

# Department of Counseling, Leadership, Adult Education, and School Psychology

Education Building 4037  
T: 512.245.2575 F: 512.245.8872  
www.txstate.edu/clas

The Department of Counseling, Leadership, Adult Education, and School Psychology (CLAS) is primarily a graduate department, offering programs in professional counseling, guidance and counseling, adult and developmental education, educational leadership, and school psychology. While the department offers no undergraduate degrees, it does provide support courses for other programs.

## Courses in Counseling (COUN)

- 3320 Introduction to Counseling and Psychotherapy. (3-0) The course is designed for upper-division undergraduates considering a helping profession or who wish to know more about counseling before entering into graduate study. The course offers introduction to counseling, counseling theories, and interpersonal communication skills that facilitate counseling relationships. Repeatable for credit with different emphasis.
- 4378 Student Issues in Higher Education. (3-0) This course provides learners with the knowledge to perform the role of a Resident Assistant. Through active discussions, hands-on projects and several guest speakers, learners will explore the multiple tasks and responsibilities of a Resident Assistant, as well as the history and philosophy of residence life and higher education. Repeatable for credit with different emphasis.

## Courses in Educational Psychology (EDP)

- 1350 Effective Learning. (3-0) A study of the acquisition of procedural knowledge through the application of human learning theory, cognitive behavior modifications, and developmental psychology. Generalization and transfer of this knowledge will be emphasized. Repeatable for credit with different emphasis.
- 4378 Student Issues in Higher Education. (3-0) This course serves as a survey course to examine issues faced by college students, specifically those living in a residence hall environment. Topics include but are not limited to new student adjustment, student development theory, security and safety, diversity, discipline, community building, civic responsibility, eating disorders, suicide, depression, and helping skills. Students learn skills that will enable them to assist others who are facing these issues. Students interested in becoming Resident Assistants are highly encouraged to take this course prior to applying for the position. May be repeated for credit.

# Department of Health and Human Performance

Jowers Center A116  
T: 512.245.2561 F: 512.245.8678  
www.hhp.txstate.edu

## DEGREE PROGRAMS OFFERED

- BESS, major in Exercise and Sports Science  
BESS, major in Exercise and Sports Science  
(Pre-Physical Therapy Emphasis)  
BESS, major in Exercise and Sports Science  
(with All-Level Physical Education Teacher Certification)  
BESS, major in Health and Fitness Management  
BHWP, major in Health and Wellness Promotion  
BHWP, major in Health and Wellness Promotion  
(with All-Level Health Education Teacher Certification)  
BS, major in Athletic Training  
BSRA, major in Recreational Administration  
BSRA, major in Recreational Administration  
(Therapeutic Recreation Emphasis)

## MINORS OFFERED

- Coaching Athletics  
Exercise and Sports Science  
Health and Wellness Promotion  
Recreational Administration

The Bachelor of Exercise and Sports Science prepares students for careers as teachers in elementary and secondary schools, as athletic coaches, and as personal trainers. Students must obtain an All-Level teacher certification for careers in public schools. Graduates with teacher certification work in elementary and secondary schools in Texas and elsewhere. The Exercise and Sports Science program also provides students the option to obtain a degree with a Pre-Physical Therapy emphasis that will fully prepare students to enter the application process for the physical therapy program. The Pre-Physical Therapy emphasis gives undergraduate students an exceptional “head start” in gaining admission to a physical therapy school, whether here at Texas State or elsewhere.

The Bachelor of Science degree program in Athletic Training is accredited by the Commission on Accreditation of Athletic Training Education (CAATE) and prepares its graduates to become athletic trainers, unique health care providers who specialize in the prevention, diagnosis, treatment and rehabilitation of injuries and illnesses. Athletic training is practiced by certified and/or licensed athletic trainers, health care professionals who collaborate with physicians to optimize the activity levels and participation of their patients and clients. The profession of athletic training encompasses the prevention, diagnosis and treatment of medical emergencies, and acute and chronic musculoskeletal injuries and medical conditions that involve impairment, functional limitations and disabilities.

Established in 1971, Texas State University's athletic training education program (ATEP) was one of the first programs in the United

States to receive National Athletic Trainers' Association (NATA) approval. Admission to the Texas State ATEP is competitive and requires participation in a Pre-Athletic Training Program during the freshman year that includes four required courses, 70 hours of directed observation, a formal written application, a formal interview with a panel of faculty and staff athletic trainers, and a minimum cumulative GPA of 2.75, among other criteria. Admission selections are made at the conclusion of each academic year, with 16 to 18 new students being admitted for the following year. For the most current, comprehensive list of all of the ATEP admission requirements, please refer to our website, <http://www.hhp.txstate.edu/Divisions/Athletic-Training.html>.

Students formally enter the Athletic Training major at the start of the sophomore year, and are required to complete six semesters (three years) of supervised clinical education experiences in conjunction with a formal sequence of didactic (lecture) and laboratory courses. Completion of the four-year Bachelor of Science degree in Athletic Training at Texas State qualifies the graduate for the national Board of Certification examination and the Texas Advisory Board of Athletic Trainers state licensure examination.

The Health and Fitness Management program is available under the Bachelor of Exercise and Sports Science degree and prepares students to direct fitness enterprises and wellness or health awareness programs in commercial, corporate, and institutional settings. Areas of study include fitness programming, stress management, smoking cessation, diet/nutrition, health-risk appraisal, and employee assistance. The curriculum also allows students to acquire the academic and clinical prerequisites needed to earn professional certification. Graduates work as fitness leaders, exercise testing technicians, cardiac rehabilitation specialists, or corrective therapists. Others are employed as salespersons, administrators, and managers of sports or fitness facilities.

Health promotion is the process of improving people's understanding, attitudes, and conduct regarding individual and community health. The Bachelor of Health and Wellness Promotion provides a major in Health and Wellness Promotion with All-Level teacher certification or a non-teaching major with a specialization in community health promotion. Professionals in Health Promotion teach elementary or secondary schools, or they work in community health agencies. Texas State health promotion graduates work in education, emergency medical services, senior citizens programming, worksite wellness programs, Public Health Departments, Volunteer Health Organizations, and various other fields.

The Bachelor of Science in Recreational Administration combines classroom learning and on-the-job training. Students study such areas as recreation programming, leadership, marketing, evaluation, leisure education, administration, and therapeutic recreation. Recreational administration graduates, including those with an emphasis in therapeutic recreation, work in camps, nursing homes, community recreation centers, resorts, hospitals, rehabilitation facilities, fitness centers, and state and national parks. The program is nationally accredited, as well as the therapeutic recreation emphasis. Graduates of this program are eligible (sit for exams) for National Council for Therapeutic Recreation Certification

(CTRS) and/or the National Recreation and Park Association's National Certification Board (CLP).

### **PFW General Education Courses**

The Texas State general education core curriculum includes a two-course physical fitness/wellness requirement. Veterans with a DD214 discharge form or those with similar active duty in the National Guard or Armed Forces of another nation may receive up to 4 hours of PFW credit, thus fulfilling the Physical Fitness requirement. Students with documented disabilities should consult with the Department of Health and Human Performance for appropriate accommodations.

Students select two courses from: PFW 1101-1139, 1150-1164, and 1166-1225.

**Bachelor of Exercise and Sports Science**  
**Major in Exercise and Sports Science**  
**Minimum required: 120 semester hours**

**General Requirements:**

1. A minor is required and must not be a minor in Exercise and Sports Science or a minor in Coaching Athletics.
2. Students are required to take 5 activity courses in addition to the 2 core PFW courses. PE activity courses should be taken in the specific areas described below:
  - Fitness and Wellness (1 credit hour): PE 1100.
  - Team Sports (1 credit hour), select from: PE 1171A, 1172A, 1177A, 1178A, PFW 1160A, PFW 1130B.
  - Individual Sports (1 credit hour), select from: PE 1170A, 1176A, 1192A, PFW 1155G.
  - Conditioning (1 credit hour), select from: PE 1175A; PFW 1110A, 1110B, 1110F, 1135A, 1135B, 1190B.
  - Weight Training (1 credit hour): PE 1179A.
3. Any other PFW courses may be used to satisfy the 2 PFW core requirements.
4. Two PE advanced elective theory courses are to be chosen from PE 3323, 3340, 4317, 4318, 4391, 4392, or 4393.
5. Two advanced supporting courses are to be chosen from: NUTR 3362, 3363, 3364, H ED 3321, 3348, 3350, 3376, 4340, 4350, or PSY 3350.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
COMM 1310	3	AT 2356	3	Advanced Support Courses	3	Advanced Support Courses	3
ENG 1310, 1320	6	BIO 2430	4	ART 2313, DAN 2313, MU	3	Minor	9
POSI 2310, HIST 1310	6	CS 1308 or CIS 1323	3	2313, or TH 2313	3	PE advanced elective theory	3
MATH 1315, 1316, 1319, or 2321	3	ENG Literature 2310, 2320, 2330, 2340,	3	Electives	3	Electives	4
BIO 1320, 1421, 1430, CHEM	7-8	2359, or 2360	3	Minor	6	PE 4323, 4351	6
1341/1141, or PHYS 1410	7-8	H ED 2338, 2340, or 2354	3	PE 3317/3117, 3320, 3329	10	Two PFW courses	2
PE 1100	1	Minor	3	PE advanced elective theory	3		
PE 1310	3	PE 1179A	1	PE/PFW major activities	2		
PHIL 1305 or 1320	3	PE/PFW major activities	1				
US 1100	1	HIST 1320, POSI 2320	6				
		GEO 1310, ANTH 1312, ECO 2301, PSY	3				
		1300, or SOCI 1310	3				
<b>Total</b>	<b>33-34</b>	<b>Total</b>	<b>33</b>	<b>Total</b>	<b>30</b>	<b>Total</b>	<b>27</b>

**Bachelor of Exercise and Sports Science**  
**Major in Exercise and Sports Science**  
**(with Pre-Physical Therapy Emphasis)**  
**Minimum required: 120 semester hours**

**General Requirements:**

1. This degree is designed to prepare graduates for application to professional schools in physical therapy, occupational therapy, or physician assistant. Completion of this degree, however, does not guarantee admission to a graduate program in physical therapy, occupational therapy, physician assistant, or other post-graduate health care program. Students are encouraged to customize their academic program to match to the professional school of interest (e.g. [www.health.txstate.edu/pt](http://www.health.txstate.edu/pt)).

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
AT 2356	3	AT 3236/3136, 3326/3126, 3328/3128	11	ART 2313, DAN 2313, MU 2313, or TH 2313	3	AT 3358, 4360	6
BIO 1430 or 1431, 2430	8	CHEM 1341/1141, 1342/1142	8	AT 3246/3146, 3226	3	HP 3302	3
ENG 1310, 1320	6	ENG Literature 2310, 2320, 2330, 2340,	3	PE 3317/3117	5	PE 3320, 3329	9
POSI 2310, HIST 1310	6	2359, or 2360	3	HIM 2360	4	PE 4317 or 4318	3
PE 1128, 1179A	2	SOCI 1310	3	PHIL 1305 or 1320	3	PSY 3300 or 3315	3
PSY 1300	3	MATH 1315 or 1317	3	PHYS 1410, 1420	3	NUTR 3362 or 3364	3
US 1100	1	POSI 2320	3	HIST 1320	8	PT 3400	4
COMM 1310	3				3		
<b>Total</b>	<b>32</b>	<b>Total</b>	<b>31</b>	<b>Total</b>	<b>29</b>	<b>Total</b>	<b>31</b>

**Bachelor of Exercise and Sports Science**  
**Major in Exercise and Sports Science**  
 (with All-Level Physical Education Teacher Certification)  
 Minimum required: 128 semester hours

**General Requirements:**

1. A minor, or second teaching field, is required and must not be a minor in Exercise and Sports Science or a minor in Coaching Athletics. Courses toward a second teaching field are recommended to improve job opportunities. Consult an academic advisor for a list of available second teaching fields (18-24 hours).
2. Students are required to take 5 activity courses in addition to the 2 core PFW courses. PE activity courses should be taken in the specific areas described below:
  - Fitness and Wellness (1 credit hour): PE 1100.
  - Team Sports (1 credit hour), select from: PE 1171A, 1172A, 1177A, 1178A, PFW 1130B, or 1160A.
  - Individual Sports (1 credit hour), select from: PE 1170A, 1176A, 1192A, or PFW 1155G.
  - Conditioning (1 credit hour), select from: PE 1175A; PFW 1110A, 1110B, 1110F, 1135A, 1135B, 1190B.
  - Weight Training (1 credit hour): PE 1179A.
3. Any other PFW courses may be used to satisfy the 2 PFW core requirements.
4. Students must complete three hours of PE advanced elective theory courses from: PE 3323, 3340, 4317, 4318, 4391, 4392, or 4393.
5. Overall GPA of 2.50 is a prerequisite for all teacher certification courses. Major, pedagogy, and second teaching field courses must be completed with grades of "C" or better. GPAs of 2.50 in the major, second teaching field, and pedagogy are required for student teaching.
6. Students must be admitted into Educator Preparation program ([www.education.txstate.edu/oep](http://www.education.txstate.edu/oep)).

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
COMM 1310	3	AT 2356	3	ART 2313, DAN 2313, MU 2313, or TH 2313	3	CI 4370, 4343	6
ENG 1310, 1320	6	BIO 2430	4	CI 4332, 3325	6	RDG 3323	3
POSI 2310, HIST 1310	6	ENG Literature 2310, 2320, 2330, 2340, 2359, or 2360	3	PE 3317/3117, 3320, 3322, 3324, 3329	16	PE 4323, 4351	6
MATH 1315, 1316, 1319, or 2321	3	Minor	6	Minor	9	PE advanced elective theory	3
BIO 1320, 1421, 1430, CHEM 1341/1141, or PHYS 1410	7-8	PE 1179A	1	PE/PFW major activities	1	Minor	3
PE 1100	1	PE 2320	3			PFW two courses	2
PE 1310	3	PE/PFW major activities	2			EDST 4380, 4381	6
PHIL 1305 or 1320	3	HIST 1320, POSI 2320	6				
US 1100	1	GEO 1310, ANTH 1312, ECO 2301, PSY 1300, or SOCI 1310	3				
<b>Total</b>	<b>33-34</b>	<b>Total</b>	<b>31</b>	<b>Total</b>	<b>35</b>	<b>Total</b>	<b>29</b>

**Bachelor of Science**  
**Major in Athletic Training**  
**Minimum required: 123 semester hours**

**General Requirements:**

1. Students are admitted into the degree program according to university policies, as well as regulations set forth by the National Athletic Trainers' Association, Commission on Accreditation of Allied Health Education Programs and the Board of Athletic Trainers of the State of Texas. Students desiring admission must see the program director to obtain an application. Please refer to <http://www.hhp.txstate.edu/>.
2. Students must be committed to taking the Board of Certification exam, as well as the State of Texas License exam, before graduation.
3. To be considered for admission to the athletic training program, students must:
  - Enroll as a pre-athletic training major.
  - Complete the application including a professional letter and current resume.
  - Establish a minimum Texas State GPA of 2.75.
  - Completion of three letters of reference using department form.
  - Complete AT 1298, 2156, 2356, and BIO 2430.
  - Hold current CPR/AED certification.
  - Complete the Directed Observation/Interview Process.
  - Other considerations for admittance include: experience, attendance at workshops, clinics, campus, etc.
4. "Final Acceptance Objective Measurement of Pre-Athletic Training Student" is available to view at [www.hper.txstate.edu/hper/clubs/athleticTraining/ATAdmissionReq.htm](http://www.hper.txstate.edu/hper/clubs/athleticTraining/ATAdmissionReq.htm)
5. Required Technical Standards for the program are available at the department website listed above, in the AT 1298 Policy & Procedure Manual, or from the program director.
6. Students accepted into the program must successfully pass a physical examination and show current immunization records at the Texas State Student Health Center.
7. Students must purchase personal liability insurance through the HHP Department.
8. Students must maintain a Texas State GPA of 2.75 at all times while pursuing the degree in order to graduate.
9. A minimum of three years of clinical experience at the university level is required. Clinical experience constitutes attendance at scheduled seminars and working a minimum of 20 clock hours each week as an athletic training student with approved supervision for a minimum of 600 hours each year.
10. Transfer students must get a transfer evaluation completed by the program director. Students should not assume classes taken at another institution will be accepted as credit for the program. Most required courses must be taken while enrolled as an athletic training major at Texas State. Clinical hours completed elsewhere are not transferable.
11. Upon completion of the degree, the applicant will be qualified for the State of Texas Athletic Trainers License and the Board of Certification examination pending approval by the two boards after successfully passing the tests administered by the two respective boards.
12. Athletic training does not constitute a teaching field. [If you are interested in an All-Level Physical Education Teacher Certification, contact the College of Education Undergraduate Advising Center.](#)

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
BIO 1421 or 1430; 2430	8	PHIL 1305 or 1320	3	PE 3317/3117	4	H ED 2354	3
COMM 1310	3	ART 2313, DAN 2313, MU 2313, or TH 2313	3	AT 3246/3146, 3358, 3497, 3498	14	AT 3356, 4497, 4498	11
ENG 1310, 1320	6	PSY 1300 or SOCI 1310	3	AT 3236/3136, 3326/3126, 3328/3128	11	AT 3226	2
US 1100	1	ENG Literature 2310, 2320, 2330, 2340, 2359, or 2360	3			NUTR 3362 or 3364	3
POSI 2310, HIST 1310	3	HIST 1320, POSI 2320	6			PT 3400	4
MATH 1315, 1316 or 1319	6	PHYS 1410 or 1420	4			PE 3320, 4351	6
AT 1298, 2156, 2356	6	PE 1128, 1179A	2				
		AT 2497, 2498	8				
<b>Total</b>	<b>33</b>	<b>Total</b>	<b>32</b>	<b>Total</b>	<b>29</b>	<b>Total</b>	<b>29</b>

**Bachelor of Exercise and Sports Science  
Major in Health and Fitness Management  
(with Minor in Business Administration)  
Minimum required: 120 semester hours**

**General Requirements:**

- In addition to the 2 core PFW courses, students are required to take 6 activity courses in the specific areas described below:
  - Concepts of Lifetime Fitness and Wellness (1 credit hour): PE 1100 or PFW 1101.
  - Weight Training (1 credit hour): PE 1179A.
  - Aerobic Conditioning (1 credit hour): PFW 1110A.
  - Basic Fitness Activities (1 credit hour): PFW 1110F.
  - Individual and Team Sports (1 credit hour): PE 1170A, 1171A, 1172A, 1176A, 1177A, 1178A; PFW 1110C, 1125A, 1150D, 1155B, 1155G, 1155K, 1160A.
  - Other conditioning activities (1 credit hour): PE 1175A, PE 1192A; PFW 1110I, 1130B, 1135A, 1150F, 1190B, 1190F.
- Any other PFW courses may be used to satisfy the 2 core PFW requirements.
- Students must complete a minor in Business Administration. The minor includes: ECO 2301, ACC 2301, and 12 hours selected from: BLAW 2361, CIS 3317, FIN 3325, MGT 3303, and MKT 3343.
- A 2.0 GPA is required for the minor.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
COMM 1310	3	ACC 2301	3			PE 4317, 4318, 4351	9
ENG 1310, 1320	6	AT 2356	3	H ED 4336, SOCI 3340, MC 3343, NUTR		PFW two courses	2
POSI 2310, HIST 1310	6	BIO 2430	4	3362, 3364, PSY 3350, 3361, or 3336	3	H ED 4640, 4660	12
MATH 1315, 1316, 1319, or 2321	3	Minor	3	ART 2313, DAN 2313, MU 2313, or			
BIO 1320, 1421, 1430, CHEM 1341/1141, or PHYS 1410	7-8	ECO 2301	3	TH 2313	3		
PE 1100 or PFW 1101	1	ENG Literature 2310, 2320, 2330, 2340, 2359, or 2360	3	Minor	9		
PE 1179A, 1310	4	H ED 2340	3	PE 3317/3117, 3320, 3323	10		
PHIL 1305 or 1320	3	PFW 1110A	1	PE 3329, 4391, 4392, or 4393	3		
US 1100	1	PFW 1110F	1	PE major activity courses	2		
		HIST 1320, POSI 2320	6	REC 1370 or PE 4323	3		
<b>Total</b>	<b>34-35</b>	<b>Total</b>	<b>30</b>	<b>Total</b>	<b>33</b>	<b>Total</b>	<b>23</b>

**Bachelor of Health and Wellness Promotion  
Major in Health and Wellness Promotion  
Minimum required: 120 semester hours**

**General Requirements:**

- A minor is required.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
COMM 1310	3	CS 1308, CIS 1323, or HP 2351	3	ART 2313, DAN 2313, MU 2313, or TH		HP 3302	3
ENG 1310, 1320	6	BIO 2430	4	2313	3	H ED 4640, 4660	12
H ED 1320	3	ENG Literature 2310, 2320, 2330, 2340, 2359, or 2360	3	H ED 3350, 3376	6	Minor Courses	9
POSI 2310, HIST 1310	6	H ED 2340, 2354	6	H ED 2338, 3301, 3348, or 3360	6	PSY 3350	3
MATH 1315, 1316 or 1319	3	H ED 2338, 3301, 3348, or 3360	3	NUTR 3362 or 3364	3	PFW one course	1
Natural Science Component	7-8	Minor	3	PE 3317/3117	4		
PHIL 1305 or 1320	3	PFW one course	1	Minor Courses	6		
US 1100	1	HIST 1320, POSI 2320	6				
		GEO 1310, ANTH 1312, ECO 2301, PSY 1300, or SOCI 1310	3				
<b>Total</b>	<b>32-33</b>	<b>Total</b>	<b>32</b>	<b>Total</b>	<b>28</b>	<b>Total</b>	<b>28</b>

**Bachelor of Health and Wellness Promotion**  
**Major in Health and Wellness Promotion**  
**(with All-Level Teacher Certification)**  
**Minimum required: 128 semester hours**

**General Requirements:**

1. A minor or second teaching field is required. Courses toward a second teaching field are recommended in order to improve job opportunities. Consult an academic advisor for a list of available second teaching fields (18-24 hours).
2. Overall GPA of 2.50 is a pre-requisite for all teacher certification courses. Major, pedagogy, and second teaching field courses must be completed with grades of "C" or better. GPAs of 2.50 in the major, second teaching field, and pedagogy are required for student teaching.
3. Students must be admitted into Educator Preparation program ([www.education.txstate.edu/oep](http://www.education.txstate.edu/oep)).

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
COMM 1310	3	BIO 2430	4	ART 2313, DAN 2313, MU 2313, or TH 2313	3	CI 4370, 4343	6
ENG 1310, 1320	6	ENG Literature 2310, 2320, 2330, 2340, 2359, or 2360	3	CI 4332, 3325	6	EDST 4380, 4381	6
H ED 1310	3	H ED 2338, 1320, 2354	9	H ED 2340, 3321, 3331, 3342, 3348, 3350, 3360	21	RDG 3323	3
POSI 2310, HIST 1310	6	Minor	6	Minor	6	H ED 3301, 4336	6
MATH 1315, 1316 or 1319	3	PFW	1			Minor	6
Natural Science Component	7-8	HIST 1320, POSI 2320	6				
PHIL 1305 or 1320	3	GEO 1310, ANTH 1312, ECO 2301, PSY 1300, or SOCI 1310	3				
PFW	1						
US 1100	1						
<b>Total</b>	<b>33-34</b>	<b>Total</b>	<b>32</b>	<b>Total</b>	<b>36</b>	<b>Total</b>	<b>27</b>

**Bachelor of Science in Recreational Administration**  
**Major in Recreational Administration**  
**Minimum required: 120 semester hours**

**General Requirements:**

1. Majors will be eligible to sit for the certification examination by the National Certification Board of the National Recreation and Park Association.
2. Advanced hours requirements are to be prescribed by faculty advisor.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
ENG 1310, 1320	6	COMM 1310	3	ART 2313, DAN 2313, MU 2313, or TH 2313	3	H ED 1310, 2338, 3321;	
POSI 2310, HIST 1310	6	ENG Literature 2310, 2320, 2330, 2340, 2359, or 2360	3	CIS 1323 or CS 1308	3	PE 3317/3117, or 3320	3-4
MATH 1315, 1316 or 1319	3	PHIL 1305 or 1320	3	COMM 2315, 2330, 2338, or TH 3370	3	REC 4350, 4380, 4680	12
Natural Science Component	7-8	HIST 1320, POSI 2320	6	MC 3343, 3367, 3390, or 4356E	3	Advanced Hours	12
PFW two courses	2	REC 1330, 2330, 2335, 3360	12	REC 3325, 3340, 3351, 4330, 4381	15	Elective	2
REC 1310, 1370	6	GEO 1310, ANTH 1312, ECO 2301, PSY 1300, or SOCI 1310	3	Elective	3		
US 1100	1						
<b>Total</b>	<b>31-32</b>	<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>	<b>Total</b>	<b>29-30</b>

Bachelor of Science in Recreational Administration Major in Recreational Administration (with Therapeutic Recreation Emphasis) Minimum required: 120 semester hours							
General Requirements: 1. Majors will be eligible to sit for the certification exam given by the National Council for Therapeutic Recreation Certification and the Texas Consortium for Therapeutic Recreation/Activities Certification.							
Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
ENG 1310, 1320	6	BIO 2430	4	ART 2313, DAN 2313, MU 2313, or TH 2313	3	REC 3370, 4370, 4380, 4680	15
POSI 2310, HIST 1310	6	COMM 1310	3	CIS 1323 or CS 1308	3	HIM 2360; PE 4323, 3320, 3329;	
MATH 1315, 1316 or 1319	3	ENG Literature 2310, 2320, 2330, 2340, 2359, or 2360	3	H ED 2354	3	PSY 3312, 3313, 3350, 3361;	
Natural Science Component	7-8	PHIL 1305 or 1320	3	PFW 1154A or 1154B	1	SOCI 1310, 3300, 3338, 3343, 3347, 3383, 3384; or SPED 2360,	
PFW two courses	2	HIST 1320, POSI 2320	6	PSY 3300	3	3338, 4344, or 4381	9
REC 1310, 1370	6	REC 2330, 2335, 2370	9	REC 3325, 3351, 4381	9	PSY 3315	3
US 1100	1	PSY 1300	3	Choose 3 courses from: REC 1330, 3340, 4320 or 4350	9		
<b>Total</b>	<b>31-32</b>	<b>Total</b>	<b>31</b>	<b>Total</b>	<b>30</b>	<b>Total</b>	<b>27</b>

### Minor in Coaching Athletics

A minor in Coaching Athletics is a 25 credit-hour program. The Coaching minor is a concentration of courses selected to develop six components representing the essential elements for certifying coaches in education. These essential elements are: (1) medical-legal aspects of coaching, (2) human growth and developmental aspects of coaching, (3) psycho-social aspects of coaching, (4) bio-physical aspects of coaching, (5) theoretical and technical aspects of coaching and (6) practicum in athletic coaching.

The five required core courses are PE 1310, 3317/3117 (prerequisite BIO 2430), 3320, 3329, and AT 2356. Two theoretical courses are to be elected from PE 3340, 4391, 4392 or 4393. The independent study course that will be used as a practicum is PE 4337.

- Core courses: 16 hours from PE 1310, 3317/3117, 3320, 3329, AT 2356
- Courses from the Theoretical Block: 6 hours from PE 2390, 3322, 3340, 4391, 4392, 4393
- An internship or practicum experience: PE 4337

Students select an independent study course that will serve as their practicum and permit them to apply coaching principles and skills in a specific context. Part of this independent study will require students to work with coaches, either in college, public school or recreational program outside of the campus environment. This will allow the students to gain on-hands experience and expertise. Students will be evaluated on their cognitive and professional skills developed by the Texas State instructor and their collaborating site supervisors.

### Minor in Exercise and Sports Science

A minor in Exercise and Sports Science requires 25 hours, including AT 2356; PE 1310, 3317/3117 (prerequisite BIO 2430), 3320, 4323 or 3329, 4351, 3 hours PE elective theory; 3 PE major/minor courses (PE 1170-1192).

### Minor in Health and Wellness Promotion

A minor in Health and Wellness Promotion requires 18 hours, including H ED 1320, 2340, 3350, 4336, and 4640.

\*Eligibility for the Certified Health Education Specialist (CHES) certification requires an additional 7 hours from upper-level (3000 or higher) health education (HED) courses.

### Second Teaching Field in Health and Wellness Promotion

A **second teaching field** in Health and Wellness Promotion requires 24 hours, including H ED 1310, 1320, 3321, 3331, 3350 and 3 courses from: 2338, 3301, 3348 or 3360.

### Minor in Recreational Administration

A minor in Recreational Administration requires 21 hours, including REC 1310, 2330, 2335, 3325, 4381, and six hours selected from: REC 1330, 3340, 3351, 4330, or 4350.

### Courses in Athletic Training (AT)

1298 Orientation to Athletic Training Education. (1-1) Pre-Athletic Training majors will be introduced to the academic and clinical aspects of the CAATE accredited athletic training education program. The course is utilized as part of the rigorous student evaluation process before formal entrance into the athletic training education program. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.

2156 Taping and Bandaging Athletic Injuries. (1-2) This course focuses on the use of taping, bracing, and bandaging techniques in the prevention and care of athletic injuries.

2356 Prevention and Care of Athletic Injuries. (3-0) This course focuses on the theoretical and practical aspects of the prevention, treatment, and rehabilitation of athletic injuries.

2497 Clinical Experience in Athletic Training I. (2-20) This course addresses emergency management and athletic injury prevention. These topics are integrated into a clinical education experience to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case



- simulations. The course incorporates didactic education and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: Must be admitted to an Athletic Training major.
- 2498 Clinical Experience in Athletic Training II. (2-20) This course addresses athletic injury evaluation and management. These topics are integrated into a clinical education experience to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic education and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: Must be admitted to Athletic Training major.
- 3126 Applied Laboratory of Upper Extremity Injuries. (0-2) This course will present a study and critical analysis of the anatomy, injury signs and symptoms, and special tests used in the clinical evaluation of upper extremity injuries to the physically active individual. Co-requisite: AT 3326. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 3128 Applied Laboratory of Lower Extremity Injuries. (0-2) This course will present a study and critical analysis of the anatomy, injury signs and symptoms, and special tests used in the clinical evaluation of lower extremity injuries to the physically active individual. Co-requisite: AT 3328. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 3136 Applied Laboratory for Therapeutic Modalities. (0-2) This course provides students with experiences in laboratory and field applications of therapeutic modalities of all athletic injuries. Co-requisite: AT 3236. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 3146 Applied Laboratory for Therapeutic Exercise and Rehabilitation. (0-2) This course provides students with experiences in laboratory and field applications of therapeutic exercise and rehabilitation of athletic injuries. Co-requisite: AT 3246. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 3226 Medical Conditions and Disabilities. (2-0) This course focuses on evaluation and management strategies of primarily non-orthopaedic conditions commonly encountered in a physically active population and, to a lesser extent, special populations. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis. Prerequisite Course(s): BIO 1421 or 1430, BIO 2430.
- 3236 Principles and Techniques of Therapeutic Modalities. (2-0) This course is designed to provide both a theoretical and clinical basis for the use of therapeutic modalities in the rehabilitation setting, as well as impart knowledge pertaining to the physiological effects, indications, contraindications, and applications of therapeutic modalities and in the rehabilitation of all athletic injuries. MINIMUM 2.75 TxState GPA. Co-requisite: AT 3146.
- 3246 Therapeutic Exercise and Rehabilitation. (2-0) Designed to provide a theoretical and clinical basis for the use of therapeutic exercise in the rehabilitation setting, and to impart knowledge pertaining to the physiological effects, indications, contraindications, and applications of therapeutic exercise and in the rehabilitation of athletic injuries. Prerequisites: AT 3326, AT 3328, and PT 3400, MINIMUM 2.75 TxState GPA. Co-requisite: AT 3146.
- 3326 Evaluation Techniques of Upper Extremity Injuries. (3-0) The course will present a study and critical analysis of the anatomy, injury signs and symptoms, and specific tests used in the clinical evaluation of upper extremity injuries to the physically active individual. Co-requisite: AT 3126. Prerequisite: AT 2356, MINIMUM 2.75 TxState GPA.
- 3328 Evaluation Techniques of Lower Extremity Injuries. (3-0) The course will present a study and critical analysis of the anatomy, injury signs and symptoms, and specific tests used in the clinical evaluation of lower extremity injuries to the physically active individual. Co-requisite: AT 3128. Prerequisite: AT 2356; BIO 2430, MINIMUM 2.75 TxState GPA.
- 3356 Organization and Management of Athletic Training Programs. (3-0) This course focuses on the administrative aspects of Athletic Training program management. Topics will include, but are not limited to, medical, ethical, legal, personnel and financial management, medical recordkeeping, facilities, supply requisition and inventory, third party reimbursement, drug testing, and other current professional issues. Prerequisite: AT 3326.
- 3358 Clinical Pathopharmacology. (3-0) This course combines pathophysiology, the study of dynamic aspects of disease processes and study of drugs prescribed to prevent, diagnose, cure, or care for disease across the lifespan. Content includes etiology, pathogenesis, clinical presentation, implications for treatment, and pharmacological management. Prerequisite: BIO 2430 or PT 3400.
- 3497 Clinical Experience in Athletic Training III. (2-20) This course integrates topics in advanced athletic injury evaluation and management into a clinical education experience designed to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: C or better in AT 2497.
- 3498 Clinical Experience in Athletic Training IV. (2-20) This course integrates topics in therapeutic modalities, non-orthopaedic illnesses/conditions and pharmacology, and psychosocial concerns into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: C or better in AT 2498.
- 4360 Internship in Clinical Settings. (0-20) Students will be introduced to the clinical aspects of allied health professions by being assigned to a minimum of two clinical sites. Prerequisite: Instructor consent. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 4497 Clinical Experience in Athletic Training V. (2-20) This course integrates topics in therapeutic interventions and exercise into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site

under the supervision of a clinical instructor. Prerequisite: C or better in AT 3497.

4498 Clinical Experience in Athletic Training VI. (2-20) This course integrates topics in nutrition, professionalism, and administration into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: C or better in AT 3498.

### Courses in Health Education (H ED)

1310 (PHED 1304) Foundations of Personal Health. (3-0) Course provides an introduction to personal health, acquainting students with the understanding that the decisions they make affect health of self, families, friends, and communities. An emphasis will be placed on health trends and health behaviors.

1320 Introduction to Health and Wellness Promotion. (3-0) This course addresses concepts essential to understanding the discipline of Health and Wellness Promotion, including competencies and career opportunities for health education specialists in school and community settings.

2338 (PHED 1346) Contemporary Issues in Drug Prevention. (3-0) This course explores the impact of drug use and abuse on society and provides students with a critical perspective of drug-related problems. Course content includes statistics and up-to-date information on current topics in drug issues and drug prevention interventions.

2340 Community Health. (3-0) Course acquaints students with issues, trends, and developments in community health. With an emphasis on knowledge and skills in health education, the course provides an overview of selected topics, such as epidemiology, community organization, program planning, minority health, health care, mental health, environmental health, drugs, safety, and occupational health.

2354 (PHED 1306) Emergency Response and Safety Education. (3-0) This course prepares students to respond to and adequately care for life-threatening and non-life-threatening emergencies. The course includes lecture and laboratory activities. Emphasis is placed on healthy lifestyles and safety practices. Students can earn Cardiopulmonary Resuscitation and Responding to Emergencies certification.

3301 Environmental Health Issues. (3-0) An examination of the ecological impact resulting from contemporary sociopolitical action and its resulting influence on human health.

3321 Health in the Elementary Setting. (3-0) Course offers a foundation in health methods and activities to provide resources for the elementary school teacher. Provides an overview of current school health issues: Coordinated School Health Programs, mental health, personal health, family life, substance abuse, and violence in the elementary setting. Prerequisite: CI 3310 or consent by faculty.

3331 Health Education in the Secondary School Setting. (3-0) Course offers a foundation of health methods and theory with activities to provide resources needed to become successful secondary school educators. The course will provide an overview of current secondary school health issues, such as mental health, personal health, family life, substance abuse, and violence.

3342 Adolescent and School Health Programs. (3-0) Course will provide an understanding of function and scope of the Coordinated School Health Program (CSHP) model. Students investigate how schools function in solving youths' health problems, and focus on how child and adolescent stakeholders and communities are involved in CSHP. (WI)

3348 Prevention of Disease. (3-0) Course provides an overview of the etiology of communicable and chronic diseases. Special emphasis will be on health promotion activities to reduce the incidence of disease in communities and society.

3350 Consumer Health. (3-0) ) Course focuses on consumer health and making wise decisions regarding selection of health products and services. Students will learn how to effectively evaluate health information. Special emphasis is placed on becoming a health-literate consumer, understanding legislation, and investigating products and services.

3360 Sexuality Education. (3-0) Course provides a study of sexuality education as a lifelong process of acquiring information and forming healthy attitudes, beliefs, and values regarding sexuality. Students will access information and educational resources for implementing and advocating for sexuality instruction through health courses, sexuality education courses, and programs.

3376 Worksite Health Promotion. (3-0) The purpose of this course is to introduce students to worksite health promotion. The focus of the course will be on planning, implementing, and evaluating worksite health promotion programs. The course will also address other contemporary health issues, policies, and considerations that affect worksite health promotion.

4336 Concepts and Resources for Health and Wellness Promotion. (3-0) Course offers an introduction to research and theories in health and wellness promotion. Special emphasis will be on community health interventions. Students will study theory and practice to understand successful and effective health education interventions. Prerequisite: H ED 2340 with C or better.

4340 Principles of Community Health Education and Promotion. (3-0) This course examines theory and principles for development of community health education and promotion programs. Content includes cultural health beliefs, theories, and communication methods and techniques. Prerequisite: H ED 2340 with C or better. Corequisite: H ED 4350. (WI)

4347 Independent Study in Health and Wellness Promotion. (3-0) Designed for undergraduate students who display potential for independent research in health and wellness promotion. Students work individually with faculty to develop an independent research study/project in Health and Wellness Promotion. Open on an individual basis by arrangement with the division chair. May be repeated for credit with different emphasis.

4350 Community Health Analysis. (3-0) This is a survey course that focuses on evaluating community health needs; data-gathering techniques; instrument design; using data and statistics; and interpreting, reporting, and applying the findings for program development. Prerequisite: H ED 2340 with C or better. Corequisite: H ED 4340.

4640 Community Health Program Planning and Evaluation. (6-0) Course addresses application of professional competencies in health education and promotion programs. Topics

include needs assessment, data gathering techniques, instrument design, data and statistics, interpreting, reporting, and application of findings for program development. Cultural competency and communication will also be covered. Prerequisite: H ED 2340 with C or better.

4660 Internship in Health and Wellness Promotion. (0-18) Students will apply theoretical health education principles and concepts to a community health setting. Course requires participation in the work of a health organization/agency and a semester-long planning and evaluation project. A member of the health education faculty supervises this 480-hour internship. Prerequisites: H ED 4340, 4350, or 4640. (WI)

### Courses in Physical Education (PE)

PE 1100 through 1192 are physical education major-minor courses. Non-major/minors may enroll only with authorization of the department.

1100 Lifetime Fitness and Wellness (0-2) To develop knowledge, skills, and physical activity behaviors associated with personal fitness and wellness.

1170A Beginning Badminton (0-2)

1171A Beginning Basketball (0-2)

1172A Beginning Field Sports (0-2)

1175A Beginning Jogging/Conditioning (0-2)

1176A Beginning Tennis (0-2)

1177A Beginning Track and Field (0-2)

1178A Beginning Volleyball (0-2)

1179A Beginning Weight Training (0-2)

1192A Beginning Balance and Tumbling (0-2)

1128 Aquatic Therapy I. (1-1) The course will provide instruction in the basic principles and concepts of aquatic therapy. Arthritis Aquatic Exercise Leader Certification is available. Swimming ability is essential.

1225 Water Safety Instructor. (1-2) To provide instruction on the American Red Cross method of teaching swimming. Students should have the skills and information to complete the American Red Cross requirements for the WSI certification.

1310 (PHED 1301) Foundations of Exercise and Sports Science. (3-0) Introduction to the various areas of physical education, including brief historical backgrounds, professional opportunities, present status, past and present leaders, individual awareness of professional responsibilities; familiarization with current trends and issues, and professional literature.

2320 Motor Development. (3-0) A study of fundamental and specialized movement skills for the purpose of developing skill technique knowledge and instruction. Special emphasis will be placed on the application of error detection and correction.

2365 (PHED 1333) Rhythm and Movement Activities. (3-2) Rhythmical movement exploration as a basis of developing

basic movement skills, fitness, and dance activities. Right and left brain developmental theories will be explored in conjunction with creative/ rhythmic movement discovery. Beginning modern dance or recreational dance recommended. (WI)

2390 Concepts and Techniques of Coaching. (3-0) Explores general concepts and techniques as they pertain to the professional preparation of the athletic coach.

3117 Applied Laboratory in Exercise Physiology. (0-2) This course provides students with experiences in laboratory and field methods of 1) exercise testing and prescription and 2) exercise, health, and fitness assessment. Co-requisite: PE 3317.

3303 Assistant Instructor. (6-3) Lecture, laboratory in teaching skills leading to assistant instructor's certification (National Association of Underwater Instructors). An appropriate personal lifetime fitness and wellness component will be included. Prerequisite: PFW 1201.

3304 Divemaster. (6-3) Designed to train highly competent divers in skills to supervise and organize all phases of recreational diving. An appropriate personal lifetime fitness and wellness component will be included. Prerequisite: PE 3303.

3317 The Physiology of Exercise. (3-0) Application of physiological principles to health and physical education with an analysis of the manner in which the body reacts to the exacting requirements of exercise. Prerequisite: BIO 2430 or equivalent. Co-requisite: PE 3117.

3320 Kinesiology. (3-0) Study of human movement from the point of view of the physical sciences. Experiences are provided in the analysis of motor performance through practical application of mechanical and anatomical laws.

3321 Physical Activities for Elementary Students. (3-0) Examination of traditional content matter and innovative techniques in physical education for elementary students. Course may not be counted in the health and wellness promotion or exercise and sports science major/minor programs.

3322 Theory of Sports Techniques. (2-2) The theory and curriculum underlying sports applied to practical secondary school situations; special emphasis upon aids, equipment, organization, control and management, and classification of participants instruction and practice in officiating. Prerequisite: Permission of the department.

3323 Rationale and Principles of Movement Science. (3-0) Social, political, economic, historical, and psychological backgrounds are studied as sources for forming basic principles in relation to physical well-being. Specific units of work include study of the psychological, social and cultural changes and legal ramifications associated with movement sciences. (WI)

3324 Movement Exploration in Exercise and Sports Science. (2-2) Introduction to the principles and content of movement exploration, fundamental and specialized sports skills with an emphasis on skill themes, movement concepts, perceptual motor development and basic lead-up activities for sports.

3329 Introduction to Motor Learning. (3-0) Physiological and psychological development of the child in relation to learning neuromuscular activities. Inquiry will be made into the various motor learning theories. (WI) (MP)

3340 Coaching of Women's Sports. (3-0) Techniques and theories underlying the coaching of girls' and women's sports. Special

- emphasis upon aids, equipment, organization, and administration of the program.
- 4317 Exercise Testing and Prescription. (2-2) To develop knowledge, skills, and competence required to access and prescribe exercise for various populations and to gain practical experience related to health/fitness management programs.
- 4318 Exercise Testing and Prescription Practicum. (2-2) Presents the most current exercise and sports science information on exercise testing and programming of people of all different age, fitness levels, and disease states. Provides students with fundamental knowledge, competence, and skills necessary to conduct safe and valid physical fitness instruction, health appraisal, and fitness testing. Prerequisites: PE 3117, 3317.
- 4323 Adapted Physical Education. (3-2) Selecting special activities in terms of individual needs and capacities and modifying those found in the regular program. Opportunity to engage in activities and to observe demonstrations including persons with disabilities. (WI)
- 4337 Independent Study of Special Problems in Physical Education. (3-0) For the undergraduate student who displays promise and aptitude in physical education research. The student learns the procedures, collects data pertinent to, and analyzes the results of the research. Repeatable for credit with different emphasis. Prerequisites: 3.00 or higher GPA and permission of the department.
- 4351 Measurement and Evaluation. (3-0) Measurement techniques unique to the evaluation of physical performance objectives, including physical fitness and acquisition of basic motor and sports skills. Practical experiences are provided in test administration, scoring, and interpretation of results.
- 4391 Football Coaching. (3-0) Methods of coaching are studied through lectures, demonstrations, and reading of present-day literature.
- 4392 Basketball Coaching. (3-0) Methods of coaching will be studied through lectures, demonstrations, and reading present-day literature.
- 4393 Coaching Track/Field. (3-0) The purpose of this course is to train students to become track/field coaches in the public schools. The focus of the course will be on the fundamentals of the sports, the formulation of practice schedules, game or meet preparation, and the handling of young athletes.

#### **Courses in Physical Fitness/Wellness (PFW)**

- 1101 (PHED 1164) Lifetime Fitness & Wellness (0-2)
- 1110A (PHED 1164) Beginning Aerobics (0-2)
- 1110B (PHED 1164) Intermediate Aerobics (0-2)
- 1110C (PHED 1164) Gymnastics (0-2)
- 1110D (PHED 1164) Balance & Tumbling (0-2)
- 1110E (PHED 1164) Beginning Jogging/Conditioning (0-2)
- 1110F (PHED 1164) Basic Fitness Activities (0-2)
- 1110G (PHED 1164) Beginning Weight Lifting (0-2)

- 1110H (PHED 1164) Physique Development (0-2)
- 1110K (PHED 1164) Restricted Fitness Activities (2-0)
- 1114 (PHED 1164) Fitness Activities (0-2)
- 1125A (PHED 1164) Wrestling (0-2)
- 1130A (PHED 1164) Beginning Basketball (0-2)
- 1130B (PHED 1164) Soccer (0-2)
- 1135A (PHED 1164) Water Aerobics (0-2)
- 1135B (PHED 1164) Aquatic-Conditioning (0-2)
- 1140A (PHED 1164) Football Varsity (0-6)
- 1140B (PHED 1164) Basketball–Men’s Varsity (0-6)
- 1140C (PHED 1164) Basketball–Women’s Varsity (0-6)
- 1140D (PHED 1164) Track & Field–Men’s Varsity (0-6)
- 1140E (PHED 1164) Track & Field–Women’s Varsity (0-6)
- 1140F (PHED 1164) Volleyball – Women’s Varsity (0-6)
- 1140G (PHED 1164) Baseball–Men’s Varsity (0-6)
- 1140H (PHED 1164) Softball–Women’s Varsity (0-6)
- 1140I (PHED 1164) Soccer-Women’s Varsity (0-2)
- 1149 (PHED 1164) Strutters (1-9)
- 1150B (PHED 1164) Beginning Bowling (0-2)
- 1150C (PHED 1164) Intermediate Bowling (0-2)
- 1150D (PHED 1164) Beginning Golf (0-2)
- 1150E (PHED 1164) Intermediate Golf (0-2)
- 1150F (PHED 1164) Self Defense (0-2)
- 1150G (PHED 1164) Restricted Leisure Activities (0-2)
- 1154 (PHED 1164) Leisure/Recreation Activities (0-2)
- 1154B Challenge Course Facilitation. (0-1)
- 1154C Backpacking (0-1)
- 1155A (PHED 1164) Beginning Badminton (0-2)
- 1155B (PHED 1164) Beginning Fencing (0-2)
- 1155C (PHED 1164) Intermediate Fencing (0-2)

1155D (PHED 1164) Advancd Fencing (0-2)

1155E (PHED 1164) Fencing – Epee (0-2)

1155G (PHED 1164) Racquetball (0-2)

1155H (PHED 1164) Beginning Tennis (0-2)

1155I (PHED 1164) Intermediate Tennis (0-2)

1155J (PHED 1164) Judo (0-2)

1155K (PHED 1164) Beginning Karate (0-2)

1155M (PHED 1164) Advanced Karate (0-2)

1155N (PHED 1164) Pocket Billiards (0-2)

1160B (PHED 1164) Beginning Volleyball (0-2)

1160C (PHED 1164) Intermediate Volleyball (0-2)

1165A (PHED 1164) Golf–Men’s Varsity (0-6)

1165C (PHED 1164) Tennis–Women’s Varsity (0-6)

1165D Golf – Women’s Varsity. (0-1.3)

1165E Varsity Cheerleaders. (0-1.3)

1180A (DANC 1147) Beginning Jazz (0-2)

1180B (DANC 1148) Intermediate Jazz (0-2)

1180C (DANC 2147) Advanced Jazz (0-2)

1180D (DANC 1141) Beginning Ballet (0-2)

1180E (DANC 1142) Intermediate Ballet (0-2)

1180G (DANC 1145) Beginning Modern Dance (0-2)

1180H (DANC 1146) Intermediate Modern Dance (0-2)

1180I (DANC 2145) Advanced Modern Dance (0-2)

1180J (DANC 1122, 1128, 1133) Beginning Recreational Dance (0-2)

1180L Dance Team Directing (0-2)

1190A Canoeing (0-2)

1190B (PHED 1164) Beginning Swimming (0-2)

1190C (PHED 1164) Intermediate Swimming (0-2)

1190E (PHED 1164) Lifeguard Training

1190F Beginning Scuba (0-2)

1201 Advanced Scuba Diving (1-3)

1204 Underwater Photography (1-3)

All PFW courses meet two clock hours per week for one semester hour credit unless otherwise designated.

### **Courses in Recreational Administration (REC)**

1310 Introduction to Recreation and Leisure Services. (3-0) Introduction to recreation, includes brief historical backgrounds, professional opportunities, present status, past and present leaders. Role of leisure time in our social structure, professional responsibility, familiarization with current issues and trends, and professional literature. Lecture and field trips. A grade of “C” or higher in this course is required to enroll in any upper division Recreational Administration courses.

1330 Leisure and Outdoor Recreation. (3-0) This course provides students with an overview of the role the natural world plays in recreation and leisure services. The course will focus on values of outdoor recreation, outdoor education, adventure recreation, environmental impact, and the role of government in the provision of outdoor recreation. Prerequisite: REC 1310.

1370 Introduction to Therapeutic Recreation. (3-0) History, philosophy, appropriate terminology and professional opportunities in therapeutic recreation profession. Identification of client groups and the role leisure time activity plays in their lives. Lecture and field trips.

2330 Leadership in Recreation and Leisure Services. (2-2) Discussion of leadership theories and skill development for indoor-outdoor games and sports. Teaching activities to develop skill in programming various indoor/outdoor recreational settings.

2335 (PHED 1336) Recreation Program Development. (3-0) This course introduces students to basic principles and procedures for developing recreation programs that respond to human needs. This course provides students with opportunities to acquire and utilize recreation programming skills through practical application. Prerequisites: REC 1310 and 2330. (WI)

2370 Practices and Interventions in Therapeutic Recreation. (3-2) Acquiring knowledge, understanding and application of practices in therapeutic recreation services. Emphasis on facilitation and intervention strategies and “helping” techniques in clinical and community settings, as they relate to administration and current critical issues facing the field. Prerequisite: REC 1370.

3325 Recreation Administration. (3-0) Organization and administration practices such as budgeting and purchasing, office management, annual reports, supervision of personnel, working with boards and volunteer leaders.

3340 Design and Maintenance of Recreational Facilities. (2-2) Introduce theories and provide practical experience in the design, development, operation, maintenance, administration of various recreational facilities. Prerequisite: REC 2335.

3351 Evaluation of Leisure Service Programming. (3-0) Methods, techniques and application of the evaluation process related to a wide variety of leisure service functions: clientele and prospective participants, programs, personnel, facilities, organizations and literature. Prerequisite: REC 2335. (WI)

- 3360 Field Work in Recreation Leadership. (0-10) The student participates at the leadership level in the ongoing work of a selected recreation agency. The work is supervised by an agency representative and a faculty member trained in the recreation field. Prerequisite: REC 1310.
- 3370 Assessment and Documentation in Therapeutic Recreation. (3-0) This course introduces students to assessment, methods, standards, issues, and processes in Therapeutic Recreation. Students will engage in test construction related to diagnostic application in clinical and community settings. Students will explore assessment tools and documentation rules and formats in Therapeutic Recreation. Prerequisite: REC 1370.
- 4318 Special Topics in Recreation and Leisure Services. (3-0) A topic course in selected professional applications of Recreation and Leisure Services. Topics to include: Military Recreation, Commercial and Entrepreneurial Recreation, Campus Recreation, and Leisure and Aging.
- 4318A Military Recreation (3-0) A topic course to cover the: Survey of U.S. military recreation programs, role of recreation in military mission, concepts of administration and availability of career opportunities within military recreation.
- 4318B Campus Recreation (3-0) A topic to cover recreation and leisure services at a college campus. Topics include recreational sports, residence life, Greek organizations, and campus activities.
- 4318D Leisure and Aging (3-0) A study of the relationship of leisure and aging in our society is the primary focus. Students will examine the aging process from biological, psychological and social aspects. Trends in and benefits of leisure programming for senior citizens will be reviewed. A variety of recreation and leisure delivery systems will be investigated as they relate to service delivery to well and frail elderly.
- 4320 Therapeutic Recreation in Psychology. (3-0) This course provides students with a philosophical and theoretical overview of Leisure Education, emphasizing approaches and strategies utilized in the treatment of persons with psychiatric disorders in a psychiatric setting. Prerequisite: REC 1370.
- 4330 Commercial Recreation. (3-0) Course will cover commercial recreation, entrepreneurialism, and basics of travel and tourism. Topics will include an overview of entrepreneurial recreation; economics, marketing, and financing commercial recreation endeavors; and a description of the various opportunities available in the commercial and private sector.
- 4335 Outdoor Recreation Programming. (3-0) Students apply principles and procedures for developing and leading recreation programs in a variety of specialized, outdoor environments. Students will demonstrate competencies for Leave No Trace certification. Course is taught in cooperation with the Texas State University–Outdoor Center. Prerequisites: REC 1330, 2335; PFW 1154C; or Consent of Instructor.
- 4337 Independent Study in Recreational Administration. (3-0) Individual study related to recreational administration under direct supervision of a faculty member. (WI)
- 4350 Theories and Methods of Supervision in Recreation and Leisure Services. (3-0) Presents theories and methods relating to recruiting, selecting, hiring, training, disciplining and discharging employees. Also addresses legal issues related to personnel. (WI)
- 4370 Principles of Therapeutic Recreation. (3-0) Knowledge and understanding of the principles of therapeutic recreation services. Acquiring ability to apply this knowledge in developing appropriate therapeutic recreation programs and services relative to motor, social and educational needs of participants. Prerequisites: REC 1370, 2370. (WI)
- 4380 Seminar in Recreation. (3-0) Seminar on current problems and trends in the delivery of leisure services. Specific emphasis is placed on cause and effect interactions of leisure services programs and environmental issues. Prerequisite: REC 3351. (WI)
- 4381 Directed Field Experience in Programming Recreation. (0-10) The student participates at the programming/leadership level in the ongoing work of a selected recreation agency. The work is supervised by an agency representative and a faculty member trained in the recreation field. Prerequisites: REC 2335, 3360.
- 4680 Internship in Recreation. (0-20) The student participates at the administrative level in the ongoing work of a selected parks and recreation agency. The work is supervised by an agency representative and a faculty member trained in the recreation field. All other courses should be completed.