

Department of Health and Human Performance

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DEGREE PROGRAMS OFFERED

- Bachelor of Exercise and Sports Science (BESS), major in Exercise and Sports Science (Pre-Physical Therapy Concentration)
- Bachelor of Exercise and Sports Science (BESS), major in Exercise and Sports Science (Health and Wellness Promotion for Clinical Populations Concentration)
- Bachelor of Exercise and Sports Science (BESS), major in Exercise and Sports Science (Teacher Certification in Physical Education, Grades EC-12)
- Bachelor of Exercise and Sports Science (BESS), major in Health and Fitness Management with a minor in Business Administration
- Bachelor of Science (BS), major in Athletic Training
- Bachelor of Health and Wellness Promotion (BHWP), major in Health and Wellness Promotion
- Bachelor of Health and Wellness Promotion (BHWP), major in Health and Wellness Promotion (Teacher Certification in Health, Grades EC-12)
- Bachelor of Science in Recreational Administration (BSRA), major in Recreational Administration
- Bachelor of Science in Recreational Administration (BSRA), major in Recreational Administration (Therapeutic Recreation Concentration)

MINORS OFFERED

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

SECOND TEACHING FIELDS OFFERED

- Health and Wellness Promotion

Exercise and Sports Science

The Bachelor of Exercise and Sports Science (BESS) has several specializations that allow graduates to prepare for careers in education, exercise prescription, health professions, management of exercise programs, and coaching. The BESS with All-Level (EC-12) Teacher Certification in Physical Education prepares graduates to teach in elementary and secondary schools. The BESS with a concentration in Health and Wellness Promotion for Clinical Populations prepares graduates for careers in cardiopulmonary, clinical exercise physiology, and diagnostic testing and programming for cardiac rehabilitation and other special populations. The BESS with a concentration in Pre-Physical Therapy gives students a degree that is well aligned with entrance requirements of advanced study in health care and allied health professions like physical therapy, occupational therapy, orthotics/prosthetics, chiropractics, or physician's assistant. The BESS with a major in Health and Fitness

Management and minor in Business Administration blends exercise science knowledge with the management and leadership skills needed to direct fitness enterprises and wellness/health awareness programs in commercial, corporate, and institutional settings.

Athletic Training

Texas State University has a long and rich history with regard to athletic training education. Our Athletic Training Program was one of the first programs in the United States to be accredited, and during 2011-2012 celebrated 40 years of continuous accreditation. The Bachelor of Science degree program in Athletic Training is currently accredited through the 2019-2020 academic year by the Commission on Accreditation of Athletic Training Education (CAATE). This program prepares its graduates to become certified athletic trainers (ATC*), health care professionals who specialize in the prevention, diagnosis, clinical management and rehabilitation of musculoskeletal injuries and medical conditions. As a member of a complete health care team, athletic trainers work under the direction of licensed physicians and in cooperation with other health care providers.

Admission to the Texas State Athletic Training Program is a competitive process that involves successful completion of all of the requirements associated with a Pre-Athletic Training Program, e.g., 5 specific prerequisite courses, 50 hours of directed observation, a formal written application due April 1st, a formal admission interview on or about May 1st, a minimum Texas State GPA of 2.75. Admission selections are made once per year, at the end of the academic year. In early June each year, the 20 top-ranked applicants are offered admission for the upcoming year as sophomores in the program. Once admitted to the Athletic Training cohort, the student will take six long semesters (three years) of supervised clinical education experiences in conjunction with a formal sequence of lecture and laboratory-based courses. Completion of our Bachelor of Science degree in Athletic Training qualifies the student to take the national Board of Certification examination and the Texas Advisory Board of Athletic Trainers state licensure examination. For the most current program information and a comprehensive list of all of the Athletic Training Program admission requirements, please refer to our website, <http://www.hhp.txstate.edu/Divisions/Athletic-Training.html>.

Health Education

Health promotion is the process of empowering people to make informed decisions to improve personal and community health. The Bachelor of Health and Wellness Promotion provides students the opportunity to become competent in the seven areas of responsibility to improve the practice of health education and promotion. Degree focus areas offered include community health promotion or school health education with the option of becoming a Certified Health Education Specialist or obtaining teacher certification. Professionals in health education and health promotion work in many settings, including community, school (K-12), health care, business/industry, college/university professional preparation programs, and university health services settings.

Recreational Administration

The Bachelor of Science in Recreational Administration combines classroom learning and on-the-job training in two career tracks: recreation administration and therapeutic recreation. Students study such areas as recreation programming, leadership, marketing, evaluation, administration, and therapeutic recreation. Recreational Administration graduates, work in camps, nursing homes, recreation centers, resorts, hospitals, rehabilitation facilities, fitness centers, and state and national parks. The program is nationally accredited in recreation administration and therapeutic recreation. Graduates of this program are eligible to sit for certification examinations for National Council for Therapeutic Recreation Certification (CTRS) and/or the National Recreation and Park Association's National Certification Board (CPRP).

PFW Service Courses

Several Texas State degree programs require Physical Fitness and Wellness (PFW) classes to give students knowledge, skills, and health-related benefits of physical activity. All students may elect to take PFW classes to learn new skills/activities, relieve stress, maintain health, and meet others with similar activity interests. The PFW program provides a wide variety of activity classes that include sports, games, indoor or outdoor activities both on and off campus. PFW classes are for students of all ages, skill ranges, and abilities or disabilities. Some PFW classes, however, are restricted to students who are involved in athletics, band, ROTC, and other organizations. Some off-campus classes have an additional activity fee appropriate for the instructor and facilities used. Contact the Director of the PFW Division if you have any questions about PFW classes.

Admittance to the Teacher Preparation Program

The All-Level Physical Education and All-Level Health Teacher Certifications require formal admittance into the Teacher Preparation Program by the Office of Educator Preparation. (Refer to "Admittance to the Teacher Preparation Program" section on page 107.)

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

General Information and Requirements:

1. This 120 credit-hour degree program blends rigorous basic sciences, Athletic Training, and exercise science courses relevant to physical rehabilitation. The main focus of this pre-professional program is to combine the prerequisite coursework required for entrance to a graduate-level allied health program with quality support courses from the Athletic Training and Exercise and Sports Science programs. This degree program will also prepare students for several other graduate programs such as: entry-level Athletic Training, Occupational Therapy, Chiropractic, Physician Assistant, Orthotic/Prosthetic, and Exercise Physiology.
2. Graduate-level programs may require additional or modified prerequisite coursework for admission not included in this program. Students are ultimately responsible for knowing and completing prerequisite requirements for graduate programs of interest. Completion of this program does not guarantee admission to a graduate program in Physical Therapy.
3. Students in the Pre-Physical Therapy program must establish and maintain at least a 2.75 Texas State GPA in order to enroll in the following courses: AT 3326, 3126; AT 3328, 3128; AT 3336, 3136; and AT 3346, 3146. AT 4360 has the following pre-requisites for enrollment: minimum 2.75 Texas State GPA; AT 3326, 3126; AT 3328, 3128, and AT 3336, 3136. Therefore, students are advised to take AT 4360 in their last semester of coursework.
4. Students are advised to follow the approved 4-year academic plan provided by the College of Education Advising Center. Students are advised to complete AT 3326/3126 prior to enrolling in AT 3328/3128. Students should not complete both AT 3326/3126 and AT 3328/3128 in the same semester. Students should enroll in AT 3336/3136 after AT 3326/3126 and AT 3328/3128 have been completed.
5. A 2.75 Texas State GPA is required to graduate.
6. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course, but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
AT 2356	3	BIO 2430	4	AT 3328, 3128	4	AT 3346, 3146	4
BIO 1330, 1130	4	AT 3326, 3126	4	AT 3336, 3136	4	ENG 2310, 2320, 2330, 2340, 2359, or 2360	3
MATH 1315	3	CHEM 1342, 1142	4	AT 3358	3	ESS 4317	3
CHEM 1341, 1141	4	COMM 1310	3	ART, DAN, MU or TH 2313	3	HIST 1320 (WI)	3
ENG 1310	3	ESS 3317, 3117	4	ESS 1128	1	HP 3302, PSY 2301, or SOCI 3307	3
ENG1320	3	ESS 3320	3	ESS 1179	1	PHYS 1325, 1125	4
HIM 2360	3	ESS 3329	3	HIST 1310 (WI)	3	PSY 3300 or 3315	3
PHIL 1305 (WI) or 1320 (WI)	3	POSI 2310	3	NUTR 3362 or 3364	3	AT 4360 Internship	3
PSY 1300	3	POSI 2320	3	PHYS 1315, 1115	4		
US 1100	1	SOCI 1310	3	PT 3400	4		
Total	30	Total	34	Total	30	Total	26

Bachelor of Exercise and Sports Science (BESS)
Major in Exercise and Sports Science
(Health and Wellness Promotion for Clinical Populations Concentration)
Minimum required: 120 semester hours

General Requirements:

1. This degree program is designed to prepare graduates for study towards a Master's degree in Exercise Physiology, Biomechanics, or a similar field of study. Completion of this degree does not guarantee admission to a graduate program.
2. This degree program can lead to careers in cardiopulmonary, clinical exercise, and diagnostic testing and programming for cardiac rehabilitation and other special populations. Additional requirements may be necessary to enter these fields.
3. Students must take 12 hours of Life and Physical Sciences courses (i.e., three courses and three corresponding labs) chosen from: BIO 1330, 1130; CHEM 1341, 1141; CHEM 1342, 1142; PHYS 1315, 1115; PHYS 1325, 1125.
4. Students are required to take three ESS/PFW Major Activity courses chosen from: ESS 1172, 1175, 1176, 1178; PFW 1110 A, B, E, F, G; PFW 1130 B; PFW 1135 B; PFW 1155 A, G, H, I; PFW 1160 B, C; PFW 1190 B, C.
5. Students are required to take two Clinical Electives chosen from: AT 3358; ESS 1310, 4324; HED 3348; HIM 2360; NUTR 3364.
6. Students must complete HED 4660 Internship in Health and Wellness Promotion. A 2.5 **Overall** GPA is required to enroll in this internship. All other coursework must be completed prior to the internship.
7. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.
8. **While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:**
 - **MATH 1319 or 2417 or 2471 can satisfy the MATH 1315 requirement.**
 - **BIO 2451 and 2452 can be used together to satisfy the BIO 2430 requirement.**

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
AT 2356	3	ART, DAN, MU, or TH 2313	3	Clinical Elective	3	ESS 4317	3
MATH 1315	3	ENG 2310, 2320, 2330, 2340, 2359, or 2360	3	Clinical Elective	3	ESS 4318	3
BIO 2430	4	ESS 1179	1	ENG 3303 (WI)	3	ESS 4319	3
COMM 1310	3	H ED 2340	3	ESS 3317, 3117	4	HED 4100	1
ENG 1310	3	HIST 1310 (WI)	3	ESS 3320	3	HED 4640 (WI)	6
ENG 1320	3	HIST 1320 (WI)	3	ESS 3329	3	HED 4660 (WI) Internship	6
ESS 1100	1	Life & Physical Sciences	4	ESS 4320	3		
ESS/PFW Major Activity	1	Life & Physical Sciences	4	ESS 4351	3		
ESS/PFW Major Activity	1	NUTR 3362	3	HED 4336	3		
ESS/PFW Major Activity	1	PHIL 1305 (WI) OR 1320 (WI)	3	Life & Physical Sciences	4		
HED 1320	3	Social & Behavioral Sciences	3				
POSI 2310	3						
POSI 2320	3						
US 1100	1						
Total	33	Total	33	Total	32	Total	22

Bachelor of Exercise and Sports Science (BESS)
Major in Exercise and Sports Science
(Teacher Certification in Physical Education, Grades EC-12)
Minimum required: 125 semester hours

General Information and Requirements:

1. Students must be admitted to the Teacher Preparation Program in order to enroll in the Teacher Preparation course sequence completed in the Junior and Senior year. Admittance requirements include: (1) An overall GPA of 2.75 or higher; (2) Completion, with a "C" or higher, in HIST 1310 and 1320; POSI 2310 and 2320; ENG 1310 and 1320; PHIL 1305 or 1320; and MATH 1315 or 1319 or 2417 or 2471; (3) Completion of COMM 1310 with a "B" or higher; (4) Completion of the online Teacher Preparation Program Admittance Module. In addition to the admittance requirements, students must be classified as a Junior and maintain an overall GPA of 2.75 or higher to meet registration prerequisites for Teacher Preparation classes. For more information, visit the Office of Educator Preparation website at www.education.txstate.edu/oep.
2. 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. The degree plan below is based on an 18-hour Minor or Second Teaching Field. Certain Minors and Second Teaching Fields may increase the total number of credit hours required for degree completion. Consult an academic advisor for a list of available Second Teaching Fields and recommended Minors.
3. Students are required to take three ESS/PFW Major Activity courses in the specific areas described below:
 - Team Sports (1 credit hour), selected from: ESS 1172, 1177, or 1178.
 - Individual Sports (1 credit hour), selected from: ESS 1128, 1176, or 1192.
 - Conditioning (1 credit hour), selected from: ESS 1175, PFW 1110A, 1110B, 1110F, 1135A, 1135B, or 1190B.
4. Students must complete three hours of an ESS Advanced Elective chosen from: ESS 3321, 3323, 3340, or 4337.
5. A 2.5 Major GPA and an Overall GPA of 2.75 is required to graduate. If declared, a 2.5 GPA is required within the Second Teaching Field and a 2.0 is required within the Minor to graduate.
6. All Major as well as Pedagogy and Professional Responsibility courses must be completed with a grade of "C" or better.
7. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course, but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.
8. Any degree program of 122 hours or more may be considered a five-year program. To complete the predetermined sequence or courses in 4 years, students will most likely need to attend summer sessions.
9. While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:
 - MATH 1319 or 2417 or 2471 with a grade of "C" or better can satisfy the MATH 1315 requirement.
 - BIO 2451 and 2452 can be used together to satisfy the BIO 2430 requirement.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
COMM 1310	3	AT 2356	3	ART, DAN, MU, or TH 2313	3	ESS 4323 (WI)	3
ENG 1310	3	BIO 2430	4	CI 3325, 4332 Education Core	6	ESS 4624	6
ENG 1320	3	ENG 2310, 2320, 2330, 2340, 2359, or		CI 4343, 4370, RDG 3323		ESS Advanced Elective	3
ESS 1100	1	2360	3	H.S. Field-Based Block	9	Minor or Second Teaching Field	3
ESS 1310	3	ESS 1179	1	ESS 3320	3	EDST 4380, 4381 Student Teaching	6
MATH 1315	3	ESS 2320	3	ESS 3325	3		
Life & Physical Sciences	3	ESS/PFW Major Activity Team Sports	1	ESS 3317, 3117	4		
Life & Physical Sciences	3	ESS/PFW Major Activity Individual Sports	1	ESS 3329	3		
PHIL 1305 (WI) or 1320 (WI)	3	ESS/PFW Major Activity Conditioning	1	Minor or Second Teaching Field	3		
POSI 2310	3	HIST 1310 (WI)	3	Minor or Second Teaching Field	3		
POSI 2320	3	HIST 1320 (WI)	3				
US 1100	1	Minor or Second Teaching Field	3				
		Minor or Second Teaching Field	3				
		Minor or Second Teaching Field	3				
		Social & Behavioral Sciences	3				
Total	32	Total	35	Total	37	Total	21

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

General Requirements:

1. Students must complete a Minor in Business Administration, which includes: ECO 2301, ACC 2301, and 12 elective hours selected from BLAW 2361, CIS 3317, FIN 3325, MGT 3303, and MKT 3343. An Overall GPA of 2.0 or higher is required to enroll in Advanced Business courses. A 2.0 GPA in the Minor is required to graduate.
2. Students must take 8 hours of Life and Physical Sciences courses (i.e., two courses and two corresponding labs) chosen from: BIO 1330, 1130; CHEM 1341, 1141; CHEM 1342, 1142; PHYS 1315, 1115; PHYS 1325, 1125.
3. Students must select two courses from the following Major Elective courses: ESS 1310, 3321, 3340, 3323, 4324; REC 4330.
4. Students must select one course from the following Support Elective courses: NUTR 3362, 3364; PSY 3336, 3350, 3361.
5. Students are required to take three ESS/PFW Major Activity courses chosen from: ESS 1172, 1175, 1176, 1178; PFW 1110 A, B, E, F, G; PFW 1130 B; PFW 1135 B; PFW 1155 A, G, H, I; PFW 1160 B, C; PFW 1190 B, C.
6. Students must complete ESS 4660: Exercise & Sports Science Internship. A 2.5 Overall GPA is required to enroll in the internship. All other coursework must be completed prior to the internship.
7. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.
8. While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:
 - MATH 1315 or 2417 or 2471 can satisfy the MATH 1319 requirement.
 - BIO 2451 and 2452 can be used together to satisfy the BIO 2430 requirement.
 - ACC 2361 and 2362 can be used together to satisfy the ACC 2301 requirement.
 - ECO 2314 and 2315 can be used together to satisfy the ECO 2301 requirement.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
AT 2356	3	ACC 2301	3	ESS 3317,3117	4	ESS 4317	3
COMM 1310	3	BIO 2430	4	ESS 3320	3	ESS 4318	3
ENG 1310	3	ART, DAN, MU, or TH 2313	3	ESS 3329	3	ESS 4319	3
ENG 1320	3	ECO 2301	3	ESS 4320	3	Minor Elective	3
ESS 1201	2	ENG 2310, 2320, 2330, 2340, 2359, or 2360	3	ESS 4351	3	Minor Elective	3
Life & Physical Sciences	4	ESS 1100	1	HED 3376	3	ESS 4660 (WI) Internship	6
Life & Physical Sciences	4	ESS 1179	1	Major Elective	3		
MATH 1319	3	ESS/PFW Major Activity	1	Major Elective	3		
POSI 2310	3	ESS/PFW Major Activity	1	Minor Elective	3		
POSI 2320	3	ESS/PFW Major Activity	1	Minor Elective	3		
US 1100	1	HIST 1310 (WI)	3	Support Elective	3		
		HIST 1320 (WI)	3				
		PHIL 1305 (WI) or 1320 (WI)	3				
		PSY 1300	3				
Total	32	Total	33	Total	34	Total	21

Bachelor of Science (BS)
Major in Athletic Training
Minimum required: 122 semester hours

General Information and Requirements:

1. The Athletic Training Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students desiring admission must first declare the Athletic Training major and complete the preliminary requirements for the Athletic Training major at Texas State University in order to become eligible to be admitted to the Athletic Training Program cohort. Once per year, in June, following the completion of a year-long competitive admissions process, the top 20 ranked applicants are offered admission to the Athletic Training Program cohort. For more information, please refer to <http://www.hhp.txstate.edu/Divisions/Athletic-Training.html>.
2. Students admitted to the Athletic Training Program cohort must be committed to taking the Board of Certification's national examination, as well as the Texas Advisory Board of Athletic Trainers' state licensure examination during the last semester prior to graduation.
3. To be considered as a candidate for admission to the Athletic Training Program cohort, students must complete AT 1298, AT 2156, AT 2260, AT 2356, and BIO 2430 with grades of B or better, and:
 - Participate in the competitive admission process that includes the five pre-requisite courses mentioned above, a completed application (due annually on April 1), and an admissions interview in early May.
 - Establish and maintain a minimum Texas State GPA of 2.75.
 - Complete 50 hours of directed Athletic Training observation as part of AT 1298 – Orientation to Athletic Training Education.
 - Hold current Emergency Cardiac Care (ECC) certification in CPR/AED at the Professional Rescuer level.
4. The six-component objective formula used to rank applicants for admission to the AT Program cohort is available to view at <http://www.hhp.txstate.edu/Divisions/Athletic-Training/Undergraduate-Program.html>.
5. The required Technical Standards for the AT Program are available at the department website listed above, in the AT 1298 Policy and Procedures Manual, and from the program director.
6. Students accepted into the AT Program cohort must provide current immunization records to the Texas State Student Health Center.
7. Students must maintain at least a Texas State GPA of 2.75 at all times while pursuing the degree, and in order to graduate.
8. The Athletic Training clinical education requirement at Texas State involves the completion of six long-semester courses over a three-year period that can only be completed at Texas State University. Each of the six clinical education courses in our program involve 2 contact hours per week with a classroom instructor and approximately 20 contact hours of supervised clinical education experiences at various on-campus or off-campus clinical sites.
9. Students are advised to follow the approved 4-year academic plan provided by the College of Education Advising Center. Students are advised to complete AT 3326/3126 prior to enrolling in AT 3328/3128. Students should not complete both AT 3326/3126 and AT 3328/3128 in the same semester. Students should enroll in AT 3336/3136 after AT 3326/3126 and AT 3328/3128 have been completed.
10. Students contemplating transfer should expect to spend four (4) years at Texas State in order to complete the Athletic Training major.
11. Upon completion of the degree, the graduate will be qualified to take the Board of Certification's national examination and the Texas Advisory Board of Athletic Trainers' state licensure exam.
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.
13. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.
14. Any degree program of 122 hours or more may be considered a five-year program. To complete the predetermined sequence or courses in 4 years, students will most likely need to attend summer sessions.
15. **While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:**
 - **MATH 2417 or 2471 can satisfy the MATH 1315 or 1319 requirement.**
 - **BIO 2451 and 2452 can be used together to satisfy the BIO 2430 requirement.**

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
AT 1298	2	AT 2497 Clinical Experience I	4	AT 3346, 3146	4	ART, DAN, MU, or TH 2313	3
AT 2156	1	AT 2498 Clinical Experience II	4	AT 3497 Clinical Experience III	4	AT 4356 (WI)	3
AT 2260	2	AT 3326, 3126	4	AT 3498 (WI) Clinical Experience IV	4	AT 4497 Clinical Experience V	4
AT 2356	3	AT 3328, 3128	4	ESS 1179	1	AT 4498 Clinical Experience VI	4
BIO 1330, 1130 (or BIO 1421)	4	AT 3336, 3136	4	ESS 3317, 3117	4	ENG 2310, 2320, 2330, 2340, 2359, or 2360	3
BIO 2430	4	AT 3333 (WI)	3	ESS 4351	3	PHIL 1305 (WI) or 1320 (WI)	3
COMM 1310	3	ESS 3320	3	HIST 1310 (WI)	3	PHYS 1315, 1115	4
ENG 1310	3	NUTR 3362 or 3364	3	HIST 1320 (WI)	3	POSI 2310	3
ENG 1320	3			PT 3400	4	POSI 2320	3
ESS 1128	1						
MATH 1315 or 1319	3						
PSY 1300	3						
US 1100	1						
Total	33	Total	29	Total	30	Total	30

Bachelor of Health and Wellness Promotion (BHWP)
Major in Health and Wellness Promotion
Minimum required: 120 semester hours

General Requirements:

1. This degree program prepares graduate to take the national examination to obtain the Certified Health Education Specialist (CHES) through the National Commission for Health Education Credentialing.
2. A Minor is required and must not be a Minor in Health and Wellness Promotion. A 2.0 GPA is required in the Minor in order to graduate. The degree plan below is based on an 18-hour Minor. Certain Minors may increase the total number of credit hours required for degree completion. Consult an academic advisor for a list of recommended Minors.
3. Students must select four HED Electives from: HED 1310, 2338, 3301, 3348, 3360, 3374, 3376, 4347.
4. Students must complete HED 4660 Internship in Health and Wellness Promotion. A 2.5 **Overall** GPA is required to enroll in the internship. HED 4100 Professional Development, should be taken the semester immediately preceding the internship. All other coursework must be completed prior to the internship.
5. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.
6. **While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:**
 - **MATH 2417 or 2471 can satisfy the MATH 1315 requirement.**
 - **BIO 2451 and 2452 can be used together to satisfy the BIO 2430 requirement.**
 - **HP 3302 or 3325 can satisfy the HED 3315 requirement.**

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
CIS 1323 or CS 1308	3	ART, DAN, MU, or TH 2313	3	ENG 3303 (WI)	3	HED 4100	1
COMM 1310	3	BIO 2430	4	HED 3315 (WI)	3	HED 4640 (WI)	6
ENG 1310	3	ENG 2310, 2320, 2330, 2340, 2359, or 2360	3	HED 3350	3	Minor	3
ENG 1320	3	HED 2340	3	HED 4336	3	Minor	3
HED 1320	3	HED Elective	3	HED Elective	3	NUTR 3362 or 3364	3
MATH 1315	3	HED Elective	3	HED Elective	3	HED 4660 (WI) Internship	6
Life & Physical Sciences	3	HIST 1310 (WI)	3	MGT 3303 or MKT 3343	3		
Life & Physical Sciences	3	HIST 1320 (WI)	3	Minor	3		
POSI 2310	3	Minor	3	Minor	3		
POSI 2320	3	PHIL 1305 (WI) OR 1320 (WI)	3	Minor	3		
US 1100	1	PSY 1300	3	PSY 3350 (WI)	3		
Total	31	Total	34	Total	33	Total	22

Bachelor of Health and Wellness Promotion (BHWP)
Major in Health and Wellness Promotion
(Teacher Certification in Health, Grades EC-12)
Minimum required: 121 semester hours

General Requirements:

1. Students must be admitted to the Teacher Preparation Program in order to enroll in the Teacher Preparation course sequence completed in the Junior and Senior year. Admittance requirements include: (1) An overall GPA of 2.75 or higher; (2) Completion, with a "C" or higher, in HIST 1310 and 1320; POSI 2310 and 2320; ENG 1310 and 1320; PHIL 1305 or 1320; and MATH 1315 or 1319 or 2417 or 2471; (3) Completion of COMM 1310 with a "B" or higher; (4) Completion of the online Teacher Preparation Program Admittance Module. In addition to the admittance requirements, students must be classified as a Junior and maintain an overall GPA of 2.75 or higher to meet registration prerequisites for Teacher Preparation classes. For more information, visit the Office of Educator Preparation website at www.education.txstate.edu/oep.
2. 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. The degree plan below is based on an 18-hour Minor or Second Teaching Field. Certain Minors and Second Teaching Fields may increase the total number of credit hours required for degree completion. Consult an academic advisor for a list of available Second Teaching Fields and recommended Minors.
3. In addition to required HED courses, students must take four HED Advanced Electives chosen from HED 3301, 3348, 3350, 3360, or 4336.
4. A 2.5 Major GPA and an Overall GPA of 2.75 is required to graduate. If declared, a 2.5 GPA is required within the Second Teaching Field and a 2.0 is required within the Minor to graduate.
5. All Major as well as Pedagogy and Professional Responsibility courses must be completed with a grade of "C" or better.
6. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.
7. **While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:**
 - MATH 2417 or 2471 with a grade of "C" or better can satisfy the MATH 1315 requirement.
 - BIO 2451 and 2452 can be used together to satisfy the BIO 2430 requirement.
 - NUTR 2360 can satisfy the NUTR 3362 requirement.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
COMM 1310	3	ART, DAN, MU, or TH 2313	4	CI 3325, 4332 Education Core	6	CI 4343, 4370, RDG 3323 H.S.	
ENG 1310	3	BIO 2430	3	HED 3342 (WI)	3	Field-Based Block	9
ENG 1320	3	ENG 2310, 2320, 2330, 2340, 2359, or		HED Advance Elective	3	HED 3321	3
HED 1310	3	2360	3	HED Advance Elective	3	HED Advanced Elective	3
HED 1320	3	HED 2338	3	HED Advance Elective	3	Minor or Second Teaching Field	3
MATH 1315	3	HED 2340	3	Minor or Second Teaching Field	3	EDST 4380, 4381 Student Teaching	6
Life & Physical Sciences	3	HIST 1310 (WI)	3	Minor or Second Teaching Field	3		
Life & Physical Sciences	3	HIST 1320 (WI)	3	Minor or Second Teaching Field	3		
PFW	1	Minor or Second Teaching Field	3	NUTR 3362	3		
POSI 2310	3	Minor or Second Teaching Field	3				
POSI 2320	3	PFW	1				
US 1100	1	PHIL 1305 (WI) or 1320 (WI)	3				
		Social & Behavioral Sciences	3				
Total	32	Total	35	Total	30	Total	24

Bachelor of Science in Recreational Administration (BSRA)
Major in Recreational Administration
Minimum required: 120 semester hours

General Requirements:

1. Graduates are prepared to take the national examination to obtain the Certified Park and Recreation Professional certification endorsed by the National Recreation and Park Association.
2. Students must complete 20 elective hours, 12 of which must be advanced. Consult with an academic advisor for recommended electives.
3. Students should be aware that some REC courses may only be offered once a year, during a Fall or Spring semester.
4. Students must complete REC 4680: Internship in Recreation. All other coursework must be completed prior to the internship.
5. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.
6. *While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:*
 - *MATH 1319 or 2417 or 2471 can satisfy the MATH 1315 requirement.*
 - *NUTR 2360 can satisfy the NUTR 3362 requirement.*
 - *CS 1428 can satisfy the CS 1308 or CIS 1323 requirement.*

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
COMM 1310	3	ART, DAN, MU, or TH 2313	3	Advanced elective	3	Elective	3
ENG 1310	3	CS 1308 or CIS 1323	3	Advanced elective	3	Elective	3
ENG 1320	3	ENG 2310, 2320, 2330, 2340, 2359, or 2360	3	Advanced elective	3	Elective	2
MATH 1315	3	HIST 1310 (WI)	3	Advanced elective	3	HED 1310, 2338, or 3321	3
Life & Physical Sciences	3	HIST 1320 (WI)	3	COMM 2315, 2330, 2338, or TH 3370	3	REC 4350	3
Life & Physical Sciences	3	PHIL 1305 (WI) or 1320 (WI)	3	MC 3343, 3367, or 4312	3	REC 4380 (WI)	3
PSY 1300 or SOCI 1310	3	POSI 2310	3	REC 3325	3	REC 4680 Internship	6
REC 1310	3	POSI 2320	3	REC 3335 (WI)	3		
REC 1330	3	REC 1370	3	REC 3340	3		
REC 2330	3	REC 2336	3	REC 3351 (WI)	3		
US 1100	1	REC 2335	3	REC 4330	3		
Total	31	Total	33	Total	33	Total	23

Bachelor of Science in Recreational Administration (BSRA)
Major in Recreational Administration
(Concentration in Therapeutic Recreation)
Minimum required: 120 semester hours

General Requirements:

1. Graduates are eligible to sit for examinations for the National Council for Therapeutic Recreation Certification (NCTRC) and the Certified Parks and Recreation Professional (CPRP)
2. Students must complete 9 hours of NCTRC eligibility coursework from the following: PSY 3312, 3313, 3350, 3361; SOCI 1310, 3300, 3338, 3343, 3347, 3383, 3384; SPED 2360, 3338, 4344, 4381; ESS 3320, 3329
3. Choose two REC Electives from: REC 1330, 3340, or 4330.
4. Students must complete REC 4680: Internship in Recreation. All coursework must be completed prior to the internship. Students should be aware that this internship must be completed during a Fall or Spring semester – it cannot be completed in a Summer semester.
5. Students should be aware that some REC courses may only be offered once a year, during a Fall or Spring semester.
6. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.
7. **While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:**
 - MATH 1319 or 2417 or 2471 can satisfy the MATH 1315 requirement.
 - BIO 2451 and 2452 can be used together to satisfy the BIO 2430 requirement.
 - CS 1428 can satisfy the CS 1308 or CIS 1323 requirement.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
COMM 1310	3	ART, DAN, MU, or TH 2313	3	BIO 2430	4	NCTRC Eligibility Course	3
ENG 1310	3	HIM 2360	3	CS 1308 or CIS 1323	3	NCTRC Eligibility Course	3
ENG 1320	3	HIST 1310 (WI)	3	Elective	1	NCTRC Eligibility Course	3
Life & Physical Sciences	3	HIST 1320 (WI)	3	ENG Lit. 2310, 2320, 2330, 2340, 2359, or 2360	3	REC 4320	3
Life & Physical Sciences	3	POSI 2310	3	REC Elective	3	REC 4370	3
MATH 1315	3	POSI 2320	3	REC Elective	3	REC 4380 (WI)	3
PHIL 1305 (WI) or 1320 (WI)	3	PSY 3300	3	REC 2336	3	REC 4680	6
PSY 1300	3	PSY 3315	3	REC 3325	3		
REC 1310	3	REC 1370	3	REC 3351 (WI)	3		
REC 2330	3	REC 2335	3	REC 3370	3		
US 1100	1	REC 2370	3	REC 4350	3		
Total	31	Total	33	Total	32	Total	24

Minor in Coaching Athletics

A minor in Coaching Athletics requires 22 hours and is designed to provide basic expertise in coaching based on the NASPE national standards for sport coaches. Students receive field experience through a supervised internship. The program of study includes: AT 2356; Three of the following: ESS 1172, ESS 1176, ESS 1177 or ESS 1178; ESS 3117, ESS 3317, ESS 3320, ESS 3340, ESS 4320, and ESS 4340. The minor is not available to students majoring in Exercise and Sports Science as well as Health and Fitness Management.

Minor in Exercise and Sports Science

A minor in Exercise and Sports Science requires 25 hours, including AT 2356, BIO 2430, ESS 1100, ESS 1179, ESS 3117, ESS 3317, ESS 3320, ESS 3321, ESS 4324, and ESS 4351. This minor is not available to students who major in Exercise and Sports Science as well as Health and Fitness Management.

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 (H ED) 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 18 hours, including REC 1310, 2330, 2335, 3325, 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 program. The course is utilized as part of the rigorous student evaluation process before formal entrance into the Athletic Training 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.

2260 Acute Care of Injuries and Illnesses. (2-2) - This course will address the knowledge and skills related to the immediate evaluation and specialized care of acute injuries and illnesses common in sports settings. Lectures and laboratory experiences are focused on key aspects of emergency sports health care, including the rapid assessment, resuscitation, packaging and transportation of injured patients. Prerequisite: Must be admitted to the Pre-Athletic Training major.

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 Program or Pre-Physical Therapy Concentration.

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 Program or Pre-Physical Therapy Concentration.

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 3336. Prerequisite: Must be admitted to the Athletic Training Program or Pre-Physical Therapy Concentration.

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 3346. Prerequisite: Must be admitted to the Athletic Training Program or Pre-Physical Therapy Concentration.

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 Program or Pre-Physical Therapy Concentration. Prerequisites: BIO 1421 or 1330/1130; and BIO 2430 or equivalent.

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. Prerequisites: AT 2356; BIO 2430 or equivalent; Minimum 2.75 TxState GPA.
- 3333 Therapeutic Interventions for Medical & Psychosocial Conditions. (2-2) This course will address the athletic training knowledge and skills required to evaluate and manage common medical conditions and psychosocial concerns found among the physically active. Lecture and laboratory experiences are focused on immediate and advanced care with emphasis on therapeutic interventions and referral. Prerequisites: BIO 1421 or BIO 1330/1130; BIO 2430 or equivalent.
- 3336 Principles and Techniques of Therapeutic Modalities. (3-0)
This course is a theoretical and evidence-based approach to the use of therapeutic modalities in physical medicine settings. Special emphasis is placed on understanding the physiological effects, indications, contraindications and clinical applications of therapeutic modalities in the treatment and rehabilitation of musculoskeletal and neurological injuries and diseases. Co-requisite: AT 3136. Prerequisite: Minimum 2.75 Texas State GPA.
- 3346 Therapeutic Exercise and Rehabilitation. (3-0) This course is a theoretical and evidence-based approach to the use of therapeutic exercise in physical medicine settings. Special emphasis is placed on understanding the physiological effects, indications, contraindications and clinical applications of therapeutic exercise in the treatment and rehabilitation of musculoskeletal and neurological injuries and diseases. Prerequisites: AT3326, AT 3328, PT 3400, and minimum 2.75 Texas State GPA. Co-requisite: AT 3146.
- 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 equivalent; 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. (WI)
- 4356 Organization and Management of Athletic Training Programs. (3-0) This course addresses the organizational and administrative aspects of athletic training program management. Topics will include, but are not limited to, medical, ethical, legal, personnel and financial management, medical record keeping, facilities, supply requisition and inventory, third-party reimbursement, drug testing and other current professional issues. Prerequisites: AT 3326. (WI)
- 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. Prerequisites: A minimum TXST GPA of 2.75, and AT 3326/3126, AT 3328/3128, and AT 3336/3136.
- 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 Exercise and Sports Science (ESS)

- 1100 Lifetime Fitness and Wellness. (2-0) This course introduces students to the concepts of health-related physical fitness. Emphasis is placed on learning how to teach these concepts. Students will design and implement an exercise program for enhancing health-related physical fitness. Restricted to majors or minors in Exercise and Sports Science, Athletic Training, or [Health and Fitness Management](#).
- 1128 Aquatic Therapy. (2-0) The course addresses basic principles and concepts of aquatic therapy and aquatic emergency management. This course prepares students for the American Red Cross Basic Water Rescue Certification.
- 1172 Beginning Field Sports. (2-0) This course prepares students to become proficient instructors of field sports, including softball and soccer. Emphasis is on skill development, instructional practices, peer coaching, rules, terminology, offensive and defensive strategies, team organization, game play, referee skills, skills assessment, and conditioning for field sports. Restricted to majors or minors in Exercise and Sports Science, Coaching, or [Health and Fitness Management](#).
- 1175 Beginning Jogging and Conditioning. (2-0) This course presents the proper biomechanics of jogging, safety rules, and conditioning principles relevant to the activity. Course topics include warming-up and cooling-down, hydration, monitoring and modifying intensity, training for road races, and jogging-related injuries. Students also will learn how to train individuals entering into a jogging program. [Restricted to majors or minors in Exercise and Sports Science or Health and Fitness Management](#).
- 1176 Beginning Tennis, Badminton, and Other Racket Sports.

- (2-0) This course prepares Exercise and Sports Science majors to be proficient instructors of racket sports, including tennis and badminton. The emphasis is on the fundamentals of racket sports and program development for the beginner. Restricted to majors or minors in Exercise and Sports Science, [Health and Fitness Management](#), or Coaching.
- 1177 Beginning Track and Field. (2-0) This course prepares students to become proficient instructors of track and field. Emphasis is on skill development and instructional practices, rules, terminology, team organization, communication, athlete selection, and event-specific conditioning for track and field. Prerequisite: Major or minor in Exercise and Sports Science or minor in Coaching.
- 1178 Beginning Volleyball and Basketball. (2-0) This course prepares students to become proficient instructors of volleyball and basketball. Emphasis is on skill development, instructional practices, peer coaching, rules, terminology, offensive and defensive strategies, team organization, communication, game play, referee skills, skills assessment, and conditioning for volleyball and basketball. Restricted to majors or minors in Exercise and Sports Science, [Health and Fitness Management](#), or Coaching.
- 1179 Beginning Weight Training. (2-0) This course prepares students to be proficient instructors of all forms of resistance training. Emphasis is on understanding the proper, safe, and effective techniques of weight lifting. Students will learn how to develop resistance-training programs for untrained individuals with a variety of conditions. Restricted to majors or minors in Exercise and Sports Science, Athletic Training, or [Health and Fitness Management](#).
- 1192 Beginning Balance and Tumbling. (2-0) This course prepares students as proficient instructors of the basic fundamentals of balance and tumbling. Emphasis is on the teaching of progressions, skills, and routines. Students will learn and practice safe teaching techniques for spotting in selected balance and tumbling skills. Prerequisite: Major seeking All-Level Teacher Certification in Physical Education.
- 1201 Group Exercise Instructor Training. (1-1) This course is for students interested in becoming certified group exercise instructors. Students will learn how to safely and effectively conduct group exercise classes. Students will be trained to teach a variety of formats, such as high- and low-impact aerobics, step aerobics, kickboxing, yoga, and resistance training. Prerequisite: Major in Health and Fitness Management or consent of the instructor.
- 1310 Introduction to Exercise and Sports Science. (3-0) This course introduces students to the various areas of exercise science and physical education. Emphasis is on the history of the profession, professional opportunities, present status, past and present leaders, individual awareness of professional responsibilities, current trends and issues, and the professional literature.
- 2320 Motor Development. (3-0) This course provides the exercise science and physical education student with a knowledge base in the study of changes in motor behavior across the lifespan, the processes that underlie these changes, and factors that affect them. Prerequisite: Major or minor in Exercise and Sports Science.
- 3117 Laboratory in Exercise Physiology. (0-2) In this laboratory course, students perform experiments that highlight the physiological responses to exercise. This course also introduces students to basic techniques in the assessment of health and human performance, including the assessment of maximal oxygen consumption, body composition, anaerobic power and capacity, muscular fitness, movement economy, and dietary intake. Prerequisites: BIO 2430 or BIO 2451 and 2452, with grades of “C” or higher. Co-requisite: ESS 3317. An overall GPA of 2.5 or higher is required.
- 3303 Assistant Dive Instructor. (3-0) This course provides students with the technical knowledge necessary to prepare for the Assistant Diver Instructor Scuba Certification. Topics include advanced diving physiology, air station operations, assisting instructors with beginning open-water dive students, and boat diving operations. Prerequisite: PFW 1201.
- 3304 Divemaster. (3-0) This course provides students with the technical knowledge necessary to prepare for the National Association of Underwater Instructors Divemaster Scuba Certification. Topics include advanced diving physiology, organizing open-water dives, air station operations, assisting instructors with beginning and advanced open-water dive students, and boat diving operations. Prerequisite: Assistant Instructor Certification.
- 3317 Exercise Physiology. (3-0) Students learn the acute and chronic physiological responses to exercise. Emphasis is on muscle bioenergetics, muscle contractile properties, performance improvement through training and supplementation, as well as cardiopulmonary and endocrine responses to exercise. Prerequisites: BIO 2430 or BIO 2451 and 2452, with grades of “C” or higher. An overall GPA of 2.5 or higher is required. Co-requisite: ESS 3117.
- 3320 Biomechanics. (3-0) This course provides an introduction to the mechanical foundations of anatomical function and human movement. Qualitative and quantitative biomechanical analyses of human movement are introduced to inform the prescription of technique, equipment, and training interventions. Prerequisites: BIO 2430 or BIO 2451 and 2452, with grades of “C” or higher. An overall GPA of 2.5 or higher is required.
- 3321 Teaching Elementary Children Physical Activity. (3-0) This course introduces students majoring in Elementary Education and/or Exercise and Sports Science to physical education knowledge and movement concepts. It provides innovative techniques for incorporating physical activity within the elementary school setting. The course presents theory and then guides the students in applying those theories in a practical way.
- 3323 Psychosocial Aspects of Exercise and Sport Science. (3-0) This course examines the psychological and social theories and research related to physical activity. Emphasis is on the determinants that influence exercise behavior and sport participation.
- 3325 Applied Assessment of Physical Activity. (3-0) This course is designed to provide students with a theory to practice approach in the assessment of physical activity within the physical education setting. Particular emphasis is placed on empowering students to use relevant and meaningful physical activity assessments in K-12 schools. Prerequisites: ESS 1310 and 2320, and major seeking All-Level Teacher

- Certification in Physical Education.
- 3329 Motor Learning. (3-0) This course provides students with an understanding of the physiological, neurological, and psychological factors affecting performance and acquisition of motor skills. Students will examine the structural components underlying the learning of motor skills and draw upon examples from sport, physical activities, and rehabilitation.
- 3340 Theory and Principles of Coaching. (3-0) This course examines the theories and principles of effective coaching, including philosophy, ethics, strategies, team motivation and organization, coach-athlete relationships, performance analysis, and the administration of facilities, personnel, and contests.
- 4317 Fitness Assessment and Exercise Prescription. (3-0) **Students are presented with current information on fitness assessment and exercise programming for individuals of all ages and fitness levels. Emphasis is placed on preparation for multiple certifications offered by relevant professional organizations. Prerequisites: ESS 3117 and ESS 3317; BIO 2430 or BIO 2451 and 2452, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required.**
- 4318 Fitness Assessment and Exercise Prescription Practicum. (2-6) **During this 120-hour practicum, students will acquire advanced knowledge and skills associated with appraising health risk, assessing fitness levels, and designing exercise programs for diverse populations through on-line, classroom, and laboratory settings as well as through field-based experiences by working in a variety of exercise venues. Prerequisites: BIO 2430 or BIO 2451 and 2452; ESS 3117 and 3317, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required.**
- 4319 Clinical Exercise Physiology. (2-1) **Students gain a thorough understanding of the health appraisal/risk assessment, exercise testing, and exercise programming guidelines for clinical populations. In addition, basic electrocardiography and cardiopulmonary pathology and pharmacology are introduced. Prerequisites: ESS 3117 and 3317; BIO 2430 or BIO 2451 and 2452, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required.**
- 4320 Resistance Training and Conditioning. (2-1) This course discusses the development and evaluation of training principles and programs for diverse populations. Emphasis is placed on physiological adaptations and mechanical principles related to the application of resistance training. Prerequisites: BIO 2430 or BIO 2451 and 2452; ESS 3317 and 3117, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required.
- 4323 Adapted Physical Education. (2-0) This introductory course provides All-Level teacher certification candidates in Exercise and Sports Science with content knowledge on legal mandates, evidence-based practices, and the characteristics of selected disabilities and their considerations when designing meaningful individualized physical activity experiences to meet the students with disabilities in school settings. Prerequisites: ESS 1310, 2320 and 2.75 Overall GPA. (WI)
- 4324 Adapted Physical Activity. (2-1) This course introduces students to the field of adapted physical activity, including sport and leisure for persons with disabilities. This course provides content knowledge on how to instruct physical activities to individuals with unique needs in various settings. (WI)
- 4337 Independent Study in Exercise and Sports Science. (1-2) This course is for students who are interested in research related to Exercise and Sports Science. Students develop a research study, collect data, and analyze the results. Repeatable for credit with different emphasis. Prerequisites: A minimum Texas State GPA of 3.00 and special approval.
- 4340 Internship in Coaching. (0-15) This 220-hour internship provides students with work-related experience. Students will strengthen their coaching-related knowledge, skills, and abilities by observing and shadowing coaches as well as assisting with a range of tasks, including training athletes, managing the facilities, and organizing practices. Prerequisites: Completion of all coursework required for the minor in Coaching and special approval.
- 4351 Measurement & Evaluation in Exercise and Sports Science. (3-0) This course introduces students to the fundamental principles and techniques of measuring human performance related to Exercise and Sports Science, as well as evaluating and interpreting the results of exercise science and human performance tests in children and adults.
- 4624 Principles and Practices for Teaching Physical Education. (6-0) This course provides students with an in-depth study of theory and curriculum encompassing the design and implementation of developmentally appropriate and culturally responsive physical education programs for children and adolescents. Emphasis is on implementing evidenced-based curricula that promote youths' enjoyment of and participation in lifelong physical activity. Prerequisite: ESS 1310, 2320, 3325 and 2.75 overall GPA.
- 4660 Exercise and Sports Science Internship. (0-40) In this 480-hour internship, students will apply theoretical health and fitness management principles and concepts to an organizational setting. This course requires students to participate in a health and fitness organization/agency and complete a semester-long planning and evaluation project. **Prerequisites: Completion of all other coursework required for the degree, department approval, and an overall GPA of 2.5 or higher. (WI)**

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) This course acquaints students

- with issues, trends, developments, and principles in community health. The course also provides an overview of selected topics, such as epidemiology, community organization, and program planning. Prerequisite or co-requisite: HED 1320.
- 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.
- 3315 Statistical Analysis and Interpretation in Health and Wellness Promotion. (3-0) This course emphasizes analysis and interpretation of health-related data. Descriptive and inferential statistics, including measures of central tendency and variability, estimation, ANOVA, and regression, will be used to understand factors associated with current health-related issues. Prerequisite: "C" or better in HED 1320, HED 2340, and MATH 1315 or equivalent. (WI).
- 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.
- 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.
- 3374 Interprofessional Service Learning in Global Health. (3-0)
- This course focuses on principles of international health and wellness promotion with global populations. Emphasis is placed on assessing, planning, implementing, and evaluating prevention strategies. Students explore roles of health educators collaborating with providers of health services to diverse populations. Prerequisite: B or better in H ED 2340; repeatable for credit.
- 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.
- 4100 Professional Development in Health and Wellness Promotion. (1-0) This one-hour seminar course provides the opportunity for students to obtain a community or clinically-based health promotion internship and to actively participate in health promotion-related professional development activities including conferences, development of resumes and interaction with health professionals. Course to be taken the semester immediately preceding the internship (HED 4660). Prerequisite or co-requisite: HED 4640 with a "C" or better; Senior Classification required.
- 4336 Theoretical Foundations of Health and Wellness Promotion. (3-0) Course offers an introduction to research and theories in health and wellness promotion. Special emphasis will be placed on community health interventions. Students will study theory and practice to understand successful and effective health education interventions. Prerequisite: A grade of "C" or better in HED 1320 and HED 2340.
- 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) This course focuses on the application of professional competencies in health promotion programs, including needs assessment, data gathering techniques, instrument design, interpreting, reporting, and application of findings for program development. Prerequisite: Grades of "C" or better in HED 1320, HED 2340, and HED 4336. Senior classification required. (WI)
- 4660 Internship in Health and Wellness Promotion. (0-18) This

course involves the application of health education concepts to a community health setting. Students participate in the work of a health organization/agency and complete a semester-long project (480 hours). **Prerequisites:** Completion of all other courses required for the degree, a “C” or better in HED 4100 and 4640, an overall GPA of 2.5, and department approval. (WI)

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 (PHED 1164) Challenge Course Facilitation. (0-1)

1154C (PHED 1164) 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) Advanced 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 (PHED 1164) Golf – Women’s Varsity. (0-2)

1165E (PHED 1164) Varsity Cheerleaders. (0-2)

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)
- 1190A (PHED 1164) Canoeing (0-2)
- 1190B (PHED 1164) Beginning Swimming (0-2)
- 1190C (PHED 1164) Intermediate Swimming (0-2)
- 1190E (PHED 1164) Lifeguard Training (0-2)
- 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, adventure recreation, environmental impact, and the role of government in the provision and protection of outdoor recreation programs and resources.
- 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.

- 2336 Directed Field Experience in Programming Recreation. (3-0) 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. Prerequisite: REC 2335.
- 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. Prerequisite: REC 2335.
- 3335 Advanced Recreation Program Development. (3-0) Students will develop advanced program planning skills through the integration of theories and models of program development, consideration of diverse target markets, performing needs assessments, and planning for risk management issues. Students will apply these planning skills through an applied project. Prerequisite: REC 2335. (WI)
- 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: REC1330, REC 2330, and Departmental Approval.
- 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 and HIM 2360.
- 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 and People with Psychiatric Conditions. (3-0) Students will gain a theoretical and practical foundation for applying the therapeutic recreation process with persons with psychiatric conditions. Focus will be on the development of skills necessary to implement evidence-based interventions aimed at behavior change. A grade of "C" or higher in this course is required for enrollment into REC 4680. Prerequisites: REC 1370, REC 2370, REC 3370, PSY 3300 and PSY 3315, all with grades of "C" or higher.
- 4330 Entrepreneurial Recreation Management. (3-0) This course provides a study of the scope and the entrepreneurial management of leisure services. The focus will be on financial management related to profit centers including planning, legal liability, record keeping, and revenue management. Prerequisite: REC 2335.
- 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) This course presents theories and methods relating to recruitment, selecting, hiring, training, disciplining, and discharging employees. This course also addresses legal issues related to personnel supervision. Prerequisite: REC 2335.
- 4370 Principles of Therapeutic Recreation. (3-0) This course will cover the principles of therapeutic recreation services including comprehensive program planning, administrative processes, and issues related to professionalism. Prerequisites: REC 1370, REC 2370, and REC 3370, all with grades of "C" or higher.
- 4380 Seminar in Recreation. (3-0) This seminar covers 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. This seminar should be taken in the fall or spring semester that immediately precedes enrollment into REC 4680. Prerequisite: Departmental approval required. (WI)
- 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. Prerequisites: Completion of all other REC courses required for the degree and department approval.