

Health, Physical Education and Recreation

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Undergraduate Academic Advisors:

Health Education Specialist Major and Parks and Recreation Major: Mary Lou Reynolds, HPER 111B,
(435) 797-1278, reynolds@cc.usu.edu

Physical Education Major: Suzanne D. Stones, HPER 111C,
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(**Note:** During the summer months, the advisor for the Physical Education Major is Mary Lou Reynolds.)

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, creativity, and expression. Students may also achieve and maintain a high level of personal fitness and adopt a proactive lifestyle 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 leadership 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, 2010, MATH 1050 or STAT 1040 (or higher), Breadth Physical Sciences, FCHD 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, 3600, 4200, 5100. 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; NFS 4480; PSY 2800 (prerequisite: STAT 1040); PUBH 5010, 5020. 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; FCHD 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*: FCHD 3100; HEP 5000; JCOM 2300; MHR 3820; POLS 3810; PUBH 3120, 3310; SPCH 2600, 3250; SW 2400, 3750.

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: FCHD 1500; HEP 3100, 4500; and the 35-credit professional education framework for secondary teacher preparation. (HEP 4400 is included in the professional education framework.)

School Health Minor. The School Health minor requires a total of 32 credit hours. Required courses include: BIOL 2000 or 2010; FCHD 1500; HEP 2000, 2500, 3000, 3100, 3200, 4500, 5100; NFS 1020. (HEP 4400 is included in the professional education 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, therapeutic, 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 51 credits. The following courses are required: PRP 1000, 2500, 3000, 3100, 3500, 3750, 3900, 4000, 4300, 4400, 4700, 4750, 5000; BIS 1400 or INST 5400. In addition, the student must choose 6 credits from the following courses: LAEP 1030; ENV5 4130, 4500, 4600; HEP 2000, 3400; PRP 1500, 4200; up to 3 credits in three different 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; FCHD 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 3100, 3900, 4000, 4300, and ENV5 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. 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 Minor. The Physical Education Coaching minor requires 24 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 and 4500. 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 and Human Services distributes scholarship applications beginning in January of each academic year. For information on those scholarships awarded by the HPER Department, visit the departmental office in HPER 122.

Graduate Programs

Please refer to the general admission requirements on pages 90-91 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 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; 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: FCHD 6020, 6060; FCSE 6210; HEP 6300, 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, Physical Education and Recreation Faculty

Professors

Richard D. Gordin, Jr., motor learning, sport psychology

Craig W. Kelsey, parks and recreation

Professors Emeritus

Lanny J. Nalder, corporate wellness, exercise physiology, preventive and post-coronary exercise rehabilitation

Robert E. Sorenson, health and wellness, stress management

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

Arthur R. Jones, recreation administration

John M. Kras, administration, history, philosophy and sociology of sport

Dennis A. Nelson, family recreation, multicultural education, recreation programming

Rolayne Wilson, elementary physical education

Nontenure Assistant Professors

Eadric Bressel, biomechanics

Brett Holt, education pedagogy

Phillip Waite, community health, therapeutic reminiscence, worksite health promotion, program evaluation

Senior Lecturers

Delphine C. Haberstick, school health education, holistic health

Peter J. Mathesius, conditioning, sport skills, and teaching methods

Course Descriptions

Health Education Professional (HEP), pages 408-409

Physical Education Professional (PEP), pages 454-456

Parks and Recreation Professional (PRP), page 466

Physical Education Activity (PE), pages 452-454

Dance West Summer Classes (DE), page 375