

Department of

Health, Physical Education and Recreation

College of Education

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Professor *Robert E. Sorenson*, health and wellness, stress management; **Professor Emeritus** *Lanny J. Nalder*, ACSM Board certified, corporate wellness, exercise physiology, preventive and post-coronary exercise rehabilitation; **Associate Professors** *Hilda Fronske*, motor learning; *Julie A. Gast*, community health, multicultural health issues, women's health; *Donna L. Gordon*, health promotion; *Edward M. Heath*, exercise physiology, sport science; *Dennis A. Nelson*, family recreation, multicultural education, recreation programming; *Rolayne Wilson*, elementary physical education; **Nontenure Assistant Professors** *Eadric Bressel*, biomechanics; *John M. Kras*, administration, history, philosophy and sociology of sport; *Frank E. White, Jr.*, outdoor recreation, therapeutic recreation; **Senior Lecturers** *Peter J. Mathesius*, conditioning, sport skills, and teaching methods; *Delphine C. Rossi*, school health education, holistic health; **Lecturer** *Raymond Corn*, conditioning; **Academic Advisors** *Mary Lou Reynolds*, *Suzanne D. Stones*

Degrees offered: Bachelor of Science (BS) in Health Education Specialist; BS in Parks and Recreation; BS in Physical Education; Master of Science (MS) and Master of Education (MEd) in Health, Physical Education and Recreation

Undergraduate emphases: *BS in Health Education Specialist*—School Health and Community Health; *BS in Physical Education*—Exercise Science, Pre-Physical Therapy, and Teaching; **Graduate specializations:** *MS*—Corporate Wellness, Exercise Science, and Health Education

Undergraduate Programs

Objectives

Undergraduate Programs of Study. The Health, Physical Education and Recreation (HPER) Department offers undergraduate programs of study designed to prepare USU students for successful careers in one of three areas: Health Education Specialist, Physical Education, or Parks and Recreation. Preparation is accomplished through well-rounded, rigorous course requirements.

Activity Courses. USU students are served by an extensive elective lifetime-skill activity course program. The number and diversity of courses encourages students to increase their lifetime participation skills and enjoy opportunities for creativity and expression. Students may also achieve and maintain a high level of personal fitness and adopt a preventive medicine life-style conducive to health and well-being.

Recreational and Intramural Activities. The intramural program is planned and conducted to meet the needs of all students regardless of skill or ability. The major objectives are to offer a wide variety of sports experiences, to encourage lifetime sports participation, to develop habits of fair play, and to provide leader-

ship experiences. The intramural concept not only embraces the traditional highly-organized program with teams, leagues, and tournaments, but also voluntary free play activities where opportunities are provided for physical recreation for all segments of the University community.

Departmental Admission Requirements

Health Education Specialist Majors and Minor. New freshmen, transfer students, and students from other USU majors who have at least a 2.75 total GPA qualify to enter the Health Education Specialist pre-major. Students must formally apply to the School Health emphasis and minor. Pre-major/minor coursework must be completed before application to the school health major or minor. Pre-major coursework for the School Health emphasis includes: Engl 1010, Breadth Humanities, NFS 1020, Biol 2000, Biol 2010, Math 1050 or Stat 1040 (or higher), Breadth Physical Sciences, FHD 1500, Breadth Creative Arts, and Breadth American Institutions. Pre-minor coursework for the School Health minor includes: Engl 1010, Biol 2000 or 2010, HEP 2500, Math 1050 or Stat 1040 (or higher), and NFS 1020. For application materials and deadlines, contact the HPER Department Main Office (PE 122). No formal application is required for the Community

Health emphasis; however, students must complete at least 30 credits and must have at least a 2.75 total GPA before they will be considered Health Education Specialist majors.

Physical Education Majors and Minor. New freshmen, transfer students, and other USU majors who have at least a 2.75 total GPA qualify to enter the Physical Education major. A 2.75 total GPA is also required for the Physical Education/Coaching minor. Students who are qualified to enter the Physical Education/Coaching minor should enroll in the advising office.

Parks and Recreation Major and Minor. New freshmen, transfer students and students from other USU majors who have at least a 2.5 total GPA qualify to enter the Parks and Recreation major or minor.

Course Requirements

Health Education Specialist Major. All students in the Health Education Specialist major must complete the following 30 credit hour core: Biol 2000, 2010; NFS 1020; HEP 2000, 2500, 3000, 3200, 4000, 4200, 5000. In addition, students must complete requirements for either the Community Health Emphasis or the School Health Emphasis, and must achieve a C- or better grade in all HEP courses. A 2.75 total GPA is required for graduation.

Community Health Emphasis. The Community Health emphasis offers a program of study leading to a Bachelor of Science degree as a Health Education Specialist. The emphasis requires a total of 72 credits. Students must complete the Health Education Specialist 30-credit core, and the Community Health Education 36-credit core which consists of the following: HEP 3800, 3900, 4100, 4600; InsT 5400; MHR 3110; Psy 2800; PubH 5010, 5020; NFS 4480. Students must complete 6 credits of elective courses, taking at least one course from two of the following three areas: *Human Nature*: Anth 3110, 4130; FHD 1500, 3110, 3530; Psy 1010, 1100, 1210, 4240; Soc 2500, 3010, 3330; SW 2500; *Content and Methods in Education*: BIS 1400, 1550; JCom 1110, 2200, 3010; HEP 3100, 3400, 3500, 4400, 4500, 5700; NFS 2020; PEP 4100; Soc 3750; Spch 1050; *Organizational Dynamics in the Family and Community*: JCom 2300; FHD 3120; MHR 3820; PolS 3810; PubH 3120, 3310; Spch 2600, 3250; SW 2400, 3750; HEP 5000.

School Health Emphasis. The School Health emphasis offers a program of study leading to a Bachelor of Science degree as a Health Education Specialist, and is an approved teaching major through the Department of Secondary Education. The emphasis requires a total of 74 credits. It is also necessary for students to complete an approved teaching minor (credits will vary). Students must complete the Health Education Specialist 30 credit core, the Secondary Education 35 credit core, and the School Health Education 9 credit core. The School Health Education core includes: FHD 1500; HEP 3100, 4500; and the 35-credit professional education framework for secondary teacher preparation. (HEP 4400 is included in the professional framework.)

School Health Minor. The School Health minor requires a total of 32 credit hours. Required courses include: Biol 2000 or 2010; FHD 1500; HEP 2000, 2500, 3000, 3100, 3200, 4500, 5000; NFS 1020. (HEP 4400 is included in the professional framework.)

Parks and Recreation Major. The HPER Department offers a program of study leading to a Bachelor of Science Degree in Parks and Recreation. This program prepares students to become professionals in the areas of public, private, commercial, voluntary, and special service settings of parks and recreation. Graduates of the program will be capable of directing, planning, designing, managing, and administering parks and recreation programs. The Parks and Recreation major requires 52 credits. The following courses are required: PRP 1000, 2250, 2500, 3000, 3100, 3500, 3750, 3900, 4000, 4300, 4400, 4700, 4750, 5000; InsT 5400. In addition, the student must choose 8 credits from the following courses: LAEP 1030; EnvS 4130, 4500, 4600; HEP 2000, 3400; PRP 1500, 4200, 4280; up to 3 credits in activity courses numbered PE 1000-2000. Students must also complete an outside minor, which must be approved by the HPER Department. Instead of a minor, Parks and Recreation majors may elect to complete a Therapeutic Recreation Track (22 credits). Required courses include: Biol 2000, 2010; FHD 1500; Psy 1010, 3210. Students must also choose two courses from the following: Psy 1100, 1210, 2100; Reh 1010; Soc 3410; SpEd 4000. Additionally, students must complete PRP 4200 as part of their major electives. A 2.5 total GPA is required for graduation.

Parks and Recreation Minor. A minor in Parks and Recreation consists of a minimum of 20 credits of coursework selected from the core courses and electives listed below. The required courses in this minor include PRP 1000, 1500, 2500, 3000, and 3500. In addition, students must select 5 credits from the following courses: PRP 3900, 4000, 4280, 4300, 4400, and EnvS 4500.

Physical Education Major: Exercise Science Emphasis. The Physical Education Exercise Science emphasis consists of 51 credits of coursework leading to a Bachelor of Science Degree in Physical Education. The following courses are required: PEP 2000, 3100, 4100, 4200, 4400; HEP 2500; PE 3000. (The prerequisites for these courses include: Biol 2000, 2010; Math 1050.) No fewer than 5 credits must be taken from the following: HEP 2000, 3200, 3400; PEP 4000, 5070, 5430. A minimum of 4 credits (including lab) must be taken from the following: Biol 1010, 1020, 1210, 1220, 3200, 5190. At least 3 credits must be taken from the following: Chem 1010, 1110, 1120, 1130, 1210, 1220, 1230, 1240. No fewer than 3 credits must be selected from the following: Phyx 1100, 1200, 2110, 2120; Psy 1010, 2100, 2800, 3210; NFS 1020, 3020; Stat 1040. Three (3) different Physical Education Activity Classes must be taken to complete the required coursework. A 2.75 total GPA is required for graduation.

Physical Education Major: Pre-Physical Therapy Emphasis. The Physical Education Pre-Physical Therapy emphasis consists of 69 credits of coursework leading to a Bachelor of Science Degree in Physical Education. *Please note that it is the student's responsibility to check with the individual physical therapy schools concerning courses required for admission. The HPER Department will not guarantee admission into physical therapy school.* The following courses are required: PEP 2020, 3100, 4100, 4200, 4250, 4400; PE 3000; Phyx 2110, 2120. (The prerequisites for these courses include: Biol 2000, 2010; Math 1050; Math 1100 or 1210; Phyx 2110.) A minimum of 4 credits (including lab) must be taken from the following courses: Biol 1010, 1020, 1210, 1220, 3200, 5190. (The prerequisites for these courses include: Biol 1210, 1220, 3200; Math 1050; Chem 3700.) A minimum of 9 credits (including lab) must be taken from the following courses: Chem 1110, 1120, 1130; or Chem 1210, 1220, 1230, 1240. (The prerequisites for these courses include: Math 1050; Chem 1210, 1230.) A minimum of 6 credits must be taken

from the following courses: Math 1100 or 1210; Stat 1040 or Psy 2800. (The prerequisites for these courses include: Math 1050 for Math 1100; Math 1050 and 1060 for Math 1210; Math 0900, Stat 1040.) A minimum of 3 credits must be taken from the following courses: Psy 1210, 2100, 3210. (The prerequisite for these courses is Psy 1010.) A 3.0 total GPA is required to graduate.

Physical Education Major: Teaching Emphasis. The Physical Education Teaching emphasis requires 90 credits of coursework and leads to a Bachelor of Science Degree in Physical Education with a K-12 teaching license. The following courses are required: PEP 2000, 2100, 2200, 2300, 2400, 2500, 3050, 3100, 3200, 3350, 3400, 3500, 4000, 4100, 4200, 4350, 4400. (The prerequisites for these courses include: Biol 2000, 2010; Math 1050; HEP 2000; PE 3000.) Students must also complete PEP 4500 and two courses from the following: PEP 4600, 4700, 4800. In order to obtain a teaching license, students must complete the 35-credit Secondary Teacher Education Program (STEP). Students also need to complete a teaching minor. A 2.75 total GPA is required for graduation.

Physical Education/Coaching Teaching Minor. The Physical Education/Coaching teaching minor requires 23 credits of coursework, plus 20 credits of prerequisite courses. The following courses are required: PEP 3100, 3200, 4000, 4100, 4350, 4400. (The prerequisites for these courses include: Biol 2000, 2010; Math 1050; HEP 2000; PE 3000.) Students must complete three of the following courses: PEP 2100, 2200, 2300, 2400, 2500. Students must complete two of the following courses: PEP 3350, 3400, 3500. In addition, students must complete PEP 2050, 4500, and one of the following courses: PEP 4600, 4700, 4800. In order to obtain a teaching certificate, the following additional coursework is required: PEP 3300 or 4300, and PEP 4900. Courses within the Secondary Teacher Education Program (STEP) are also required.

Additional Information

Updated information concerning undergraduate courses and major or minor requirements can be obtained from the HPER Department, or check the departmental home page at: <http://www.coe.usu.edu/hper>.

Financial Support

The College of Education distributes scholarship applications beginning in January of each academic year. For information on those scholarships awarded by the HPER Department, please refer to the Scholarship Listing on pages 30-31 of this catalog.

Graduate Programs

Please refer to the general admission requirements on pages 72-73 of this catalog. In addition, the letters of recommendation must be written by professionals in health or physical education who know the applicant and his/her work well. Students with fewer than 12 credits of undergraduate health or physical education coursework must make up any deficiencies before being granted matriculated status. Basic competencies that have not been acquired through courses or experience may be obtained by completing prerequisite undergraduate courses without credit. Other nongraduate credit courses may be required by the admissions committee. Students with weak oral or written English skills will be required to take remedial work or complete undergraduate or Intensive English classes.

Degree Programs

Master of Science. The MS is available for students who plan to teach, provide community leadership, or do further graduate or research study.

Master of Education. The MEd is designed for students desiring to improve teaching competencies.

Specializations

MS students may select an area of emphasis for research and study from the following specializations: Corporate Wellness, Exercise Science, and Health Education.

Course Requirements

Core Courses

MS candidates specializing in *Corporate Wellness* must complete the following courses: Educ 6570; HEP 6400, 6800; PEP 6290, 6400, 6450, 6500, 6540, 6800, 6810; and Psy 6470.

MS candidates specializing in *Exercise Science* must complete PEP 6400, 6800, 6810, 6970; Educ 6570. Eleven credits must be selected from the following: PEP 6050, 6070, 6420, 6430, 6450, 6540, 6830; HEP 6100, 6400; Educ 6600.

MS candidates specializing in *Health Education* must complete Educ 6010, 6570, 6600; HEP 6100, 6600, 6800, 6970. Students must also complete 6 credits from the following: FHD 6020, 6060; HEnv 6210; HEP 6300, 6400, 6700, 6900, 6950; InsT 5230, 6350; MHR 6370; NFS 6200, 6210; PEP 6290, 6400, 6540; Psy 6470, 7700; PubH 5010, 5020, 5310; Soc 6460. Other courses may be selected on the basis of a student's need and interests, subject to the approval of the student's committee.

MEd candidates must complete Educ 6410, 6550, 6710; PEP 6050, 6070, 6400, 6420, 6430, 6690, 6800, 6830, 6960.

Research

Research areas include health promotion, health education, exercise science, corporate wellness, sport psychology, sport in society, biomechanics, and pedagogy.

Financial Assistance

Teaching and research assistantships are available through the HPER Department and are awarded on a competitive basis. Application for the assistantships must be made by March 15 to the department head. A formal application for admission must be submitted to the School of Graduate Studies at the same time as the application for an assistantship. A recipient of a graduate assistantship is usually eligible for a waiver for the out-of-state portion of his or her tuition.

Additional Information

Additional and/or updated information about graduate courses and programs may be obtained from the HPER Department, or check the departmental home page at: <http://www.coe.usu.edu/hper>.

Health Education Professional Courses (HEP)

HEP 2000. First Aid and Emergency Care. Provides instruction and practical experience for the development of first aid knowledge, skills, and personal judgment. Focuses on recognizing emergencies, activating EMS, and providing direct care. (2 cr) (F,Sp,Su)

HEP 2300. Cardiopulmonary Resuscitation. Techniques and skills of adult, child, and infant airway management and cardiopulmonary resuscitation for the lay person (one rescuer). Taught according to current standards. (1 cr) (F,Sp,Su)

HEP 2500. Health and Wellness. Designed to enable students to enhance personal wellness by gaining understanding about the social, physical, spiritual, and emotional dimensions of health, and by applying different strategies for improving personal health behaviors. (2 cr) (F,Sp,Su)

HEP 3000. Drugs and Human Behavior. Students evaluate the historical and modern use, misuse, and abuse of drugs in relation to current concepts of physical, social, and emotional wellness. Special emphasis on educational and community strategies for prevention of drug-related problems. (3 cr) (F,Su)

HEP 3100. School Health Programs. Essentials of the existing paradigm of Comprehensive School Health Programs and their development in relation to current child health status. Assessment, planning, implementation, and evaluation. Prerequisite: Formal acceptance into the School Health Education Emphasis or School Health Minor or consent of instructor. (3 cr) (F)

HEP 3200. Consumer Health. Focuses on helping students become discriminating consumers of health information, health products, and health services. (3 cr) (F,Su)

HEP 3300. Clinical Experience I. Clinical experience in school health education. Prerequisite: Acceptance into School Health major or minor. (1 cr) (F,Sp)

HEP 3400. Stress Management. Concepts and principles of personal stress management, with special emphasis on effective stress management coping strategies, maximizing positive stress outcomes, and minimizing negative stress effects, to aid in obtaining and maintaining a balanced health homeostatic condition. (3 cr) (F)

HEP 3500. Elementary School Health Education. Explores child health status and the vital roles that the school/elementary teacher plays in enabling children to acquire healthful lifestyle behaviors while increasing their potential for academic success. (2 cr) (F,Sp)

HEP 3800. Grant Proposal Writing. Teaches practical skills needed to plan and write proposals for federal, state, local, and private funding. Students develop proposals in area in which they have developed expertise, and coordinate with a local agency for funding. Prerequisites: HEP 2500, Engl 2010, and passing score on Computer and Information Literacy Exam. (3 cr) (Sp)

HEP 3900. Social Marketing in Health Education. Explores social marketing techniques in health education for enhancing healthy behavioral change. Examines aids in health programming, including their implementation and evaluation. Prerequisites: HEP 2500 and passing score on Computer Information Literacy Exam. (3 cr) (Sp)

HEP 4000 (CI). Introduction to Community Health. Introduction to agencies, facilities, and programs playing a role in protection and promotion of health in the community. Special emphasis on competencies necessary for the health educator to function in a variety of community settings. Prerequisite: HEP 2500. (3 cr) (F)

HEP 4100. Foundations of Community Health. Professional preparation course for health education majors. Primary emphasis on ethical issues, behavioral and sociological theories used in the profession, philosophical issues, technology, and health education methodologies. Prerequisite: HEP 2500. (3 cr) (F)

HEP 4200 (QI). Planning and Evaluation for Health Education. Provides indepth study of planning, implementation, and evaluation of school and community health education programs. Students obtain hands-on experience planning a health education program. Prerequisites: HEP 4000; Math 1030 or Stat 1040. (3 cr) (Sp)

HEP 4250. Advanced Cooperative Work Experience. Professional level cooperative education work experience as student advances toward completion of the program. Prerequisite: Consent of instructor. (1-15 cr) (F,Sp,Su) ®

HEP 4300. Clinical Experience II. Clinical experience in school health education. Prerequisite: Acceptance into School Health major or minor. (1 cr) (F,Sp)

HEP 4400. Creative Methods in Teaching Health Education. Planning, designing, and evaluating comprehensive school health education curricula and instruction for secondary school students, utilizing various creative instructional strategies and materials. Participation in peer teaching experiences. Prerequisite: Junior standing and acceptance into School Health Education. (3 cr) (F,Sp)

HEP 4500. Sexuality Education Within the Schools. Emphasizes broad understanding of human sexuality, with specific focus on adolescent sexuality/behavior, age and topic appropriate instruction, state law, and effective curriculum/strategies for human sexuality education within the secondary schools. Prerequisite: Formal acceptance into the School Health Education emphasis or School Health minor, or consent of instructor. (3 cr) (Sp)

HEP 4600. Field Work in Health Education. Supervised student participation in school or community health programs or directed projects. Prerequisites: HEP 4000, 4100, and consent of instructor. (1-9 cr) (F,Sp,Su) ®

HEP 4700H. Honors Senior Thesis. Culminating experience within the department for honors students. Student works closely with faculty mentor in an extensive project in the student's area of interest. (1-6 cr) (F,Sp,Su)

HEP 5000 (CI). Race, Class, and Gender Issues in Health. Focuses on how multicultural issues affect health status and health choices. Special emphasis on how race, ethnicity, socioeconomic status, and gender impact health status and access to health care. Prerequisite: Junior standing. (3 cr) (Arr)

HEP 5200.² International Health. Explores meaning of "health" through the lens of different cultures. Provides an international comparison of health status, including morbidity and mortality data. Evaluates different programs, policies, and strategies for addressing international health problems. Prerequisite: Junior standing. (3 cr) (Arr)

HEP 5500. Student Teaching Seminar. Weekly seminar dealing with the professional practice of school health education. Prerequisite: HEP 4400. (2 cr) (F,Sp)

HEP 5600. Student Teaching. Practical experience teaching health in the public school system. Prerequisite: HEP 4400. (8 cr) (F,Sp)

HEP 5700. Special Topics in Health. In-depth review and discussion of special topics in health. (1-6 cr) (F,Sp,Su) ®

HEP 5900. Independent Study. Prerequisite: Consent of instructor. (1-3 cr) (F,Sp,Su) ®

HEP 5950. Independent Research. Prerequisite: Consent of instructor. (1-3 cr) (F,Sp,Su) ®

HEP 6100. Current Trends in Health Promotion. Focuses on trends and issues in the promotion of health behaviors in a variety of settings. Analyzes and challenges prevailing assumptions and philosophies in relation to health promotion. (3 cr) (F)

HEP 6250. Graduate Cooperative Work Experience. Professional level of education work experience in a cooperative education position for graduate students. Prerequisite: Consent of instructor. (1-15 cr) (F,Sp,Su)

HEP 6300. Stress Management. Explores concepts and principles of personal stress management, with special emphasis on effective stress management coping strategies, maximizing positive stress outcomes, and minimizing negative stress effects, thus aiding in obtaining and maintaining a balanced, healthy homeostatic condition. (3 cr)

HEP 6400. Worksite Stress Management. Concepts and principles of worksite stress management, with special emphasis on effective stress management coping strategies aiding in building a self-reliant workforce. (3 cr) (Sp)

HEP 6600. Field Work in Health Education. Supervised student participation in school or community health projects or directed projects. Prerequisite: Consent of instructor. (3 cr) (F,Sp,Su) ®

HEP 6700. Special Topics in Health. In-depth review and discussion of special topics in health. (1-6 cr) (F,Sp,Su) ®

HEP 6800. Seminar in Health Behavior. Explores current theoretical perspectives in relation to behaviors. Students critically examine theories commonly used in health education. Focuses on practical application of theory in health promotion programs. (3 cr) (F)

HEP 6900. Independent Study. Prerequisite: Consent of instructor. (1-3 cr) (F,Sp,Su) ®

HEP 6950. Independent Research. Prerequisite: Consent of instructor. (1-3 cr) (F,Sp,Su) ®

HEP 6970. Thesis. (1-9 cr) (F,Sp,Su) ®

HEP 6990. Continuing Graduate Advisement. (1-12 cr) (F,Sp,Su) ®

Physical Education Professional Courses (PEP)

PEP 2000. Introduction and History of Physical Education. Acquaints P.E. students with four areas of physical education, including: the department, with respect to the University and the College of Education; the history of physical education; the effects of sociology on physical education; and future employment opportunities in the fields of physical education. (2 cr) (F,Sp,Su)

PEP 2020. Introduction to Physical Therapy. Introduces prephysical therapy students to the discipline of physical therapy and familiarizes them with its associated spectrum of opportunities and responsibilities. (2 cr) (F)

PEP 2050. Sport Rules and Regulations of the Utah High School Athletic Association. Knowledge of the rules and mechanics of officiating all Utah high school sports. (1 cr) (Sp)

PEP 2100. Skills 1 (Swimming, Volleyball, Football). Provides physical education majors and minors with the knowledge, skills, practice, and understanding of swim-

ming, volleyball, and football needed for successful participation. Exposes students to a variety of teaching methods for these three sports. (1 cr) (F,Sp)

PEP 2200. Skills 2 (Lifetime Activities). Provides physical education majors and minors with the knowledge, skills, practice, and understanding of lifetime activities needed for successful participation. Exposes students to a variety of teaching methods for these activities. (1 cr) (F,Sp)

PEP 2300. Skills 3 (Softball, Basketball, Soccer). Provides physical education majors and minors with the knowledge, skills, practice, and understanding of softball, basketball, and soccer needed for successful participation. Exposes students to a variety of teaching methods for these three sports. (1 cr) (F,Sp)

PEP 2400. Skills 4 (Tennis, Badminton, Track and Field). Provides physical education majors and minors with the knowledge, skills, practice, and understanding of tennis, badminton, and track and field needed for successful participation. Exposes students to a variety of teaching methods for these three sports. (1 cr) (F,Sp)

PEP 2500. Rhythms and Movement. Focuses on fundamental motor skills, mixers, aerobic, line, folk, ballroom, and square dance. Provides opportunities to practice rhythms and movement, as well as opportunities to practice teaching. Designed for physical education majors and minors. (1 cr) (F,Sp)

PEP 3050. Physical Education in the Elementary School. Prepares students to teach elementary physical education. Focuses on developmentally appropriate activities, locomotor and manipulative skills, fitness, games, rhythms, motor learning, and lesson planning. Students will teach physical education lessons in the elementary school. (3 cr) (F,Sp)

PEP 3100. Athletic Injuries. Care and prevention of common athletic injuries and standard taping techniques. Emphasizes recognition, first aid, and referral for these injuries. Taping techniques taught in a lab setting. (3 cr) (F,Sp)

PEP 3200 (CI). Motor Learning and Skill Analysis. Exploration of materials, methods, and mechanisms of learning and performing motor skills. A variety of sport skills taught in lab, using cues, demonstrations, feedback, and game-like drills. Performance of skill analysis for variety of sport skills. (3 cr) (F,Sp)

PEP 3300. Clinical Experience I. Public school clinical experience in physical education. Prerequisite: Admission into Teacher Education program. (1 cr) (F,Sp)

PEP 3350. Methods of Individual and Dual Sports. Prepares students by providing strategies and materials for implementing a quality physical education program in individual and dual sports. Discussion of lesson and unit planning, as well as student evaluation. Prerequisites: PEP 2200, 2400. (1 cr) (F,Sp)

PEP 3400. Methods of Team Sports. Prepares students by providing strategies and materials for implementing quality physical education program in team sports. Discussion of lesson and unit planning, as well as student evaluation. Prerequisites: PEP 2100, 2300. (1 cr) (F,Sp)

PEP 3500. Methods of Fitness Education. Emphasizes classroom components for teaching lecture/activity fitness course. Students peer teach in a lecture environment. Discussion of strategies and materials for planning and implementing a quality physical education academic fitness course. Includes lecture planning, presentation, unit preparation, and evaluation. Prerequisites: PE 3000, PEP 3350, 3400. (1 cr) (F,Sp)

PEP 3600. Elementary Physical Education Practicum. Prepares teachers to teach elementary physical education as a support minor. Prerequisite: PEP 3050. (3 cr) (Sp)

PEP 3650. Movement Exploration for Elementary Teachers. Covers creative movement and international folk dance. Experiences range from classroom management and curriculum development to large open-space activities and performance. Includes art and sound activities. (2 cr) (F)

PEP 4000. Mental Aspects of Sports Performance. Provides current knowledge of sport psychology. Applies this knowledge to teaching sports and coaching in public schools. Also taught as Psy 4000. (3 cr) (F,Su)

PEP 4100. Exercise Physiology and Principles of Conditioning. Designed to expose students to theory and application of exercise physiology and principles of training and conditioning. Laboratory experience provides hands-on practicum for concepts taught in the classroom. Prerequisites: Biol 2000, 2010, Math 1050. (4 cr) (F,Sp,Su) ®

PEP 4150. Advanced Care and Prevention of Athletic Injuries. Final preparation and competency demonstration of knowledge and skills prior to taking the national certification exam for the Athletic Training credential. Prerequisites: PEP 3100, instructor approval, and NATABOC certification eligibility. (3 cr) (F,Sp)

PEP 4200 (QI). Biomechanics. Understanding and application of human anatomical kinesiology and biomechanical principles fundamental to efficient human movement. In required concurrent one-hour lab, students obtain hands-on application of principles of anatomical kinesiology and biomechanics. Prerequisites: Biol 2000, 2010; Math 1050 or equivalent. (4 cr) (F,Sp) ®

PEP 4250. Advanced Cooperative Work Experience. Cooperative education work experience offers student opportunity to work in related field work of the major. Prerequisite: Instructor approval. (1-10 cr) (F,Sp,Su) ®

PEP 4300. Clinical Experience II. Public school clinical experience in physical education. Prerequisite: Admission into Teacher Education program. (1 cr) (F,Sp)

PEP 4350. Administration of Physical Education. Designed to help students understand objectives of physical education and sport, and incorporate them into a philosophy to assist in developing quality programs at the secondary level. Covers all aspects of physical education and sport administration including, but not limited to, budget, personnel, facilities management, programs, and activities. (2 cr) (F,Sp)

PEP 4400 (QI). Evaluation in Physical Education. Focuses on the nature and use of a variety of tests in physical education. Practical application, interpretation, and use of test results are stressed. (3 cr) (F,Sp)

PEP 4500. Methods of Coaching. Addresses issues associated with secondary coaching, including budgets, fund raising, discipline policy, parents, booster clubs, equipment, liability, team selection, etc. (1 cr) (F,Sp)

PEP 4600. Methods of Coaching Football and Soccer. Outlines the methods, strategies, and techniques for coaching scholastic football and soccer. Emphasizes young player skill development and high school coaches' administration of these sports. Prerequisite: PEP 4500 (may be taken concurrently). (1 cr) (Sp)

PEP 4700. Methods of Coaching Volleyball, Track and Field. Outlines the methods, strategies, and techniques for coaching scholastic volleyball, as well as track and field. Emphasizes young player skill development and high school coaches' administration of these sports. Prerequisite: PEP 4500 (may be taken concurrently). (1 cr) (Sp)

PEP 4800. Methods of Coaching Basketball, Baseball, and Softball. Outlines methods, strategies, and techniques of coaching scholastic basketball, baseball, and softball. Emphasizes young player skill development and high school coaches' administration of these sports. Prerequisite: PEP 4500 (may be taken concurrently). (1 cr) (F,Su)

PEP 4850. Methods of Teaching and Coaching Women's Gymnastics. Instructs students in required coaching methods for women's gymnastics from the beginning to advanced levels. Also includes section on judging. (3 cr) (F,Sp)

PEP 4900 (CI). Methods of Physical Education. Designed to prepare physical education majors and minors to teach physical education in the schools. Emphasizes planning, teaching, strategies, and methods. Admission to the Teacher Education

program is required. Must be taken concurrently with either PEP 3300 or 4300. Prerequisites: Two courses selected from PEP 3350, 3400, and 3500. (3 cr) (F,Sp)

PEP 4950H. Honors Senior Thesis. Culminating experience within the department for honors students. Student works closely with faculty mentor in an extensive project in the student's area of interest. (1-6 cr) (F,Sp)

PEP 5050 (d6050).¹ Psychological Aspects of Sports Performance. Psychological theory and principles applied to sports. Includes motivational techniques, psychological evaluation, stress and anxiety in sports, and personality and sports performance. Also taught as Psy 5050/6050. (3 cr) (Sp)

PEP 5070. Sport Sociology. Develops understanding of the social significance of sport. Applies the sociological perspective to a variety of contemporary issues, enabling students to better understand how sport affects and reflects American culture. (3 cr) (Sp)

PEP 5430 (CI). The History and Philosophy of Physical Education. Designed to familiarize physical education majors (or nonmajors) with history of physical education and sport, as well as philosophical influences which have contributed to development of contemporary physical education and sport. Considers historical development of yesterday's pastimes into today's complex, institutionalized forms of sport and physical education. (3 cr) (F)

PEP 5500. Student Teaching Seminar. Capstone seminar focused upon student teaching issues, professional development, and principles of effective instruction. Prerequisites: PEP 4900, completion of Level I and II field experiences. (2 cr) (F,Sp)

PEP 5560. Practicum in Improving School System Programs. In-service seminar for experienced teachers, emphasizing improvement in instruction. (1-4 cr) (F,Sp,Su) ®

PEP 5600. Student Teaching in Secondary Schools. A 10-week culminating experience in which students assume full-time teaching responsibilities under the direction of cooperating teachers in physical education. Prerequisites: PEP 4900, completion of Level I and Level II field experiences. (8 cr) (F,Sp)

PEP 5700 (d6700). Special Topics in Physical Education. In-depth review and discussion of special topics in physical education. (1-6 cr) (F,Sp,Su) ®

PEP 5900. Independent Study. Provides opportunity for undergraduate or graduate students to participate in independent inquiry under guidance of a professor. (1-3 cr) (F,Sp,Su) ®

PEP 5910. Independent Research. Allows undergraduate students to pursue personal research interest by formalizing an independent project under the guidance of a professor. (1-3 cr) (F,Sp,Su)

PEP 6000. Administration of Athletics. Prepares students to organize and administer interscholastic and intercollegiate sports at the public school or university level. Consideration is given to both the challenges and standards associated with such programs. (3 cr) (Sp)

PEP 6010. Leadership in Health, Physical Education, and Recreation. Group approach to improvement and innovation in leadership and supervisory skills. (3 cr) (Sp)

PEP 6050 (d5050). Psychological Aspects of Sports Performance. Psychological theory and principles applied to sports. Includes motivational techniques, psychological evaluation, stress and anxiety in sports, and personality and sports performance. Also taught as Psy 6050/5050. (3 cr) (Sp)

PEP 6070. Sport in Society. Introduces students to complex role and social significance of sport in contemporary society. Familiarizes students with aims, scope, and potential contributions of sport in society. (3 cr) (Sp)

PEP 6250. Graduate Cooperative Work Experience. Professional level of educational work experience in a cooperative education position for graduate students. (1-10 cr) (F,Sp,Su) ®

PEP 6290. Corporate Wellness Marketing. Reviews history of corporate fitness in America, as well as common organizational and management practices. Emphasizes marketing practices promoting individual and business involvement. (3 cr) (Sp)

PEP 6400. Exercise in Health, Fitness, and Sport. Emphasizes physiological and health benefits of exercise. Discusses role of exercise in disease prevention, along with medications given to treat illness and disease. (4 cr) (F)

PEP 6420. Curriculum in Physical Education. Curriculum development studied in terms of student needs in relation to present-day society. Includes current practices and trends in the area of curriculum. (3 cr) (F)

PEP 6430. History and Philosophy of Physical Education and Sport. History of physical education; philosophical influences which have contributed to contemporary physical education; and methods of educational instruction using the primary philosophical positions. (3 cr) (F)

PEP 6450. Fitness Assessment and Exercise Testing. Exposure to fitness assessment in clinical cardiac settings, as well as in corporate wellness settings. Exercise testing and interpretations, using different testing protocols in emphasized variant electrocardiograms, studied as part of the disease process. Prerequisite: PEP 6400. (3 cr) (Sp)

PEP 6500. Practicum in Corporate Wellness. Experiences designed for the practical implementation of coursework. Involves random populous rehabilitation, as well as executive and industry, senior citizen centers, and rest homes. (1-10 cr) (F,Sp,Su) ®

PEP 6540. Wellness Programming. Emphasizes exercise prescription writing and exercise prescription implementation. Students test prescriptions in laboratory setting. Prerequisites: PEP 6400, 6450. (3 cr) (Sp)

PEP 6690. Analysis of Teaching Physical Education. Designed to provide graduate students with practicum experiences in the analysis of physical education, via micro teaching and observation of physical education classes. (3 cr) (Sp)

PEP 6700 (d5700). Special Topics in Physical Education. In-depth review and discussion of special topics in physical education. (1-6 cr) (F,Sp,Su) ®

PEP 6730. Worksite Guidance and Counseling. Provides cardiac rehabilitation/corporate wellness graduate students with basic understanding of exercise and health psychology. (3 cr) (F)

PEP 6800. Biomechanics and Ergonomics of Health, Industry, and Sport. Understanding and application of biomechanical and ergonomic principles fundamental to efficient human movement in health, industry, and sport. Prerequisite: PEP 4200. (3 cr) (Sp)

PEP 6810. Research Methods in Health Sciences. Explores basic to advanced concepts contained in research and statistical design, as applicable to health sciences. (3 cr) (F)

PEP 6820. Wellness Certification and Technology. Provides instruction and experience in wellness technology and wellness certification. Students learn use of current technology in the fitness industry and obtain certain wellness certifications. (2 cr) (Sp)

PEP 6830. Motor Learning. Comprehensive review and analysis of research in the area of motor skills which bears upon the teaching of physical education activities. (3 cr) (Sp)

PEP 6900. Independent Study. Student conducts independent projects under direction of one or more professors. Provides student with opportunity for individualized study. (1-3 cr) (F,Sp,Su) ®

PEP 6910. Independent Research. Allows graduate students to pursue personal research interests by formalizing an independent project under the guidance of a graduate professor. (1-3 cr) (F,Sp,Su)

PEP 6960. Master's Project. Allows students opportunity to develop creative and applicable educational project. (3 cr) (F,Sp,Su)

PEP 6970. Thesis. (1-9 cr) (F,Sp,Su) ®

PEP 6990. Continuing Graduate Advisement. Provides graduate students with continued support and advisement. Usually taken following completion of all coursework required for the degree. (1-9 cr) (F,Sp,Su) ®

PEP 7550. Practicum in the Evaluation of Instruction. Field-based experience involving supervision of student teachers in Department of Health, Physical Education and Recreation. (1-6 cr) (F,Sp,Su) ®

Parks and Recreation Professional Courses (PRP)

PRP 1000. Introduction to Parks and Recreation. Introduces the role of leisure recreation and parks in society. Discusses history, trends, issues, and values in society. Describes public and private agencies providing recreation. (2 cr) (F,Sp)

PRP 1500. Social Recreation Leadership. Information and practical experience in the organization and management of social recreation activities. Planning, programming, and evaluation techniques given for a variety of age groups. (3 cr) (F)

PRP 2250. Introductory Cooperative Work Experience. An introductory-level educational work experience in a cooperative education or business position as approved by the department. Repeatable for up to 6 credits. (1-6 cr) (F,Sp,Su) ®

PRP 2500. Outdoor Recreation Management. Explores philosophy, meaning, and value of outdoor recreation in society. Gives management agency overview. Emphasizes organizing and leading outdoor recreation pursuits. (3 cr) (Sp)

PRP 3000. Recreation Programming. Studies recreation programming, including methods, models, and classification. Also includes analysis of activities, organizational structures, and evaluation techniques. (3 cr) (Sp)

PRP 3100. Leisure and Aging. Examines relevance of leisure as a means of enhancing the quality of life for the aging person. Topics include retirement; physical, social, psychological, and emotional changes; and leisure programming considerations. (2 cr)

PRP 3500 (CI). Community Recreation Administration. Examines community recreation organization with emphasis on administrative skills and functions, including budgeting, personnel management, and grantsmanship. Prerequisites: PRP 1000 and 3000. (3 cr) (F)

PRP 3750. Commercial Recreation and Tourism. Examines history, organization, and management of commercial recreation and tourism enterprises. Studies entrepreneurship, feasibility, marketing, and management of projects. (3 cr) (F)

PRP 3900. Introduction of Therapeutic Recreation for Diverse Populations. Explores characteristics, behaviors, and programming techniques used to meet recreational needs of varied population groups and all degrees of disabilities. (4 cr) (F)

PRP 4000. Therapeutic Recreation. Examines special population groups served by recreation, including institutional procedures, clinical application, and activity programming. Prerequisite: PRP 3900. (3 cr) (Sp)

PRP 4200. Advanced Therapeutic Recreation. Examines current trends and issues in therapeutic recreation and how they affect the therapeutic recreation profession. Instruction in licensing requirements for eligibility for TRT and TRS licensure and certification. Prerequisite: PRP 4000. (3 cr) (F)

PRP 4250. Advanced Cooperative Work Experience. Cooperative education work experience with increased levels of complexity, wherein students gain a more professional level of experience as they advance toward completion of the program. (1-12 cr) (F,Sp,Su) ®

PRP 4280. Challenge Initiative Training. Introduction to standard techniques of conducting low and high ropes course programs. Areas of training include program development, risk management, and technical training on USU's High Ropes Course. Students receive a Certificate of Training. (3 cr) (F,Sp)

PRP 4300. Legal Aspects of Recreation and Leisure. Focuses on legal aspects of recreation and park programs, management, and administration. Provides basic knowledge and understanding of risk management process, legal terms, and their application. Prerequisites: PRP 1000, 2250, 3000. (3 cr) (F)

PRP 4400. Recreation Park and Facility Management. Studies recreation park and facility management, including examination of supply, demand, population, maintenance, and safety in developing appropriate areas and facilities for parks. (3 cr) (F)

PRP 4700. Internship Seminar. In preparation for PRP 4750, students identify internships and prepare written materials and objectives for internship assignment. (1 cr) (F,Sp)

PRP 4750. Recreation Internship. Practical, off-campus management experience with cooperating parks and recreation agency. Prerequisites: PRP 1000, 2250, 3000, 4700. (9 cr) (F,Sp,Su)

PRP 4970H. Honors Senior Thesis. Culminating experience within the department for honors students. Student works closely with faculty mentor in an extensive project in the student's area of interest. (1-6 cr) (F,Sp,Su)

PRP 5000 (CI). Seminar in Recreation. Student analysis, papers, and presentations of current issues and problems in recreation. Includes discussions with professionals and development of resume. Prerequisites: PRP 1500, 2250, 2500, 3500, 3750, 3900, 4000, 4400. (3 cr) (F,Sp)

PRP 5900. Independent Study. Students work on special projects and research out of the classroom, with approval and guidance of instructor. (1-3 cr) (F,Sp,Su) ®

PRP 5910. Independent Research. (1-3 cr) (F,Sp,Su) ®

Physical Education Activity Courses (PE)

PE 1000. Skiing. Alpine ski instruction for all students. Offered for beginning, intermediate, and advanced levels. Focuses on knowledge, techniques, equipment, and safety necessary for participating in and enjoying alpine skiing. (1 cr) (Sp) ®

PE 1020. Cross Country Skiing. Focuses on knowledge, techniques, equipment, and safety necessary to participate in and enjoy winter recreational activities, including cross country ski touring and snowshoeing. (1 cr) (Sp) ®

PE 1100. Basketball. Designed to help the recreational player become more familiar with the basic skills involved in the game of basketball. During the course, games and/or a "mini" tournament will be played. (1 cr) (Sp) ®

PE 1110. Flag Football. Designed to help students develop and understand the skills and strategies of recreational flag football through active participation. (1 cr) (F) ®

PE 1120. Soccer. Designed to help students develop and understand the skills and strategies of soccer through active participation in drills and games. (1 cr) (F,Sp) ®

PE 1130. Softball. Designed to help students develop and understand the skills and strategies of recreational softball through active participation. (1 cr) (Sp) ®

PE 1140. Ultimate Frisbee. Designed to enhance each student's skills and abilities in ultimate frisbee. Emphasizes cardiovascular and muscular fitness. Course is progressive, with increase in intensity as the individual improves abilities. (1 cr) (F,Sp) ®

PE 1150. Volleyball. Designed to help students enhance their basic volleyball skills and enjoyment of the game through active participation. (1 cr) (F,Sp) ®

PE 1200. Badminton. Through active participation, students learn basic skills, rules, and strategies of singles and doubles badminton. (1 cr) (F,Sp) ®

PE 1210. Cycling. Conditioning class emphasizing training. Introduction to road safety principles, various riding techniques, and cycle maintenance. Sections of road and mountain cycling offered. (1 cr) (F,Sp,Su) ®

PE 1220. Golf. Designed for the beginning and novice golfer. Basics of individual grip, set-up, posture, and swing. Includes putting, chipping, weight transfer, and balance. (1 cr) (F,Sp,Su) ®

PE 1230. Gymnastics. Designed to enhance current abilities and teach skills according to the individual student's abilities. Skills taught through drill work and lecture. (1 cr) (F,Sp,Su) ®

PE 1240. Racquetball. Designed to help students understand the general rules and strategies of racquetball, improve competitive skills, and play safely and effectively. (1 cr) (F,Sp) ®

PE 1250. Tennis. Designed for students desiring a basic understanding of tennis. Improvement of skills and strategies through active participation in drills and games. Both beginning and intermediate level sections offered. (1 cr) (F,Sp,Su) ®

PE 1260. Billiards. Designed to develop basic knowledge and concepts for playing a variety of games. Focuses on stroke mechanics, shot selection, and strategy. (1 cr) (F,Sp,Su) ®

PE 1270. Bowling. Provides students with the knowledge, skills, and strategies for successful participation and enjoyment. (1 cr) (F,Sp,Su) ®

PE 1280. Fly Fishing. Provides students with the opportunity to develop the skills, knowledge, and strategies for successful participation and enjoyment. (1 cr) (F,Sp,Su) ®

PE 1300. Jog/Walk. Provides students with opportunity to achieve and maintain personal fitness through jogging and/or walking. (1 cr) (F,Sp,Su) ®

PE 1310. Conditioning. Designed to improve overall flexibility, strength, and endurance capacity of the body. (1 cr) (F,Sp) ®

PE 1320. Weight Training. Demonstration of proper weight training techniques. Helps students understand basic concepts related to weight training, in order to gain strength, improve muscle tone, and start or continue a healthy lifestyle. (1 cr) (F,Sp,Su) ®

PE 1330. Aerobics. Fitness program, primarily designed to improve cardiovascular fitness, muscular endurance, and flexibility. (1 cr) (F,Sp) ®

PE 1340. Spinning. Intense cardiovascular conditioning class performed on stationary bikes. (1 cr) (F,Sp) ®

PE 1350. Water Aerobics. Provides students with opportunity to maintain personal fitness, with an emphasis on non-weight-bearing cardiovascular activity in water. (1 cr) (F,Sp) ®

PE 1400. Swimming. Designed for swimmers and nonswimmers desiring to improve swimming skills and enhance cardiovascular and muscular fitness. Emphasizes swimming safety and enjoyment in a variety of water activities. Beginning, intermediate, and lap swim sections offered. (1 cr) (F,Sp,Su) ®

PE 1500. Self-Defense. Covers skill development in terms of defensive capability, environment assessment, situation management, and the legal ramifications of the use of force. Available to the general University student body. (1 cr) (F,Sp,Su) ®

PE 1510. Fencing. Introduction to basic techniques of fencing. (1 cr) (F,Sp,Su) ®

PE 1620. Hiking. Provides skills and knowledge in hiking, with an emphasis on leave no trace techniques and safe operations in an outdoor environment. (1 cr) (F,Sp,Su) ®

PE 1630. Orienteering. Provides skills and knowledge in the fundamentals of orienteering with an emphasis on wilderness travel techniques and safety in the outdoors. (1 cr) (F,Sp,Su) ®

PE 1640. Rock Climbing: Basic. Provides skills and knowledge in basic rock climbing, teaching safe judgment and proper techniques in a climbing gym. (1 cr) (F,Sp,Su) ®

PE 1650. Outdoor Survival. Provides skills and knowledge in the fundamentals of outdoor survival and developing a wilderness ethic to allow for safe participation in wilderness activities. (1 cr) (F,Sp,Su) ®

PE 1670. Wilderness First Aid. Provides outdoor leaders with an introduction to wilderness first aid. Upon completion of course, students may receive a two-year wilderness first aid certification. (1 cr) (F,Sp,Su) ®

PE 1690. National Outdoor Leadership School Course. Provides students with the opportunity to earn USU credit for attending National Outdoor Leadership (NOLS) courses. (3-18 cr) (F,Sp,Su) ®

PE 1740. Sailing. Provides skills and knowledge in the fundamentals of sailing and water safety. (1 cr) (F,Sp,Su) ®

PE 1810. Winter Exploration. Provides skills and knowledge for safe winter camping using backpacking equipment. Assists in the development of high outdoor ethics. (1 cr) (F,Sp) ®

PE 1820. Snowshoeing. Provides skills and knowledge of snowshoeing, with an emphasis on leave no trace techniques and development of safe winter activity skills. (1 cr) (F,Sp) ®

PE 1830. Yurt Camping. Provides skills and knowledge for safe winter camping using a yurt for shelter. Assists in the development of high outdoor ethics. (1 cr) (F,Sp) ®

PE 1840. Ice Skating. Teaches basic, intermediate, conditioning, and competitive skill development. (1 cr) (F,Sp,Su) ®

PE 1850. Skating. Teaches basic and intermediate skating skills, as well as conditioning and competitive skill development. Develops artistic, hockey, speed, in-line, boarding, and social skills. (1 cr) (F,Sp,Su) ®

PE 1900. Dance. Designed to help students enhance their basic skills and enjoyment of dance through the following forms: jazz, modern, ballet, ballroom, social, Latin, western swing, etc. (1 cr) (F,Sp) ®

PE 2000. Personal Instruction and Conditioning. Designed for students and prospective members of varsity teams, as well as for the student/athlete requiring a personalized program. (1 cr) (F,Sp,Su) ®

PE 2010. Varsity Cross Country. Designed to meet the needs of varsity student/athletes in cross country. (1 cr) (F) ®

PE 2020. Varsity Football. Designed to meet the needs of varsity student/athletes in football. (1 cr) (F) ®

PE 2030. Varsity Soccer. Designed to meet the needs of varsity student/athletes in soccer. (1 cr) (F) ®

PE 2040. Varsity Volleyball. Designed to meet the needs of varsity student/athletes in volleyball. (1 cr) (F) ®

PE 2050. Varsity Indoor Track and Field. Designed to meet the needs of varsity student/athletes in indoor track and field. (1 cr) (Sp) ®

PE 2060. Varsity Basketball. Designed to meet the needs of varsity student/athletes in basketball. (1 cr) (Sp) ®

PE 2070. Varsity Gymnastics. Designed to meet the needs of varsity student/athletes in gymnastics. (1 cr) (Sp) ®

PE 2080. Varsity Track and Field. Designed to meet the needs of varsity student/athletes in track and field. (1 cr) (Sp) ®

PE 2090. Varsity Softball. Designed to meet the needs of varsity student/athletes in softball. (1 cr) (Sp) ®

PE 2100. Varsity Golf. Designed to meet the needs of varsity student/athletes in golf. (1 cr) (F,Sp) ®

PE 2110. Varsity Tennis. Designed to meet the needs of varsity student/athletes in tennis. (1 cr) (F,Sp) ®

PE 2120. Varsity Weight Training. Designed for varsity athletes. Emphasizes strength development. (1 cr) (F,Sp,Su) ®

PE 3000. Dynamic Fitness. Designed to develop positive health practices in the areas of physical activity, diet, rest, and relaxation of living through classroom, laboratory, and activity experiences. (3 cr) (F,Sp,Su) ®

PE 4000. Lifeguard Training. Designed to prepare students as pool or nonsurf open water lifeguards. Presents knowledge and skills necessary for lifeguard functions. American Red Cross certification available. (2 cr) (F,Sp) ®

PE 4050. Water Safety Instructor. Attention given to methods of teaching swimming and lifesaving. Presents knowledge and skills necessary for lifeguard functions. American Red Cross certification available. Offered through Evening School. (2 cr) (F,Sp) ®

PE 4100. Scuba Diving. Designed to prepare students for underwater diving. Students will be introduced to all of the equipment and safety techniques set out by the Professional Association of Diving Instructors (PADI), which is the world's largest and most popular diver training organization. PADI Certification is available through this course. (1 cr) (F,Sp,Su) ®

PE 4200. Athletic Transition. Life skills course designed to meet the needs of fourth and fifth year student athletes. Provides personal and career assistance. (2 cr) (F,Sp)

Dance West Summer Classes (DE)

DE 1700W. Jazz. Provides training and experience in the styles of jazz, one of the popular forms of American dance. (1 cr) (Su) ®

DE 1800W. Dance West Performance. Students will learn dances to be performed in "The West: America's Odyssey." Prerequisite: Audition. (1-3 cr) (Su) ®

DE 1840W. Beginning Classical Ballet. A discipline in recognized classic form. Includes barre exercises, port de bras, and center practice in balance, jumping, and turns. (2 cr) (Su) ®

DE 1870W. Beginning Classical Modern Dance. Designed to develop coordination, ease, and poise in handling the body. Focuses on dance as an art using the body as a medium of expression. (2 cr) (Su) ®

DE 2850W. Intermediate Classical Ballet. Barre exercises, port de bras, and center practice in balance, jumps, beats, and turns with more emphasis on exactness and

precision of line. Prerequisite: One year of ballet or permission of instructor. (2 cr) (Su) ®

DE 2880W. Intermediate Classical Modern Dance. Stresses alignment of the skeletal structure, freedom and movement of the torso, and technical work enabling the dancer to secure the natural axis of balance. Prerequisite: One year modern dance or permission of instructor. (2 cr) (Su) ®

DE 3800W. Advanced Ballet. Pointe and Pas de Deux. Intensified center floor work concentrating on longer adagio and allegro combinations. Prerequisite: Five years of ballet or permission of instructor. (3 cr) (Su) ®

DE 4500W. American Character Ballet. History through movement from seventeenth century European dance through contemporary styles. (3 cr) (Su) ®

¹Parenthetical numbers preceded by *d* indicate a *dual* listing.

²This class is not taught on a regular basis. See department for further information.

® Repeatable for credit. Check with major department for limitations on number of credits that can be counted for graduation.

© This course is also offered by correspondence through Continuing Education Independent and Distance Education.