Health and Human Performance Department

Health and Human Performance Degrees and Minors

- Bachelor of Science in Exercise Science (catalog.dixie.edu/programs/health-and-human-performance/exercise-science-bs)
- Bachelor of Science in Exercise Science - Pre-Occupational Therapy Emphasis (catalog.dixie.edu/programs/health-and-human-performance/exercise-science-pre-occupational-therapy-bs)
- Bachelor of Science in Exercise Science - Pre-Physical Therapy Emphasis (catalog.dixie.edu/programs/health-and-human-performance/exercise-science-pre-physical-therapy-bs)
- Bachelor of Science in Population Health - Health Care Administration Emphasis (catalog.dixie.edu/programs/health-and-human-performance/population-health-healthcare-administration-bs)
- Bachelor of Science in Population Health - Long Term Care Administration (catalog.dixie.edu/programs/health-and-human-performance/population-health-long-term-care-administration-bs)
- Bachelor of Arts/Science in Integrated Studies - Health Care Administration Emphasis (catalog.dixie.edu/programs/interdisciplinary-arts-and-sciences/integrated-studies-health-care-administration-ba-bs)
- Bachelor of Arts/Science in Integrated Studies - Long Term Care Administration Emphasis (catalog.dixie.edu/programs/interdisciplinary-arts-and-sciences/integrated-studies-long-term-care-administration-ba-bs)
- Bachelor of Arts/Science in Integrated Studies - Public Health Emphasis (catalog.dixie.edu/programs/interdisciplinary-arts-and-sciences/integrated-studies-public-health-ba-bs)
- Bachelor of Science in Recreation and Sport Management - Sport Management Emphasis (catalog.dixie.edu/programs/health-and-human-performance/recreation-and-sport-management-sport-management-bs)
- Bachelor of Arts/Science in Integrated Studies - Recreation Management Emphasis (catalog.dixie.edu/programs/interdisciplinary-arts-and-sciences/integrated-studies-recreation-management-ba-bs)
- Minor in Health Care Administration (catalog.dixie.edu/programs/health-and-human-performance/health-care-administration-minor)
- Minor in Long Term Care Administration (catalog.dixie.edu/programs/health-and-human-performance/long-term-care-administration-minor)

Click here for Health and Human Performance Website (https://health.dixie.edu/health-human-performance) (following this link will take you out of the University Catalog)

Athletic Training Courses

MAT 6000R. Integrated Clinical Experience. 1-2 Hours.
This course provides comprehensive educational experiences in the Educational Competencies and Clinical Integration Proficiency to be supervised/mentored in multiple Clinical Integration sections through athletic training clinical experiences (160-320 hours/semester). The course is in accordance with the Commission on Accreditation of Athletic Training Education (CAATE) standards that provides for the opportunity to complete a required clinical experience contained in a class, over two academic years. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate the ability to interact with other medical and health care personnel. 2. Apply knowledge, skills, and abilities, learned previously in the classroom, in a practical setting. 3. Gain increasing amounts of clinically supervised experiences leading to autonomous clinical practice upon graduation. Prerequisite: Admission to the Master's in Athletic Training program.
MAT 6030. Advanced Acute Care in Athletic Training. 3 Hours.
The theory, ethics, components, indications, and psychomotor skills of emergency care in athletic training. Evidence-based research and practices are explored in relation to standard practices. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Summarize the etiology and prevention guidelines associated with the leading causes of sudden death during physical activity, including but not limited to: Cardiac arrhythmia or arrest; Asthma; Traumatic brain injury; Exertional heat stroke; Hyponatremia; Exertional sickling; Anaphylactic shock; Cervical spine injury; Lightning strike. 2. Assess the severity of catastrophic and emergent conditions and formulate appropriate referral decisions. 3. Modify the diagnostic examination process according to the demands of the situation and patient responses. 4. Identify cases when rescue breathing, CPR, and/or AED use is indicated according to current accepted practice protocols. 5. Explain the proper procedures for managing external hemorrhage (e.g., direct pressure, pressure points, tourniquets) and the rationale for use of each. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SU.

MAT 6032. Advanced Acute Care Clinical Skills. 1 Hour.
Didactic and psychomotor skill instruction with practical examinations covering the material taught in Advanced Acute Care in Athletic Training Lecture AT 6030. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate the ability to perform scene, primary, and secondary surveys; obtain a medical history appropriate for the patient's ability to respond. 2. Assess and interpret findings from a physical examination that is based on the patient's clinical presentation. 3. Demonstrate the ability to perform one- and two-person CPR, on an infant, child and adult and utilizing a bag valve and pocket mask supplemental oxygen. 4. Utilize an automated external defibrillator (AED) according to current accepted practice protocols. 5. Select and use appropriate procedures for the cleaning, closure, and dressing of wounds, identifying when referral is necessary. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SU.

MAT 6060. Athletic Training Organization and Professional Responsibility. 3 Hours.
Theoretical and practical study of organization, administration, professional development and responsibility in the field of Athletic Training. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe the role and function of the Board of Certification, the Commission on Accreditation of Athletic Training Education, and state regulatory boards. 2. Explain the role and function of state athletic training practice acts and registration, licensure, and certification agencies including, basic legislative processes for the implementation of practice acts, rationale for state regulations that govern the practice of athletic training, and consequences of violating federal and state regulatory acts. 3. Access, analyze, and differentiate between the essential documents of the national governing, credentialing and regulatory bodies, including, but not limited to, the NATA Athletic Training Educational Competencies, the BOC Standards of Professional Practice, the NATA Code of Ethics, and the BOC Role Delineation Study/Practice Analysis. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SU.

MAT 6070. Advanced Therapeutic Interventions I. 3 Hours.
Advanced study of the effects, advantages, disadvantages, indications, contraindications, precautions, and the application parameters of therapeutic interventions of the physically active. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Understand the methods of assessing patient status and progress (e.g., global rating of change, minimal clinically important difference, minimal detectable difference) with clinical outcomes assessments. 2. Apply and interpret clinical outcomes to assess patient status, progress, and change using psychometrically sound outcome instruments. 3. Compare and contrast contemporary theories of pain perception and pain modulation. 4. Compare and contrast the variations in the physiological response to injury and healing across the lifespan. 5. Design therapeutic interventions to meet specified treatment goals. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. FA.

MAT 6072. Advanced Therapeutic Intervention I Clinical Skills. 1 Hour.
Didactic and psychomotor skill instruction with practical examinations covering the material taught in the Therapeutic Interventions I course. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Summarize the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints. 2. Identify and describe the standard tests, test equipment, and testing protocols that are used for measuring fitness, body composition, posture, flexibility, muscular strength, power, speed, agility, and endurance. 3. Compare and contrast the various types of flexibility, strength training, and cardiovascular conditioning programs to include expected outcomes, safety precautions, hazards, and contraindications. 4. Determine the effectiveness and efficacy of an athletic training intervention utilizing evidence-based practice concepts. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. FA.

MAT 6080. Advanced Therapeutic Interventions II. 3 Hours.
Advanced study of the effects, advantages, disadvantages, indications, contraindications, precautions, and the application parameters of therapeutic interventions of the physically active. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Summarize the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints. 2. Identify and describe the standard tests, test equipment, and testing protocols that are used for measuring fitness, body composition, posture, flexibility, muscular strength, power, speed, agility, and endurance. 3. Compare and contrast the various types of flexibility, strength training, and cardiovascular conditioning programs to include expected outcomes, safety precautions, hazards, and contraindications. 4. Determine the effectiveness and efficacy of an athletic training intervention utilizing evidence-based practice concepts. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SP.
MAT 6082. Advanced Therapeutic Interventions II Clinical Skills. 1 Hour.
Didactic and psychomotor skill instruction with practical examinations covering the material taught in MAT 6080. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Instruct clients/patients in the basic principles of ergodynamics and their relationship to the prevention of illness and injury. 2. Design therapeutic interventions to meet specified treatment goals. 3. Instruct the patient how to correctly perform rehabilitative exercises. 4. Reassess the patient to determine the immediate impact of the intervention. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SP.

MAT 6100. Advanced Clinical Anatomy. 3 Hours.
Didactic and psychomotor skills instruction with practical examinations covering the material necessary to begin the athletic training clinical experience, and clinical anatomy of the human body including palpation, range of motion, neurological testing, and structure identification and function. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Define key anatomical and kinesiological terms. 2. Identify, palpate, & describe specific aspects of the human skeletal system, including the types of joints in the body. 3. Identify, palpate, and describe anatomical components & basic physiological processes of the human muscular system. 4. Demonstrate a basic functional understanding of biomechanics as they relate to human movement. 5. Identify and describe the anatomical movements of the spine and the extremities. 6. Perform correct goniometric measurements at each joint. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. FA.

MAT 6130. General Medical Assessment and Referral. 3 Hours.
Study of general medical conditions and disabilities commonly seen by certified athletic trainers. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Determine the effectiveness and efficacy of an athletic training intervention utilizing evidence-based practice concepts. 2. Explain the principles of environmental illness prevention programs to include acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, hydration status, and environmental assessment (e.g., sling psychrometer, wet bulb globe temperature [WBGT], heat index guidelines). 3. Explain the etiology and prevention guidelines associated with the leading causes of sudden death during physical activity, including but not limited to: Cardiac arrhythmia or arrest; Asthma; Traumatic brain injury; Exertional heat stroke; Hyponatremia; Exertional sickling; Anaphylactic shock. 4. Optimize therapeutic outcomes by communicating with patients and/or appropriate healthcare professionals regarding compliance issues, drug interactions, adverse drug reactions, and sub-optimal therapy. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SU.

MAT 6150. Advanced Athletic Training Clinical Skills. 2 Hours.
Didactic and psychomotor skills instruction with practical examinations covering the material necessary to begin the athletic training clinical experience. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Summarize the basic principles associated with the design, construction, fit, maintenance, and reconditioning of protective equipment, including the rules and regulations established by the associations that govern its use. 2. Fit standard protective equipment following manufacturers' guidelines. 3. Fabricate and apply taping, wrapping, supportive, and protective devices to facilitate return to function. 4. Obtain a thorough medical history that includes the pertinent past medical history, underlying systemic disease, use of medications, the patient's perceived pain, and the history and course of the present condition. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. FA.

MAT 6210. Pathoetiology & Orthopaedic Assessment I. 3 Hours.
In-depth study of pathological, etiological, and neuromuscular mechanisms of musculoskeletal injuries with emphasis on advanced orthopaedic assessment techniques of the upper body. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain diagnostic accuracy concepts including reliability, sensitivity, specificity, likelihood ratios, prediction values, and pre-test and post-test probabilities in the selection and interpretation of physical examination and diagnostic procedures. 2. Apply clinical prediction rules (e.g., Ottawa Ankle Rules) during clinical examination procedures. 3. Differentiate between an initial injury evaluation and follow-up/reassessment as a means to evaluate the efficacy of the patient's treatment/rehabilitation program, and make modifications to the patient's program as needed. 4. Use clinical reasoning skills to formulate an appropriate clinical diagnosis for common illness/disease and orthopedic injuries/conditions. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. FA.

MAT 6215. Pathoetiology and Orthopedic Assessment I Clinical Skills. 1 Hour.
Didactic and psychomotor skill instruction with practical examinations covering the material taught in the Pathoetiology and Orthopedic Assessment I course. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Use standard techniques and procedures for the clinical examination of common injuries, conditions, illnesses, and diseases including, but not limited to: history taking; inspection/observation; palpation; functional assessment; selective tissue testing techniques / special tests; neurological assessments (sensory, motor, reflexes, balance, cognitive function). 2. Assess and interpret findings from a physical examination that is based on the patient's clinical presentation. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. FA.

MAT 6220. Pathoetiology & Orthopaedic Assessment II. 3 Hours.
In-depth study of pathological, etiological, and neuromuscular mechanisms of musculoskeletal injuries with emphasis on advanced orthopaedic assessment techniques of the lower body. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain diagnostic accuracy concepts including reliability, sensitivity, specificity, likelihood ratios, prediction values, and pre-test and post-test probabilities in the selection and interpretation of physical examination and diagnostic procedures. 2. Apply clinical prediction rules (e.g., Ottawa Ankle Rules) during clinical examination procedures. 3. Differentiate between an initial injury evaluation and follow-up/reassessment as a means to evaluate the efficacy of the patient's treatment/rehabilitation program, and make modifications to the patient's program as needed. 4. Use clinical reasoning skills to formulate an appropriate clinical diagnosis for common illness/disease and orthopedic injuries/conditions. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SP.
MAT 6225. Pathoetiology and Orthopedic Assessment II Clinical Skills. 1 Hour.
Didactic and psychomotor skill instruction with practical examinations covering the material taught in conjunction with the Pathoetiology and Orthopedic Assessment II course. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Use standard techniques and procedures for the clinical examination of common injuries, conditions, illnesses, and diseases including, but not limited to: history taking; inspection/observation; palpation; functional assessment; selective tissue testing techniques / special tests; neurological assessments (sensory, motor, reflexes, balance, cognitive function). 2. Assess and interpret findings from a physical examination that is based on the patient's clinical presentation. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SP.

MAT 6250. Advanced Preventative Health Techniques. 3 Hours.
Theoretical and practical study of strategies and programs to prevent the incidence and/or severity of injuries, illnesses and cardiovascular disease and optimize patients' overall health and quality of life. This includes assessment of health status, level of physical fitness and implementation of nutritional support and physical activity in maintaining a healthy lifestyle and preventing chronic disease. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Instruct clients/patients in the basic principles of ergodynamics and their relationship to the prevention of illness and injury. 2. Compare and contrast the various types of flexibility, strength training, and cardiovascular conditioning programs to include expected outcomes, safety precautions, hazards, and contraindications 3. Identify and describe the standard tests, test equipment, and testing protocols that are used for measuring fitness, body composition, posture, flexibility, muscular strength, power, speed, agility, and endurance. 4. Administer and interpret fitness tests to assess a client's/patient's physical status and readiness for physical activity. 5. Design a fitness program to meet the individual needs of a client/patient based on the results of standard fitness assessments and wellness screening. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SU.

MAT 6260. Orthopedic Surgical Interventions. 3 Hours.
Study of orthopaedic surgical interventions commonly performed for musculoskeletal injuries suffered by the physically active. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Identify, review, discuss, and reinforce the overall surgical process, from patient history to anesthesiology to recovery. 2. Identify, review, discuss, and reinforce the surgical interventions and techniques for the most prevalent orthopaedic conditions of the physically active. 3. Identify, review, discuss, and reinforce the current treatment options for common non-orthopaedic conditions requiring physician referral. 4. Locate, comprehend, and critique peer-reviewed literature describing the outcomes of surgical interventions and techniques for the most prevalent orthopaedic conditions of the physically active. 5. Describe and discuss surgical procedures (condition, anatomy, procedure, recovery) observed during surgical rotations. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SP.

MAT 6275. Mental Health Care in AT Practice. 3 Hours.
This course promotes the understanding of mental health care as it relates to athletic training practice and the coordination of care as it pertains to athletic training patients. The focus of this course includes the understanding of mental health disorders, diagnostic criteria, appropriate referral to qualified health care providers, and treatment options. The course will also address patient response to orthopedic injury and its interdependent relationship with activity limitations and participation restrictions. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Identify and describe the signs, symptoms, physiological, and psychological responses of clients/patients with disordered eating or eating disorders. 2. Describe the method of appropriate management and referral for clients/patients with disordered eating or eating disorders in a manner consistent with current practice guidelines. 3. Describe the role of various mental healthcare providers (e.g., psychiatrists, psychologists, counselors, social workers) that may comprise a mental health referral network. 4. Identify and describe the basic signs and symptoms of mental health disorders (e.g., psychosis, neurosis; sub-clinical mood disturbances (e.g., depression, anxiety); and personal/social conflict (e.g., adjustment to injury, family problems, academic or emotional stress, personal assault or abuse, sexual assault or harassment) that may indicate the need for referral to a mental healthcare professional. 5. Formulate a referral for an individual with a suspected mental health or substance abuse problem. Prerequisite: Admission to the DSU Professional Master's in Athletic Training program. SP.

Fitness/Adventure/Sport Techn Courses

FAST 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.

FAST 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.

FAST 1020. Step Workout. 1 Hour.
Activity course for students to learn a variety of ways to use step training for cardiovascular fitness, as well as muscular conditioning. Designed to teach step aerobics as well as enhance fitness. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Create their own fitness plan. 2. Develop skills related to step workout training. 3. Develop knowledge and skills related to fitness training safety.
FAST 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Participate safely and effectively in paddleboarding activities. 2. Understand the use of paddleboarding in developing physical fitness, balance, and coordination. 3. Recognize paddleboarding equipment and be able to use it appropriately and effectively. Course fee required.

FAST 1036. Fitness Dancing. 1 Hour.
High energy activity course for students interested in developing fitness through dancing. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstration the ability to establish appropriate fitness goals. 2. Demonstrate a basic understanding of caloric expenditure, and fitness development associated with the interval training associated with the dancing activities. 3. Demonstrate knowledge of the basic choreography associated with the various dance routines. 4. Demonstrate the knowledge and skills to perform the dance activities safely.

FAST 1037. Partner-Free Fitness Ballroom Dance. 1 Hour.
Partner-Free Fitness Ballroom Dance uses steps from popular dances in an easy to follow format that provides a great cardiovascular workout. Learn Salsa, Meringue, Swing, Tango, Cha Cha, Paso Doble, Quickstep, Rumba, Fox Trot, Waltz and more. No partner or previous dance experience required. Both high and low impact versions are shown to accommodate a wide range of abilities. Traditional ballroom music as well as current hits are used. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate methods to ease anxiety & tension. 2. Demonstrate methods to improve posture & balance. 3. Demonstrate methods to improve mind & body awareness and connection. Course fee required. FA, SP.

FAST 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate methods to ease anxiety & tension. 2. Demonstrate methods to improve posture & balance. 3. Demonstrate methods to improve mind & body awareness and connection. Course fee required. FA, SP.

FAST 1058. Intermediate Kundalini Yoga. 1 Hour.
Activity course for students interested in learning advanced skills in the practices of Kundalini Yoga. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate methods to ease anxiety & tension. 2. Demonstrate methods to improve posture & balance. 3. Demonstrate methods to improve mind & body awareness and connection. Course fee required. FA, SP.

FAST 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.

FAST 1060. Yoga for Athletic Performance. 1 Hour.
Course designed for students interested in improving athletic performance and injury prevention. Activities focus on meditation, self-awareness, imagery and breath control. Improvement in flexibility, strength and balance are also a focal point of the curriculum. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate methods to ease anxiety & tension in athletic endeavors. 2. Demonstrate methods to improve posture & balance. 3. Demonstrate methods to improve mind & body awareness and connection as related to athletic performance.

FAST 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.

FAST 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. Lab fee required. FA, SP.

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

FAST 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. FA, SP, SU.

FAST 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.
FAST 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.

FAST 1105. Badminton, Pington and Indoor Hockey. 1 Hour.
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. Indoor hockey is introduced as an additional recreation activity. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skills relative to the games of Badminton, Pington and Indoor Hockey. 2. Develop an understanding of Badminton, Pington and Indoor Hockey rules, regulations, and court etiquette. 3. Develop an understanding of strategy pertaining to both offensive and defensive play. 4. Develop sportsmanship and respect for players, officials, and spectators. 5. Learn about venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

FAST 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. Lab fee required. FA, SP.

FAST 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. Lab fee required. FA, SP.

FAST 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skills relative to the game of Pickleball. 2. Develop an understanding of Pickleball rules, regulations, and court etiquette. 3. Develop an understanding of strategy pertaining to both offensive and defensive play. 4. Develop sportsmanship and respect for players, officials, and spectators. 5. Learn about venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

FAST 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.

FAST 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. Lab fee required. FA, SP.

FAST 1131. Intermediate Golf. 1 Hour.
Activity course for students interested in learning more golf skills. Teaches fundamentals of grip, stance, swing, use of various 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. Lab fee required. FA, SP.

FAST 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. Lab fee required. FA, SP.

FAST 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. Lab fee required. FA, SP.

FAST 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.

FAST 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, improve individual skill levels, and provide activity. Lab fee required. FA, SP.

FAST 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.

FAST 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.
FAST 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.

FAST 1231. Intermediate Soccer. 1 Hour.  
Activity course for students interested in expanded, more advance skill development of soccer. Designed to improve student's soccer skills, as well as provide activity. Lab fee required. FA, SP.

FAST 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission required. FA.

FAST 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission required. FA.

FAST 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.

FAST 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.

FAST 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.

FAST 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.

FAST 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.

FAST 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.

FAST 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.

FAST 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.
FAST 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.

FAST 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.

FAST 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. Prerequisites: Instructor permission. SP.

FAST 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.

FAST 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.

FAST 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 LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skill at the beginning level necessary for safe water entrance and exit, survival floating, and survival strokes through demonstration and active participation in a swimming pool through instructor lecture, demonstration, and class participation. 2. Develop knowledge and skill at the beginning level necessary for efficient swimming through demonstration and active participation in a swimming pool through instructor lecture, demonstration, and class participation. 3. Demonstrate the ability to perform various swimming strokes through demonstration and active participation in a swimming pool. 4. Create, at the intermediate level, water activities for developing aerobic fitness, muscular endurance, and flexibility through demonstration and active participation in a swimming pool through instructor lecture, demonstration, and class participation. Course fee required. FA, SP.

FAST 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 LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skills of at the intermediate level for survival and basic lifesaving skills in the water through demonstration and active participation in a swimming pool. 2. Develop knowledge and skill at the intermediate level necessary for efficient swimming through demonstration and active participation in a swimming pool. 3. Develop knowledge and skills at the intermediate level for performing a variety of swimming strokes through demonstration and active participation in a swimming pool. 4. Create, at the intermediate level, water activities for developing aerobic fitness, muscular endurance, and flexibility through demonstration and active participation in a swimming pool. Course fee required. FA, SP.

FAST 1315. Aquatic Fitness. 1 Hour.
Course introduces aerobic conditioning principles designed to develop the cardiovascular-respiratory systems, strength and coordination. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skills at the beginning and intermediate level for safe entrance and exit from the pool through demonstration and class participation. 2. Demonstrate knowledge of factors associated with the development of aerobic endurance, muscular strength and endurance, flexibility and body composition at the beginning and intermediate level through lecture, demonstration and class participation. 3. Demonstrate the ability to perform aquatic exercises at the beginning level for the development of aerobic endurance, muscular strength and endurance, flexibility and body composition through demonstration and class participation. 4. Demonstrate the ability to create an aquatic exercise program at the beginning and intermediate level for the development of health-related physical fitness enhancement through lecture, demonstration, and class participation. Course fee required. FA, SP.

FAST 1350. SCUBA Diving. 1 Hour.
For students interested in SCUBA diving. Includes lectures on underwater environment, diving skills, equipment, techniques, respiration, breathing 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. Lab fee required. Corequisite: FAST 1355. FA, SP.
FAST 1355. SCUBA Diving Lab. 0 Hours.
Lab portion of FAST 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: FAST 1350. FA, SP.

FAST 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. Lab fee required. FA, SP.

FAST 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: FAST 1410. FA, SP.

FAST 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.

FAST 1527. Introduction to Climbing. 1 Hour.
The course is designed for first time and beggning climbers. The course will cover site management, safety and risk mitigation, vocabulary, history of climbing, equipment - it's proper use and maintenance, bouldering, belaying for tope rope, belay transfers, belay pick offs, anchors & anchor building, rappelling, cleaning anchors and other teachable moments. The students are required to bring a harness to class each time and climbing shoes if desired (very helpful). All other equipment is provided by the department. Please note that this course is held outside for the majority of the time and participants should dress appropriately, bring necessary fluid and food and a positive attitude. Lab fee required. FA, SP.

FAST 1528. Rock Climbing II. 1 Hour.
The course is designed for participants who have completed Rock Climbing I, the instructor's approval or can top rope climb 5.10 clean and have a sound understanding of climbing systems (anchors, belaying & equipment). The course will cover site management, safety and risk mitigation, vocabulary, history of climbing, equipment - it's proper use and maintenance, bouldering, belaying for tope rope, belaying from above (multi-pitch climbing), lead belay, belay transfers & pick offs, lead climbing, anchors & anchor building, traditional climbing and protection, rappelling, cleaning anchors and other teachable moments. The students are required to bring a harness to class each time and climbing shoes if desired (very helpful). All other equipment is provided by the department. Please note that this course is held outside for the majority of the time and participants should dress appropriately, bring necessary fluid and food and a positive attitude. Lab fee required. FA, SP.

FAST 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. SP.

FAST 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. FA, SP.

FAST 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.

FAST 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.

FAST 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. Prerequisites: Instructor permission. FA, SP.

FAST 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. Lab fee required. FA, SP.
FAST 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. Prerequisites: Instructor permission. SP.

FAST 1850R. Special Performance 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. Prerequisite: Instructor permission. FA, SP.

FAST 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.

FAST 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.

FAST 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.

Health Human Performance Courses

HHP 6290. Research Methods in Health and Human Performance. 3 Hours.
Interactive study of importance and process of conducting ethical research in health and human performance professions. Emphasis placed on research design, ethics, collection of data, and the dissemination of results. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Identify major research approaches to answering disciplinary questions in Health and Human Performance professions. 2. Apply appropriate methods to develop and investigate research questions in Health and Human Performance professions. Prerequisites: ENGL 2010 (Grade C- or higher) or acceptance to a graduate program or instructor permission. SU.

HHP 6295. Quantitative Methods in Human Performance. 3 Hours.
This course will examine the basic concepts and techniques of analysis of data in Health and Human Performance research, investigate and apply data analytic techniques which are appropriate for answering research questions and handling varying types data, report and interpret results of data analyses, consider the limitations of statistical techniques, and read and translate results from Health and Human Performance studies. Students will be introduced to the basic principles of statistical computing using analytic software. The course will emphasize statistical theory and techniques for determining bivariable associations, with an introduction to multivariable analysis. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Decide and apply the appropriate analysis procedure for each research question; basics of statistical inference (e.g., Type I and Type II error); how to use a statistical software package for analyses. 2. Explain statistical estimation and hypothesis testing concepts; statistical concepts encountered in the health and human performance professions. 3. Apply data management principles in an approach to data; basic software techniques for data analysis. 4. Analyze and interpret results of statistical software procedures; common statistics encountered in health and human performance professions. 5. Create a report of results of statistical analyses for a clinical audience. Prerequisites: MATH 1040 (Grade C- or higher) or acceptance to a graduate program, or instructor permission. FA.

HHP 6299. Research Non-Thesis Option. 3 Hours.
This course allows students to complete an evidence based research project. Acceptable non-thesis projects include critically appraised topics, interrelated series of research proposals, conducting an empirical study or a problem-based analysis of the literature, each of which require an extensive writing component. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Design a substantial evidence-based research project. 2. Demonstrate an understanding of ethical issues associated with research in health and human performance. 3. Analyze data and synthesize research findings. 4. Report research findings in written and verbal forms.
Physical Ed. Health Rec Courses

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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain an understanding of the building blocks for success in performance environments through class discussions, quizzes and exams, at the introductory level. 2. Apply the use of mental skills strategies used to improve mental readiness for performance, through class discussions, quizzes and exams, at the introductory level. 3. Explain how performance enhancement strategies can translate to success in all aspects of life through activity participation in given scenarios, and class discussions at the introductory level. 4. Demonstrate a variety of mental skills (e.g., goal setting, management of emotions, imagery focus plans, coping plans, self-talk strategies, performance routines, etc.) through class participation, and class assignments, at the developmental level.

PEHR 1340. Lifeguarding/First Aid. 3 Hours.
Activity course for students interested in furthering their knowledge and skills in swimming and getting their lifeguard training as well as first aid. 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 LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain the process of preventing potential threatening situations in a given scenario at the introductory level. 2. Recognize & respond to an emergency in a given situation at the introductory and mastery level. 3. Apply the knowledge of the first aid procedures by assessing & deciding the level of intervention for administering care in a given situation at the mastery level. 4. Perform life threatening and non-life threatening procedures in a pre-determined situations at the mastery level. 5. Master all skills and academic curriculum associated with National Lifeguard Certification requirements. Course fee required. FA, 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain the process of preventing potential threatening situations in a given scenario at the introductory level. 2. Recognize & respond to an emergency in a given situation at the introductory and mastery level. 3. Apply the knowledge of the first aid procedures by assessing & deciding the level of intervention for administering care in a given situation at the mastery level. 4. Perform life threatening and non-life threatening procedures in a pre-determined situations at the mastery level. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe the disciplines and careers that comprise Exercise Science. 2. Describe the contemporary base of Exercise Science knowledge. 3. Define the basic terminology used in the exercise science disciplines. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain & differentiate the essential elements of personality, exercise environments, and group processes as related to sport performance and exercise adherence through class discussions, quizzes, and exams, at the introductory level. 2. Explain and differentiate aspects of exercise and sport/activity participation as related to psychological effect (e.g., mood states, depression, and mental toughness), through class discussions, quizzes, and exams, at the introductory level. 3. Identify and develop methods of facilitating sport performance, exercise adherence, and psychological growth and development through activity participation in given scenarios, criticizing research abstracts, quizzes, and exams, at the introductory and developmental levels. 4. Synthesize information critical to the understanding of research in the field of sport psychology through cultural lenses scenarios, at the introductory and developmental levels. 5. Create a research study proposal that focuses on the discovery of new knowledge through a systematic approach utilizing scientific methodology, at a developmental level. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop an understanding of the skills required to supervise employees in a fitness / wellness facility. 2. Gain the knowledge and skill required to recruit and retain professional employees. 3. Gain the knowledge and skill required to necessary to operate and maintain a fitness facility while maintaining profitability. 4. Demonstrate knowledge of the legal liabilities and responsibilities related to the operation of a fitness/wellness facility.
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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain the elements associated with a healthy lifestyle through class discussions, quizzes, and exams, at the introductory level. 2. Identify the outcomes of healthy and unhealthy behaviors on the human body through discussions, quizzes, and exams, at the introductory level. 3. Identify cultural, demographic, gender, and socioeconomic factors associated with the development and maintenance of a healthy lifestyle through discussions, and research assignments at the developmental level. 4. Identify training techniques to optimize desired health-related fitness results, and minimize safety hazards through discussions, labs, and exams, at the introductory and developmental levels. 5. Create a fitness training program based upon individualized goals through discussions and assignments at the developmental level. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain the pathways to digestion and absorption of macro and micro nutrients at a developmental level. 2. Explain the different fuel systems for energy production and needs during physical activity at the introductory and developmental level. 3. Explain the effectiveness of nutritional supplementation and ergogenic aids. 4. Interpret human nutrition research and its application to exercise performance. SP.

PEHR 2292. 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 2293. 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 2294. 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. Instructor permission will be optional at the request of the instructor.

PEHR 3000. Psychophysiology 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe factors associated with wellness and physical activity. 2. Describe activity and nutritional behaviors which promote, maintain, and protect health and wellness. 3. Gain basic knowledge of how affective states and cognitive processes are related to physiological measures such as ECG, EMG, VO2, respiratory fitness, and body composition. 4. Describe how affective states and cognitive processes are related to nutritional practices. 5. Provide research evidence regarding the psychological and cognitive affects of acute versus chronic exercise. 6. Critically analyze research within the field of psychophysiology of fitness and nutrition.

PEHR 3052. Psychophysiology 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 LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Be proficient in describing complex systems in terms of simplified, higher-order functions. 2. Be proficient in summarizing motor control research and applying it to course material. 3. Be proficient in describing neuromechanical factors of human movement and applying this knowledge to movement analysis. Course fee required. Prerequisite: PEHR 2020.
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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Distinguish how the disciplines of motor development, motor learning, and motor control interrelate for an understanding of motor behavior across the lifespan, through class discussions, and exams, at the introductory and developmental levels. 2. Analyze aspects of physical growth and aging that affect the acquisition and maintenance of fitness and motor skills across the lifespan through class discussions, observations, quizzes, and exams, at the developmental level. 3. Analyze aspects of perceptual development that affect the acquisition and maintenance of fitness and motor skills across the lifespan through class discussions, observations, quizzes, and exams, at the developmental level. 4. Analyze social and cultural constraints associated with motor and fitness development across the lifespan through class discussions & interview activities, at the developmental level. 5. Differentiate factors associated with motor learning theory (e.g., movement preparation, attention, arousal, practice design), through class discussions, scenarios, and exams, at the introductory and developmental levels. 6. Research a selected topic, and apply new knowledge, in a practical way, to a contemporary issue in the field of health, physical education, or sport, at the mastery level. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Identify effective strategies to assess risk and appropriately stratify individuals at the developmental level. 2. Identify a variety of fitness assessments on different adult populations on an introductory level. 3. Discuss the results from fitness assessments to prescribe safe and effective exercise. 4. Obtain knowledge, skills, and abilities to pass the ACSM certification examination. 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 a pre-requisite for many graduate programs in Exercise Science. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain the laws important to adapted physical education and sport through class discussions, quizzes, and exams, at the introductory level. 2. Identify and differentiating specific developmental, behavioral, sensory, and orthopedic conditions, through class discussions, quizzes, and exams, at the introductory and developmental levels. 3. Compare and contrast adapted physical activity services related to interscholastic models, and community-based models, through group discussions assigned scenarios, and community observation assignments, at the introductory and developmental levels. 4. Implement appropriate curricular/activity programming through lesson teaching assignments, and class discussions, at the developmental level. 5. Select appropriate venues for adapted athletic competition through investigative research, and student teaching presentations. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain the relationship of pediatric and adolescent physical activity patterns to lifespan health and wellness through class discussions, research abstract presentations, quizzes, and exams, at the introductory level. 2. Identify essential elements of “Quality” Physical Education Programs, through class discussions, class observations, quizzes, and exams, at the introductory level, and developmental levels. 3. Explain legal issues often associated with teaching fitness and motor skills to pediatric and adolescent in public and private school settings through class scenarios, discussions, quizzes, and exams, at the introductory level. 4. Demonstrate various techniques for teaching fitness and motor skills relative to theories associated with motor learning/development, and motivation. 5. Creating an optimal learning environment for physical education students K - 12th grades, through appropriate curricular/activity planning, teaching assignments, and class discussions, at the developmental and mastery levels. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Identify the physiological adaptations to exercise observed in the following systems: skeletal, neuromuscular, cardiovascular, respiratory system, and endocrine on an introductory level. 2. Identify the effects of nutritional status, fluid balance, environment, and ergogenic aids on exercise training on an introductory level. 3. Explain knowledge of exercise fitness tests and be able to measure and evaluate factors such aerobic fitness, anaerobic fitness, muscular strength and endurance, and body composition on an introductory level. 4. Describe appropriate programs for the benefit of health and athletic performance on an introductory level. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain how each of the major organ systems (cardiovascular, respiratory, and musculoskeletal) responds to an acute bout of exercise on a developmental level. 2. Explain the adaptations that occur in each of the major organ systems to exercise training at the introductory and developmental level. 3. Explain the influence of environmental conditions and ergonomic factors on exercise physiology on a developmental level. 4. Interpreting research topics in the field of exercise physiology and its application to exercise performance. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Investigate basic data collection and pretest screening on a developmental level. 2. Examine anaerobic and aerobic fitness. 3. Examine cardiovascular function and respiratory function on an introductory level. 4. Compare body composition. Course 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Apply mechanical analysis to biological systems. 2. Calculate basic kinematic and kinetic parameters. 3. Describe human movement in terms of muscle mechanics. 4. Adapt mechanical analysis to clinical and performance settings. Prerequisite: PEHR 2020. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe the temporal and kinematic features of basic human movements. 2. Compare normal motion to pathological motion and discuss biomechanical influences on the latter. 3. Qualitatively analyze joint mechanics during activities of daily living. 4. Explain the effects of weight, muscle, and neural activity on pain and altered movement strategies. 5. Explain and measure anatomical alignment and the human gait cycle. 6. Explain electromyography. Prerequisite: PEHR 2020. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Measure basic quantities related to exercise science and sport, and performing basic, related calculations. 2. Critically evaluate and interpret research findings in exercise science disciplines. 3. Design basic studies, testing hypotheses, and reporting results. Prerequisite: PEHR 2020. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe the basic instrumentation commonly used to acquire sport science data. 2. Utilize simple video tools to collect and analyze variables that may be of interest to spectators, coaches, or trainers. 3. Explain the evolution and development of equipment advances in sport - both from a safety and a performance standpoint. 4. Explain basic material properties that affect sporting equipment and game-play. 5. Critically evaluate consumer-available sensors and “smartphone” apps that are marketed to coaches and enthusiasts for athlete development. 6. Employ Excel and similar computing platforms for simple calculations and analysis of collected data.

PEHR 3840. Measurement, Research, and Statistics in Exercise Science. 3 Hours.
Provides students with a foundation in measuring and collecting data associated with human movement science. Additionally, provides an introduction to statistical methods and experimental design, necessary to evaluate data collected from measurements commonly used in exercise science, health, and human performance. Topics will include sampling, sampling distribution, descriptive statistics, correlation and regression, t-tests, and ANOVA as well as the use of statistical software for conducting such analyses. This course can be used as an elective and it can substitute for PEHR 3800. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Measure basic quantities related to exercise science and sport, and performing basic, related calculations. 2. Critically evaluate and interpret research findings in exercise science disciplines. 3. Design basic studies, testing hypotheses, and reporting results. 4. Test hypotheses using statistical methods to include correlation, regression, t-tests, and ANOVA. Prerequisite: PEHR 2020 (Grade C or higher). FA.
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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Recall scientific knowledge to train athletes for the primary goals of improving athletic performance and fitness on a developmental level. 2. Describe how to design and implement safe and effective strength training and conditioning and personal training programs at an introductory level. 3. Define exercise prescription principles for training variation, injury prevention, and reconditioning. 4. Recall the knowledge, skills, and abilities to pass the NSCA certification examination. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Examine the changes in major organ systems pertaining to the aging population at the developmental level. 2. Identify selected disease and their relationship to the aging population at the developmental level. 3. Discuss research topics in the field of the aging population. 4. Conduct a review of current literature on relevant topics. Prerequisites: PEHR 3700 and PEHR 3705 (both grade C- or higher). 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain the changes in the US and the attitudes toward aging through class discussions, scenarios, and exams, at the introductory level. 2. Distinguish the physiology of aging systems from young adults as well as and physical conditions requiring special consideration for exercise programming, through discussions, quizzes, and exams, at the developmental level. 3. Analyze psychosocial barriers and applying psychosocial concepts to exercise programming (inclusive of cultural, demographic, gender, and socioeconomic factors) associated with the development and maintenance of a healthy lifestyle through discussions, scenarios, and research assignments at the developmental level. 4. Identify programming guidelines including components of a fitness class, safety training techniques to optimize desired health-related fitness results, and minimize safety hazards through discussions, labs, and exams, at the introductory and developmental levels. 5. Create a fitness training program based upon individualized goals through scenarios and assignments at the developmental level. 6. Apply skills in community-based and senior living environments through a course project, at the developmental level. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Define the scope of practice and responsibilities of a clinical exercise physiology. 2. Examine the pathophysiology of multiple disorders in the areas of cardiovascular, pulmonary, immune, neuromuscular, and metabolism at the developmental level. 3. Identify commonly used medications for specific clinical conditions and their effects on exercise capacity at the developmental level. 4. Identify the limitations for physical activity in clinical populations, taking into consideration disease processes and methods to assess functional capacity. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe pediatric and adolescent responses to exercise, emphasizing their unique physiologic responses, compared to adults, through class discussions, presentations, quizzes, and exams, at the developmental level. 2. Describe pediatric and adolescent unique nutritional needs, compared to adults, through class discussions, class observations, quizzes, and exams, at the introductory level. 3. Implement appropriate measurement techniques used to assess health-related and performance-related fitness in children/adolescents through lab activities and hands-on learning experiences at the developmental level. 4. Demonstrate the knowledge and skills necessary to design training and fitness programs tailored/optimized to meet the developmental needs of children and adolescents through lab activities and hands-on learning, at the developmental level. 5. Demonstrate effects of physical activity on the prevention and treatment of chronic diseases in youth populations through class assignments and discussions, at the developmental level. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain theories related to individual and group motivation, through class discussions, quizzes and exams, at the introductory level. 2. Demonstrate how leadership theories can be used to create an optimal learning environment, through class discussions and participation in scenarios, at the developmental level. 3. Develop appropriate, theory-driven intervention strategies for promoting a healthy lifestyle, through activity participation in given scenarios, at the developmental level. 4. Synthesize information critical to the understanding of research in Behavioral Change through cultural lenses scenarios, at the developmental level. 5. Analyze and utilize research for the development of optimal health promotion programs through proposed scenarios and class projects, at the developmental level.
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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Apply classroom theory to real world decision making. 2. Increase proficiency in specific skills in relation to exercise science techniques. 3. Develop personal skills in communication, technology, teamwork, and quantitative reasoning. 4. Participate in professional operations and decision making. 5. Be afforded opportunities to meet and interact with professional role models and potential mentors. 6. Expand network of professional relationships and contact. 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. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain theories related to individual and group motivation, through class discussions, quizzes and exams, at the introductory level. 2. Demonstrate how leadership theories can be used to create an optimal learning environment, through class discussions and participation in scenarios, at the developmental level. 3. Investigate research related to leadership in sport, exercise, fitness, and health promotion, through activity participation in class discussions, and research abstract presentations at the developmental level. 4. Synthesize information critical to the understanding of research in Motivation and Coaching through cultural lenses scenarios, at the developmental level. 5. Outline the components of effective leadership, through class discussions and scenarios, at the developmental level.

PEHR 4890R. Undergraduate Research for Exercise Science. 1-3 Hours.
Provides students the opportunity to conduct research under the mentorship of a faculty member. Students will put in practice the theoretical knowledge gained in prior major courses. Students will create a significant intellectual or creative product that is characteristic of the Exercise Science discipline and worthy of communication to a broader audience. May be repeated for a maximum of 6 credits toward graduation. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Design a research study based upon existing literature in the field. 2. Qualify for the human subjects research certification and prepare a research study proposal for Institutional Review Board approval. 3. Prepare and execute a data collection according to a research study design protocol. 4. Analyze collected data and test study hypotheses. 5. Compose and prepare for dissemination the findings of a research study. Prerequisite: Instructor permission required. FA, SP, SU.

Population Health Courses

HLTH 2010. Health & Disease. 3 Hours.
Introduction to the science of health and disease, both communicable and non-communicable, including history, etiology, prevalence, symptoms, treatment and ways to prevent disease and protect health across the lifespan. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe the medical and wellness models of health. 2. Define common terms associated with health and disease. 3. Demonstrate an understanding of mental and physical health. 4. Identify common factors that influence health and disease. 5. Demonstrate an understanding of common diseases and appropriate classifications. 6. Demonstrate an understanding of common disease symptoms, treatment, and prevention. 7. Demonstrate an understanding of the influence of alcohol, tobacco, and drugs on health. FA.

HLTH 2700. Consumer Health Issues. 3 Hours.
This course examines factors associated with the marketplace for health-related products and services. Topics will include medical quackery, fraudulent health practices; laws and agencies protecting the consumer. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of health services, products, and alternative medicine. 2. Demonstrate an understanding of laws and agencies protecting the consumer. 3. Demonstrate an understanding of vulnerable populations. 4. Demonstrate an understanding of health care fraud and the implications to the health industry. 5. Demonstrate an understanding of the importance of personal responsibility to improve population health. 6. Demonstrate an understanding of the accumulation of individual health measures in evaluating population health. FA.

HLTH 3010. Population & Community Health. 3 Hours.
Highlights the concepts of population health and interdisciplinary collaboration for health and the basic processes and interventions used to address the health needs of communities. The course will also introduce students to the history, philosophy, functions and core values of public health in the U.S. and the world. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Explain how health insurance and healthcare services affect population health. 2. Explain the purpose of worksite health and wellness promotion programs and describe some of their features. 3. Discuss and explain local, state, and national resources available to communities to improve population health. 4. Analyze and interpret the relationships among population growth, the environment, and human health. 5. Differentiate and distinguish between the different kinds of health care, including population-based public health practice, medical practice, long-term practice, and end-of-life practice. 6. Develop strategies for improving the health status of the various age groups in the United States and develop behavioral risk profile for adolescents, young adults (including college students), and adults. 7. Explain the role socioeconomic status plays in health disparities among racial and ethnic minority groups. 8. Define mental health and mental disorders, and explain the prevalence of mental disorders in the United States, and develop strategies to reduce the impact to population health. 9. Identify the major concerns with the healthcare system in the United States. 10. Explain how communicable diseases are transmitted in a community using the "chain of infection" model and use a specific communicable disease to illustrate your explanation. FA.
HLTH 3020. U.S. & World Health Systems. 3 Hours.
Provides students with a comprehensive survey of the organization and management of the US health care system, including history, regulation, structure, economics, operations, and current issues, as well as a comparison of health systems worldwide. **COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of the organization and management of the US health care system. 2. Demonstrate an understanding of the history, regulation, structure, operations, and current issues in health care. 3. Compare and contrast health systems around the globe. 4. Demonstrate an understanding of the economic principles within health systems and the influence of third-party payers. FA.

HLTH 3040. Environmental Health. 3 Hours.
Provides a foundation for understanding how both natural and built environments affect human health. Topics will include human-environment interaction, pollution, sanitation, air, water and food quality, relationship to infectious disease, climate change and other current environmental health issues. **COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop an understanding of environmental health issues, remedies, and regulation. 2. Develop an understanding of human-environment interaction. 3. Develop an understanding of the relationship of the environment to infectious disease. 4. Develop an understanding of climate change and other current environmental health issues. SP.

HLTH 3310. Health Promotion. 3 Hours.
Introduces the principles of health promotion, including community assessment, asset mapping, coalition building, and advocacy. Students will learn how to successfully plan and implement community-based programming and to evaluate its effectiveness. **COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop an understanding of basic tenets of the health care system. 2. Demonstrate understanding of key words and terms important to or frequently used in health promotion such as health, wellness, disease prevention, and health disparity. 3. Describe and compare the theories of health behavior change and models of program planning. 4. Demonstrate understanding of the history of health and health promotion. 5. Utilize asset mapping tools to assess community resources available and those resources not available. 6. Communicate educational information on specific health promotion topics. 7. Evaluate the effectiveness of interventions using improvement processes. FA, SP.

HLTH 3385. Healthcare Quality and Safety. 3 Hours.
The course introduces students to industry practices relative to patient healthcare quality and safety. This includes quality assessment, risk management, and process review as implemented within the healthcare environment. Principles of continuous quality improvement are used as a framework for the course. **COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of the evolution of continuous quality improvement, application of quality measures and practices, and implementation within the healthcare system. 2. Demonstrate an understanding of common medical errors including classification and reduction following a data-driven model. 3. Demonstrate an understanding of appropriate organization of quality resources. 4. Demonstrate an understanding of issues related to patient safety. 5. Demonstrate an understanding of industry best practices for achieving quality improvement within a health related environment. SP.

HLTH 3400. Healthcare Project Management. 3 Hours.
Students will learn the theories, tools, and techniques for successful project management. Topics will include task organization and sequencing; schedule development; critical path method implementation as a management tool; the use of milestone and Gantt charts; the reverse planning method; and cost, performance, and client considerations. **COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate knowledge of project management terms and techniques such as the triple constraint of project management. 2. Demonstrate an ability to utilize tools and techniques of project management such as selection methods, work schedules, Gantt charts, network diagrams, critical path analysis, cost estimates, earned value management, motivation, and team building. 3. Apply project management concepts by working on a team project as project manager or active team member. 4. Demonstrate strong communication skills utilizing virtual collaboration tools like Moodle and Google. 5. Develop an understanding of good project management by learning about and sharing examples of good and bad project management and using knowledge and skills developed in this course. SP.

HLTH 3500. Health Organization Financial Analysis. 3 Hours.
Introduces students to the fundamental principles and practices of accounting and finance needed by non-finance managers in health care organizations, including an introduction to budgeting, revenue and expenses, payroll, financial statements, and the economics of decision making. **COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Evaluate and critique the roles and responsibilities of finance that healthcare organizations and managers can use for effective decision making. 2. Construct spreadsheets and financial reports used for monitoring, control, reporting, and oversight in the application of basic financial management skills. 3. Demonstrate the concepts of capital budgeting and investment and long-term financing decisions and options. 4. Determine and evaluate the methods of working capital management, revenue cycle, and cash flows management. 5. Analyze and assess operating revenues, reimbursement, costs structures, and allocation methods used by healthcare organizations to ensure effective control, operation sustainability, and organizational efficiency and effectiveness. 6. Demonstrate and apply critical financial concepts—including financial statements, variance and ratio analysis, and break-even analysis—used by healthcare organizations to create robust financial budgets, reporting systems, and other critical financial plans needed to ensure the organization's financial viability in the long-term. SP.
HLTH 3600. Patient Navigation. 3 Hours.
This course will provide student with an understanding of the barriers to patient healthcare. In addition, this course will help students develop the skills and competencies to become an affective patient navigator. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of the barriers to effective patient navigation within the health care system. 2. Demonstrate an understanding of the competencies and skills needed by patient navigators. 3. Develop patient navigation basic skills. 4. Learn how to use communication skills to build rapport with patients. 5. Demonstrate an understanding of basic motivational interviewing. SP.

HLTH 3750. Health Determinants & Disparities. 3 Hours.
Focuses on the biological, environmental, behavior, social and economic factors that influence individual and community health and disease; emphasis will be given to the interaction between these factors, including personal lifestyle decisions and social determinants of health. Students will also be introduced to the U.S. Health people, goals, objectives and measures. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate understanding of the social and economic factors that influence individual and community health and disease. 2. Demonstrate an understanding of cultural competence and diversity within the health industry and the influence on health status. 3. Demonstrate an understanding of appropriate measures of health. 4. Demonstrate an understanding of global, national, and local goals, objectives, and measures at reducing health disparities. SP.

HLTH 3800. Genetics & Disease. 3 Hours.
This course covers the principles of human genetics, including the mapping of disease genes, defects causing human disease, the cloning of disease genes, gene therapy, transgenes, and specific pathological disorders. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop an understanding of the principles of human genetics. 2. Develop an understanding of mapping of disease genes. 3. Develop an understanding of defects causing human disease. 4. Explore the cloning of disease genes, gene therapy, transgenes, and specific pathological disorders. SP.

HLTH 3900. Infectious Disease. 3 Hours.
Course covers the basic concepts of infectious diseases and dynamics of disease transmission. From an initial review of some common terms, students progress into detailed discussions on how pathogens establish themselves within a host to sustain an infection. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Develop an understanding of the basic concepts of infectious diseases. 2. Develop an understanding of the dynamics of disease transmission. 3. Develop an understanding of methods in which pathogens establish themselves within a host to sustain an infection. SP.

HLTH 4010. Biostatistics & Epidemiology. 3 Hours.
Covers principles and methods of epidemiologic investigation and the use of classical statistical approaches to describe the health of populations. Recommended prerequisites include MATH 1040 or STAT 2040 grade C or higher. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe the history, philosophy, and uses of epidemiology. 2. Summarize the sources of epidemiologic data. 3. Explain common terms of epidemiology including morbidity, mortality, descriptive epidemiology, association, and causation. 4. Analyze population health using common measures in epidemiology. 5. Summarize evidence-based public health, and discuss its applications. 6. Recommend policy improvement based upon the application of epidemiology and associated measures. 7. Discuss screening for disease and calculate related measures. 8. Predict and summarize measures of outbreak investigation, social and behavioral phenomena, and special topics including work and the environment. SP.

HLTH 4020. Research Methodology in Population Health. 3 Hours.
The course provides the fundamental and working knowledge of scientific method employed in population health research. Students will perform critical analysis of research utilizing scientific method and evidence-based publications. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of the scientific methods employed in population health research. 2. Create a proposal for an agreed upon research question that includes an introduction, background information, problem statement, purpose, significance, theoretical framework, scope and limitations, and other relevant information. 3. Demonstrate an understanding of data sources and collection methods. 4. Demonstrate an understanding of data analysis and results. SP.

HLTH 4030. Leadership & Group Dynamics. 3 Hours.
Focuses on the theories, concepts, and principles of leadership; emphasizes the development of leadership skills related to personal behavior, communication, organization, and self-examination; and explores the opportunity to develop leadership roles appropriate to the population health profession. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. At the successful conclusion of this course, students will be able to: 1. Demonstrate understanding of the theories, concepts, and principles of leadership; emphasizes the development of leadership skills related to personal behavior, communication, organization, and self-examination; and explores the opportunity to develop leadership roles appropriate to the population health profession. 2. Discuss and explain how leaders use organizational culture and leadership tools to create a successful environment for their organizations. 3. Summarize leadership and managerial perspectives and theories of administration within organizational cultures (consider structure, coupling, communication environment, etc.) and apply appropriate styles to various situations understanding that people are led and resources are managed. 4. Discuss and explain the foundations of leadership from a number of different theorists. 5. Describe how individuals are motivated to perform effectively and develop motivational plans with which to lead people. 6. Evaluate the importance, sources, and uses of power and politics. 7. Explain the process of leadership as it applies to organizational performance within the context of culture development and leadership tool application. 8. Demonstrate an understanding of the elements, sequence, and information requirements of strategic planning as a process of effective leadership. 9. Conduct a self-assessment of leadership identifying strengths and weaknesses of individuals and leadership teams. 10. Create, evaluate, compare, contrast, and defend a personal leadership model. FA.
HLTH 4300. Healthcare Marketing. 3 Hours.
Introduces students to the fundamental marketing concepts and strategies as related to delivery of health care, including, market analysis, competition, marketing mix, promotional strategy, patient-consumer psychology, and regulatory limitations. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of concepts and strategies related to the delivery of health care. 2. Create a comprehensive marketing plan that includes market analysis, competition, marketing mix, and strategic goals. SP.

HLTH 4400. Health Law & Ethics. 3 Hours.
Emphasizes the basic legal, regulatory, and ethical issues impacting health care and public health systems, including the roles of various governmental agencies and branches. Explores the roles and responsibilities of individuals within the health industry. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of ethics, the importance of ethics, and the application to ethical dilemmas using a variety of ethical frameworks. 2. Describe historical events that have shaped common ethical dilemmas within the health industry. 3. Demonstrate an understanding of the role, function, and purpose of ethics committees. 4. Demonstrate an understanding of the development and sources of laws. 5. Demonstrate an understanding of laws that commonly apply to the health industry such as torts, contract law, negligence, malpractice, fraud, consent, employee rights, abuse, and patient rights. 6. Demonstrate an understanding of accrediting, credentialing, and privileges as each applies to the health industry. FA.

HLTH 4500. Global Health. 3 Hours.
Provides students with in-depth coverage of the social, cultural, economic, environmental, climatological and political issues that determine the health status of global populations and that can lead to disparities among nations. Course also highlights local and regional influences on global health and potential remedies. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of key principles of global health including the social, cultural, economic, environmental, climatological and political issues that determine the health status of global populations. 2. Demonstrate an understanding of global ethics, funding, and implementation of programs to improve global health. 3. Demonstrate an understanding of the global burden of disease. 4. Demonstrate an understanding of local and regional influences on global health and potential remedies. 5. Demonstrate an understanding of global health throughout the lifespan. FA.

HLTH 4600. Health Economics. 3 Hours.
Provides an overview of the United States healthcare system using a microeconomics lens. Microeconomic theory and empirical studies will be introduced to increase understanding of how consumers, firms, and the government influence healthcare expenditures (including its quantity and prices), healthcare quality, and patient health outcomes. Economic models will used to predict how changes in consumer behavior, the industrial organization of firms, and government policies affect healthcare and health outcomes. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe the flow of funds through the healthcare system. 2. Describe the theory, history and operations of health insurance including the utility model for insurance selection. 3. Describe, compare, and contrast the physician payment processes and the nature of the transaction between doctors and patients. 4. Compare and contrast the conflict between economic theory and accounting measures of per unit cost. 5. Describe and give examples of issues affecting the management and regulation of hospital costs. 6. Compare and contrast the US health care system with other countries. 7. Understand the major provisions of the Affordable Care Act and the underlying economics. 8. Identify future issues in health care including trends in payment systems. 9. Utilize the incremental cost effectiveness model to prioritize programs. SP.

HLTH 4700. Nursing Home Administration. 3 Hours.
Provides an understanding of present laws, regulations, and standards that impact the management of nursing home facilities. Covers resident rights and responsibilities and the role in managing such facilities. The course highlights record keeping, use of information systems and data, operational performance, and quality of care within nursing homes. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of present laws, regulations, and standards that impact the management of nursing home facilities. 2. Demonstrate an understanding of resident rights and responsibilities and the role in managing such facilities. 3. Develop processes, policies, and procedures that provide for record keeping, use of information systems and data, operational performance, and quality of care within nursing homes. FA.

HLTH 4710. Residential Care Administration. 3 Hours.
Presents managerial ideologies important to the operational, regulatory, and environmental standards of residential care facilities. The role of the administrator is explored in planning, organizing, directing, controlling, and staffing each department to provide appropriate levels of care and quality of life. Includes the contributions of rehabilitation and recreation services in improving quality of life for residents. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of managerial ideologies important to the operational, regulatory, and environmental standards of residential care facilities. 2. Explore the role of the administrator in planning, organizing, directing, controlling, and staffing each department to provide appropriate levels of care and quality of life. 3. Explain the contributions of rehabilitation and recreation services in improving quality of life for residents. SP.

HLTH 4720. Home and Community Based Services. 3 Hours.
Presents management concepts related to home and community based long-term care services including rehabilitation, home health, and hospice including laws, regulations, standards, patient rights, and role of personnel. Addresses performance improvement, quality of care, and challenges associated with the delivery of care in these environments. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate an understanding of management concepts related to home and community based services for long-term care services including rehabilitation, home health, and hospice. 2. Explain concepts including laws, regulations, standards, patient rights, and role of personnel that impact home and community based services. 3. Develop processes, policies, and procedures that address performance improvement, quality of care, and challenges associated with the delivery of care in home and community based services. FA.
HLTH 4750. National Long-Term Care Certification Exam Preparation. 2 Hours.

This course presents a review of program curriculum. Provides students with study material and practice exams that focus on the content of the national administrator certification exam. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to:** 1. Demonstrate an understanding of program curriculum including regulations, operations, quality improvement, patient rights, planning, organizing, directing, controlling, and staffing within long-term care organizations. 2. Explore the national administrator exam contents and formats. 3. Demonstrate proficiency with content included on the national administrator exam. SP.

HLTH 4760. Applied Case Studies in Population Health. 3 Hours.

Students will work in a collaborative environment to develop strategies and solutions to practical problems within population health. Interprofessional education activities will enhance the ability to approach the problem from a variety of perspectives. Includes defining, analyzing, and solving significant senior management level problems in health service organizations. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to:** 1. Identify and define a significant issue related to population health within the community. 2. Conduct a comprehensive analysis of a population health problem using an inter-professional approach. 3. Develop strategic plans to address a population health problem within the community. SP.

HLTH 4770. Population Health Lecture Series. 3 Hours.

This course will explore population health topics and challenges present in health organizations. Students will analyze the responses by managers and leaders in addressing the challenges to identify successful approaches to problem solving and process improvement. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to:** 1. Develop an understanding of current issues related to population health. 2. Demonstrate an understanding of strategic approaches in resolving population health issues in a collaborative environment. 3. Evaluate the success or failure of strategic approaches to problem solving by leaders in population health. 4. Create alternative approaches to solving current issues in population health. FA.

HLTH 4779. Management of Healthcare Organizations & Strategy. 3 Hours.

This course focuses on management issues specific to health care organizations. Topics will include responding to market changes and patient expectations, adopting and creating innovation, analyzing and adapting to change to improve performance, job designs and roles in health care organizations, interdisciplinary team-based work, working within health care regulation, integrating health care technology and other current topics. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to:** 1. Analyze management of diversity issues in a changing health care environment. 2. Describe managing a health care facility with ethics and social responsibility. 3. Compare management principles of quality vs. competitive advantage in health care. 4. Analyze the tradeoffs between patient care issues and financial accountability. 5. Investigate human resources management in health care organizations. 6. Examine the use of information systems for healthcare management functions. 7. Formulate the fundamentals of leadership in health care, using communication and interpersonal skills. 8. Compare and contrast organizational cultures in a health care setting. 9. Assess decision making and problem solving in human resources, strategic planning and other areas of health care. 10. Identify the fundamentals of planning in a health care setting. FA.

HLTH 4800. Health Policy. 3 Hours.

The course will provide a framework for understanding and analyzing a range of health policy issues. The course begins by introducing the U.S. policy-making system. It then considers essential issues in health policy formulation and implementation including including health insurance, health economics, individual rights in health care, and health care access and quality. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to:** 1. Demonstrate an understanding of federal, state, and local health policy. 2. Demonstrate an understanding of the major issues surrounding the health care reform debate. 3. Identify and use health policy data sources. 4. Identify the major political, economic and social forces affecting the U.S. health care system. 5. Develop a framework for analysis of ethical and cultural diversity issues in health services. 6. Develop an understanding of a range of significant and pressing health policy topics, such as children's health, women's health, alcohol, tobacco and drug control, and food and obesity policies. SP.

HLTH 4900R. Population Health Study Abroad. 3 Hours.

This course explores population health programs and health care services in an environment that introduces students to a variety of cultures, systems, and experiences. The experience provides an opportunity to compare and contrast other health systems to the United States. For international travel, see studyabroad.dixie.edu for additional travel costs that may apply. The course may be repeated up to 3 times. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to:** 1. Demonstrate an understanding of cultural competence and diversity in world health systems. 2. Compare and contrast a population health system with the United States. 3. Create recommendations based upon the analysis conducted between health systems. SP.

HLTH 4910. Population Health Capstone. 3 Hours.

Designed as an academic cumulative experience allowing students to demonstrate competence in integrating concepts across the curriculum and will include the creation of a professional project. Additionally, the course will prepare students for their professional internship experience and reinforce concepts such as ethics, professionalism, networking, organizational dynamics, teamwork and leadership. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to:** 1. Demonstrate competence in integrating concepts across the curriculum by creating solutions to case study scenarios and completing appropriate projects. 2. Demonstrate competence in program curriculum through a standardized nationally administered exam covering concepts such as ethics, professionalism, networking, organizational dynamics, teamwork and leadership. 3. Prepare for their professional internship experience. 4. Create resumes and fulfill activities to prepare for entry into the health industry. Prerequisites: HLTH 2010 and HLTH 3010 and HLTH 3020 and HLTH 4010 (all Grade C or higher). SP.
HLTH 4920R. Population Health Internship. 3-6 Hours.
Course is designed to provide students with community-based practical experience that will allow them to observe real-life practice and provide opportunity to demonstrate mastery of professional skills in a health community setting. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Observe real-life practice and provided opportunity to demonstrate mastery of professional skills in a health setting completing a minimum of 120 hours. 2. Apply knowledge and skills within a health organization. 3. Demonstrate program competencies while completing an agreed upon project for a health organization. 4. Demonstrate readiness to enter into the health industry or graduate school. 5. Demonstrate ability to collaborate with industry professionals including supervisors and peers. Prerequisites: Instructor permission required. FA, SP.

HLTH 4930R. Long-Term Care Residency I. 3 Hours.
Provides an experience where students complete projects, plans, and other administrative tasks under the joint supervision of a long-term care facility administrator and faculty member. This course requires 400 hours of on-site application of program knowledge and skills at a long-term care facility. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Apply knowledge and skills within a nursing home organization. 2. Demonstrate an ability to collaborate with industry professionals including supervisors and peers. 3. Demonstrate program competencies while completing an agreed upon project for a long-term care organization. 4. Demonstrate readiness to oversee a long-term care organization or graduate school. FA, SP.

HLTH 4940R. Long-Term Care Residency II. 3 Hours.
A continuation of Long-Term Care Residency I, this course provides an experience where students complete projects, plans, and other administrative tasks under the joint supervision of a long-term care facility administrator and faculty member. This course requires 400 hours of on-site application of program knowledge and skills at a long-term care facility or an alternative long-term care organization. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Apply knowledge and skills within a nursing home organization. 2. Demonstrate an ability to collaborate with industry professionals including supervisors and peers. 3. Demonstrate program competencies while completing an agreed upon project for a long-term care organization. 4. Demonstrate readiness to lead a long-term care organization or enter graduate school. FA, SP.

Recreation Sport Management Courses

RSM 1110. Leisure in Society (SS, GC). 3 Hours.
Fullfills General Education Social and Behavioral Sciences and is an approved Global and Cultural Perspectives course. Focuses on conceptual foundations for understanding the role of leisure in the quality of life. The significance and meaning of leisure will be explored with emphasis on factors influencing leisure, analysis of leisure values, and the study of the social, historical, cultural, psychological, political, and economic points of view. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the concept and use of leisure within the social and behavioral sciences. 2. Discuss how leisure behaviors have evolved over time and the impact it has on leisure attitudes today. 3. Identify and apply leisure theories and concepts in human behavior within society. 4. Discuss the differences of individual values and their influences on societal leisure behavior. 5. Compare and analyze the use of leisure from different groups, cultures, and societies. 6. Discuss the significance and importance of leisure in creating life-balance for proper development and continual wellness throughout the lifespan. FA, SP, SU.

RSM 2070. Fundamentals of Sport Management. 3 Hours.
Designed to provide students with fundamental knowledge and skills related to planning, organizing, directing, budgeting, and marketing sport venues and events. Best practices for sport management will be examined in the context of professional sports; collegiate, intercollegiate, and interscholastic sports; community and youth sports; and special events and festivals. FA, SP.

RSM 2500. Introduction to Recreation and Sport Management. 3 Hours.
This course is designed to introduce students to the recreation and sport management industry. The historical and philosophical perspectives of sport and leisure will be discussed with a specific emphasis on service areas and career options in recreation, sport and tourism. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the history and development of the recreation and sport profession. 2. Judge the value of professional associations within the industry. 3. Discuss the roles and inter-relationships of diverse leisure service systems. 4. Discuss how leisure services enhance individual, group, and community quality if life. 5. Discuss current issues and trends in the recreation, tourism and sport profession. FA, SP.

RSM 2600. Recreation and Sport Leadership. 3 Hours.
This course will explore the development of knowledge related to leadership theory, group dynamics, and face-to-face leadership techniques. Students will gain an understanding of leadership theories as they are applied in a field setting. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Identify models of leadership (roles, functions, styles) used within the recreation and sport industries. 2. Discuss leadership techniques to enhance individual, group, and community experiences. 3. Develop leadership skills related to group dynamics, motivation, and conflict resolution. 4. Demonstrate leadership skills emphasizing group processing and facilitation techniques. Course fee required. SP.

RSM 2700. Recreation Program Planning. 4 Hours.
Overview of the unique goals and challenges associated with the design, development, operations, and utilization of recreation facilities, including recreation centers, pools, water parks, playgrounds, parks, fitness centers, sports complexes, trails, resorts, and cemeteries. SP.
RSM 2800. Introduction to Nonprofit Organizations. 3 Hours.
Introduces the nonprofit sector and its role in developing cultural, economic, and social impact in society with specific focus on meeting the needs of youth, adults and underrepresented groups. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. The historical and contemporary role of nonprofits in society. 2. The distinct components of nonprofit organizations and how they differ from for-profit and public organizations. 3. The theoretical foundations that affect the growth of and external influences on the nonprofit sector. 4. Key issues in nonprofit governance including: public trust, leadership, and boards. FA (odd).

RSM 3000. Program and Experience Design. 3 Hours.
The course provides practical knowledge and experiences as it guides students through the assessment, planning, implementation, and evaluation process for designing experiences through managing events and programs. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss a variety of programs and services to enhance individual, group, and community quality of life. 2. Design and implement successful events and programs. 3. Demonstrate the ability to conduct and analyze participant-oriented, program-oriented and organization-oriented evaluations. Course fee required. FA, SP.

RSM 3010. Event Management. 3 Hours.
Designed to expose students to special event and festival management through planning, implementation, and evaluation with a service learning approach. SP.

RSM 3120. Sport and Society. 3 Hours.
Examines the contemporary issues in sport and the impact sport has on society. Topics will include the development of sport, institutions of sport, sport as a business, and socio-cultural concerns within American sports. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the cultural impact of sports on American identity. 2. Identify historical sporting events that helped shape American society. 3. Discuss how historical events influence society's leisure and sport pursuits today. 4. Examine ethics in sports to determine appropriate approaches for recreational and sport programming.

RSM 3201. Hospitality Management. 3 Hours.
Provides an overview of the hospitality and tourism industry with emphasis on lodging, food and beverage operations, leisure travel markets, convention services, and hospitality trends. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the numerous career paths within the hospitality and tourism industry. 2. Discuss current trends in independently owned and chain-affiliated facilities in hospitality and tourism. 3. Demonstrate procedures applied to safety, security, and environmental issues. 4. Demonstrate skills for successful management and customer service within hospitality and tourism services. SP (even).

RSM 3310. Leisure Behavior and Human Diversity. 3 Hours.
Exploration of issues related to leisure, recreation, and tourism behavior across a wide variety of dominant and non-dominant populations, including ethnicity, physical and intellectual ability, gender, age, religious and nationality identity, among many others. FA.

RSM 3430. Tourism and Commercial Enterprises. 3 Hours.
Introduction to commercial enterprises within recreation, sport and tourism profit-making or self-supporting organizations, including history, types of services, trends, careers, revenue management, services and products, and the relationship between business and leisure programs. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the historical and current dimensions and components of tourism and commercial enterprises. 2. Discuss the environmental, social-cultural, and economic impacts of commercial enterprises in recreation, sport and tourism. 3. Identify entrepreneurial leadership and management techniques in business ventures related to recreation, sport and tourism. 4. Examine the key considerations involved in a decision to either buy or start-up a commercial enterprise. SP.

RSM 3600. Intercollegiate Athletic Administration. 3 Hours.
The course provides a comprehensive view of management process such as hiring coaches, generating revenue, recruiting regulations, federal compliance, and ensuring the well-being of student-athletes. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the mission and purpose of intercollegiate athletics from the perspectives of the institution, NCAA, and community. 2. Discuss the unique structure of an intercollegiate athletic department and potential career paths. 3. Discuss the necessary components and current trends of a successful intercollegiate athletic department. 4. Demonstrate an understanding of event management, promotion, sales, fandom, and safety within an intercollegiate athletic event. SP (odd).

RSM 3620. Resort Management. 3 Hours.
Surveys effective practices in managing tourism and resort recreation enterprises including operations, facility management, activities, and customer service. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the history, growth and development of resorts as well as current social, economic, and cultural concerns. 2. Discuss the demographic characteristics of resort patrons and tourists. 3. Discuss the concept of “destinations” and its importance in resort operations. 4. Discuss the key recreational activities and facilities common to resorts. 5. Discuss the process of resort planning and development, organizational structure, supervision and safety, and guest relations. FA (even).

RSM 3820R. Practicum in Recreation and Sport. 1-3 Hours.
This repeatable course provides students with professional fieldwork experiences in the field of recreation and sport management. Offered intermittently based on student demand. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Examine the administration, supervision, and day-to-day operations of the agency in which they are working. 2. Apply current knowledge and skills related to the recreation and sport industry in a possible career path.
RSM 3860R. Global Sport and Leisure Perspectives. 3 Hours.
Explores global issues and perspectives within the sport and leisure industry through travel abroad trips that immerse students in the cultural, social, and political environments of foreign countries. Trip destinations and fees will vary year to year. Open to all majors. For international travel, see studyabroad.dixie.edu for additional travel costs that may apply. Offered intermittently. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe the richness and diversity of the peoples and cultures of the region/country visited. 2. Describe the techniques and processes used by managers in the global sport and leisure market. 3. Examine the similarities and differences between American sport and global sport in regard to location and cultural perspectives.

RSM 3900. Recreation and Sport Marketing. 3 Hours.
An in-depth study of the application of recreation and sport marketing principles, techniques and sales. Focuses on research and development, marketing plans, promotion strategies, sponsorship, advertising, branding, and public relations within recreation, sport and tourism services. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Demonstrate a detailed and current understanding of the principles and practices related to marketing and promotion. 2. Demonstrate knowledge of acquisition and utilization of non-traditional funding sources and grants. 3. Demonstrate knowledge of how to leverage personal relationships to influence decision making at all levels within the scope of the project. 4. Demonstrate expertise in using standard tools to analyze and manage projects and campaigns. 5. Demonstrate familiarity with legal and regulatory issues related to public sector funding and public relations. 6. Demonstrate a commitment to consistently enhancing the facility and service. SP.

RSM 3950. Supervision and Human Resources in Recreation and Sport. 3 Hours.
Concepts and techniques of supervision and human resources will be explored with emphasis on recruitment, assignment, evaluation, motivation, and in-service training of personnel. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe concepts, strategies, and systems needed to interacted effectively with others. 2. Demonstrate personnel management techniques including, job analysis, recruitment, selection, training, motivation, development, and evaluation. 3. Discuss components of a strategic human capital management plan and current issues that may affect such plan. FA.

RSM 3960. Special Topics in Recreation and Sport. 1-3 Hours.
Provides an opportunity to offer unique traditional and nontraditional instruction that is not available through other regularly scheduled courses. Topics and content vary depending on student needs and instructor approval. Offered intermittently. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss or demonstrate outcomes depending on the chosen topic through an academic project or paper.

RSM 4000. Legal Foundations in Recreation and Sport. 3 Hours.
Covers the potential for legal issues regarding recreation and sport activities, including the nature of the programs and facilities, wide-ranging clientele, multitude of paid and volunteer staff. Risk management procedures to prevent unfortunate circumstances from occurring and how best to protect clientele and defend staff, administrators, programs, and agencies will be the focus. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Describe how recreation and sport programs and facilities hold legal risk. 2. Demonstrate the ability to reduce programmatic and facility operation risk through well thought out strategies. 3. Define concepts and processes used by the United States legal system to minimize risk and protect staff and agencies. SP.

RSM 4010. Administration in Recreation and Sport. 4 Hours.
A summative course covering operations, philosophies, policies and procedures, personnel management, professional competence, management styles, personnel laws, financial analysis, working capital management, budgeting, cost of capital, and policy in recreation, sport and tourism agencies and businesses. Prerequisite: Successful completion or concurrent registration equivalent to any 9 semester credit hours in the program courses (RSM 2500-RSM 3900, Grade C or higher). SP.

RSM 4020. Sport Governance and Policy. 3 Hours.
Examines current governance practices and policy issues in sport with emphasis on how policy development and strategic planning affect sport organizations, both amateur and professional. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the governing bodies of sport nationally and internationally. 2. Discuss the external and internal influence on sport organizations. 3. Discuss key principles of good governance and policy including transparency, accountability, integrity, and ethics as applied in the context of the sport industry. 4. Discuss international views in relation to the intent and interpretation of rules and bylaws established by governing bodies in sport. FA.

RSM 4100. Financial Management in Recreation and Sport. 3 Hours.
Principles and practices of financial management in recreation and sport settings with emphasis on budgeting, income sources, pricing, fundraising, business planning, and capital projects. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the basic concepts that underlie budgeting and financial management, and an ability to apply these concepts to the analysis of financial issues within the recreation and sport industry. 2. Discuss the various pricing strategies and appropriate settings for their use. 3. Demonstrate the specific analytical techniques used by financial managers, and an ability to apply these techniques to financial issues. 4. Discuss current financial status of the various sectors of the recreation and sport industry. FA.
RSM 4200. Professional Development. 1 Hour.
Assists in helping students develop the skills necessary to succeed in the recreation and sport industry. Students will access a variety of professional resources, identify potential employers and graduate programs, and develop specific internship and career goals. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss potential career paths within the recreation and sport industry. 2. Discuss potential graduate programs and institutions related to the students' professional aspirations. 3. Create a professional portfolio including personal philosophy, cover letters, resume, references and professional artifacts. FA, SP.

RSM 4400. Research Methods. 3 Hours.
Provides an overview of the process of research and evaluations within recreation and sport management. Focuses on research problem identification and literature review as well as designing and implementing tools for systematic gathering of information about programs, personnel, facilities, and potential projects in order to make the best possible administrative decisions. Offered intermittently.

RSM 4620. Senior Seminar. 2 Hours.
Designed to draw on the information and skills developed over the course of the recreation and sport program by reinforcing concepts including foundational theories and philosophies, programming and leadership, and management, operations and marketing. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Discuss the foundational concepts of recreation and sport management. 2. Discuss the programming and experience design concepts within recreation and sport management. 3. Discuss the planning and operational procedures and skills needed in recreation and sport management. 4. Discuss organizational and administrative concepts in recreation and sport management. FA.

RSM 4820R. RSM Internship. 3-12 Hours.
Facilitates professional experiences with a cooperating recreation and sport agency. Students must complete a minimum of 400 hours over a 10-week period. Minimum of 6 credit hours is required with a maximum of 12 credits. **COURSE LEARNING OUTCOMES (CLOs) At the successful conclusion of this course, students will be able to: 1. Examine the administration, supervision, and day-to-day operations of the agency in which they are working. 2. Integrate current knowledge and skills related to the recreation and sport industry in a possible career path. Course fee required. Prerequisites: RSM 3000 and RSM 4200 and Instructor Permission. FA, SP, SU.