of the Dixie Dance Team. Students will benefit from training under a professional coach and from the opportunity to participate in a variety of activities. Repeatable up to 5 credits subject to graduation restrictions. Course fee required. Prerequisite: Instructor permission. FA, SP.

PEHR 1860R. Dixie Dance Team. 1 Hour.
Activity course for students selected as members of the Dixie Dance Team. Students will benefit from training under a professional coach and from the opportunity to participate in a variety of activities. Repeatable up to 5 credits subject to graduation restrictions. Course fee required. Prerequisite: Instructor permission. FA, SP.

PEHR 2020. Introduction to Exercise Science. 3 Hours.
For students interested in exercise science. Course surveys the anatomical, physiological, nutritional, psychological, biomechanical, and developmental foundations of exercise science as an academic discipline. Careers and professional responsibilities within the exercise science field are also a focus of this course. FA, SP.

PEHR 2060. Sport and Exercise Psychology. 3 Hours.
For students interested in sport and exercise psychology. A study of the effects of psychological factors on performance in sport and exercise settings, including, but not limited to motivation, stress, leadership, group/team dynamics, imagery, and concentration. Course also covers the effects of sport/exercise participation on psychological well-being. FA, SP.

PEHR 2080. Management in Exercise & Health Promotion. 3 Hours.
Course provides knowledge essential to the operation of fitness centers. Practical skills related to the management of commercial and corporate fitness/wellness centers will be the primary focus of this course.

PEHR 2120. Principles of Fitness and Lifestyle Management. 3 Hours.
Emphasize issues relative to fitness in youth/adult fitness, aging, physical activity program design and implementation, attrition, behavior modification, and the role of exercise in disease prevention and/or management. The goal is to promote fitness across an entire lifespan. SP.

PEHR 2200. Nutrition for Sport and Exercise. 3 Hours.
This course provides an overview of the scientific foundations of sports nutrition. Areas of emphasis include basic nutritional concepts, energy expenditure during different types of exercise, optimal diets for various training and activities, timing and composition of pre and post competition meals, the use of nutritional supplements and ergogenic aids, and the specific needs of different athletic populations. The course can provide beneficial information to the recreational or competitive athlete, and to any individual wishing to incorporate nutrition in their active lifestyle. SP.

PEHR 2990. Seminars in Physical Education. 0.5-3 Hours.
For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable-credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other non-traditional instruction methods. Note that this course is an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor.
PEHR 2991. Seminar in Physical Education. 0.5-3 Hours.
For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other nontraditional instruction methods. Note that this course in an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor.

PEHR 2992. Seminar in Physical Education. 0.5-3 Hours.
For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other nontraditional instruction methods. Note that this course in an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor.

PEHR 2993. Seminar in Physical Education. 0.5-3 Hours.
For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other nontraditional instruction methods. Note that this course in an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor.

PEHR 2994. Seminar in Physical Education. 0.5-3 Hours.
For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other nontraditional instruction methods. Note that this course in an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor.

PEHR 2995. Seminar in Physical Education. 0.5-3 Hours.
For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other nontraditional instruction methods. Note that this course in an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor.

PEHR 2996. Seminar in Physical Education. 0.5-3 Hours.
For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other nontraditional instruction methods. Note that this course in an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor.

PEHR 3000. Psychophysicsiology of Fitness and Nutrition. 3 Hours.
Provides students with an understanding of the interaction between psychological processes, nutritional practices and physiological adaptations associated with physical activity and nutritional practices.

PEHR 3052. Psychophysicsiology of Motor Control. 3 Hours.
Surveys the basic principles of control of human movement, including neuro-mechanics of human movement. These principles will be taught through application to sport, joint movement, and activities of daily living. Course fee required.

PEHR 3350. Motor Learning and Development. 3 Hours.
A study of how the development of physiological, perceptual, neurological, intellectual, and emotional factors affect motor learning. Knowledge from this course provides a framework for the establishment of programs that facilitate skill acquisition for all learners with a focus on children and adolescents. This course is required on most Exercise Science and/or Kinesiology degree plans. It is also a prerequisite for many graduate programs in Exercise Science, or physical/occupational therapy. FA.

PEHR 3370. Exercise Testing and Prescription. 3 Hours.
Teaches key concepts related to exercise testing and program design for healthy and diseased populations. Furthermore, usage of teams, groups, and individualized assessment and programming based activities will be used to explore principles in anatomy, exercise physiology, behavior modification, motivation, health promotion, fitness assessment and prescription. Prerequisites: PEHR 3700 and PEHR 3705 (Grade C- or higher). SP.
PEHR 3400. Activity Programming for Special Populations. 3 Hours.
A comprehensive look at providing high-quality fitness, physical education, sport, and outdoor adventure experiences for individuals with disabilities. Students will learn best practices and applications for inclusion in classroom settings, as well as discover how to develop individualized fitness, competitive sport, and outdoor adventure experiences for individuals with special needs. This course is required on most Exercise Science and/or Kinesiology degree plans. It is also pre-requisite for many graduate programs in Exercise Science. FA.

PEHR 3500. Theories and Techniques for Teaching Fitness and Motor Skills. 3 Hours.
Content in this course will prepare students to design and implement quality physical education programs for elementary and secondary school students. In addition to developing the knowledge and skills to select and implement developmentally appropriate activities for children/adolescents, students enrolled in the course will also develop an understanding of curriculum design, public school policy and procedures (as related to P.E.), as well as national standards and guidelines affecting physical education programming. The curriculum is designed to meet the academic needs of Fitness trainers, community recreation directors, and physical education teachers in the public and private sector will benefit from the curriculum. In addition, the knowledge and skills developed in this course will address material covered in the Praxis exam. FA.

PEHR 3510. Applied Exercise Physiology. 3 Hours.
Focuses on an applied perspective of exercise physiology, designed to provide physical educators, coaches, and exercise professionals with the scientific foundations of exercise pertaining to areas such as energy metabolism, cardiovascular and neuromuscular physiology, nutrition, etc. with direct application in schools, health clubs and sport settings. SP (even).

PEHR 3700. Physiology of Exercise. 3 Hours.
This course provides a further overview of the physiology of exercise. It builds on the students' knowledge of human anatomy and physiology, and further focuses on the acute and chronic physiological adaptations of exercise on the human body. Various responses of functional systems, different populations, ergogenic aids, chronic diseases, physical activity, health and wellness, and environmental conditions will also be described from a physiological perspective. Prerequisite: BIOL 2320 and BIOL 2325 (Grade C- or higher); and BIOL 2420 and BIOL 2425 (Grade C- or higher). Corequisite: PEHR 3705. FA, SP.

PEHR 3705. Physiology of Exercise Lab. 1 Hour.
A supplemental course to PEHR 3700, Physiology of Exercise. Emphasizes the demonstration of lecture concepts through hands on experiences. Assessments include maximal oxygen consumption, aerobic and anaerobic fitness assessment, body composition analysis, and pulmonary function testing in regards to chronic and acute exercise. Lab fee required. Prerequisites: BIOL 2320 and BIOL 2325 (Grade C- or higher); BIOL 2420 and BIOL 2425 (Grade C- or higher). Corequisite: PEHR 3700. FA, SP.

PEHR 3730. Biomechanics. 3 Hours.
Focuses on the investigation and application of the mechanical principles of movement relative to exercise and sport. Course includes an overview of the relationship of musculoskeletal anatomy to the mechanics of human movement. Methods of optimizing exercise and sport performance from a biomechanical perspective will also be addressed. FA (odd), SP.

PEHR 3740. Clinical Biomechanics. 3 Hours.
Provides an introduction to the mechanical principles relevant to the understanding of human motion in the context of clinical populations, movement pathologies, and therapy. The focus will be on the mechanics and anatomical geometry of human movement, as well as muscular control and mechanics. SU.

PEHR 3800. Measurement & Evaluation in Physical Exercise & Sports. 3 Hours.
Provides students with the foundation of knowledge needed for administering and interpreting results from popular health and skill-related physical fitness tests. Test selection, administration, and interpretation will be emphasized. Students will use popular assessment instruments for data collection and computer analysis. FA, SP.

PEHR 3820. Sport Science and Technology. 3 Hours.
This course explores the current state of science and technology in sport, both for performance and safety. Materials and design of equipment will be covered, as well as new technologies and instrumentation for tracking performance and risk factors. Additionally, the use of common technology such as "smartphones" and video will be explored. Basic computer software and methods for analyzing everyday sporting data with excel and other computing tools will be introduced. Students will be exposed to data collection and analysis using tools that are available to consumers, sport enthusiasts, and researchers.

PEHR 4100. Physiology and Techniques of Strength and Power. 3 Hours.
Covers physiological principles and training techniques used in strength and conditioning. A large emphasis is placed on the guidelines from the National Strength and Conditioning Association (NSCA) with an aim for preparing students to ultimately take the NSCA Certified Personal Trainer or NSCA Certified Strength and Conditioning Specialist exam. Prerequisites: PEHR 3700 and PEHR 3705 (Grade C- or higher). SP.

PEHR 4200. Healthy Aging. 3 Hours.
Emphasizes the basic physiological changes in older adults. Methods to improve the quality of life among older adults will be stressed. Additional content will include elements of health promotion, wellness programming, behavior change, lifelong learning and development, and relevant research findings pertaining to older adults. FA.

PEHR 4230. Applied Fitness Development for Aging and At-Risk Populations. 3 Hours.
This course provides students with the knowledge and skills to develop and provide fitness programs for at-risk populations and older adults. Course objectives include health related fitness assessments, interpretation and counseling based on results of fitness assessments, and the construction of individually tailored exercise prescriptions to meet the clients' unique needs and goals. SP.

PEHR 4300. Clinical Exercise Physiology. 3 Hours.
Emphasizes information and skills related to exercise testing and prescription in healthy and clinical populations. Teaches American College of Sports Medicine (ACSM) exercise testing guidelines. Prerequisites: PEHR 3700 and PEHR 3705 (Grade C- or higher). FA.
PEHR 4400. Pediatric and Adolescent Fitness & Nutrition. 3 Hours.
Provides future exercise science professionals with the knowledge, skills, and abilities to provide appropriate fitness and nutritional guidelines for the physiological responses and demands unique to children and adolescents. Appropriate measurement techniques to evaluate this population will also be covered. SP.

PEHR 4500. Theories of Behavioral Change. 3 Hours.
Focuses on behavior change theory, principles, and predictive models, with their application to health behavior change programs and interventions.

PEHR 4600R. Exercise Science Internship. 1-3 Hours.
Designed to provide students with hands-on professional experience in the field of exercise science. May be repeated for a maximum of 6 credits toward graduation. Prerequisite: Instructor permission.

PEHR 4700. Motivation and Coaching. 3 Hours.
Course covers knowledge and theory related to coaching principles relative to sport psychology, sport pedagogy, and sport management. Also covers the integration of basic coaching skills into the work of health-care/fitness professionals to help clients achieve self-determined goals related to health and wellness.