SPORT SCIENCE AND WELLNESS EDUCATION

5550: Physical Education
The School of Sport Science and Wellness Education offers the following undergraduate programs:

- Exercise Science
- Sport Studies
- Licensure in Dance (Pre-K-12) (Admission Suspended)

5570: Health Education
- Health Education with Licensure (Admission Suspended)

5570: Community Health and Wellness Education
- Community Health (Admission Suspended)
- Exercise Science, Pre-Physical Therapy, BS (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/exercise-science-pre-physical-therapy-bs/)
- Sport Studies, Coaching Education, BS (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/sport-studies-coaching-education-bs/)
- Sport Studies, Sport Management, BS (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/sport-studies-sport-management-bs/)
- Sport Studies, Sport Management, Minor (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/sport-studies-sport-management/)

Physical Education (5550)

5550:100 Introduction to Sport Studies (3 Credits)
Introduction to sport studies explores the history, philosophy, and principles of today’s sport industry within a practical, career-oriented framework.

5550:102 Physical Education Activities I: Fitness, Leisure, & Healthy Life Style (3 Credits)
Introduction to fitness and leisure activities, as well as healthy life style. Knowledge of developing programs that lead to fitness, leisure and healthy life style for individuals as well as groups.

5550:110 Introduction to Athletic Training (1 Credit)
Provides an overview of the Sports Medicine team and the components of a comprehensive athletic healthcare program. Introduces the student to the profession of athletic training.

5550:125 Introduction to Exercise Science (1 Credit)
Overview for becoming a fitness professional. Information concerning choosing a career, national certification and professional organizations will be provided.

5550:130 Physical Education Activities for Children (2 Credits)
For a physical education majors only. Participation in methods, activities and issues relating to pre-K through elementary physical education programs. One lecture and two laboratory periods per week.

5550:150 Concepts in Health & Fitness (3 Credits)
Introduction to basic health and fitness concepts and related topics. Attention will be given to individual fitness programs emphasizing such topics as aerobic and anaerobic exercises, nutrition, diet, stress, and assessment methods and procedures.

5550:160 Introduction to Coaching (3 Credits)
An introduction to the coaching profession. Discussion of the important technical and tactical elements of coaching athletes.

5550:193 Orientation to Physical and Health Education (3 Credits)
Introduction to physical and health education to students who pursue state license in teaching physical and health education. It’s also the required course before the admission to the college of education.

5550:194 Sports Officiating (2 Credits)
Knowledge of rules for interscholastic sports and officiating techniques.

5550:195 Foundations of Physical Education (3 Credits)
Concepts analysis of games and play and application of these concepts to the teaching/learning process in physical education at all ages.

5550:200 Aquatic Facility Management (3 Credits)
This course is designed to explore, acquire, and discuss knowledge and techniques of aquatic facility operation and management.

5550:201 Kinesiology (3 Credits)
Prerequisites: 3100:200, [3100:201 or 3100:202], 3100:203. Application of basic principles of anatomy and mechanics to human movement. Three hours lecture with practical application and demonstrations.

5550:202 Diagnosis of Motor Skills (3 Credits)
This course introduces athletic trainers and physical education majors to the sciences of diagnosing motor skills.

5550:203 Measurement & Evaluation in Physical Education (3 Credits)
Statistical procedures needed for analysis and interpretation of tests. Evaluation procedures, testing instruments, and techniques for administering tests are discussed and practiced. Three hours lecture.
5550:204 Individual and Team Sports (2 Credits)
Intro to individual and team sports that are commonly taught in schools. Course presents knowledge, fundamental skill development, psychomotor skills analysis for the content areas.

5550:205 Team Sports (2 Credits)
The purpose of this course is to teach students how to teach team sports.

5550:206 Coaching Basketball (3 Credits)
An introduction to coaching basketball. Discussion of the important technical and tactical elements of coaching basketball.

5550:207 Coaching Track and Field (3 Credits)
An introduction to coaching track and field. Discussion of the important technical, tactical and psychological elements of coaching track and field.

5550:208 Coaching Football (3 Credits)
An introduction to coaching football. Discussion of the important technical and tactical elements of coaching football.

5550:209 Coaching Baseball (3 Credits)
An introduction to coaching baseball. Discussion of the important offensive, defensive, and technical and tactical elements of coaching baseball.

5550:211 First Aid & Cardiopulmonary Resuscitation (2 Credits)
Based on American Red Cross standards for first aid and cardiopulmonary resuscitation. Instruction and skills practice for sudden illness/emergencies is provided. Two hours lecture.

5550:212 First Aid and CPR for Professional Rescuer (2 Credits)
Prerequisite: Permission of instructor. First aid and cardiopulmonary resuscitation for health care professionals based upon American Red Cross standards. Instruction and skills practice for sudden illness/emergencies is provided.

5550:220 Health Promotion and Behavior Change (3 Credits)
Prerequisite: 5550:150. Course will translate theories of behavioral science for health professionals who are involved in planning, developing, implementing or evaluating physical activity programs.

5550:235 Concepts of Motor Learning & Development (3 Credits)
This course will introduce key motor learning concepts and analysis of developing fundamental motor skills. Three hours lecture.

5550:240 Care & Prevention of Athletic Injuries (3 Credits)
Prerequisites: 3100:200, 201; Corequisite: 3100:202, 203. This course is an introduction to basic athletic training principles and techniques. Includes a laboratory course for practical application of techniques.

5550:241 Care and Prevention of Athletic Injuries Lab (1 Credit)
Prerequisites: 3100:200 and 3100:201. Corequisites: 3100:202 and 3100:203, 5550:240. This course is designed to allow students to learn, practice, and become competent and proficient in the psychomotor skills associated basic injury prevention, evaluation, management, and treatment of physically active individuals in the practice of athletic training as defined by the NATA.

5550:242 Therapeutic Modalities (3 Credits)
Prerequisites: Accepted into the ATEP Clinical Education Program. Corequisite: 243. This course will promote student medical and technical aspects of therapeutic modalities and pharmacological agents in the treatment and rehabilitation of injured physically active individuals.

5550:243 Athletic Training Lab I (1 Credit)
Prerequisites: Accepted into the ATEP Clinical Education Program. Corequisites: 242. This course will meet CAATE standards and allow the students to learn and practice psychomotor skills and clinical proficiencies. Includes clinical rotation.

5550:245 Adapted Physical Education (3 Credits)
Identification of atypical movement among various exceptional individuals, with adapted physical education programming experience in a laboratory setting.

5550:250 Principles of Athletic Training (3 Credits)
Prerequisites: Students must be accepted into the Clinical Athletic Training Education Program (ATEP). This course will address principles and techniques used in initial evaluation of musculoskeletal injury as defined by CAATE standards and guidelines.

5550:255 Emergency Care for Athletic Training (3 Credits)
Prerequisite: Accepted into ATEP Clinical Education program. This course will teach knowledge and skills in handling emergency situations or life-threatening sudden illness or injuries which an athletic training may encounter.

5550:275 Advanced Athletic Injury Management: Lower Extremity (3 Credits)
Prerequisites: 5550:242 and 5550:243. Corequisite: 5550:276. This course is designed to meet CAATE standards and guidelines to display knowledge and psychomotor skills in injury evaluation and recognition lower extremity.

5550:276 Athletic Training Lab II (1 Credit)
Prerequisites: 5550:242 and 5550:243. Corequisite: 5550:275. This course will meet CAATE standards and allow the students to learn and practice psychomotor skills and clinical proficiencies. Includes clinical rotation.

5550:300 Physiology of Exercise for the Older Adult (3 Credits)

5550:302 Physiology of Exercise (3 Credits)
Prerequisites: 3100:200 and 3100:202. A course designed to study the physiological effects of exercise relative to physical education activities, athletics and athletic training. Two hours lecture, two hours laboratory. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:305 Clinical Experience I (2 Credits)
Prerequisite: Permission. Improves the student’s psychomotor skills in the following domains of athletic training: injury prevention, injury recognition/evaluation and management, therapeutic exercise and rehabilitation.

5550:306 PE Act IV: Badminton/Golf (2 Credits)
Course presents knowledge, fundamental skill development, and psychomotor skill analysis for the content areas of badminton and golf. One hour lecture, two hours lab. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:307 Physical Education Activities V (2 Credits)
Course presents knowledge, fundamental skill development, and psychomotor skill analysis for the content areas of tennis and volleyball. One hour lecture, two hours lab. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.
5550:308 PE Act IV: Dance & Tumbling (2 Credits)
Course presents knowledge, fundamental skill development, and psychomotor skill analysis for the content areas of dance and tumbling. One hour lecture, two hours lab. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:327 Exercise Leadership (3 Credits)
Prerequisite: 5550:302. Students learn principles of teaching safe and effective exercises designed to enhance physical fitness. Course will assist students in preparing for a group exercise certification.

5550:330 Exercise and Weight Control (3 Credits)
Prerequisite: 5550:302. Course will focus on role of exercise in regard to its positive influences on weight control. The hazards and implications of being overweight are studied.

5550:332 Therapeutic Exercise & Rehabilitation I Principles (3 Credits)
Prerequisites: 5550:342 and 5550:343. Corequisite: 5550:333. This course will address CAATE standards and guidelines for competencies and proficiencies using principles in exercise and rehabilitation techniques.

5550:333 Athletic Training Lab IV (1 Credit)
Prerequisites: 5550:342 and 5550:343. Corequisite: 5550:332. This course will allow students to learn psychomotor skills associated with therapeutic exercise & rehabilitation techniques. Includes a 250 hour clinical sport rotation.

5550:335 Movement Experiences for Children (3 Credits)
Prerequisites: 5550:130, 5550:193, and 5550:235. Course focuses on use of fundamental motor skill analysis to structure movement lessons for children from early childhood through elementary years. One hour lecture, two hours lab. (20 clinical hours, 10 field hours.) Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:336 Motor Learning & Development for Early Childhood (2 Credits)
Physical fitness, fundamental motor skills, motor development and learning for early childhood, birth to age eight. Creating an environment of motor experiences for young children (10 field hours). Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:342 Advanced Athletic Injury Management: Upper Extremity (3 Credits)
Prerequisites: 5550:275 and 5550:276. Corequisite: 5550:343. This course designed to meet CAATE standards and guidelines to display knowledge and psychomotor skills in injury evaluation and recognition of the upper extremity.

5550:343 Athletic Training Lab III (1 Credit)
Prerequisites: 5550:275 and 276. Corequisite: 5550:342. This course will meet CAATE standards and allow the students to learn and practice psychomotor skills and clinical proficiencies. Includes clinical rotation.

5550:352 Strength & Conditioning Fundamentals (3 Credits)
Prerequisite: 3100:200, 3100:201, 3100:202, and 3100:203. This course will address CAAHEP competencies and proficiencies in the area of strength and conditioning of physically active individuals.

5550:355 Exercise in Special Populations (3 Credits)
Prerequisites: 5550:302 and 5550:403. Advanced course in clinical exercise testing and prescription relative to disease of the cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic systems.

5550:360 Practicum I (1 Credit)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This is a senior level athletic training course focusing on the refinement of practical skills and preparation for the NATABOC certification examination.

5550:362 Sport History (3 Credits)
This course is designed to introduce students to sport in American History. The people, organizations and institutions that shaped the development of sport are examined.

5550:364 Sport Ethics (3 Credits)
The focus of this course is the ethical behavior of sport participants and sport administrators studied within the context of the sport environment.

5550:366 Sport Communication (3 Credits)
The focus of this course is on the important knowledge that administrators should have related to the field of sport communication.

5550:368 Sport Facility Management (3 Credits)
This course has been designed to identify the systems approach for the effective management of the maintenance and operation of sport and recreation facilities.

5550:370 Financial Aspects of Sport (3 Credits)
The focus of this course is related to the important knowledge that administrators should have related to the field of the financial aspects of sport.

5550:375 Sport Performance Principles (3 Credits)
An introduction to important elements related to the physical aspects of sport performance. Discussion of the important physical elements of coaching athletes.

5550:395 Field Experience (1-6 Credits)
Practical experience in an area related to physical education under supervision of faculty member. Student works with current physical education programs or exercise science settings. May be repeated for a maximum of 12 credits. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:400 Musculoskeletal Anatomy I: Upper Extremity (3 Credits)
Prerequisites: 3100:200 and 3100:202. This course includes lecture/laboratory activities to provide the student a comprehensive learning experience in lower extremity musculoskeletal anatomy.

5550:401 Musculoskeletal Anatomy II: Lower Extremity (3 Credits)
Prerequisites: 3100:200, 3100:201, 3100:202, 3100:203 and 5550:201. This course includes lecture laboratory activities to provide the student a comprehensive learning experience in lower extremity musculoskeletal anatomy.

5550:403 Exercise Testing (3 Credits)
Prerequisite: 5550:302. This course will cover basic knowledge of exercise testing and interpretation of results. Cardiovascular and muscular fitness aspects will be measured. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:404 Exercise Prescription (3 Credits)
Prerequisite: 5550:403. This course focuses on how to appropriately prescribe exercise for various populations (young, middle-aged, elderly, pregnant, diseased-states). Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:405 Clinical Experience I (2 Credits)
Prerequisite: Accepted into ATEP Clinical education program. Enroll by advisor permission only. This course will allow for athletic training students to master CAATE proficiencies and clinical proficiencies associated with the course.
5550:406 Advanced Strength and Conditioning (3 Credits)
Prerequisite: 5550:352. Strength and conditioning programs for heterogeneous populations. The course covers high-level sport specific exercise prescriptions that aids injury prevention and performance enhancement.

5550:409 Sport Behavior (3 Credits)
The focus of this course is the behavior of athletes and sport participants studied within the context of play, games, and sport.

5550:410 Introduction to Sport Sociology (3 Credits)
Provides information to students about the sociological aspects of sport.

5550:412 General Medical Aspects (3 Credits)
Prerequisites: 3100:200 and 3100:201. Covers various topics related to sports medicine and general medical conditions. Students will gain perspectives and exposure to a variety of allied health care professionals.

5550:415 Seminar in Athletic Training (2 Credits)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. To meet CAAHEP standards and guidelines and incorporate an even distribution of competencies and proficiency throughout all athletic training for sports medicine courses.

5550:418 Cardiorespiratory Function (3 Credits)
Prerequisite: 5550:302. This course is designed to study the normal structure and function of the respiratory system and how it is affected by different types of disease.

5550:420 Fundamentals of Management Strategies in Sport (3 Credits)
This course seeks to explore, acquire, and discuss knowledge within the theoretical and applied management practices of sport, fitness, and instructional programs. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:422 Sport Planning/Promotion (3 Credits)
Analysis of marketing/promotions from a sport manager's perspective. Emphasis on marketing strategy, tactics and development in sport delivery systems.

5550:424 Sports Leadership (3 Credits)
Introduces students to current issues related to leadership, management, and supervision. Examines current sport leadership research and governance structure of amateur and professional sport organizations.

5550:426 Nutrition for Sports (3 Credits)
This course will provide an explanation of the consumption, absorption, and recommendation for diet of athletes and the physically active individual.

5550:428 Nutrition for Teachers and Coaches (3 Credits)
Covers nutritional basics and topics related to teaching physical education/health and coaching athletes, including basic nutrition, eating disorders, meal preparation, and trends in nutrition.

5550:430 Senior Honors Project: Physical Education (1-6 Credits)
(May be repeated for a total of six credits) Prerequisites: Senior standing in Honors Program. Carefully defined individual study demonstrating originality and sustained inquiry. *Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:436 Foundations & Elements of Adapted Physical Education (3 Credits)
Principles, components, and strategies necessary in providing motor activities for handicapped students via application of a neuro-developmental model and alternate methods. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:438 Cardiac Rehab Principles (3 Credits)
Prerequisite: 5550:302. This course will teach students the core competencies for cardiac rehab professionals, based upon the American Association of Cardiovascular and Pulmonary Rehabilitation Specialists (AAVCPR).

5550:440 Injury Management for Teachers & Coaches (2 Credits)
Prerequisites: 5550:211. This course challenges the student to understand ways to provide and care for the safety of individual they teach or coach.

5550:444 Athletic Training Lab V (1 Credit)
Prerequisites: 5550:332 and 5550:333. Corequisite: 5550:445. This course will meet CAATE standards and allow the students to learn and practice psychomotor skills and clinical proficiencies. Includes clinical rotation.

5550:445 Therapeutic Exercise & Rehabilitation II Applications (3 Credits)
Prerequisites: 5550:332 and 5550:333. Corequisite: 5550:444. This course will address CAATE standards and guidelines for competencies and proficiencies using principles in exercise and rehabilitation techniques.

5550:446 Instructional Techniques in Secondary Physical Education & Health (3 Credits)
Prerequisites: 5550:102, 5550:193, 5550:204, and 5550:205. Instructional strategies for teaching secondary students in physical and health education. A variety of instructional models will be introduced appropriate to the learners age and development. It is a required course for the physical education licensure. Two hours lecture, two hours lab (30 clinical hours). Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:447 Instructional Techniques for Children in Physical Education & Health Education (3 Credits)
Prerequisites: 5550:130 and 5550:193. Instructional strategies for teaching children in physical and health education. A variety of instructional models will be introduced appropriate to the learners age and development. Required for the physical education licensure. (30 clinical hours). Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:449 Organization & Administration for Health Care Professionals (3 Credits)
Prerequisites: senior level status and permission only. This class is a requirement for Athletic Trainers and Exercise Science majors. This class presents the skills necessary for supervising a health care facility.

5550:450 Organization & Administration of Physical Education, Intramural and Athletics (3 Credits)
Prerequisite: Admission to the Sport Science and Wellness Program or instructor's permission. Investigation of procedures for conducting physical education, intramural, and athletic programs. Includes tournament designs, supplies and equipment, liability, curriculum, and general administration. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:451 Assessment & Evaluation in Adapted Physical Education (3 Credits)
Investigation, analysis, and selection of appropriate assessment instruments, as well as methodology for determining instructional objectives and activities for handicapped students. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.
5550:452 Foundations of Sport Science, Physical and Health Education (3 Credits)
Prerequisite: Admission to the Sport Science and Wellness Program. Overview of the emergence of sport science, physical and health education as a profession and the supporting role of underlying scholarly and scientific disciplines. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:453 Principles of Coaching (3 Credits)
Prerequisite: Admission to the Sport Science and Wellness Program. Basics for becoming a successful coach. Discussion of principles applying to most sports, players and coaches. Ten clinical hours required. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:456 Evidence Based Practice and Research Applications (3 Credits)
Prerequisite: Permission of advisor. This course is designed to provide students an opportunity to review current research, create, implement, and present original research in an allied health related field.

5550:459 Practicum Seminar (1 Credit)
Prerequisite: Permission of instructor. This course will focus on the professional development process, including practicum preparation, resume development, interview skills and job search strategies.

5550:460 Practicum in Physical Education (1-6 Credits)
Prerequisites: Senior standing in the Sport Science and Wellness Program. Practical work experience with certified personnel in a discipline or profession related to physical education or sport and exercise science. May be repeated for a maximum of 12 credits. *Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:462 Legal Aspects of Physical Activity (2 Credits)
Overview legal and ethical elements of greatest concern to specialists in sport and physical activity. Cases used to illustrate specific points. Topics vary.

5550:465 Psychology of Injury Rehabilitation (2 Credits)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This course will address the cognitive and affective aspects of injury and rehabilitation of injury. Specifically the stages of rehabilitation and techniques to aid in the rehabilitation process.

5550:467 Practicum II (1 Credit)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This course will allow the students to practice psychomotor skills in the high school setting while being supervised by a certified athletic trainer.

5550:470 Injury Pathology & Therapeutic Interventions (3 Credits)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This course will discuss common musculoskeletal pathology and surgical procedure associated with a physically active population.

5550:480 Special Topics: Physical Education (1-4 Credits)
(May be repeated with a change in topic) Prerequisite: Permission of instructor. Group study of special topics in physical education. May be repeated with change in topic. *Students must be in the College of Education to take 300/400 level courses.

5550:485 Exercise Science Capstone (2 Credits)
Prerequisites: 5550:302 and 5550:403. Designed to familiarize students with current issues in exercise physiology. Students will be expected to obtain a professional certification during this course.

5550:490 Workshop in Physical Education (1-3 Credits)
Practical, intensive and concentrated involvement with current curricular practices in areas related to physical education. Students must be in the College of Education to take 300/400 level courses.

5550:494 Student Teaching Colloquium for Physical & Health Education (2 Credits)
Corequisite: 5550:495. Students meet during student teaching to discuss concerns about student teaching and analyze previous learning as it relates to their future as a professional educator. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:495 Student Teaching for Physical & Health Education (11 Credits)
Prerequisites: Approval of the Student Teaching Committee, considered based upon approved application to student teaching, passing OAE subject test, and approved portfolio. Corequisite 5550:494. Planned teaching experience in schools selected and supervised by the Office of Student Teaching.

5550:497 Independent Study: Physical Education (1-6 Credits)
Prerequisite: Permission of adviser. Analysis of specific topic related to a current problem in physical education or sport and exercise science. May be repeated for a maximum of 12 credits. *Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

Outdoor Education (5560)

5560:430 Senior Honors Project: Outdoor Education (1-6 Credits)
(May be repeated for a total of six credits) Prerequisites: senior standing in Honors Program and permission of student's preceptor. Carefully defined individual study demonstrating originality and sustained inquiry.

5560:450 Application of Outdoor Education to the School Curriculum (4 Credits)
Provides knowledge, skills and techniques useful in application of outdoor education to school curriculum.

5560:452 Resources & Resource Management for Teaching Outdoor Education (4 Credits)
Methodologies unique to outdoor education which incorporate a multisensory approach to learning. Instructional materials and resources which permit expansion of curriculum beyond the school building.

5560:454 Resident Outdoor Education (2 Credits)
Skills, program considerations, and organizational techniques unique to an extended, overnight, resident outdoor education program. Off-campus location for four days and three nights.

5560:456 Outdoor Pursuits (4 Credits)
Investigation and participation in practical experiences in outdoor pursuits.

5560:460 Outdoor Education Practicum (2 Credits)
Prerequisites: 5560:452 and 5560:454. Closely supervised practical experience in conjunction with regularly scheduled classroom meetings. Laboratory experience consists of active participation with an established outdoor education program.

5560:464 Wilderness Education Association Outdoor Leadership (3 Credits)
This is the Wilderness Education Association Standard Program for Outdoor Leadership Certification.

5560:497 Independent Study (1-3 Credits)
Prerequisites: Permission of adviser and supervisor of independent study. Provides varied opportunities for a student to gain first-hand knowledge and experience with existing outdoor education programs.
Health Education (5570)

5570:101 Personal Health (2 Credits)
This course applies the current principles and facts pertaining to healthful, effective living, personal health problems, and needs of the student. Two hours lecture.

5570:201 Foundations in Health Education (3 Credits)
Prerequisite: 5570:101. History and philosophy of health education as a discipline; professionalism and administration in health education are considered.

5570:202 Stress Management (3 Credits)
Prerequisite: Sophomore standing. Course provides knowledge about the relationship between stress, physiological, psychological illness and disease, also how to manage stress in life activities.

5570:322 Current Topics in Health Education (3 Credits)
Prerequisites: 5570:101, 5570:201, and 5570:420. Skills needed to do research, teach, and present current health education topics in a factual and comfortable manner in schools and community. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5570:375 Program Planning and Evaluation (2 Credits)
Prerequisites: 5570:101 and 5570:201. This course addresses the process of planning and evaluating health education programs within the school and community.

5570:395 Field Experience: Health Education (1-3 Credits)
Prerequisite: Permission of the advisor. On-site field experience will be conducted in an area related to pre-K-12 health education under the supervision of a faculty member. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5570:400 Environmental Aspects of Health Education (3 Credits)
Prerequisite: Major or minor in health education and admission to the Sport Science and Wellness Program. A study of the interrelationships of ecosystems and a healthful environment. This course investigates many aspects of the environment and their influences upon the quality of human life. Students must be in the College of Education to take 300/400 level courses.

5570:420 Community and Personal Health (3 Credits)
Introduction of current public and personal health issues. Organizations and their roles in public and personal health programs. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5570:421 Comprehensive School Health (3 Credits)
Prerequisites: 5570:101, 5570:201, and 5570:320. This course explains and presents comprehensive school health curricula for pre-k to 12. The three components of a comprehensive school health program are presented.

5570:423 Methods & Materials Teaching Health Education (3 Credits)
Prerequisites: 5570:101, 5570:201, 5570:420, 5100:210, 5100:211, 5500:310, 5500:311. Planning, organization, use of instructional resources and delivery of health education content and teaching process (pre K-12). Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5570:430 Senior Honors Project: Health Education (1-6 Credits)
(May be repeated for a total of six credits) Prerequisites: Senior standing in Honors Program. Carefully defined individual study demonstrating originality and sustained inquiry. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.