

Department of Health, Physical Education and Recreation

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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, Sports Medicine, 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.

Undergraduate Research Opportunities

Undergraduate students interested in health, physical education and recreation research are encouraged to assist faculty members with grant writing, data collection, data analysis, and report writing. Additionally, students can assist faculty members with submissions of scholarly presentations and articles, as needed.

Departmental Admission Requirements

Health Education Specialist Major 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 major. Students must formally apply to the School Health minor. Pre-minor coursework must be completed before application to the school health minor.

Pre-minor coursework for the School Health minor includes:

BIOL 2320 Human Anatomy (Sp,Su) (4 cr) or	
BIOL 2420 Human Physiology (F,Sp,Su) (4 cr).....	4
ENGL 1010 (CL1) Introduction to Writing: Academic Prose (F,Sp,Su) .	3
HEP 2500 Health and Wellness (F,Sp,Su)	2
MATH 1050 (QL) College Algebra (F,Sp,Su) (4 cr) or	
STAT 1040 (QL) Introduction to Statistics (F,Sp,Su)	
(or higher) (3 cr)	3 or 4
NFS 1020 (BLS) Science and Application of Human Nutrition	
(F,Sp,Su)	3

For application materials and deadlines, contact the HPER Department Main Office (PE 122).

Physical Education Major 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 with a teaching or exercise science emphasis. The pre-physical therapy emphasis requires a 3.0 GPA. A 2.75 total GPA is required for the Physical Education Coaching minor.

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

The HPER Department offers a program of study leading to a Bachelor of Science degree in Health Education. The program offers two emphasis areas. The **community health** emphasis prepares students to work in state and local health departments, clinical settings, nonprofit health organizations, wellness centers, and private industry. Students in the **school health** emphasis earn a teaching license upon graduation and will primarily teach health courses in middle and high schools. All Health Education Specialist majors will be well-prepared to sit for the nationally recognized Certified Health Education Specialist exam.

A. Core Requirements (30 credits)

The following courses are required for all students in **both** the School Health Emphasis *and* the Community Health Emphasis. A grade of C- or higher is required in all HEP courses.

HEP 2000 First Aid and Emergency Care (F,Sp,Su)	2
HEP 2500 Health and Wellness (F,Sp,Su)	2
HEP 3000 Drugs and Human Behavior (F,Su)	3
HEP 3200 Consumer Health (F,Su).....	3
HEP 3600 (CI) Introduction to Community Health (F)	3
HEP 4200 (QI)² Planning and Evaluation for Health Education (F).....	3
HEP 5000 (CI)^{8,11} Race, Culture, Class, and Gender	
Issues in Health (Sp)	3

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BIOL 2320 Human Anatomy (Sp,Su)	4
BIOL 2420 Human Physiology (F,Sp,Su)	4
NFS 1020 (BLS) Science and Application of Human Nutrition (F,Sp,Su)	3

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 (72 credits)

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, as well as 6 credits selected from the list of elective courses.

A. Required Professional Core (36 credits)

HEP 3900 ²⁷ Social Marketing in Health Education (Sp)	3
HEP 4100 ⁹ Foundations of Community Health (Sp)	3
HEP 4400 ²² Creative Methods in Teaching Health Education (F,Sp)	3
HEP 4600 ¹⁰ Field Work in Health Education (F,Sp,Su)	9
HEP 5300 ²⁶ Grant Proposal Writing (Sp)	3
INST 5205 Computer Applications for Instruction and Training (F,Sp,Su)	3
NFS 4480 Community Nutrition (F)	3
PSY 2800 (QI) ¹² Psychological Statistics (F,Sp)	3
PUBH 4030 ¹³ Communicable Disease Control (F)	3
PUBH 4040 ¹⁴ Fundamentals of Epidemiology (Sp)	3

B. Elective Courses (select 6 credits)

Students must complete 6 credits of elective courses, taking at least one course from two of the following three areas:

Human Nature

ANTH 3110 North American Indian Cultures (F)	3
ANTH 4230 (DSS) ⁸ Medical Anthropology: Matter, Culture, Spirit, and Health (Sp)	3
FCHD 1500 (BSS) ⁸ Human Development Across the Lifespan (F,Sp) ..	3
FCHD 3110 ¹⁶ Human Sexuality (F,Su)	3
FCHD 3530 ¹ Adolescence (F,Sp)	3
PSY 1010 (BSS) ⁸ General Psychology (F,Sp,Su)	3
PSY 1100 ¹⁵ Developmental Psychology: Infancy and Childhood (F,Sp)	3
PSY 1210 ¹⁵ Psychology of Human Adjustment (F,Sp)	3
PSY 4240 (DSS) ^{8,15} Multicultural Psychology (F)	3
SOC 3010 Social Inequality (F,Sp)	3
SOC 3330 Medical Sociology (F)	3
SOC 4370 Sociology of Gender (F)	3
SW 2100 ¹⁷ Human Behavior in the Social Environment (Sp)	3

Content and Methods in Education

OSS 1400 ¹⁹ Microcomputer Applications	3
OSS 1550 (CI) ⁸ Business Correspondence	3
HEP 3100 ²² School Health Programs (F)	3
HEP 3400 Stress Management (F,Sp)	3
HEP 3500 Elementary School Health Education (F,Sp)	2
HEP 4500 ²² Sexuality Education Within the Schools (Sp)	3
HEP 5700 Special Topics in Health (Arr)	1-3
JCOM 1130 ²⁰ Beginning Newswriting for the Mass Media (F,Sp,Su) ..	3
JCOM 2220 ²¹ Introduction to Video Media (F,Sp)	3
NFS 2020 ²³ Nutrition Throughout the Life Cycle (Sp)	3

PEP 4100 (CI) ²⁴ Exercise Physiology (F,Sp,Su)	4
SOC 3750 Sociology of Aging (F)	3
SPCH 1020 (CI) ⁸ Public Speaking (F,Sp)	3

Organizational Dynamics in the Family and Community

FCHD 3100 ¹⁶ Abuse and Neglect in Family Context (F,Sp)	3
JCOM 2300 Introduction to Public Relations (F,Sp)	3
MGT 3110 (DSS) Managing Organizations and People (F,Sp,Su)	3
MGT 3820 (DSS) ⁸ International Management (F,Sp)	3
POLS 3810 (DSS) ⁸ Introduction to Public Policy (F)	3
PUBH 3120 Family and Community Health (Sp)	3
PUBH 3310 ²⁵ Occupational Health and Safety (F)	3
SPCH 2110 (CI) ⁸ Interpersonal Communication (F,Sp)	3
SPCH 3250 (CI) ⁸ Organizational Communication (F)	3
SW 2400 ¹⁷ Social Work with Diverse Populations (Sp)	3
SW 3750 ¹⁸ Medical Social Services	3

School Health Emphasis (74 credits)

(only for students desiring teacher licensure)

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 Secondary Education Program of the School of Teacher Education and Leadership (TEAL). 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 School Health Education 9-credit core, and the Secondary Education 35-credit core.

Note: Students must be formally accepted into the School Health Emphasis before enrolling for School Health Core Courses.

A. Required School Health Core (9 credits)

FCHD 1500 (BSS) ⁸ Human Development Across the Lifespan (F,Sp) ..	3
HEP 3100 ⁵ School Health Programs (F)	3
HEP 4500 ⁵ Sexuality Education Within the Schools (Sp)	3

B. Secondary Teacher Education Program (STEP) (35 credits)

Level 1 (15-week courses)³

INST 3500 Technology Tools for Secondary Teachers (F,Sp,Su)	1
SCED 3100 Motivation and Classroom Management (F,Sp)	3
SCED 3210 (CI/DSS) Educational and Multicultural Foundations (F,Sp)	3
HEP 3300 ⁵ Clinical Experience I (or minor Clinical Experience I) (F,Sp)	1
HEP 4400 ⁷ Creative Methods in Teaching Health Education (F,Sp) (3 cr) or Minor Special Methods Course (3 cr)	3

Level 2 (15-week courses)⁴

SPED 4000 Education of Exceptional Individuals (may be taken anytime) (F,Sp,Su)	2
SCED 4200 (CI) Reading, Writing, and Technology (F,Sp)	3
SCED 4210 Cognition and Evaluation of Student Learning (F,Sp) ..	3
HEP 4300 ⁵ Clinical Experience II (or minor Clinical Experience II) (F,Sp)	1
HEP 4400 ⁷ Creative Methods in Teaching Health Education (F,Sp) (3 cr) or Minor Special Methods Course (3 cr)	3

Level 3 (includes 13 weeks of student teaching and 2 weeks of Student Teaching Seminar)⁶

HEP 5500 ⁵ Student Teaching Seminar (2 weeks) (F,Sp)	2
HEP 5630 ⁵ Student Teaching (13 weeks) (F,Sp)	10

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School Health Minor (33 credits)

Note: This is an approved teaching minor through the Secondary Education Program of the School of TEAL. Students must be formally accepted into the School Health minor before enrolling for the School Health Education Core Courses. Students completing this minor *must* have a teaching major. Applications for the minor are available from the HPER Department. Prior to admission to the minor, the following courses must be completed: ENGL 1010, BIOL 2320 or 2420, HEP 2500, MATH 1050 or STAT 1040 (or higher), and NFS 1020. A grade of C- or higher is required in all HEP courses.

FCHD 1500 (BSS) ⁸ Human Development Across the Lifespan (F,Sp).....	3
HEP 2000 First Aid and Emergency Care (F,Sp,Su)	2
HEP 2500 Health and Wellness (F,Sp,Su)	2
HEP 3000 Drugs and Human Behavior (F,Su)	3
HEP 3100 ⁵ School Health Programs (F)	3
HEP 3200 Consumer Health (F,Su).....	3
HEP 3300 ⁵ Clinical Experience I (F,Sp) (1 cr) or	
HEP 4300 ⁵ Clinical Experience II (F,Sp) (1 cr)	1
HEP 4400 ⁵ Creative Methods in Teaching Health Education (F,Sp).....	3
HEP 4500 ⁵ Sexuality Education within the Schools (Sp).....	3
HEP 5000 (CI) ^{8,11} Race, Culture, Class, and Gender	
Issues in Health (Sp)	3
BIOL 2320 Human Anatomy (Sp,Su) (4 cr) or	
BIOL 2420 Human Physiology (F,Sp,Su) (4 cr).....	4
NFS 1020 (BLS) Science and Application of Human Nutrition	
(F,Sp,Su)	3

¹Prerequisites: Junior standing and FCHD 1500.

²Prerequisites: HEP 3600; and STAT 1040 or MATH 1030 (or higher). HEP 3100 or 4100 is recommended prior to taking this course. Senior standing is also recommended.

³Prerequisite: Admittance to teacher education program.

⁴Prerequisite: Admission to teacher education program and completion of level 1.

⁵Prerequisite: Formal acceptance into the School Health emphasis or School Health minor.

⁶Prerequisite: Completion of Levels 1 and 2: Student Teaching Placement.

⁷Students in the School Health emphasis must receive formal acceptance into the emphasis prior to taking HEP 4400. During the level in which HEP 4400 is not taken (either Level 1 or Level 2), students should complete a minor special methods course.

⁸Course approved for University Studies credit.

⁹Prerequisite: HEP 2500.

¹⁰Prerequisites: HEP 3600, 4100, and consent of instructor.

¹¹Prerequisite: Junior standing (or higher).

¹²Prerequisite: STAT 1040 (or higher).

¹³It is recommended that BIOL 2060 or 3300; or BIOL 2320 and 2420 be completed prior to taking PUBH 4030.

¹⁴It is recommended that a course in statistics, such as STAT 3000 or PSY 2800, and PUBH 4030 be completed prior to taking PUBH 4040.

¹⁵Prerequisite: PSY 1010.

¹⁶Prerequisites: FCHD 1500, 2400.

¹⁷Prerequisite: SW 1010.

¹⁸Prerequisites: SW 1010, 2100, 2400.

¹⁹Prerequisite: Ability to keyboard at 25 wpm minimum.

²⁰Prerequisites: CL1 fulfillment, English Proficiency Test, typing test, passing scores on CIL exams, and permission of Department of Journalism and Communication.

²¹Prerequisites: Minimum grades of C+ in JCOM 1130, 1500, and 2010.

²²Prerequisite: Consent of instructor for students not in the School Health emphasis or the School Health minor.

²³Prerequisite: NFS 1020.

²⁴Prerequisites: BIOL 2320, 2420; and MATH 1050 or ACT score of 25 or higher.

²⁵Prerequisite: CHEM 1220.

²⁶Prerequisites: HEP 2500, CL2 fulfillment, and passing score on Computer and Information Literacy (CIL) exam.

²⁷Prerequisites: HEP 2500 and passing score on Computer and Information Literacy (CIL) exam.

Parks and Recreation Major (51 credits)

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. A 2.5 total GPA is required for graduation.

A. Parks and Recreation Core Courses (42 credits)

PRP 1000 Introduction to Recreation Services (F,Sp).....	3
PRP 3000 Designing Recreation Experiences (F,Sp)	3
PRP 3025 ²⁸ Techniques of Experiential Recreation (F).....	3
PRP 3050 ²⁹ Evaluation of Recreation Services (F)	3
PRP 3075 ³⁰ Applications of Experiential Recreation (Sp).....	3
PRP 3900 ³¹ Diverse Populations (F)	3
PRP 4100 (CI) ³² History of Leisure (Sp).....	3
PRP 4500 ³³ Management of Recreation Services I (F).....	3
PRP 4550 ³⁴ Management of Recreation Services II (Sp).....	3
PRP 4700 ³⁵ Pre-Internship Seminar (F)	3
PRP 4725 (CI) ³⁶ Senior Seminar (Sp)	3
PRP 4750 ³⁷ Internship in Recreation Services (F,Sp,Su).....	6
INST 5205 Computer Applications for Instruction and Training	
(F,Sp,Su)	3

B. Electives (9 credits)

Select at least 9 credits from the following courses:

PRP 4250 Cooperative Work Experience (F,Sp,Su)	1-12
FCHD 1500 (BSS) Human Development Across	
the Lifespan (F,Sp)	3
HEP 2000 First Aid and Emergency Care (F,Sp,Su)	2
HEP 3400 Stress Management (F,Sp)	3
LAEP 1030 (BCA) Introduction to Landscape Architecture	
(F,Sp,Su)	3
SOC 3010 Social Inequality (F,Sp).....	3
ENVS 3300 Fundamentals of Recreation	
Resources Management (F).....	3
ENVS 4130 Recreation Policy and Planning (Sp).....	3
ENVS 4500 (CI) Wildland Recreation Behavior (F).....	3
ENVS 4600 Natural Resource Interpretation (F).....	3
Activity Courses in Physical Education	
(numbered PE 1000-2000).....	1-3

C. Additional Requirements

In addition to the above requirements for the major, students must complete a designated minor and 200 hours of documented work experience prior to enrolling in PRP 4750.

Parks and Recreation Minor

(for students not majoring in Parks and Recreation)

A. Required Courses (12 credits)

PRP 1000 Introduction to Recreation Services (F,Sp).....	3
PRP 3000 Designing Recreation Experiences (F,Sp)	3
PRP 3025 ²⁸ Techniques of Experiential Recreation (F).....	3
PRP 3050 ²⁹ Evaluation of Recreation Services (F)	3

B. Elective Courses (9 credits)

Select at least 9 credits from the following courses.

PRP 3075 ³⁰ Applications of Experiential Recreation (Sp).....	3
PRP 3900 ³¹ Diverse Populations (F)	3
PRP 4100 (CI) ³² History of Leisure (Sp).....	3
PRP 4250 Cooperative Work Experience (F,Sp,Su)	1-12
PRP 4500 ³³ Management of Recreation Services I (F).....	3
PRP 4550 ³⁴ Management of Recreation Services II (Sp).....	3
FCHD 1500 (BSS) Human Development Across	
the Lifespan (F,Sp)	3
HEP 2000 First Aid and Emergency Care (F,Sp,Su)	2
HEP 3400 Stress Management (F,Sp)	3
LAEP 1030 (BCA) Introduction to Landscape Architecture	
(F,Sp,Su)	3
SOC 3010 Social Inequality (F,Sp).....	3
ENVS 3300 Fundamentals of Recreation	
Resources Management (F).....	3

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ENVS 4130 Recreation Policy and Planning (Sp).....	3
ENVS 4500 (CI) Wildland Recreation Behavior (F).....	3
ENVS 4600 Natural Resource Interpretation (F).....	3
Activity Courses in Physical Education (numbered PE 1000-2000).....	1-3

²⁸Prerequisites: PRP 1000 and 3000.

²⁹Prerequisites: PRP 1000, 3000; and MATH 1030 or STAT 1040 or a higher MATH or STAT course. Can be taken concurrently with PRP 3025. (PRP 3050 is pending approval for a Quantitative Intensive [QI] University Studies designation.)

³⁰Prerequisites: PRP 1000, 3000, 3025, 3050, 4500, 4550. Can be taken concurrently with PRP 4550.

³¹Prerequisite: PRP 1000 (can be taken concurrently).

³²Prerequisite: PRP 1000 and fulfillment of Communications Literacy CL2 requirement.

³³Prerequisites: PRP 1000 and 3000.

³⁴Prerequisites: PRP 1000, 3000, and 4500.

³⁵Prerequisites: PRP1000, 3000, 3025, 3050, 3075, 3900, 4500. Can be taken concurrently with PRP 4500.

³⁶Prerequisites: PRP 1000, 3000, 3025, 3050, 3075, 3900, 4500, 4550. Can be taken concurrently with PRP 3075 and 4550. PRP 4725 is approved for a Communications Intensive (CI) University Studies designation.

³⁷Prerequisites: PRP 1000, 3000, 3025, 3050, 3075, 3900; 4100, 4500, 4550, 4700, 4725; INST 5205.

Physical Education Major: Exercise Science Emphasis (58 credits)

A 2.75 total GPA is required for graduation.

A. Prerequisites (12 credits)

BIOL 2320 Human Anatomy (Sp,Su).....	4
BIOL 2420 Human Physiology (F,Sp,Su).....	4
MATH 1050 (QL) ³⁸ College Algebra (F,Sp,Su).....	4

B. Professional Foundation (26 credits)

PEP 2000 Introduction and History of Physical Education (F,Sp).....	2
PEP 3000 Dynamic Fitness (F,Sp,Su).....	3
PEP 3100 Athletic Injuries (F,Sp).....	3
PEP 3250 Anatomical Kinesiology (Sp).....	3
PEP 4100 (CI) ^{39, 55} Exercise Physiology (F,Sp,Su).....	4
PEP 4200 (QI) ^{39, 54, 55} Biomechanics (F,Sp,Su).....	4
PEP 4400 (QI) ^{54, 55} Evaluation in Physical Education (F,Sp).....	3
PEP 5100 ⁵⁸ Fitness Assessment and Exercise Programs.....	4

C. Professional Development (17 credits)

HPER (7 credits minimum)

HEP 2000 First Aid and Emergency Care (F,Sp,Su).....	2
HEP 2500 Health and Wellness (F,Sp,Su).....	2
HEP 3200 Consumer Health (F,Su).....	3
HEP 3400 Stress Management (F,Sp).....	3
PEP 4000 Mental Aspects of Sports Performance (F,Sp,Su).....	3
PEP 5070 Sport Sociology (Sp).....	3
PEP 5430 (CI) ⁵³ The History and Philosophy of Physical Education (F).....	3

Biology (4 credits minimum, including lab)

BIOL 1010 (BLS) Biology and the Citizen (F,Sp,Su).....	3
BIOL 1020 Biological Discovery: A Lab Course (F,Sp).....	1
BIOL 1610 Biology I (F).....	4
BIOL 1620 (BLS) ⁴⁰ Biology II (Sp).....	4
BIOL 2060 Elementary Microbiology (F).....	4
BIOL 3060 (QI) ^{41, 54} Principles of Genetics (F,Sp,Su).....	4
BIOL 3300 ⁴² General Microbiology (F,Sp).....	4

Chemistry (3 credits minimum)

CHEM 1010 (BPS) Introduction to Chemistry (F,Sp).....	3
CHEM 1110 (BPS) ⁵⁷ General Chemistry I (F,Sp).....	4
CHEM 1115 ⁴⁴ General Chemistry Laboratory (F,Sp).....	1
CHEM 1120 (BPS) ⁴⁴ General Chemistry II (Sp).....	4

CHEM 1210 ⁴⁵ Principles of Chemistry I (F,Sp).....	4
CHEM 1215 ⁴⁶ Chemical Principles Laboratory I (F,Sp).....	1
CHEM 1220 (BPS) ⁴⁷ Principles of Chemistry II (F,Sp,Su).....	4
CHEM 1225 ⁴⁸ Chemical Principles Laboratory II (F,Sp).....	1

Integrated (3 credits minimum)

NFS 1020 (BLS) Science and Application of Human Nutrition (F,Sp,Su).....	3
NFS 3020 ⁴³ Nutrition and Physical Performance (F).....	2
PHYS 1100 (BPS) Great Ideas in Physics.....	3
PHYS 1200 (BPS) Introduction to Physics by Hands-on Exploration.....	4
PHYS 2110 ⁴⁹ The Physics of Living Systems I.....	4
PHYS 2120 (BPS) ⁵⁰ The Physics of Living Systems II.....	4
PSY 1010 (BSS) General Psychology (F,Sp,Su).....	3
PSY 2100 ⁵¹ Developmental Psychology: Adolescence (Sp).....	3
PSY 2800 (QI) ⁵² Psychological Statistics (F,Sp).....	3
PSY 3210 (DSS) Abnormal Psychology (F,Sp).....	3
STAT 1040 (QL) ⁵⁶ Introduction to Statistics (F,Sp,Su).....	3

D. Skill Development (3 credits)

Three different physical education activity courses, numbered from PE 1000 to PE 2120 (F,Sp,Su).....	3
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³⁸Math ACT score of at least 23, C or better in MATH 1010, or satisfactory AP calculus or Math Placement Test score is a prerequisite for this course.

³⁹BIOL 2320, 2420; and MATH 1050 or ACT score of 25 or higher are prerequisites for this course.

⁴⁰BIOL 1610 is a prerequisite for this course.

⁴¹BIOL 1610; and CHEM 1110 or 1210 are prerequisites for this course.

⁴²BIOL 1610 (with a grade of C- or better); and CHEM 1120 or 2300 or 2310 (may be taken concurrently) are prerequisites for this course.

⁴³NFS 1020 is a prerequisite for this course.

⁴⁴CHEM 1110 is a prerequisite for this course.

⁴⁵MATH 1050 or higher (may be taken concurrently), or Math ACT score of at least 25, is a prerequisite for this course.

⁴⁶CHEM 1210 must be taken previously or concurrently.

⁴⁷CHEM 1210 is a prerequisite for this course.

⁴⁸CHEM 1215 is a prerequisite for this course.

⁴⁹MATH 1100 or 1210 is a prerequisite for this course.

⁵⁰MATH 1100 or 1210, and PHYS 2110 are prerequisites for this course.

⁵¹PSY 1010 is a prerequisite for this course.

⁵²STAT 1040 is a prerequisite for this course.

⁵³This course is approved for Communications Intensive (CI) University Studies credit.

⁵⁴This course is approved for Quantitative Intensive (QI) University Studies credit.

⁵⁵Admission to the Physical Education Major is required prior to enrolling in this course.

⁵⁶Math ACT score of 23 or greater, or C or better in MATH 1010, or satisfactory score on Math Placement Test is a prerequisite for this course.

⁵⁷Math ACT score of at least 23, or MATH 1050 or higher (may be taken concurrently), is a prerequisite for this course.

⁵⁸PEP 4100 is a prerequisite for this course.

Physical Education Major: Pre-Physical Therapy Emphasis (76 credits)

Please note that it is the student's responsibility to check with the individual physical therapy schools concerning courses required for admission. Completion of Utah State University's Department of HPER Pre-Physical Therapy emphasis will *not guarantee* admission into physical therapy school. A 3.0 total GPA is required to graduate.

A. Prerequisites (15 credits)

BIOL 2320 Human Anatomy (Sp,Su).....	4
BIOL 2420 Human Physiology (F,Sp,Su).....	4
MATH 1050 (QL) ⁵⁹ College Algebra (F,Sp,Su).....	4
PSY 1010 (BSS) General Psychology (F,Sp,Su).....	3

B. Professional Foundations (30 credits)

PEP 2020 Introduction to Physical Therapy (F).....	2
PEP 3000 Dynamic Fitness (F,Sp,Su).....	3
PEP 3100 Athletic Injuries (F,Sp).....	3
PEP 3250 Anatomical Kinesiology (Sp).....	3
PEP 4100 (CI) ^{60, 75} Exercise Physiology (F,Sp,Su).....	4
PEP 4200 (QI) ^{60, 74, 75} Biomechanics (F,Sp,Su).....	4
PEP 4250 Advanced Cooperative Work Experience (F,Sp,Su).....	4

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PEP 4400 (QI) ^{74, 79} Evaluation in Physical Education (F,Sp)	3
PEP 5100 Fitness Assessment and Exercise Programs (prerequisite: PEP 4100) (F).....	4

C. Professional Development (30-31 credits)

Biology (4 credits minimum, including lab)

BIOL 1010 (BLS) Biology and the Citizen (F,Sp,Su).....	3
BIOL 1020 Biological Discovery: A Lab Course (F,Sp).....	1
BIOL 1610 Biology I (F).....	4
BIOL 1620 (BLS) ⁶¹ Biology II (Sp)	4
BIOL 3060 (QI) ^{62, 74} Principles of Genetics (F,Sp,Su).....	4
BIOL 3300 ⁶³ General Microbiology (F,Sp).....	4

Chemistry (9 credits minimum)

CHEM 1110 (BPS) ⁷⁶ General Chemistry I (F,Sp)	4
CHEM 1115 ⁷⁷ General Chemistry Laboratory (F,Sp).....	1
CHEM 1120 (BPS) ⁷⁸ General Chemistry II (Sp).....	4
Or	
CHEM 1210 ⁶⁴ Principles of Chemistry I (F,Sp)	4
CHEM 1215 ⁶⁵ Chemical Principles Laboratory I (F,Sp).....	1
CHEM 1220 (BPS) ⁶⁶ Principles of Chemistry II (F,Sp,Su).....	4
CHEM 1225 ⁶⁷ Chemical Principles Laboratory II (F,Sp).....	1

Mathematics and Statistics (6 credits minimum)

Choose one course from the following:

MATH 1100 (QL) ⁶⁸ Calculus Techniques (higher-numbered course may be substituted) (F,Sp,Su).....	3
MATH 1210 (QL) ⁶⁸ Calculus I (F,Sp,Su).....	4

Choose one course from the following:

STAT 2000 (QI) ⁶⁹ Statistical Methods (F,Sp)	3
STAT 2300 (QL) ⁶⁹ Business Statistics (F,Sp,Su).....	4
STAT 3000 (QI) ⁷⁰ Statistics for Scientists (F,Sp,Su).....	3

Physics (8 credits minimum)

PHYS 2110 ⁷¹ The Physics of Living Systems I.....	4
PHYS 2120 (BPS) ⁷² The Physics of Living Systems II.....	4

Psychology (3 credits minimum)

PSY 1210 ⁷³ Psychology of Human Adjustment (F,Sp)	3
PSY 2100 ⁷³ Developmental Psychology: Adolescence (Sp)	3
PSY 3210 ⁷³ (DSS) Abnormal Psychology (F,Sp).....	3

⁵⁹Math ACT score of at least 23, C or better in MATH 1010, or satisfactory AP calculus or Math Placement Test score is a prerequisite for this course.

⁶⁰BIOL 2320, 2420; and MATH 1050 or ACT score of 25 or higher are prerequisites for this course.

⁶¹BIOL 1610 is a prerequisite for this course.

⁶²BIOL 1610; and CHEM 1110 or 1210 are prerequisites for this course.

⁶³BIOL 1610 (with a grade of C- or better); and CHEM 1120 or 2300 or 2310 (may be taken concurrently) are prerequisites for this course.

⁶⁴MATH 1050 (may be taken concurrently), or Math ACT score of at least 25, is a prerequisite for this course.

⁶⁵CHEM 1210 must be taken previously or concurrently.

⁶⁶CHEM 1210 is a prerequisite for this course.

⁶⁷CHEM 1215 is a prerequisite for this course.

⁶⁸C- or better in MATH 1050, or a Math ACT score of at least 25, is a prerequisite for MATH 1100; C- or better in MATH 1050 and 1060, or an AP Calculus score of at least 3 on the AB test or a Math ACT score of at least 27, are prerequisites for MATH 1210.

⁶⁹C- or better in MATH 1050 is a prerequisite for this course.

⁷⁰MATH 1100 or 1210 is a prerequisite for this course.

⁷¹MATH 1100 or 1210 is a prerequisite for this course.

⁷²MATH 1100 or 1210, and PHYS 2110 are prerequisites for this course.

⁷³PSY 1010 is a prerequisite for this course.

⁷⁴This course is approved for Quantitative Intensive (QI) University Studies credit.

⁷⁵Admission to the Physical Education Major is required prior to enrolling in this course.

⁷⁶Math ACT score of at least 23, or MATH 1050 or higher (may be taken concurrently), is a prerequisite for this course.

⁷⁷CHEM 1110 must be taken previously.

⁷⁸CHEM 1110 is a prerequisite for this course.

⁷⁹Enrollment in PEP 4400 is available *only* to students who have been accepted into the Physical Education major

Physical Education Major: Teaching Emphasis (K-12) (90 credits)

Students also need to complete a teaching minor. A 2.75 total GPA is required for graduation.

Note: This is an approved teaching major through the Secondary Education Program of the School of TEAL.

A. Prerequisites (17 credits)

BIOL 2320 Human Anatomy (Sp,Su)	4
BIOL 2420 Human Physiology (F,Sp,Su)	4
MATH 1050 (QL) ⁶⁰ College Algebra (F,Sp,Su)	4
HEP 2000 First Aid and Emergency Care (F,Sp,Su)	2
PEP 3000 Dynamic Fitness (F,Sp,Su).....	3

B. Skill Development (5 credits)

PEP 2100 Skills 1 (Swimming, Volleyball, Football) (F,Sp)	1
PEP 2200 Skills 2 (Noncompetitive Lifetime Activities) (F,Sp,Su)	1
PEP 2300 Skills 3 (Softball, Basketball, Soccer) (F,Sp)	1
PEP 2400 Skills 4 (Tennis, Badminton, Track and Field) (F,Sp).....	1
PEP 2500 Rhythms and Movement (F,Sp).....	1

C. Professional Development (11 credits)

PEP 2000 Introduction and History of Physical Education (F,Sp)	2
PEP 3050 Physical Education in the Elementary School (F,Sp,Su).....	3
PEP 3100 Athletic Injuries (F,Sp).....	3
PEP 3200 (CI) ^{87, 91} Motor Learning and Technology in Skill Analysis (F,Sp,Su).....	3

D. Methods of Teaching (3 credits)

PEP 3550 Strategies for Teaching Physical Education (F,Sp).....	3
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E. Professional Foundations (16 credits)

PEP 4000 Mental Aspects of Sports Performance (F,Sp,Su).....	3
PEP 4100 (CI) ^{81, 91} Exercise Physiology (F,Sp,Su).....	4
PEP 4200 (QI) ^{84, 90, 91} Biomechanics (F,Sp,Su).....	4
PEP 4350 Administration and Classroom Management of Physical Education (F,Sp)	2
PEP 4400 (QI) ⁹⁰ Evaluation in Physical Education (F,Sp).....	3

F. Methods of Coaching (3 credits)

PEP 4500 ⁸² Motivational Strategies for Physical Education and Coaching (Sp)	3
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G. Secondary Teacher Education Program (STEP) (35 credits)

Note: Acceptance into the STEP is required prior to enrolling in the courses listed below. Students must take a minor Special Methods Course and Clinical Experience, which may be completed during Level 1 or Level 2.

Level 1 (15-week courses)

INST 3500 Technology Tools for Secondary Teachers (F,Sp,Su).....	1
SCED 3100 Motivation and Classroom Management (F,Sp)	3
SCED 3210 (CI/DSS) Educational and Multicultural Foundations (F,Sp).....	3
Clinical Experience I (in minor) ⁸³	1
Methods of Teaching (in minor) ⁸⁴	3

Level 2 (15-week courses)

SPED 4000 Education of Exceptional Individuals (may be taken anytime) (F,Sp,Su).....	2
SCED 4200 (CI) Reading, Writing, and Technology (F,Sp)	3
SCED 4210 Cognition and Evaluation of Student Learning (F,Sp)	3
PEP 4300 ⁸⁵ Clinical Experience II (F,Sp).....	1
PEP 4900 (CI) ^{86, 87} Methods of Physical Education (F,Sp,Su).....	3

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Level 3 (includes 13 weeks of student teaching and 2 weeks of Student Teaching Seminar)

PEP 5500 ⁸⁸ Student Teaching Seminar (2 weeks) (F,Sp).....	2
PEP 5630 ⁸⁹ Student Teaching in Secondary Schools (13 weeks) (F,Sp)	10

⁸⁰Math ACT score of at least 23, C or better in MATH 1010, or satisfactory AP calculus or Math Placement Test score is a prerequisite for this course.

⁸¹BIOL 2320, 2420; and MATH 1050 or ACT score of 25 or higher are prerequisites for this course.

⁸²HEP 2000 (which may be taken concurrently) should be completed prior to taking this course.

⁸³Clinical Experience I is taught under course number 3300 in various departments. Must be taken concurrently with Methods of Teaching in minor.

⁸⁴Methods of Teaching courses are taught under various course numbers in various departments. Must be taken concurrently with Clinical Experience I in minor.

⁸⁵Must be taken concurrently with PEP 4900.

⁸⁶PEP 3550 is a prerequisite for this course.

⁸⁷This course is approved for Communications Intensive (CI) University Studies credit.

⁸⁸Must be taken concurrently with PEP 5630.

⁸⁹Must be taken concurrently with PEP 5500. Application for student teaching must be completed. Applications are available in EDUC 330.

⁹⁰This course is approved for Quantitative Intensive (QI) University Studies credit.

⁹¹Admission to the Physical Education Major is required prior to enrolling in this course.

Physical Education Coaching Minor

This minor requires 28 credits, plus 17 credits of prerequisites and the 35-credit Secondary Teacher Education Program (STEP).

A. Required Prerequisites (17 credits)

BIOL 2320 Human Anatomy (Sp,Su)	4
BIOL 2420 Human Physiology (F,Sp,Su)	4
MATH 1050 (QL) ⁹² College Algebra (F,Sp,Su)	4
HEP 2000 First Aid and Emergency Care (F,Sp,Su)	2
PEP 3000 Dynamic Fitness (F,Sp,Su)	3

B. Skill Development (select 3 credits)

PEP 2100 Skills 1 (Swimming, Volleyball, Football) (F,Sp)	1
PEP 2200 Skills 2 (Noncompetitive Lifetime Activities) (F,Sp,Su)	1
PEP 2300 Skills 3 (Softball, Basketball, Soccer) (F,Sp)	1
PEP 2400 Skills 4 (Tennis, Badminton, Track and Field) (F,Sp)	1
PEP 2500 Rhythms and Movement (F,Sp)	1

C. Professional Foundation (18 credits)

PEP 3100 Athletic Injuries (F,Sp)	3
PEP 3200 (CI) ^{95, 97} Motor Learning and Technology in Skill Analysis (F,Sp,Su)	3
PEP 4000 Mental Aspects of Sports Performance (F,Sp,Su)	3
PEP 4100 (CI) ^{93, 97} Exercise Physiology (F,Sp,Su)	4
PEP 4350 Administration and Classroom Management of Physical Education (F,Sp)	2
PEP 4400 (QI) ^{96, 97} Evaluation in Physical Education (F,Sp)	3

D. Methods of Teaching (3 credits)

PEP 3550 Strategies for Teaching Physical Education (F,Sp)	3
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E. Methods of Coaching (4 credits)

PEP 2050 Sport Rules and Regulations of the Utah High School Athletic Association (Sp)	1
PEP 4500 ⁹⁴ Motivational Strategies for Physical Education and Coaching (Sp)	3

F. Secondary Teacher Education Program (STEP) (35 credits)

PEP 4900, Methods of Physical Education, and PEP 3300, Clinical Experience I, should be taken as part of the STEP.

⁹²Math ACT score of at least 23, C or better in MATH 1010, or satisfactory AP calculus or Math Placement Test score is a prerequisite for this course.

⁹³BIOL 2320, 2420; and MATH 1050 or ACT score of 25 or higher are prerequisites for this course.

⁹⁴HEP 2000 (which may be taken concurrently) should be completed prior to taking this course.

⁹⁵This course is approved for Communications Intensive (CI) University Studies credit.

⁹⁶This course is approved for Quantitative Intensive (QI) University Studies credit.

⁹⁷Admission to the Physical Education Coaching Minor is required prior to enrolling in this course.

Suggested Four-year Plans

Suggested semester-by-semester four-year plans for students working toward a bachelor's degree within the Health, Physical Education and Recreation Department can be found at:

<http://www.usu.edu/degreeplans/>

Students should consult with their advisor to develop a plan of study tailored to their individual needs and interests.

Departmental Honors

Students who would like to experience greater academic depth within their major are encouraged to enroll in departmental honors. Through original, independent work, Honors students enjoy the benefits of close supervision and mentoring, as they work one-on-one with faculty in select upper-division departmental courses. Honors students also complete a senior project, which provides another opportunity to collaborate with faculty on a problem that is significant, both personally and in the student's discipline. Participating in departmental honors enhances students' chances for obtaining fellowships and admission to graduate school. Minimum GPA requirements for participation in departmental honors vary by department, but usually fall within the range of 3.30-3.50. Students may enter the Honors Program at almost any stage in their academic career, including at the junior (and sometimes senior) level. The campus-wide Honors Program, which is open to all qualified students regardless of major, offers a rich array of cultural and social activities, special classes, and the benefit of Honors early registration. Interested students should contact the Honors Program, Main 15, (435) 797-2715, honors@usu.edu. Additional information can be found online at: <http://www.usu.edu/honors/>

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://cehs.usu.edu/hper/>

Major requirement sheets, which provide detailed information about requirements for departmental majors, can be obtained from the department, or accessed online at:

<http://www.usu.edu/majorsheets/>

Financial Support

The Emma Eccles Jones 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, or check the departmental home page at: <http://cehs.usu.edu/hper/>

Assessment

Health Education Specialist Major Assessment

The Health Education Specialist major curriculum is based on the National Commission of Health Education Credentialing (NCHEC) seven responsibility areas for entry-level health educators. As such, each course is evaluated on a yearly basis to determine if it is meeting student needs, based on NCHEC guidelines. Coursework prepares graduating students to successfully sit for the Certified Health Education Specialist exam. Additionally, exit surveys and interviews are given to students to better assess the curriculum and the learning needs of the students. To further assess curriculum needs, follow-up surveys are sent to students one year after they graduate.

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Physical Education Major Assessment

The Physical Education major curriculum is based on the standards and benchmarks of the National Association for Sport and Physical Education (NASPE). Each course is matrixed against the standards to assure quality in curriculum content. A number of assessments are available for exiting students, including Praxis 2 and a number of certifications of the American College of Sports Medicine (ACSM). Exit surveys and interviews are conducted annually, as well as post-graduation surveys.

Parks and Recreation Major Assessment

The Parks and Recreation major curriculum is accredited by the National Council on Accreditation of the National Recreation and Park Association (NRPA). To assure compliance with the national standards, the curriculum is evaluated annually. Students are eligible to sit for the National Certification Examination. Exit surveys and interviews are conducted yearly, as well as post-graduation surveys.

Additional assessment information can be found at:
<http://cehs.usu.edu/hper/>

Graduate Programs

Please refer to the general admission requirements on pages 36-37 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 in Health, Physical Education and Recreation

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, Sports Medicine, and Health Education.

Course Requirements

Corporate Wellness Specialization (40 credits)

MS candidates specializing in **Corporate Wellness** must complete the following courses. (This specialization is a Plan C nonthesis option.)

Required Core Courses (13 credits)

PEP 6400 Exercise in Health, Fitness, and Sport (F)	4
PEP 6800 Biomechanics and Ergonomics of Health, Industry, and Sport (Sp)	3
PEP 6810 Research Methods in Health Sciences (F)	3
EDUC/PSY 6600 Research Design and Analysis I (F,Sp,Su)	3

Corporate Wellness Specialization Requirements (15 credits)

PEP 6450 Fitness Assessment and Exercise Testing (Sp)	3
PEP 6500 Practicum in Corporate Wellness (on campus, complete 1 credit per semester) (F,Sp,Su)	2
PEP 6500 Practicum in Corporate Wellness (remote site) (F,Sp,Su)	4
PEP 6540 Wellness Programming (Sp)	3
PSY 6470 Health Psychology (F)	3

Corporate Wellness Specialization Electives (select 12 credits)

HEP 6000 Evaluating Health-Promotion Programs (Sp)	3
HEP 6100 Current Trends in Health Promotion (F)	3
PEP 5100 Fitness Assessment and Exercise Programs (F)	4
NFS 3020 Nutrition and Physical Performance (F)	2
NFS 6200 Nutritional Epidemiology (F)	2
NFS 6210 Advanced Public Health Nutrition (Sp)	2
SOC 6400 Sociology of Health (F)	3

Exercise Science Specialization (30 credits)

MS candidates specializing in **Exercise Science** must complete the following courses. (This specialization is a Plan A thesis option.)

Required Core Courses (13 credits)

PEP 6400 Exercise in Health, Fitness, and Sport (F)	4
PEP 6800 Biomechanics and Ergonomics of Health, Industry, and Sport (Sp)	3
PEP 6810 Research Methods in Health Sciences (F)	3
EDUC/PSY 6600 Research Design and Analysis I (F,Sp,Su)	3

Exercise Science Specialization Requirements (9 credits)

PEP 6540 Wellness Programming (Sp)	3
PEP 6970 Thesis (F,Sp,Su)	6

Exercise Science Specialization Electives (select 8 credits)

BIOL 4000 Human Dissection (F)	1
EDUC/PSY 7610 Research Design and Analysis II (F,Sp,Su)	3
HEP 6100 Current Trends in Health Promotion (F)	3
NFS 3020 Nutrition and Physical Performance (F)	2
NFS 6200 Nutritional Epidemiology (F)	2
NFS 6210 Advanced Public Health Nutrition (Sp)	2
PEP 5100 Fitness Assessment and Exercise Programs (F)	4
PEP 6450 Fitness Assessment and Exercise Testing (Sp)	3
PSY 6470 Health Psychology (F)	3

Sports Medicine Specialization

(thesis track: 31 credits; nonthesis track: 33 credits)

MS candidates specializing in **Sports Medicine** must complete the following courses.

EDUC/PSY 6600 Research Design and Analysis I (F,Sp,Su)	3
PEP 6400 Exercise in Health, Fitness, and Sport (F)	4
PEP 6550 Athletic Training Clinical Orthopedics I (F)	3
PEP 6560 Athletic Training Clinical Orthopedics II (Sp)	3
PEP 6570 Athletic Training Clinical Orthopedics III (F)	3
PEP 6580 Athletic Training Clinical Orthopedics IV (Sp)	3
PEP 6800 Biomechanics and Ergonomics of Health, Industry, and Sport (Sp)	3
PEP 6810 Research Methods in Health Sciences (F)	3
PEP 6970 Thesis (for thesis track only) (F,Sp,Su)	(6)

For nonthesis track, select at least 8 credits from the following electives (instead of taking PEP 6970).

NFS 3020 Nutrition and Physical Performance (F)	2
PEP 5100 Fitness Assessment and Exercise Programs (F)	4
PEP 6450 Fitness Assessment and Exercise Testing (Sp)	3
PEP 6540 Wellness Programming (Sp)	3

Department of Health, Physical Education and Recreation

Health Education Specialization (24-32 credits)

MS candidates specializing in *Health Education* must complete the following courses.

Required Core Courses (23 credits)

EDUC 6570 Introduction to Educational and Psychological Research (F,Sp,Su)	3
EDUC 6600 Measurement, Design, and Analysis I (F,Sp,Su)	3
HEP 6000 Evaluating Health-Promotion Programs (Sp)	3
HEP 6100 Current Trends in Health Promotion (F)	3
HEP 6600 Field Work in Health Education (F,Sp,Su)	2
HEP 6800 Seminar in Health Behavior (F)	3
HEP 6970 Thesis (F,Sp,Su)	6

Health Education Specialization Electives (select 7 credits)

FCHD 6020 Survey of Human Development Research (Sp)	3
FCHD 6060 Human Development Theories (F)	3
HEP 6300 Stress Management (Arr)	3
HEP 6700 Special Topics in Health (Arr)	1-6
HEP 6900 Independent Study (F,Sp,Su)	1-3
HEP 6950 Independent Research (F,Sp,Su)	1-3
INST 5230 Instructional Graphic Production (F,Su)	3
INST 6350 Instructional Design Process (F)	3
MGT 6370 Project Management	3
NFS 6200 Nutritional Epidemiology (F)	2
NFS 6210 Advanced Public Health Nutrition (Sp)	2
PEP 6290 Corporate Wellness Marketing (Sp)	3
PEP 6400 Exercise in Health, Fitness, and Sport (Arr)	4
PEP 6540 Wellness Programming (Sp)	3
PSY 6470 Health Psychology (F)	3
PSY 7700 Grant Writing (Sp)	3
PUBH 4030 Communicable Disease Control (F)	3
PUBH 4040 Fundamentals of Epidemiology (Sp)	3
PUBH 4310 Industrial Hygiene Recognition of Hazards (F)	4
PUBH 4330 Industrial Hygiene Physical Hazards (Sp)	3
SOC 6460 Sociology of Health (F)	3

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 the following courses:

TEAL 6710 Diversity in Education (Sp,Su)	3
PEP 6000 Administration of Athletics (Arr)	3
PEP 6010 Leadership in Health, Physical Education, and Recreation (Sp)	3
PEP 6050 Psychological Aspects of Sports Performance (Arr)	3
PEP 6070 Sport in Society (Sp)	3
PEP 6420 Curriculum in Physical Education (F)	3
PEP 6430 History and Philosophy of Physical Education and Sport (F)	3
PEP 6700 Special Topics in Physical Education (F,Sp,Su)	3
PEP 6810 Research Methods in Health Sciences (F)	3
PEP 6830 Motor Learning (Sp)	3
PEP 6960 Master's Project (F,Sp,Su)	3
PEP 7550 Practicum in the Evaluation of Instruction (F,Sp,Su)	3

Research

Research areas include health promotion, health education, exercise science, corporate wellness, sport psychology, sport in society, biomechanics, and pedagogy. Research laboratories include the Motion Analysis Lab, the Biomechanics Lab, the Exercise Physiology Lab, the Body Composition Lab, and the Sport Medicine Lab.

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 for the first fiscal year. For additional financial assistance information, check the departmental home page at: <http://cehs.usu.edu/hper/>

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://cehs.usu.edu/hper/>

Health, Physical Education and Recreation Faculty

Professors

Dennis G. Dolny, Head, Health, Physical Education and Recreation Department

Richard D. Gordin, Jr., sport psychology

Edward M. Heath, exercise physiology

Gerald A. Smith, biomechanics

Associate Professors

Eadric Bressel, biomechanics

Hilda Fronske, motor learning

Julie A. Gast, community health

Donna L. Gordon, community health

John M. Kras, administration of physical education

Dennis A. Nelson, parks and recreation

Phillip Waite, community health

Rolayne Wilson, elementary physical education

Nontenure Assistant Professors

Ginni Dilworth, parks and recreation

Mark Roark, parks and recreation

Dale Wagner, exercise physiology

Principal Lecturer

Peter J. Mathesius, physical education

Senior Lecturer

Matthew Flint, health education

Course Descriptions

Health Education Professional (HEP), pages 574-576

Physical Education Professional (PEP), pages 628-630

Parks and Recreation Professional (PRP), page 641

Physical Education Activity (PE), pages 624-628

Dance West Summer, Dance Education Classes (DE), pages 540-541