EXERCISE AND NUTRITION SCIENCES

The School of Exercise and Nutrition Sciences offers the following undergraduate programs:

Bachelor of Science in Exercise Science

Applied Exercise Physiology Concentration
Designed to prepare students for employment in commercial, corporate, clinical, community and government agencies with interest in the areas of physical activity and health promotion. The program prepares students to sit for certification examinations such as The American College of Sports Medicine Exercise Physiologist Certified and the National Strength and Conditioning Association Certified Strength and Conditioning Specialist.

Pre-Professional Concentration
Students choosing this pre-professional concentration can obtain the necessary pre-requisite courses for graduate programs including Physical Therapy, Occupational Therapy, Physician Assistant, Athletic Training, Doctor of Chiropractic, medical school and many other health profession advanced degrees.

Bachelor of Science in Sport Studies - Coaching Education
A Bachelor's degree in Sport Studies Coaching Education paves the way to a variety of career opportunities in the sport and recreation industry that involve leadership, management, coaching and programming.

Bachelor of Science in Food and Environmental Nutrition
Students obtaining a Bachelor of Science degree in Food and Environmental Nutrition will qualify for the food industry in food marketing, entrepreneurship, quality control, quality assurance, and food product design. Program graduates have acquired the expertise to meet the challenges of the food industry. Employment is generally with food manufacturers and related businesses with an emphasis on marketing and the consumer.

Post-Bac Applicants
The School of Exercise and Nutrition Sciences welcomes applicants who hold degrees in other disciplines desiring to become registered dietitians (RD). Students who have taken the prerequisite science courses may possibly complete their Post-Bac work in two years. Applicants who do not have the requisite science courses will require a longer period of study. After completing their course work students will be given a verification statement.

For further information contact Ms. Joan Ogg
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Please note: Recentness of education requirements may need to be satisfied. Students seeking a second degree from The University of Akron must complete 30 credits in residence.

Bachelor of Science in Dietetics: Coordinated Program
The Coordinated Program has suspended admissions to the program as of fall 2020 until further notice pending program reorganization.

To become a registered dietitian (RD), a student must complete the academic requirements, complete a minimum of 1,200 hours of supervised experience in dietetic practice, obtain appropriate verification, and pass the dietetic registration examination. Only accredited programs like those at The University of Akron are recognized by the Academy of Nutrition and Dietetics.

This Coordinated Program (CP) allows students to complete 1,200 hours of supervised experience along with regular coursework during their junior and senior years. Students must have successfully completed their coursework and clinical experience before they are eligible to take the registration examination.

The University of Akron students apply through the College of Health and Human Sciences Dean’s Office to be considered for admission into the Coordinated Program (dietetics major). Students must meet the minimum criteria listed below:

- 3.0 overall GPA
- Completion of prerequisite courses with a grade of “C” or better
- Faculty Interview

Students who desire to be admitted to the CP should know that seats are limited and entry is competitive.

Application Procedures: Application form is available online.

Verification Statements: A CP Verification Statement will be issued after successful completion of all coursework and clinical rotations. This statement is a legal document necessary to take the National Registration Exam for Dietitians.

Health Education
- Health Education with Licensure (Admission Suspended)

Community Health and Wellness Education
- Community Health (Admission Suspended)

- Dietetics, Coordinated BST (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/dietetics-coordinated-bst/)
- Exercise Science, Pre-Professional Concentration, BS (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/exercise-science-pre-physical-therapy-bs/)
- Food & Environmental Nutrition, BST (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/food-environmental-nutrition-bst/)
• Nutrition, Minor (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/ nutrition-minor/)
• Sport Studies, Coach Education, Minor (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/sport-studies-coach-education-minor/)
• Sport Studies, Coaching Education, BS (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/sport-studies-coaching-education-bs/)
• Sports Medicine, Minor (https://bulletin.uakron.edu/undergraduate/colleges-programs/health-professions/sport-science-wellness-education/sports-medicine-minor/)

General Studies - Physical Education (PHED)

PHED: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. (Formerly 5550:102)

PHED:120 Archery (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:120)

PHED:121 Badminton (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:121)

PHED:122 Basketball (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:122)

PHED:123 Bowling (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:123)

PHED:126 Fitness and Wellness (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:126)

PHED:127 Golf (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:127)

PHED:128 Gymnastics (Apparatus) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:128)

PHED:129 Gymnastics (Tumbling) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:129)

PHED: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. (Formerly 5550:130)

PHED:131 Indoor Soccer (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:131)

PHED:132 Karate (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:132)

PHED:133 Lifeguard Training (2 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:133)

PHED:134 Modern Dance (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:134)

PHED:135 Racquetball (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:135)

PHED:136 Rugby (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:136)

PHED:138 Scuba (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:138)

PHED:139 Self Defense (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:139)

PHED:140 Skiing (Cross-Country) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:140)

PHED:141 Skiing (Downhill) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:141)

PHED:142 Soccer (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:142)

PHED:143 Social Dance (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:143)

PHED:145 Squash Rackets (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:145)
PHED:146 Swimming (Beginning) (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:146)

PHED:147 Swimming (Intermediate) (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:147)

PHED:149 Team Handball (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:149)

PHED:150 Tennis (Beginning) (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:150)

PHED:151 Volleyball (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:151)

PHED:152 Water Polo (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:152)

PHED:153 Water Safety (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:153)

PHED:154 Wrestling (0.5 Credits)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:154)

PHED:155 Basic Kayaking (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:155)

PHED:170 Varsity Baseball (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:170)

PHED:171 Varsity Basketball (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:171)

PHED:172 Varsity Cross Country (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:172)

PHED:173 Varsity Football (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:173)

PHED:174 Varsity Golf (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:174)

PHED:175 Varsity Soccer (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:175)

PHED:176 Varsity Softball (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:176)

PHED:177 Varsity Swimming (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:177)

PHED:178 Varsity Tennis (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:178)

PHED:179 Varsity Track (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:179)

PHED:180 Varsity Wrestling (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181).** Varsity sports are one credit each. (Formerly 5540:180)

PHED:181 Varsity Volleyball (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:181)

PHED:182 Varsity Riflery (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:182)

PHED:183 Varsity Cheerleading (1 Credit)
Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:183)

PHED:190 Special Topics: General Studies Physical Education (0.5-2 Credits)
Weight training, self-defense for the blind, water safety instruction, beginning yoga, tai chi, billiards, intermediate and advanced bowling, intermediate and advanced golf, advanced self-defense. (Formerly 5540:190)
PHED: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. (Formerly 5550:193)

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

PHED: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. (Formerly 5550:195)

PHED:199 Special Topics: General Studies Physical Education (0.5-2 Credits)
See department for course description. (Formerly 5540:199)

PHED:201 Water Safety Instructor (2 Credits)
This course is designed to train students to teach swimming and water safety courses from Pre-K to adult. (Formerly 5540:201)

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

PHED: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. (Formerly 5550:203)

PHED: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. (Formerly 5550:204)

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

PHED:207 Introduction to Rock Climbing (1 Credit)
This course teaches basic rock-climbing skills. No previous experience in necessary. (Formerly 5540:207)

PHED: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. (Formerly 5550:211)

PHED: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. (Formerly 5550:212)

PHED: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. (Formerly 5550:235)

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

PHED: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. (Formerly 5550:306)

PHED: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. (Formerly 5550:307)

PHED: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. (Formerly 5550:308)

PHED:335 Movement Experiences for Children (3 Credits)
Prerequisites: PHED 130, PHED 193, and PHED 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. (Formerly 5550:335)

PHED: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. (Formerly 5550:336)

PHED:342 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. (Formerly 5550:428)

PHED: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. (Formerly 5550:436)

PHED:446 Instructional Techniques in Secondary Physical Education & Health (3 Credits)
Prerequisites: PHED 102, PHED 193, PHED 204, and PHED 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. (Formerly 5550:446)
PHED:447 Instructional Techniques for Children in Physical Education &
Health Education (3 Credits)
Prerequisites: PHED 130 and PHED 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. (Formerly 5550:447)

PHED: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.
(Formerly 5550:450)

PHED: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. (Formerly 5550:451)

PHED: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.
(Formerly 5550:452)

PHED: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. (Formerly 5550:490)

PHED:494 Student Teaching Colloquium for Physical & Health Education
(2 Credits)
Corequisite: PHED 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.
(Formerly 5550:494)

PHED: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 PHED 494. Planned
teaching experience in schools selected and supervised by the Office of
Student Teaching. (Formerly 5550:495)

PHED: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. (Formerly
5550:497)

Sport Studies/Sport Science (SPRT)

SPRT: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. (Formerly 5550:100)

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

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

SPRT: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. (Formerly 5550:207)

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

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

SPRT: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. (Formerly 5550:362)

SPRT: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.
(Formerly 5550:364)

SPRT: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.
(Formerly 5550:366)

SPRT: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. (Formerly 5550:368)

SPRT: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. (Formerly 5550:370)

SPRT: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. (Formerly 5550:375)

SPRT: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. (Formerly 5550:395)

SPRT: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. (Formerly 5550:409)
Established outdoor education program. (Formerly 5560:460)

Meetings. Laboratory experience consists of active participation with an experience in conjunction with regularly scheduled classroom. Prerequisites: ODED 452 and ODED 454. Closely supervised practical pursuits. (Formerly 5560:456)

Investigation and participation in practical experiences in outdoor education to school curriculum. (Formerly 5560:450)

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

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

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. (Formerly 5560:497)

Health Education (HEDU)

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

Prerequisites: HEDU 101, History and philosophy of health education as a discipline; professionalism and administration in health education are considered. (Formerly 5570:201)

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

Prerequisites: HEDU 101, HEDU 201, and HEDU 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. (Formerly 5570:322)

This course addresses the process of planning and evaluating health education programs within the school and community. (Formerly 5570:375)

Prerequisites: 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. (Formerly 5570:395)

This course applies the current principles and facts pertaining to healthful, effective living, personal health problems, and needs of the human life. Students must be in the College of Education to take 300/400 level courses. (Formerly 5570:400)

Prerequisites: 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. (Formerly 5570:420)

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. (Formerly 5570:420)

Prerequisites: HEDU 101, HEDU 201, and HEDU 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. (Formerly 5570:421)
HEDU:423 Methods & Materials Teaching Health Education (3 Credits)
Prerequisites: HEDU 101, HEDU 201, HEDU 420, EDFN 210, EDFN 211, EDCI 310, EDCI 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. (Formerly 5570:423)

HEDU:430 Senior Honors Project: Health Education (1-6 Credits)
(May be repeated for a total of six credits) Prerequisites: Senior standing in Honors Program and admission to the Sport Science and Wellness 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. (Formerly 5570:430)

HEDU:460 Practicum in Health Education (2-6 Credits)
Prerequisite: Permission of the advisor. The practicum in Health Education is an on-site participation in a community health organization, agency or resource. Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5570:460)

HEDU:497 Independent Study: Health Education (1-2 Credits)
Prerequisite: Permission of the advisor. Analysis of a specific topic related to a current problem in health education. May include investigative procedure, research or concentrated practical experience. (Formerly 5570:497)

Nutrition and Dietetics (NUTR)

NUTR:120 Career Decisions in Nutrition (1 Credit)
Exploration of the nutrition/dietetics/food industry profession, including academic/internship routes, career opportunities, professional concepts and attributes. Self-assessment and goal setting with beginning portfolio development. (Formerly 7760:120)

NUTR:132 Early Childhood Nutrition (3 Credits)
Emphasis on nutrition as component of Early Childhood programs. Nutrition principles discussed in relation to self and young children. Prenatal and infant nutrition studied. Food as learning experience, menu planning, purchasing, sanitation, food labeling, storage and parent involvement included. For Family and Child Development Option, and an educational technology student. (Formerly 7760:132)

NUTR:133 Nutrition Fundamentals (3 Credits)
Study of basic nutrition concepts, contemporary issues, controversies; emphasis on macro/micronutrient requirements for healthy individuals; analysis of a student's dietary intake. Online section available. (Formerly 7760:133)

Ohio Transfer 36: Yes
Gen Ed: - Natural Science

NUTR:141 Food for the Family (3 Credits)
Prerequisite: Permission of instructor. Application of nutrition to meal planning, problems in selecting, budgeting and preparing food; meal service. (Formerly 7760:141)

NUTR:200 Sustainability, Foods and Environments (3 Credits)
This course provides an introduction to the basic concepts of environmental sustainability and conservation in food production. A brief history of this issue is followed by an examination of population needs and the management of water, agricultural practices, animal husbandry, fertilizer use, and land management. Global warming, genetically modified plant and animal organisms (GMOs), and carbon footprint/fossil fuel use, are also considered. The demographic and geo-political features of North American populations (urban, suburban, rural) contextualize comparisons of conventional food production practices and sustainable practices, around the world. (Formerly 7760:200)

NUTR:228 Introduction to Medical Nutrition Therapy (3 Credits)
Prerequisites: NUTR 133, CHEM 110, CHEM 111, CHEM 112, and CHEM 113. Introduction to Medical Nutrition Therapy will review basic metabolic and pathological conditions with emphasis on medical nutrition therapy strategies. (Formerly 7760:228)

NUTR:250 Food Science Lecture (3 Credits)
Prerequisites: NUTR 133, NUTR 120, CHEM 114, and CHEM 115. Corequisite: NUTR 251. Study of the chemical and physical structure of food. Scientific and aesthetic principles involved in the selection, storage and preparation of foods. (Formerly 7760:250)

NUTR:251 Food Science Lab (1 Credit)
Prerequisites: NUTR 133, NUTR 120, CHEM 114, and CHEM 115 or permission from instructor. Corequisite: NUTR 250. Application of the scientific and sensory principles involved in the selection, storage and preparation of foods. (Formerly 7760:251)

NUTR:310 Food Systems Management I (4 Credits)
Prerequisites: NUTR 250 and [ACCT 201 or COMM 211]. Corequisite: NUTR 315. Basic theoretical concepts in the management of dietetic food service systems and the practical application of principles and procedures in quantity food production and service. (Formerly 7760:310)

NUTR:314 Food Systems I Field Experience (2 Credits)
Prerequisites: ACCT 201 and NUTR 250. Corequisite: NUTR 310. Development of quantity food preparation in community and health care agencies; identification of functions and resources involved in the food service systems. (Formerly 7760:314)

NUTR:315 Food Systems Management I Supervised Experiential Learning (2 Credits)
Prerequisite: Admission to the Dietetics program and NUTR 250. Corequisite: NUTR 310. Development of quantity food preparation and supervisory skills in community agencies; identification of functions and resources involved in the management of food service systems. (Formerly 7760:315)

NUTR:316 Science of Nutrition (4 Credits)
In-depth characterization of composition, metabolism, physiological functions and interrelationships of nutrients. Analysis and interpretation of current literature; assessment of nutrition counseling techniques. (Formerly 7760:316)

NUTR:321 Experimental Foods (3 Credits)
Prerequisites: NUTR 250, CHEM 110, CHEM 111, CHEM 112, and CHEM 113. Theory and methods in the experimental study of foods. Sensory evaluation and instrumental analysis of food quality. Individual research emphasized. Lecture/Laboratory. (Formerly 7760:321)

NUTR:328 Medical Nutrition Therapy I (3 Credits)
Prerequisites: [NUTR 133 or NUTR 316], NUTR 426, and NUTR 443. Analysis of health care concepts and the medical nutrition therapy relationship. Consideration of nutritional implications of pathological conditions and alterations to diet for specific health issues or disorders. (Formerly 7760:328)

NUTR:329 Medical Nutrition Therapy I Supervised Experiential Learning (2 Credits)
Prerequisites: Admission to the Dietetics program, [NUTR 133 or NUTR 316], NUTR 426, and NUTR 443. Corequisite: NUTR 328. Analysis of therapeutic health-care concepts. Consideration of nutritional implications of pathological conditions; construction of diets for specific disorders. (Formerly 7760:329)
NUTR:340 Meal Management (3 Credits)
Prerequisite: NUTR 250 or NUTR 141. Emphasis is on meal design, etiquette, nutritional adequacy, and application of management principles. Resource management is applied to all course activities, including restricted financial and special diet situations. (Formerly 7760:340)

NUTR:400 Nutrition Education Skills with the General Public (3 Credits)
Prerequisites: Admission to the Dietetics program and [NUTR 133 or NUTR 316]. Theory and development of communication and education skills with the general public. (Formerly 7760:400)

NUTR:401 Nutrition Counseling Skills (3 Credits)
Prerequisites: Admission to a nutrition program and NUTR 400. This course discusses theory and development of counseling skills. Skills essential to dietetics practice and discussed in this course include but are not limited to: interpersonal communication; interviewing; nutrition counseling and coaching. (Formerly 7760:401)

NUTR:403 Advanced Food Preparation (3 Credits)
Prerequisite: NUTR 141 or NUTR 250. Study of advanced techniques of food preparation. Introduction to and interpretation of classic and foreign cuisines. Emphasis on individualized experiences, skill development and evaluation of procedures and results. (Formerly 7760:403)

NUTR:412 Introduction to Regulatory Affairs (3 Credits)
Organization and management in administration of food service systems; problems in administration of food service systems; problems in control of labor, time and cost. Field experience in food production. Study of regulations affecting the food industry, such as food labeling, nutrition labeling, food safety, and adulteration. Course includes discussion of regulatory agencies and their impact on the food industry. (Formerly 7760:412)

NUTR:413 Food Systems Management II (3 Credits)
Prerequisite: NUTR 310. Advanced concepts in management of dietetic service systems relating to achievement of nutritional care goals. (Formerly 7760:413)

NUTR:421 Special Problems in Nutrition and Dietetics (1-3 Credits)
Additional study or apprentice experience in specialized field or preparation; group and individual experimentation. (Formerly 7760:421)

NUTR:424 Nutrition in Life Cycle (3 Credits)
Prerequisite: NUTR 316 or NUTR 426. Study of the physiological basis for nutritional requirements; interrelating factors which affect growth, development, maturation and nutritional status from conception through the elderly years. (Formerly 7760:424)

NUTR:426 Human Nutrition (3 Credits)
Prerequisites: NUTR 133, ANAT 207, ANAT 211, CHEM 114, and CHEM 115. Application of principles of nutrition, metabolism and assessment. Analyses and interpretation of current literature. Open to dietetics majors only. (Formerly 7760:426)

NUTR:428 Medical Nutrition Therapy I (3 Credits)
Prerequisite: NUTR 328. Continuation of 328. Medical Nutrition Therapy I with emphasis on more complex metabolic and pathological conditions with nutrition therapy strategies. (Formerly 7760:428)

NUTR:429 Medical Nutrition Therapy II Supervised Experiential Learning (2 Credits)
Prerequisites: Admission to a nutrition program and NUTR 329. Corequisite: NUTR 428. Supervised practice experience in health care facilities with application of principles of medical nutrition therapy learned in NUTR 328 and NUTR 428. (Formerly 7760:429)

NUTR:430 Computer Assisted Food Service Management (3 Credits)
Use of computer programs in application of management concepts for food service systems. (Formerly 7760:430)

NUTR:431 Healthcare Business and Research for Dietetics (3 Credits)
Prerequisite: Admission to the Dietetics program. This course will discuss the procedure for best developing and implementing a new nutrition business. Coding and billing in healthcare will be addressed as well as exhibiting ethical behaviors of practice. Research is conducted in various areas of dietetics. The development and implementation of a research study will be discussed in addition to identifying outcomes and the appropriate statistical methods to use in research. (Formerly 7760:431)

NUTR:443 Nutrition Assessment (3 Credits)
Prerequisites: NUTR 133, NUTR 228, BIOL 202, BIOL 203, CHEM 112, and CHEM 113. Application of principles of nutrition and assessment. Analysis and interpretation of current literature. Open to dietetics majors only. (Formerly 7760:443)

NUTR:444 Long Term Care Supervised Experiential Learning (4 Credits)
Prerequisites: Admission to the Dietetics program, NUTR 328 and NUTR 329. Supervised Experiential Learning in long term care facilities for application of principles of nutritional care and foodservice operation. (Formerly 7760:444)

NUTR:447 Senior Seminar (1 Credit)
Prerequisite: Senior standing. Consideration of the nutrition/dietetic professions and the impact on the health and wellness of individuals, families, and the environment. Analysis of challenges facing the profession. (Formerly 7760:447)

NUTR:470 Food Industry: Analysis & Field Study (3 Credits)
Prerequisite: NUTR 250. Role of technology in extending the food supply. Chemical, physical and biological effects of processing and storage, on-site tours of processing plants. (Formerly 7760:470)

NUTR:474 Cultural Dimensions of Food (3 Credits)
Prerequisite: NUTR 250. An examination of cultural, geographical and historical influences on development of food habits. Emphasis on evolution of diets; effects of religion, education, gender roles, media. (Formerly 7760:474)

NUTR:476 Developments in Food Science (3 Credits)
Prerequisite: NUTR 250. Advanced study of the chemistry and physics of food components affecting characteristics of food. Critical evaluation of current basic and applied research emphasized. (Formerly 7760:476)

NUTR:480 Community Nutrition I (3 Credits)
Prerequisites: NUTR 316 or NUTR 426. Corequisite: NUTR 481 for CP students only. Major food and nutrition related problems in the community. Emphasis on community assessment, program implementation and evaluation, and rationales for nutrition services. (Formerly 7760:480)

NUTR:481 Community Nutrition I-Supervised Experiential Learning (2 Credits)
Prerequisite: Admission to a nutrition program. Corequisite: NUTR 480. Field placement in area agencies offering nutrition services. Study of the agency’s goals, organization, and philosophy of nutritional care. (Formerly 7760:481)

NUTR:482 Community Nutrition II (3 Credits)
Prerequisite: NUTR 480. Corequisite: NUTR 483 for CP students only. Activities engaged in by community nutritionist. Emphasis on controversies, cultural differences, educational approaches, grantsmanship, marketing, and working with the media. (Formerly 7760:482)
NUTR:483 Community Nutrition II-Supervised Experiential Learning (2 Credits)
Prerequisites: Admission to a nutrition program and NUTR 481.
Corequisite: NUTR 482. A second field placement in an area agency offering nutrition services. Study of the agency's goals, organization, and philosophy of nutritional care. (Formerly 7760:483)

NUTR:484 Health and Wellness Clinical (4 Credits)
Prerequisite: CP Students only, NUTR 481. Corequisites: NUTR 413 and NUTR 482. A field placement in agencies or facilities offering health and wellness services as they related to nutrition. Credit/Noncredit. (Formerly 7760:484)

NUTR:485 Seminar in Health Professions (1-3 Credits)
Prerequisite: Permission of instructor. Exploration and evaluation of current developments in selected areas. (Formerly 7760:485)

NUTR:486 Staff Relief: Dietetics (2 Credits)
Prerequisites: NUTR:487, NUTR 413, BIOL 202, BIOL 203, CHEM 112, and CHEM 113. In-depth study of energy metabolism and utilization before, during, and after exercise. Factors affecting nutrient needs and peak performance of different athletic populations are emphasized. (Formerly 7760:486)

NUTR:487 Sports Nutrition (3 Credits)
Prerequisites: NUTR 133, NUTR 426, BIOL 202, BIOL 203, CHEM 112, and CHEM 113. In-depth study of energy metabolism and utilization before, during, and after exercise. Factors affecting nutrient needs and peak performance of different athletic populations are emphasized. (Formerly 7760:487)

NUTR:488 Practicum in Diabetics (1-3 Credits)
Prerequisite: Approval of advisor/instructor. Practical experience in application of the principles of nutrition. (Formerly 7760:488)

NUTR:489 Professional Preparation for Diabetics (1 Credit)
Historical aspects of diabetics and where the profession is going. Specialty areas of dietetic practice are explored. Students prepare the application for dietetic internship. (Formerly 7760:489)

NUTR:493 Nutrition for Athletes (3 Credits)
Study of metabolism before, during, and after exercise. Factors affecting nutrient needs and peak performance of different athletic populations are emphasized. (Formerly 7760:493)

NUTR:499 Senior Honors Project in Nutrition and Dietetics (1-3 Credits)
(May be repeated for a total of six credits) Prerequisites: Senior standing in Honors Program and approval of honors preceptor. Individual study supervised by adviser. Student and preceptor develop goals, objectives and methodology. (Formerly 7760:499)

NUTR:500 Nutrition Communication & Education Skills (4 Credits)
Prerequisite: permission of instructor. Theory and development of communication and education skills essential to dietetics practice; interpersonal communication; interviewing; nutrition counseling, education techniques, media and current technology. (Formerly 7760:500)

NUTR:503 Advanced Food Preparation (3 Credits)
Prerequisite: permission. Study of advanced techniques of food preparation. Introduction to and interpretation of classical and foreign cuisines. Emphasis on individualized experience, skill development and evaluation of procedures and results. (Formerly 7760:503)

NUTR:513 Food Systems Management II (3 Credits)
Prerequisites: Acceptance into the graduate program or permission of the instructor. Advanced concepts in management of dietetic service systems relating to achievement of nutritional care goals. (Formerly 7760:513)

NUTR:524 Nutrition in Life Cycle (3 Credits)
Prerequisite: permission of the instructor. Study of the physiological basis for nutritional requirements; interrelating factors which affect growth, development, maturation and nutritional status from conception through the elderly years. (Formerly 7760:524)

NUTR:526 Human Nutrition (3 Credits)
Prerequisites: Acceptance into the graduate program or permission from the instructor. Corequisites: NUTR 543. Application of principles of nutrition, metabolism and assessment. Analysis and interpretation of current literature. (Formerly 7760:526)

NUTR:528 Nutrition in Medical Science II (5 Credits)
Prerequisites: Acceptance into the graduate program or permission of instructor. Emphasizing nutritional implications of more complex metabolic and pathological conditions as well as nutrition support strategies. (Formerly 7760:528)

NUTR:529 Supervised Experiential Learning in Nutrition (3 Credits)
Prerequisites: NUTR:624 and NUTR:616. Clinical experience in various clinical nutrition sites; application of principles of nutritional care. (Formerly 7760:529)

NUTR:543 Nutrition Assessment (3 Credits)
Corequisites: NUTR 526. Application of principles of nutrition and assessment. Analysis and interpretation of current literature. Open to dietetics majors only. (Formerly 7760:543)

NUTR:544 Supervised Experiential Learning in Long Term Care (3 Credits)
Prerequisites: NUTR:624 and NUTR:616. Clinical and foodservice experiences in long term care facilities for application of principles of nutritional care and foodservice management. (Formerly 7760:544)

NUTR:570 Food Industry: Analysis & Field Study (3 Credits)
Prerequisite: permission. Role of technology in extending the food supply. Chemical, physical and biological effects of processing and storage, on-site tours of processing plants. (Formerly 7760:570)

NUTR:574 Cultural Dimensions of Food (3 Credits)
An examination of cultural, geographical and historical influences on development of food habits. Emphasis on evolution of diets; effects of religion, education, gender roles, media. (Formerly 7760:574)

NUTR:576 Developments in Food Science (3 Credits)
Prerequisite: Permission. Advanced study of the chemistry and physics of food components affecting characteristics of foods. Critical evaluation of current basic and applied research emphasized. (Formerly 7760:576)

NUTR:580 Community Nutrition I (3 Credits)
Prerequisite: Permission of instructor. Corequisite: NUTR 581. Sociocultural aspects of community assessment, program implementation and evaluation, and rationales for nutrition services. (Formerly 7760:580)

NUTR:581 Community Nutrition I-Clinical (1 Credit)
Corequisite: NUTR 580. Field placement in area agencies offering nutrition services. Study of the agency's goals, organization, and philosophy of nutritional care. Credit/noncredit. (Formerly 7760:581)

NUTR:582 Community Nutrition II (3 Credits)
Prerequisites: NUTR 580 (NUTR 581 for CP student only). Corequisite: NUTR 583 for CP student only. This course will focus on managing nutrition services for productivity (economic, community and labor resources, and evaluation), and educating the dietitians’ “various publics” about nutrition. (Formerly 7760:582)

NUTR:583 Supervised Experiential Learning in the Community (3 Credits)
Prerequisites: NUTR:624 and NUTR:616. Field placement in area agencies offering nutrition services. Study of the agency's goals, organization, and philosophy of nutritional care. (Formerly 7760:583)
**NUTR:585 Seminar in Health Professions (1-3 Credits)**
Prerequisite: Permission of instructor. Exploration and evaluation of current developments in selected areas. (Formerly 7760:585)

**NUTR:587 Sports Nutrition (3 Credits)**
Prerequisite: Permission of instructor. In-depth study of energy metabolism and utilization before, during and after exercise. Factors affecting nutrient needs and peak performance of different athletic populations are emphasized. (Formerly 7760:587)

**NUTR:588 Practicum in Dietetics (1-3 Credits)**
Prerequisite: Approval of advisor/instructor. Practical experience in application of the principals of nutrition. (Formerly 7760:588)

**NUTR:589 Professional Preparation for Dietetics (1 Credit)**
Prerequisite: Open to those dietetics students in the Didactic Program or Graduate program who plan to apply for a Dietetic Internship. Historical aspects of dietetics and where the profession is going. Specialty areas of dietetic practice are explored. Students prepare the application for dietetic internship. (Formerly 7760:589)

**NUTR:593 Nutrition for Athletes (3 Credits)**
Study of metabolism before, during, and after exercise. Factors affecting nutrient needs and peak performance of different athletic populations are emphasized. (Formerly 7760:593)

**NUTR:604 Orientation to Graduate Studies in Health Professions (1 Credit)**
Introduction to the concepts and processes necessary for graduate study in health professions. (Formerly 7760:604)

**NUTR:610 Food Systems Management (3 Credits)**
Theoretical concepts in the management of dietetic food service systems, and application of principles and procedures to achieve nutritional goals. (Formerly 7760:610)

**NUTR:616 Clinical Nutrition (3 Credits)**
Study of Medical Nutrition Therapy (MNT) and its relationship to metabolic and pathological conditions, as well as nutrition support strategies. (Formerly 7760:616)

**NUTR:624 Advanced Human Nutrition I (3 Credits)**
Prerequisites: Undergraduate or graduate-level courses in nutrition and biochemistry. In-depth study of human nutrition emphasizing metabolism physiological functions, and interrelationships of carbohydrate, protein and lipids and the determinants of human energy requirements. (Formerly 7760:624)

**NUTR:625 Advanced Human Nutrition II (3 Credits)**
Prerequisite: NUTR 624 or equivalent. In-depth study of human nutrition with and emphasis in the utilization, physiological functions and interrelationships of vitamins and minerals. (Formerly 7760:625)

**NUTR:680 Current Issues in Nutrition (3 Credits)**
Study of current issues in the field of nutrition science. Each semester that it is offered, this course will explore a specific issue relevant to current research and practice in the field of nutrition as it relates to biology, immunology, applied nutrition, and epidemiology. (Formerly 7760:680)

**NUTR:685 Research Methods in Health Professions (3 Credits)**
A study of health sciences research methods emphasizing concept and theory development, quantitative and qualitative methodologies. (Formerly 7760:685)

**NUTR:688 Practicum in Nutrition and Dietetics (3 Credits)**
Prerequisite: Permission of advisor/instructor. A minimum of 150 hours of supervised experience in an approved community setting to acquire skills related to area of specialization. (Formerly 7760:688)

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**NUTR:690 Thesis Research/Reading (3 Credits)**
Prerequisite: Permission of thesis advisor. Supervised reading and research related to approved thesis topic. May be repeated once. (Formerly 7760:690)

**NUTR:694 Masters Project (5 Credits)**
Prerequisite: Permission of advisor. The development, implementation and evaluation of a community-based supervised project which makes a significant contribution to the field and may lead to publication. (Formerly 7760:694)

**NUTR:696 Individual Investigation in Nutrition and Dietetics (1-3 Credits)**
Prerequisite: Permission of advisor. Individual Investigation and analysis of a specific topic in student's area of specialization of interest under direction of a faculty advisor. (Formerly 7760:696)

**NUTR:699 Masters Thesis in Health Professions (5 Credits)**
Prerequisite: permission of advisor. Supervised research in a specialized area of the health profession which makes a contribution to the field and may lead to publication. (Formerly 7760:699)

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**Exercise Science/Exercise Physiology (EXER)**

**EXER: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. (Formerly 5550:110)

**EXER: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. (Formerly 5550:125)

**EXER: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, muscle fitness, flexibility, nutrition, managing stress, and assessment methods and procedures. (Formerly 5550:150)

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

**EXER:220 Health Promotion and Behavior Change (3 Credits)**
Prerequisite: EXER:150. Course will translate theories of behavioral science to equip health professionals with the knowledge and skills necessary to facilitate the initiation and adherence of physical activity and related health behaviors in individuals and groups. (Formerly 5550:220)

**EXER:240 Principles of Sports Medicine (3 Credits)**
Prerequisites: [BIOL 200, BIOL 201, BIOL 202, and BIOL 203] or [ANAT 206, ANAT 207, ANAT 210, and ANAT 211]. This course is an introduction to sports medicine and corrective exercise principles and techniques. The class will include lecture content, access to NASM content, as well as laboratory activities. (Formerly 5550:240)
EXER:241 Care and Prevention of Athletic Injuries Lab (1 Credit)
Prerequisites: BIOL 200 and BIOL 201. Corequisites: BIOL 202 and BIOL 203, EXER 240. This course is designed to allow students to learn, practice, and become competent and proficient in the psychomotor skills associated with basic injury prevention, evaluation, management, and treatment of physically active individuals in the practice of athletic training as defined by the NATA. (Formerly 5550:241)

EXER:242 Therapeutic Modalities (3 Credits)
Prerequisites: Accepted into the ATEP Clinical Education Program. Corequisite: EXER 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. (Formerly 5550:242)

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

EXER:250 Principles of Athletic Training (3 Credits)
Prerequisites: 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. Includes clinical rotation. (Formerly 5550:250)

EXER: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. (Formerly 5550:255)

EXER:275 Clinical Assessment & Evaluation Lower Extremity (3 Credits)
Prerequisites: [BIOL 200, BIOL 201, BIOL 202, and BIOL 203] or [ANAT 206, ANAT 207, ANAT 210, and ANAT 211], and EXER 240. This course will prepare the student to perform lower extremity assessment and evaluation using lecture and laboratory knowledge and skill. The NASM CES skills for evaluation and assessment will be a component of this course. (Formerly 5550:275)

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

EXER:300 Physiology of Exercise for the Older Adult (3 Credits)
Prerequisite: EXER 302. Analysis of physiological effects of exercise on the elderly. Exercise programs adaptable for use by persons working with elderly. Three hours lecture. (Formerly 5550:300)

EXER:302 Physiology of Exercise (3 Credits)
Prerequisites: [BIOL:200, BIOL:201, BIOL:202, and BIOL:203] or [ANAT:206, ANAT:207, ANAT:210, and ANAT:211] and admission to an exercise science major. Course will present basic and applied science that describes, explains and uses the body’s response to exercise and adaptation to exercise training. Course includes lecture and laboratory. (Formerly 5550:302)

EXER: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. (Formerly 5550:305)

EXER:307 Exercise Leadership (3 Credits)
Prerequisite: EXER 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. (Formerly 5550:307)

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

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

EXER:342 Clinical Assessment & Evaluation Upper Extremity (3 Credits)
Prerequisites: [BIOL 200, BIOL 201, BIOL 202, and BIOL 203] or [ANAT 206, ANAT 207, ANAT 210, and ANAT 211], and EXER 240. This course is a component of the Sports Medicine Minor. It is designed to integrate the clinical assessment of the upper extremity. Students will gain knowledge, skills, and abilities in assessment, evaluation, and the National Academy of Sports Medicine (NASM) Corrective Exercise Specialist (CES) principles. (Formerly 5550:342)

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

EXER:352 Strength & Conditioning Fundamentals (3 Credits)
Prerequisites: [BIOL:200 and BIOL:201 and BIOL:202 and BIOL:203] or [ANAT:206 and ANAT:210 and ANAT:207 and ANAT:211]. This course is designed to provide students with theoretical and practical knowledge of the physiological, biomechanics and administrative aspects of designing and supervising strength and conditioning programs for various populations. (Formerly 5550:352)

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

EXER:400 Musculoskeletal Anatomy I: Upper Extremity (3 Credits)
Prerequisites: [BIOL:200 and BIOL:202] or [ANAT:206 and ANAT:207]. This course includes lecture/laboratory activities to provide the student a comprehensive learning experience in upper extremity musculoskeletal anatomy. (Formerly 5550:400)
EXER:401 Musculoskeletal Anatomy II: Lower Extremity (3 Credits)
Prerequisites: BIOL 200, BIOL 201, BIOL 202, BIOL 203 and EXER 201.
This course includes lecture laboratory activities to provide the student a comprehensive learning experience in lower extremity musculoskeletal anatomy. (Formerly 5550:401)

EXER:403 Exercise Testing (3 Credits)
Prerequisite: EXER:302. This course will cover knowledge and skills necessary to conduct and interpret fitness and clinical exercise testing. EKG interpretation is emphasized in this course. (Formerly 5550:403)

EXER:404 Exercise Prescription (3 Credits)
Prerequisite: EXER:403. This course is designed to prepare the exercise science student to include people with all medical and physical backgrounds in physical fitness. It is imperative that students can safely and effectively modify an existing fitness program to enable individuals with or without special conditions to participate without changing the quality or nature of the activity. (Formerly 5550:404)

EXER: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. (Formerly 5550:405)

EXER:406 Advanced Strength and Conditioning (3 Credits)
Prerequisite: EXER 352. Strength and conditioning programs for heterogeneous populations. The course covers high-level sport specific exercise prescriptions that aids injury prevention and performance enhancement. (Formerly 5550:406)

EXER:410 Exercise in Special Populations (3 Credits)
Prerequisites: EXER:302 and EXER:403. This course will provide an overview of the epidemiology, pathophysiology, disease implications, underlying etiologic factors and discuss preventative and therapeutic interventions for a multitude of special populations. This course will introduce different theories, and exercise prescription methods to be implemented in "real life" experiences. (Formerly 5550:355)

EXER:412 General Medical Aspects (3 Credits)
Prerequisites: BIOL 200 and BIOL 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. (Formerly 5550:412)

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

EXER:418 Cardiorespiratory Function (3 Credits)
Prerequisite: EXER 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. (Formerly 5550:418)

EXER: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. (Formerly 5550:426)

EXER:430 Senior Honors Project: Exercise Science (1-6 Credits)
Prerequisite: Senior standing in Honors Program. (May be repeated for a total of six credits) Carefully defined project demonstrating originality and sustained inquiry. (Formerly 5550:430)

EXER:438 Cardiac Rehab Principles (3 Credits)
Prerequisite: EXER:302. Pre/Corequisite: EXER:403. This course will teach students the core competencies for cardiac rehab professionals, based upon the American Association of Cardiovascular and Pulmonary Rehabilitation Specialists (AAVCPR). (Formerly 5550:438)

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

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

EXER:445 Therapeutic Exercise & Rehabilitation (3 Credits)
Prerequisites: [BIOL 200, BIOL 201, BIOL 202, and BIOL 203] or [ANAT 206, ANAT 207, ANAT 210, and ANAT 211] or [EXER 240, EXER 275, and EXER 342]. This course will allow students to use knowledge and skills from other minor courses as well as the National Academy of Sports Medicine (NASM) Corrective Exercise Specialist (CES) knowledge and skills to create exercise and rehabilitation programming. (Formerly 5550:445)

EXER: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. (Formerly 5550:449)

EXER: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. (Formerly 5550:456)

EXER: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. (Formerly 5550:459)

EXER:460 Practicum in Exercise Science (1-6 Credits)
Prerequisites: Senior standing in the School of Exercise and Nutrition Sciences. Supervised practical experience with personnel in a discipline or profession related to exercise science. May be repeated for a maximum of 12 credits. (Formerly 5550:460)

EXER:465 Psychology of Injury Rehabilitation (2 Credits)
Prerequisites: BIOL 200, BIOL 201, BIOL 202, and BIOL 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. (Formerly 5550:465)

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

EXER:470 Injury Pathology & Therapeutic Interventions (3 Credits)
Prerequisites: BIOL 200, BIOL 201, BIOL 202, and BIOL 203. This course will discuss common musculoskeletal pathology and surgical procedure associated with a physically active population. (Formerly 5550:470)
EXER:480 Special Topics: Exercise Science (1-4 Credits)
Prerequisite: Admission into College of Health and Human Sciences.
(May be repeated with a change in topic) Special topics in exercise science presented. May be repeated with change in topic. (Formerly 5550:480)

EXER:485 Exercise Science Capstone (2 Credits)
Prerequisites: EXER:302 and EXER:403. The course will provide structured experiences to improve the knowledge, skills and abilities of an entry level exercise physiologist. This course will supplement existing coursework by addressing gaps in learning competencies towards being a successful exercise professional. A review of certification materials is also an important component of the course. (Formerly 5550:485)