

# DEPARTMENT OF PARKS, RECREATION, EXERCISE, AND SPORT SCIENCE

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## Faculty

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The Department of Parks, Recreation, Exercise and Sport Science offers the Bachelor of Science degree in Recreation and Park Administration, Sport Management, and Exercise and Sport Science. Program concentrations in Recreation and Park Administration include: Tourism & Resort Recreation, Outdoor Recreation and Natural Resources Management, Recreation Management and Event Planning, and Recreation Therapy. The BS in Exercise and Sport Science offers concentrations in pre-professional healthcare, including Pre-Athletic Training, Pre-Physical Therapy and Physical Fitness and Wellness Management. The BS in Sport Management offers concentrations in Applied Professional Studies and Management. In addition, the department offers two accelerated, 3+2 dual degree programs leading to graduate degrees offered by the department including an MS in Recreation and Park Administration or an MS in Exercise and Sport Science. The department also offers a minor in Recreation and Park Administration, and a certificate in Coaching/Personal Training.

Students who transfer from another college or university must earn a minimum of 12 hours at EKU in their major. Students who transfer from another college or university must earn a minimum of six hours at EKU in their minor.

Graduates of the Tourism & Resort Recreation concentration find career opportunities in local, state, federal and private agencies that promote tourism, travel agencies, convention services, resort supervision and management, cruise lines, amusement and theme parks, as well as other commercial recreation agencies.

Graduates of the Outdoor Recreation and Natural Resources Management concentration find a wide variety of career opportunities such as park ranger, interpretive naturalist, camp director, recreation forester, adventure recreation, fish and wildlife positions, and youth and adult outdoor recreation programming positions.

Graduates of the Recreation Management and Event Planning concentration find professional careers available in local, state, county and federal agencies, park management, golf course management, recreation supervision, aquatics, cultural arts programming, athletic programming, YMCA and YWCA, Boy Scouts and Girl Scouts, 4-H, military

recreation, and various other private and public agencies providing park, recreation and leisure services.

Graduates of the Recreation Therapy concentration find one of the fastest growing areas in the field of recreation and leisure services. Professionals in RT design programs to meet the needs of special populations, people with physical or developmental disabilities, and people with temporary or permanent psychiatric disorders. RT professionals work in children's hospitals, mental health institutions and psychiatric hospitals, rehabilitation clinics, nursing homes, medical care facilities, transitional living facilities, group homes, camps, community-based programs, and community residential agencies.

Students majoring or minoring in Recreation and Park Administration are required to attain a minimum grade of "C" in all REC courses and a 2.5 or better average in all REC courses. All REC core and REC concentration courses must be completed prior to enrollment in REC 463 Internship or REC 473 Therapeutic Recreation Internship.

All degree programs and concentrations emphasize hands-on experiential learning to allow students to connect foundational knowledge to real-world application. The BS degree in Recreation and Park Administration provides 15 credit hours of direct hands-on field experience including a senior internship (12 credit hours) which serves as an excellent transition from school to work with many students are hired directly out of their internship. Courses within all majors are often linked with hands-on application through linked laboratory courses as well. Pre-professional concentrations emphasize integrated pre-requisite courses within the curriculum, courses that build a clinical foundation beyond required pre-requisites and professional advising which guides students towards successful application to their desired professional programs.

## Bachelor's

- Exercise & Sport Science, Bachelor of Science with a Concentration in Physical Fitness & Wellness Management (B.S.) (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/exercise-sport-science-concentration-physical-fitness-wellness-management-bs/>)
- Exercise & Sport Science, Bachelor of Science with a Concentration in Pre-Physical Therapy (B.S.) (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/exercise-sport-science-concentration-prephysical-therapy-bs/>)
- Exercise & Sport Science, Bachelor of Science with a Concentration in Pre#Athletic Training (B.S.) (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/exercise-sport-science-concentration-preathletic-training-bs/>)
- Recreation and Park Administration, Bachelor of Science with a Concentration in Outdoor Recreation and Natural Resources Management (B.S.) (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-concentration-outdoor-recreation-natural-resource-management-bs/>)
- Recreation and Park Administration, Bachelor of Science with a Concentration in Recreation Management and Event Planning (B.S.) (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-concentration-management-event-planning-bs/>)
- Recreation and Park Administration, Bachelor of Science with a Concentration in Recreation Therapy (B.S.) (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-concentration-therapy-bs/>)

- Recreation and Park Administration, Bachelor of Science with a Concentration in Tourism & Resort Recreation (B.S.) (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-concentration-tourism-resort-bs/>)
- Sport Management, Bachelor of Science with a Concentration in Applied Professional Studies(B.S.) (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/sport-management-concentration-applied-professional-studies-bs/>)
- Sport Management, Bachelor of Science with a Concentration in Management (B.S.) (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/sport-management-concentration-management-bs/>)
- Tourism & Event Planning, Departmental Certificate (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/tourism-event-planning-certificate/>)

## Minors

- Coaching (Non-Teaching), Minor (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/coaching-non-teaching-minor/>)
- Recreation and Park Administration (Non-Teaching), Minor (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-non-teaching-minor/>)

## Courses

### ATR 325. Applied Palpation Anatomy for Healthcare Providers. (3 Credits)

A. Formerly ATR 225. Pre-requisite: BIO 107 or 307 with a minimum grade of "C". Co-requisite: ATR 325L. Students repeating ATR 325 must also enroll in 325L. Provide students with the opportunity to identify, differentiate and assess human musculoskeletal, nerve, and vascular body structures. This course will focus on anatomy function and assessment from the healthcare perspective. Credit will not be awarded for both ATR 225 and 325. 3 Lec.

### ATR 325L. Applied Palpation Anatomy for Healthcare Providers Lab. (1 Credit)

A. Formerly ATR 225L. Co-requisite: ATR 325. Students repeating ATR 325L must also enroll in ATR 325. Provide students with hands on opportunity to identify, differentiate, and assess human body structures through palpation. This course will focus on musculoskeletal, nerve and vascular structures assessment for healthcare providers. Credit will not be awarded for both ATR 225L and ATR 325L. 2 Lab.

### ATR 330. Foundations of Orthopedic Evaluation. (3 Credits)

I. Prerequisite: ATR 325, 325L and ESS 212, each with a grade of "C" or better. Students will learn how to properly evaluate common injuries of the lower and upper extremity and spine. Students will learn how to apply these techniques to various structures and pathologies across the entire human body. 3 Lec.

### ATR 340. Foundations of Rehabilitation. (2 Credits)

A. Prerequisite: ATR 330 with a minimum grade of "C". Co-requisite: ATR 304L. Students repeating ATR 340 must also enroll in ATR 340L and the most recent grade in these two co-requisites will be applied toward student's GPA. Study and development of therapeutic exercise program design. Emphasis on understanding the interaction between healing, exercise selection and the return to function. 2 Lec.

### ATR 340L. Foundations of Rehabilitation Lab. (1 Credit)

A. Co-requisite: ATR 304. Students repeating ATR 340L must also enroll in ATR 340 and the most recent grade in these two co-requisites will be applied toward student's GPA. Application of rehabilitation to further understand the interaction between healing, exercise selection and the return to function. 2 Lab.

### ATR 430. Foundations of Clinical Practice. (3 Credits)

A. Prerequisite/Corequisite: ATR 340 and 340L each ATR 330 with a grade of "C" or better. Students will receive an introduction to the clinical practice of athletic training and/or physical therapy through didactic education, basic skill performance, and clinical observation; preparing them for future clinical practice.

## Accelerated

- Exercise and Sport Science, Bachelor of Science (B.S.) and Master of Science (M.S.) Accelerated 3+2 Dual Degree Program with a Concentration in Physical Fitness & Wellness Management (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/exercise-sport-science-bs-exercise-sport-science-ms-accelerated-dual-degree-program-concentration-physical-fitness-wellness/>)
- Recreation and Park Administration, Bachelor of Science (B.S.) and Master of Science (M.S.) Accelerated 3+2 Dual Degree Program with a Concentration in Outdoor Recreation and Natural Resources Management (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-bs-ms-accelerated-dual-degree-program-concentration-outdoor-recreation-natural-resources-management/>)
- Recreation and Park Administration, Bachelor of Science (B.S.) and Master of Science (M.S.) Accelerated 3+2 Dual Degree Program with a Concentration in Recreation Management and Event Planning (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-bs-ms-accelerated-dual-degree-program-concentration-management-event-planning/>)
- Recreation and Park Administration, Bachelor of Science (B.S.) and Master of Science (M.S.) Accelerated 3+2 Dual Degree Program with a Concentration in Recreation Therapy (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-bs-ms-accelerated-dual-degree-program-concentration-therapy/>)
- Recreation and Park Administration, Bachelor of Science (B.S.) and Master of Science (M.S.) Accelerated 3+2 Dual Degree Program with a Concentration in Tourism & Resort Recreation (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-bs-ms-accelerated-dual-degree-program-concentration-tourism-resort/>)

## Certificates

- Adventure Recreation & Leadership, Departmental Certificate (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/adventure-recreation-leadership-certificate/>)
- Coaching/Personal Training, Departmental Certificate (<http://catalogs.eku.edu/undergraduate/health-sciences/parks-rec-exercise-sport-science/coaching-personal-training-certificate/>)

**ATR 802. Practicum II. (3 Credits)**

A. Prerequisite: ATR 807 and 809. Provides students with the opportunity to apply clinical skills, especially related to orthopedic assessment and diagnosis. Curriculum competencies are practiced and assessed. Students complete clinical experiences, as assigned by preceptor.

**ATR 803. Practicum III. (3 Credits)**

A. Prerequisite: ATR 802. Provides students with the opportunity to apply basic clinical skills, especially related to treatment and therapy of injuries/pathologies. Curriculum competencies are practiced and assessed. Students complete a clinical experience as assigned by preceptor.

**ATR 804. Practicum IV. (1 Credit)**

A. Prerequisite: ATR 803. Provides students with the opportunity to apply advanced clinical skills. Curriculum competencies are practiced and assessed. Students complete clinical experiences, as assigned by preceptor from August 1 until the day before fall semester begins.

**ATR 805. Field Experience I in AT. (6 Credits)**

A. Prerequisite: ATR 803. Provides students with the opportunity to apply advanced clinical skills in a near full immersion clinical experience. Curricular competencies are practiced and assessed. Students complete clinical experiences, as assigned by preceptor. Students are responsible for all costs associated with field experience (i.e. Transportation, housing, etc.).

**ATR 806. Field Experience II in AT. (9 Credits)**

A. Prerequisite: ATR 805. Provides students with the opportunity to apply advanced clinical skills in a full immersion clinical experience. Curricular competencies are practiced and assessed. Students complete clinical experiences, as assigned by preceptor. Students are responsible for all costs associated with field experience (i.e. Transportation, housing, etc.).

**ATR 807. Foundations of Clin Pract i. (3 Credits)**

A. Prerequisite: Admission to MS in AT. Course introduces foundational athletic training knowledge, behaviors, and clinical skills required to recognize and manage both traumatic and non-traumatic conditions in clinical practice using a systems approach.

**ATR 808. Applied Palpation Anatomy Lab. (3 Credits)**

A. Prerequisite: Admin to MS in AT. Provides hands-on opportunity to locate, explore, and compare anatomical structures through applied palpation in clinical lab. The course focuses on musculoskeletal, nerve, and vascular structures.

**ATR 809. Foundations of Clin Prat II. (3 Credits)**

A. Prerequisite: Admission to MS in AT. Course introduces foundational athletic training knowledge, behaviors, and clinical skills required to recognize and manage both traumatic and non-traumatic conditions in clinical practice using a systems approach. Continues addressing review of body systems not covered in ATR 807.

**ATR 810. Advanced Clinical Practice. (4 Credits)**

A. Prerequisite: ATR 835: Instructs students in advanced clinical skills relevant to athletic training. Classroom/lab sessions designed to provide specific instruction on curricular competencies as defined by accrediting body. Students will develop review/study strategies for BOC exam.

**ATR 812. Ortho Asmnt Lower Extremity. (3 Credits)**

A. Prerequisite: ATR 808. Co-requisite: ATR 812L. Assessment lower extremity/lumbar spine pathologies. Teaches proper differential diagnosis of LE/Lumbar spine pathologies. Students synthesize information from evaluations into differential diagnosis.

**ATR 812L. Ortho Asmnt Lowr Extremity Lab. (1 Credit)**

A. Prerequisite: Admin to MS in AT. Co-requisite: ATR 812. Students evaluate common injuries of the lower extremity/lumbar spine. Emphasis on practicing and demonstrating skills utilized during the evaluation process.

**ATR 813. Orthopedic Assess Up Extremity. (3 Credits)**

A. Prerequisite: ATR 808. Co-requisite: ATR 813L. Evaluation/differential diagnosis of injuries to the head, face, and upper extremity. Classroom/labs provide opportunities to master upper extremity differential diagnosis.

**ATR 813L. Orthopedic Assess Up Ext Lab. (1 Credit)**

A. Co-requisite: ATR 813. Properly evaluate common injuries of the upper extremity/cervical spine. Emphasis on practicing and demonstrating skills utilized during the evaluation process.

**ATR 815. Preventative Care in AT. (1 Credit)**

A. Prerequisite: Admission to MS in AT. Course develops skills in applying preventative care techniques used athletic training clinical practice. Preventative care includes application of taping and bracing techniques.

**ATR 830. Therapeutic Interventions I. (3 Credits)**

A. Prerequisite: ATR 812 and 813. Corequisite: 830L. Study of the scientific and foundational principles in rehabilitation. Course focuses on the integration of therapeutic modalities and exercise to improve patient function.

**ATR 830L. Therapeutic Intervent I Lab. (1 Credit)**

A. Corequisite: ATR 830. Application and integration of therapeutic modalities and exercise techniques to improve patient function.

**ATR 835. Therapeutic Interventions II. (3 Credits)**

A. Prerequisite: ATR 812 and 813. Corequisite: 835L. Study of the application of scientific and foundational principles of rehabilitation to region specific pathologies. Course focuses on the integration of therapeutic modalities and exercise in both conservative and surgical interventions addressing acute and chronic conditions.

**ATR 835L. Therapeutic Intervent II Lab. (1 Credit)**

A. Corequisite: ATR 835. Application and integration of therapeutic modalities and exercise techniques to improve patient function. Course focuses on application of techniques to address both conservative and surgical interventions for specific acute and chronic pathologies.

**ATR 842. Organization and Admin of AT. (3 Credits)**

A. Prerequisite: ATR 835. The course covers billing practices, legal liability, fiscal management, facilities operations and design, personnel supervision and hiring, public relations and organizational structures in health care organizations and systems.

**ATR 843. Seminar in AT. (2 Credits)**

A. Prerequisite ATR 830 and 835: Integration and applied life skills needed as a professional AT. Students will explore contemporary issues and changing practice paradigms in AT as well as the application of research techniques to improve patient care.

**ESS 180. Lifetime Wellness. (3 Credits)**

I, II. Formerly PHE 180. Interactive learning and laboratory experiences for individual assessment, practice of exercise systems, and improvement of body function. This course offers a comprehensive discussion of the critical areas of health, physical fitness, and wellness. Gen. Ed. VI. Fulfills University Wellness Requirement.

**ESS 190. Wellness Experience: \_\_\_\_ (1-2 Credits)**

I, II. Formerly PHE 190. Wellness activities of current interest and/or need for students. May be retaken to a maximum of six hours, if subtitles are different. Credit will not be awarded to students who have received credit for HPR 190.

**ESS 200. Dance and Culture. (3 Credits)**

I. Formerly PHE 200. Introduction to dance and its role as a non-verbal means of expression. The course examines several dance forms and their cultural context including folk, social, ethnic, entertainment, and dance as an art form. Gen. Ed. Element 3A.

**ESS 201. Foundations of Sport Science. (3 Credits)**

I, II. Formerly PHE 201. Introduction to the profession, exposure to professional standards in the field, and historical perspective and philosophies in physical education and sports science.

**ESS 212. Care and Prevention of Athletic and Exercise Injuries. (3 Credits)**

I, II. Formerly PHE 212. Overview of the mechanism, prevention, management, and rehabilitation of athletic and exercise injuries.

**ESS 220. Team Sports I. (2 Credits)**

I. Formerly PHE 220. Basic skills, strategy, rules, officiating, and teaching techniques related to various team sports.

**ESS 224. Team Sports II. (3 Credits)**

I, II. Formerly PHE 224. Prerequisite: Open only to majors in Physical Education, Sports Management, those who have declared a coaching minor, coaching/personal training certificate, or those with departmental approval. Basic skills, strategy, rules, officiating, and teaching techniques related to basketball, volleyball, soccer, and track and field.

**ESS 241. Introduction to Swimming. (1 Credit)**

A, I, II. Develop swimming skills and endurance to intermediate level; study of fundamental mechanical principles; basic safety skills; ability to conduct a variety of aquatic activities.

**ESS 261. Coaching Baseball and Softball. (2 Credits)**

I, II. Formerly PHE 261. Theory and practice in coaching the fundamentals of baseball and softball; team offense and defense.

**ESS 301. Foundations of Coaching. (3 Credits)**

I, II. Formerly PHE 301. Coaching communication, organization, motivational skills, sports skills, tactics, and philosophy. American Sport Education Program (ASEP) certification awarded to those who qualify.

**ESS 303. Fitness Management & Marketing. (3 Credits)**

A. Principles and practices of fitness leadership in the marketplace. Course will provide content related to leadership principles, sales tactics, communication strategies, human resources, and multiple modes of branding and marketing.

**ESS 305. Individual and Dual Sports I. (3 Credits)**

I, II. Formerly PHE 305. Prerequisite: Open only to majors in Physical Education or Sport Management, those who have declared a Coaching minor, Coaching/Personal Training Certificate, or those with departmental approval. Basic skills, strategy, etiquette, rules, and teaching techniques related to tennis, golf, and badminton.

**ESS 306. Individual and Dual Sports II. (3 Credits)**

A. Formerly PHE 306. Basic skills, strategy, etiquette, rules, and teaching techniques related to archery, bowling, and racquetball.

**ESS 313. Lifeguard Training. (3 Credits)**

I, II. Formerly PHE 313. Prerequisite: ability to pass American Red Cross swimming test. Advanced technique of water safety and rescue; American Red Cross certification awarded to those who qualify.

**ESS 315. Physical Fitness Concepts and Applications. (3 Credits)**

(3) I, II. Formerly PHE 315. Prerequisite: Open only to majors in Physical Education or those with departmental approval. Discussion, demonstration, practice of fitness concepts and various methods of developing physical fitness.

**ESS 320. Biomechanics. (3 Credits)**

A. Formerly PHE 320. Prerequisite: BIO 107 or 301. Corequisite: ESS 320L. Quantitative study of human movement through anatomical, physiological, and biomechanical concepts; analysis and application.

**ESS 320L. Biomechanics Lab. (1 Credit)**

A. Prerequisite: BIO 171 or 307. Corequisite of ESS 320. Qualitative and quantitative lab experiences of human movement through anatomical, physiological, and biomechanical experiences.

**ESS 322. Legal Issues in Sport. (3 Credits)**

I. Formerly PHE 322. Prerequisite: GBU204. Legal issues involved in the supervision, management, and business operations of sport. A critical perspective of the American legal system as it applies to sport.

**ESS 323. Movement Concepts and Skill Themes. (3 Credits)**

I. Formerly PHE 323. Prerequisites: physical education major, CED 100 and EDF 203. Motor skill themes and movement concepts required for planning and teaching the appropriate sequence and scope for achievement of learner outcomes through elementary physical education.

**ESS 324. Policy and Governance in Sport. (3 Credits)**

I. Formerly PHE 324. Designed to encourage students to integrate management theory with governance and policy development. Provides an overview of the sport industry from the perspective of the sport management professional.

**ESS 325. Exercise Physiology. (3 Credits)**

A. Formerly PHE 325. Prerequisite: BIO 171 OR 307 and 301 OR 308. Corequisite: ESS 325L. Extensively covering how the body adapts acutely and chronically to stressors. Credit will not be awarded to students who have credit for PHE 325.

**ESS 325L. Exercise Physiology Lab. (1 Credit)**

A. Prerequisite: BIO 171 or 307 and 301 or 308. Corequisite: ESS 325. Lab experience on the effects of physical activities on various systems of the human body. Direct observations of how the body adapts acutely and chronically to stressors.

**ESS 327. Sport in American Society. (3 Credits)**

II. Formerly PHE 327. Impact of sport in American society with attention to relationship of political, economic, ethnic, and institutional forces operating within the phenomenon of sport.

**ESS 328. Sport Finance. (3 Credits)**

II. Formerly PHE 328. Course will examine all aspects of successful sport business operations, including budgeting, legal issues, marketing, competitive positioning, regulatory compliance, and strategies for success in sport and recreation industry.

**ESS 340. Water Safety Instructor. (3 Credits)**

I, II. Prerequisite: proficient swimming ability. This American Red Cross course will train students to become certified swimming instructors. Course consists of lecture, lab, technique instruction, and practice teaching. WSI certification for those who qualify.

**ESS 343. Lifeguard Instructor. (3 Credits)**

A. Requires American Red Cross Lifeguard certification and age of 17 years or older. Course is designed to teach students who are already certified as American Red Cross Lifeguards to become American Red Cross lifeguard Instructors (LGIs), allowing them to instruct American Red Cross Lifeguard Training, First Aid and CPR for the Professional Rescuer/AED. Focuses on classroom and in-water instruction, planning, organizing, sequencing, skill development, and Red Cross operation policies and procedures.

**ESS 349A. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349A. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349B. Cooperative Learning: Physical Education. (0.5-8 Credits)****ESS 349C. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349C. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349D. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349D. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349E. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349E. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349F. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349F. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349G. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349G. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349H. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349H. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349I. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349I. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349J. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349J. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349K. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349K. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349L. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349L. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349M. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349M. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349N. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349N. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 360. Coaching Basketball. (2 Credits)**

I, II. Formerly PHE 360. Theory and practice in coaching the fundamentals of basketball; team offense and defense.

**ESS 362. Coaching Track and Field. (2 Credits)**

II. Formerly PHE 362. Theory and practice in coaching fundamentals involved in track and field.

**ESS 383. Sports Officiating. (1 Credit)**

I, II. Formerly PHE 383. Technique and skill of officiating, structure of officiating, and relationship between performance, behavior, and the official's duties.

**ESS 390. Lifetime Activity Series:\_\_\_\_. (0.5-2 Credits)**

I, II. Formerly PHE 390. A series of activities suitable for participation throughout life. Includes rules, skills, techniques, and strategies. May be retaken to a maximum of four hours toward graduation requirements. Credit will not be awarded to students who have received credit for HPR 390.

**ESS 400. Management of Sport Organizations. (3 Credits)**

I, II. Formerly PHE 400. Aspects of sport management including disciplinary foundations of sport, theoretical and applied foundations of organization and management, opportunities available in various segments of the sport industry, and professional preparation and development.

**ESS 407. Strength and Conditioning Programming. (3 Credits)**

I, II. Formerly PHE 407. Advanced skills in developing, implementing, and evaluating strength training programs. Knowledge of strength and resistance training, spotting techniques, and safety techniques, exercises and associated anatomy, periodization, and general guidelines for all fitness levels and ages.

**ESS 415. Outdoor and Lifelong Leisure Motor Activities. (3 Credits)**

II. Formerly PHE 415. Prerequisites: EDF 203. Knowledge and skills needed to conduct cooperative, leisure, adventure, and outdoor motor activities for achievement of important personal and educational goals in the school system.

**ESS 420. Coaching Football. (2 Credits)**

I, II. Formerly PHE 420. Theory and practice in coaching the fundamentals of football; team offense and defense.

**ESS 423. Psychology of Coaching. (3 Credits)**

I. Formerly PHE 423. Study of the dynamics of coaching including performance enhancement and understanding the functions of the coaching process.

**ESS 430. Fitness Program Risk Management & Administration. (3 Credits)**

I. Formerly PHE 430. Prerequisites: ESS majors and junior or senior standing. Students will learn aspects of fitness and wellness program administration, risk management strategies. Students will be introduced to cardiovascular risk factors, and clinical exercise. Credit will not be awarded to students who have credit for PHE 430.

**ESS 433. Adult Physical Fitness Programs. (3 Credits)**

II. Formerly PHE 433. Prerequisites: ESSC Physical Fitness & Wellness Concentration and junior or senior standing. Practice and study of exercise programs meeting the guidelines of the American College of Sports Medicine (ACSM) for improving health-related fitness.

**ESS 435. Group Leadership in Fitness & Sport. (3 Credits)**

I. Formerly PHE 435. Prerequisites: ESS 320, and 325. A methods course teaching coaching skills for effective leadership in fitness & exercise science. Students will learn: basic coaching principles and implementation of progress and goal strategies. Students will apply principles of psychosocial interventions to improve outcomes. Credit will not be awarded to students who have credit for PHE 435.

**ESS 467. Skill Acquisition. (3 Credits)**

I. Formerly PHE 467. Practical application of principles of learning and performing motor skills taught in the physical activity environment and the influence of historical events on research in the area of skill acquisition.

**ESS 470. Internship: Sport Management. (1-6 Credits)**

A. Formerly PHE 470. Prerequisite: 2.0 GPA, completion of sport management core and supporting courses. Students are required to document a minimum of 50 hours of sport management related experiences prior to enrollment in PHE 470. Supervised experiences in the directing of sports and physical activities in various settings. May be retaken to a maximum of six hours.

**ESS 472. Internship: Physical Fitness and Wellness Management. (1-6 Credits)**

A. Formerly PHE 472. Prerequisite: 2.0 GPA; completion of physical education core courses and physical fitness and wellness option courses. Students are required to document a minimum of 50 hours of physical fitness and wellness related experiences prior to enrollment in PHE 472. Supervised experiences in the directing of wellness and physical fitness activities in various settings. May be retaken to a maximum of six hours.

**ESS 485. Independent Study. (1-3 Credits)**

I, II. Formerly PHE 485. Individual work on a physical education related problem in supervised situation. Restricted to undergraduate physical education major or minor student. Student must have the independent study proposal form approved by faculty supervisor and department chair prior to enrollment.

**ESS 490. Experiences in Research. (1-3 Credits)**

I, II. Formerly PHE 490. Prerequisites: ATR 100 or PHE 201 and departmental approval. Directed research experience in athletic training, physical education or sports management. May be retaken to a maximum of 9 hours. Students must have research proposal form approved by faculty supervisor and department chair prior to enrollment.

**ESS 517. Bioenergetics of Performance and Sports Nutrition. (3 Credits)**

A. Formerly PHE 517. Prerequisite: Junior/senior standing in major or with departmental approval. Study of bioenergetics processes and the relationship to energy storage, transformation and utilization in biological systems. Study of energy metabolism during different physiological conditions and the applications to clinical exercise science and sport.

**ESS 520. Advanced Strength and Condition. (3 Credits)**

I, II Prerequisites: ESS 407 with a minimum grade of "C"; or Instructor approval. Course is an advanced education in the field of strength and conditioning, principles, organization, and techniques. Higher level understanding of human physiology will be gained with specific emphasis on optimizing adaptation response.

**ESS 530. Sport Communications. (3 Credits)**

II. Formerly PHE 530. Students will explore and apply communication theories to the sport and exercise industry. Emphasis will be on examination of public and media relations with a special focus on organizational communication to external and internal publics.

**ESS 562. Adapted Physical Activity and Special Populations Programming. (3 Credits)**

I, II. Formerly PHE 562. Principles and practices of adapted physical activity and exercise programming for special populations and at risk, chronic disease populations. Content will emphasize the nature and needs of exceptional persons, etiology of disabilities, and exercise interventions. Credit will not be awarded for both ESS 562 and PHE 562.

**ESS 575. Tests and Measurements. (3 Credits)**

I, II. Formerly PHE 575. Administration and scoring of tests; evaluation of use of results obtained.

**ESS 590. Special Topics in Exercise and Sport Science. (1-4 Credits)**

A. Formerly PHE 590. Study of various topics in physical education and sport selected to meet special student needs and interests.

**ESS 599. Tactical Strength and Conditioning. (3 Credits)**

Prerequisites: Junior standing and a 2.5 GPA. Foundations of preparing, periodizing, and developing tactical-based athletes and professionals. Tactical athletes include military, LEO, firefighter, and other first responders.

**ESS 717. Bioenergetics of Performance and Sports Nutrition. (3 Credits)**

(3) A. Formerly PHE 762. Study of bioenergetics processes and the relationship to energy storage, transformation and utilization in biological systems. Study of energy metabolism during different physiological conditions and the applications to clinical exercise science and sport.

**ESS 720. Advanced Strength and Condition. (3 Credits)**

I, II This course is an advanced education in the field of strength and conditioning, principles, organization, and techniques. Higher level understanding of human physiology will be gained with specific emphasis on optimizing adaptation response.

**ESS 730. Sports Communications. (3 Credits)**

I. Formerly PHE 730. Students will explore and apply communication theories to the sport and exercise industry. Emphasis will be on examination of public and media relations with a special focus on organizational communication to external and internal publics.

**ESS 762. Adapted Physical Activity and Special Populations Programming. (3 Credits)**

I, II. Formerly PHE 762. Principles and practices of adapted physical activity and exercise programming for special populations and at risk, chronic disease populations. Content will emphasize the nature and needs of exceptional persons, etiology of disabilities, and exercise interventions. Credit will not be awarded for both ESS 762 and PHE 762.

**ESS 775. Tests & Measurements. (3 Credits)**

I, II. Formerly PHE 775. Administration and scoring of tests, evaluation and use of results obtained.

**ESS 790. Special Topics in Ex/Sport Sci. (1-4 Credits)**

A. Formerly PHE 790. Study of various topics in physical education and sport selected to meet special student needs and interests. May be retaken to a maximum of six hours with advisor's approval provided subtitle is different.

**ESS 799. Tactical Strength and Conditioning. (3 Credits)**

Foundations of preparing, periodizing, and developing tactical-based athletes and professionals. Tactical athletes include military, LEO, firefighter, and other first responders.

**ESS 800. Research Methods. (3 Credits)**

I, II. Formerly PHE 800. Application of research methods in exercise and sport science with emphasis on consumption of research, methods of research, and tools and instrumentation for research.

**ESS 810. Financial Aspects of Sport. (3 Credits)**

A. Formerly PHE 810. Study of the principles, practices, and theories associated with finance planning and management of enterprises engaged in the provision of sport related services and/or products. Topics include budget planning and preparation, preparing and analyzing financial statements, revenue sources, money management, preparation of business plans and feasibility studies.

**ESS 812. Lifetime Fitness and Wellness. (3 Credits)**

A. Formerly PHE 812. Philosophical and factual basis for lifetime fitness for professional fitness leaders. Problem-solving and decision-making approaches to establish creative and effective programs.

**ESS 814. Sport Mkt/Prom/Fund Raising. (3 Credits)**

I, A. Formerly PHE 814. Marketing, promotion, and fund raising within the context of amateur and professional sport. An overview of sport business industry; theory; pricing, distribution, and promotional technique of sport; media relations; endorsement and sponsorships; and licensing.

**ESS 821. Physiological Bases of Phy Fit. (3 Credits)**

II. Formerly PHE 821. Effects of chronic exercise on neuromuscular, cardiovascular, respiratory, and metabolic function.

**ESS 822. Sociology of Sport. (3 Credits)**

A. Formerly PHE 822. Meaning of sport in contemporary societies; relationship of selected social factors on development of social groups and attitudes in varying levels of sport; structure and function of sport in simple and complex social institutions.

**ESS 823. Psychology of Sport & Exercise. (3 Credits)**

II. Formerly PHE 823. This course examines the psychological basis of organization and team dynamics of performance in sport and exercise behavior through an exploration of psychological theories and their applications to real world experiences.

**ESS 825. Policy and Governance of Sport. (3 Credits)**

II. Formerly PHE 825. An in-depth study of major sport governing agencies including organizational structure, constitutions, policies, procedures, and membership requirements of sport agencies at the state, national, and international levels.

**ESS 835. Legal Issues in Sports Science. (3 Credits)**

I. Formerly PHE 835. Principles and concepts of exercise and sport in contemporary society with primary emphasis on legal issues that relate to the exercise industry and amateur sport.

**ESS 839. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839A. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839A. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839B. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839B. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839C. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839C. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839D. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839A. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839E. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839E. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839F. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839F. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 848. History/Philosophy Ex/Sport Sc. (3 Credits)**

A. Formerly PHE 848. A study of organized physical activity of people in significant cultural epochs in history and the underlying philosophy that influenced these activities and the influence on modern exercise and sport science methods and techniques.

**ESS 850. Event and Facility Management. (3 Credits)**

I. Formerly PHE 850. A. Focus on fundamentals of event and facility management: organizing and operating athletic events, planning and modifying facilities associated with athletic, physical education, fitness, and recreation programs.

**ESS 869. Org Behavior & Leadership in ESS. (3 Credits)**

II. Formerly PHE 869. Students will study the basic concepts, theories, organization and administration including financial management as applied to exercise and sport science.

**ESS 870. Internship Sports Administration. (1-6 Credits)**

A. Formerly PHE 870. Supervised experience in selected aspects of sports in a sports administration setting. May be retaken to a maximum of six hours.

**ESS 871. Internship: Exercise/Wellness. (1-6 Credits)**

A. Formerly PHE 871. Supervised experiences of selected aspects of wellness programming.

**ESS 875. Seminar in Exercise and Sport. (3 Credits)**

A. Formerly PHE 875. Research and discussion of critical questions in physical education; topics to be studied will vary according to the concerns of seminar students.

**ESS 885. Independent Study. (1-3 Credits)**

A. Formerly PHE 885. Designed for graduate students who have demonstrated the ability to conduct individual research relating to physical education. Student must have the independent study proposal form approved by faculty supervisor and department chair prior to enrollment. May be retaken to a maximum of three hours.

**ESS 891. Issues in Exercise/ Sport Sci. (3 Credits)**

A. Identification of critical issues arising from current problems; exploration of points of view and possible solutions.

**ESS 896. Sports Administration Capstone. (3 Credits)**

A. Formerly PHE 896. Comprehensive integration and application of program learning outcomes. The student will analyze and synthesize academic knowledge and practical experience as they relate to issues and problems in sports administration.

**ESS 897. Thesis. (3-6 Credits)**

A. Formerly PHE 897. For students preparing a thesis in partial fulfillment of the requirements for the master's degree programs. May be retaken to a maximum of six hours.

**REC 101. Recreation and Tourism Careers. (1 Credit)**

I, II. Introduction to the broad scope of careers and employment in recreation, parks, and leisure services organizations.

**REC 102. Introduction to Recreation Leadership. (3 Credits)**

I, II. Techniques of leadership in working with individuals in groups in various settings. Methods of organization, guidance, and supervision of program activities.

**REC 110. SCUBA Confined Water. (1 Credit)**

I. Relationships of scuba diving to adventure tourism, introduction to scuba diving equipment and techniques in confined water settings. This course is prerequisite to REC 111 Scuba Diving- Open Water.

**REC 111. SCUBA Open Water. (1 Credit)**

II. Prerequisite: REC 110. Relationships of scuba diving to adventure tourism, introduction to SCUBA diving equipment and techniques in open water settings. This course will be conducted over a 2.5 day period at an off-campus dive site.

**REC 112. Intro to Hiking and Backpacking. (1 Credit)**

(1) A. This course introduces students to the basic concepts, physical skills, technical skills and environmental ethics required for hiking and backpacking.

**REC 113. Intro Kayaking and Canoeing. (1 Credit)**

(1) A. This course introduces students to the basic concepts, physical skills, technical skills and environmental ethics required for Kayaking and Canoeing.

**REC 114. Intro to Mountain Biking. (1 Credit)**

(1) A. This course introduces students to the basic concepts, physical skills, technical skills and environmental ethics required for Mountain Biking.

**REC 163. Fieldwork I. (1 Credit)**

A. On-site observation and assistance within a recreation, park or leisure services agency. Observe and assist with recreation activities, programs and special events.

**REC 180. Outdoor Adventure Activities. (1 Credit)**

(1) I. Outdoor adventure course where students will gain skills in hiking, rock climbing, kayaking, caving, rafting, sailing, mountain biking, horseback riding, backpacking, snorkeling, and snow skiing. Students will attend skill-based workshops.

**REC 190. Challenge Course Introduction. (1 Credit)**

A. Outdoor-based experiential focus using the ECU Challenge Course, climbing tower, and group initiatives.

**REC 200. Leisure Diversity and Culture. (3 Credits)**

I, II. Examination of personal, philosophical, cultural diversity, economic, behavioral, and historical dimensions of play, recreation and leisure; evolution of leisure lifestyles; impact of leisure on the quality of life; and knowledge of professional roles.

**REC 210. Equine Assisted Therapeutic Recreation. (3 Credits)**

(3) I. Prerequisite: OTS 205 or departmental approval. Introduction to Equine Assisted Activities and Therapies (EAAT). The history and application of EAAT and the general emotional, physical and medical benefits of EAAT for individuals with diverse needs. This course provides hands on activities with a local program.

**REC 225. Recreation Hobbies. (3 Credits)**

A. Comprehensive study of recreation services and leisure education; emphasis on leisure time skills, hobbies, avocations, and lifetime recreation; utilization of constructive leisure from youth to senior adults including the disabled person.

**REC 250. Tourism Videography and Social Media. (3 Credits)**

II. An examination in tourism and recreation video production, with emphasis in field production and social media. The course combines theory, history and practice. Hands-on demonstrations, screenings, readings, lectures and discussion prepare students to develop skills in outdoor video production.

**REC 263. Fieldwork II. (2 Credits)**

A. Prerequisite: REC 163. On-site practical experience in a recreation, park, or leisure services agency. Organize and lead recreation programs.

**REC 270. Introduction to Rock Climbing. (3 Credits)**

A. This course introduces students to concepts, physical skills, technical skills and philosophical ethics required for indoor and outdoor rock climbing.

**REC 280. Programming Special Events. (3 Credits)**

A. Introduction to the methods and techniques of delivering fairs, festivals and special events. Course focuses on the principles and concepts of event planning, management, marketing, and evaluation.



**REC 290. Adventure Programming. (3 Credits)**

A. Application of adventure programming delivered experientially through problem solving activities, program design and technical skill development. Planning and implementation, facilitation strategies, safety procedures, equipment management, personnel administration, and program design are addressed.

**REC 300. Civic Engagement Experiences. (1-3 Credits)**

(1-3) I, II. Prerequisite: Sophomore, Junior, or Senior standing. Students will engage in structured civic engagement activities by completing community projects. Students will work as a group toward enhancing the local environment or community. This course blends an ongoing academic focus with experiential learning and service experiences. May be retaken to a maximum of six credit hours.

**REC 311. Introduction to Therapeutic Recreation. (3 Credits)**

I, II. An introductory course focusing on individuals with a variety of disabilities, legislation, barriers, accessibility, basic terminology, and awareness of special recreation, recreation therapy, sports, and the needs of individuals with disabilities.

**REC 325. Camp Supervision. (3 Credits)**

II. Supervision of camp programs, auxiliary services, and personnel.

**REC 349. Applied Learning in Recreation and Park Administration. (0.5-8 Credits)**

A. Prerequisite: department chair approval. Agency supervised fieldwork course. Minimum of 80 clock hours for each academic credit. Students must register with the Cooperative Education Office.

**REC 349A. Cooperative Study: Recreation and Park Administration. (0.5-8 Credits)**

A. Prerequisite: department chair approval. Agency supervised fieldwork course. Minimum of 80 clock hours for each academic credit. Students must register with the Cooperative Education Office.

**REC 349B. Cooperative Study: Recreation and Park Administration. (0.5-8 Credits)**

Agency supervised fieldwork course. Students must register with the Cooperative Education Office.

**REC 349C. Cooperative Study: Recreation and Park Administration. (0.5-8 Credits)**

Agency supervised fieldwork course. Students must register with the Cooperative Education office.

**REC 350. Supervision of Recreation Personnel. (3 Credits)**

A. Analysis of skills and techniques utilized in effective supervision of park, recreation, and leisure service personnel.

**REC 380. Natural Resource Tourism. (3 Credits)**

A. Issues in understanding natural resource tourism, sustainability, tourism lifecycle, impacts associated with natural resource tourism, and effective management. Theoretical approaches, case studies and applications. Emphasis on student participation and discussion.

**REC 401. Management of Recreation Services. (3 Credits)**

A. Management concepts and processes, organizational structure, policies, personnel, budget, and fiscal management, marketing and public relations, legal issues, and risk management.

**REC 406. Planning, Design, and Maintenance of Recreation Facilities. (3 Credits)**

II. Planning principles and procedures of recreation and park areas. Facilities, design problems, details of structure and equipment, master planning methods, study of standards and trends.

**REC 409. Independent Study. (1-3 Credits)**

A. Prerequisite: for majors and minors only. Independent study of special topics through directed readings and research. Student must have the independent study proposal form approved by faculty supervisor and department chair prior to enrollment. May be retaken up to six hours.

**REC 410. Recreation Research & Evaluation. (3 Credits)**

II. Assessment and evaluation of recreation needs, interests, and agency effectiveness. Research processes including marketing and budgeting as related to recreation services will be the focus of this course.

**REC 411. Therap Rec Serv For Sr Adult. (3 Credits)**

I. Leisure problems, needs, assessments and etiology of the aging population. Basic terminology, organizations, programming, trends, resources, and facilities. Introduction to geriatrics.

**REC 411S. Therapeutic Recreation Services for Senior Adult. (3 Credits)**

I. Explores successful aging and the benefits of recreation therapy for seniors. The course includes a service learning project with a community partner determining the recreation needs of seniors, preventative lifestyle changes and opportunities for meaningful activities. Credit will not be awarded for both REC 411S and REC 411.

**REC 450. Senior Seminar. (3 Credits)**

I, II. Prerequisites: ENG 102 or 102R, 105(B), or HON 102 and for Recreation and Park Administration majors only; enroll the semester immediately preceding REC 463 or REC 473. Introduction to the senior internship and professional requirements. Study of trends in recreation practices. Development of a professional philosophy. Credit will not be awarded to students for both REC 450 and 450W.

**REC 450W. Senior Seminar. (3 Credits)**

(3) I, II. Prerequisites: ENG 102 or 102R, 105(B), or HON 102 and for Recreation and Park Administration majors only; enroll the semester immediately preceding REC 463 or REC 473. Introduction to the senior internship and professional requirements. Study of trends in recreation practices. Development of a professional philosophy. Credit will not be awarded to students for both REC 450 and 450W.

**REC 460. Advanced Leadership and Programming. (3 Credits)**

I, II. Prerequisite: REC 102. Comprehensive course in recreation program planning, development, and leadership techniques with individuals and groups. Students plan a seasonal program. 2 Lec/2 Lab.

**REC 463. Internship. (12 Credits)**

A. Prerequisites: 2.0 GPA; REC core and REC option courses. Completion of REC 450 with a minimum grade of "C". Placement in a recreation agency to lead and develop recreation programs, supervise personnel and facilities, and perform administrative duties. A minimum of 480 clock hours typically covering 12 or more weeks.

**REC 473. Therapeutic Recreation Internship. (12 Credits)**

I, II. Prerequisite: All REC Core and RT Concentration Courses with a 2.0 GPA. Completion of REC 450 with a minimum grade of "C". Placement in a recreation therapy agency to lead and develop recreation therapy programs, supervise clients, facilities, and perform administrative duties. A minimum of 560 clock hours typically covering 14 weeks.

**REC 480. Resort Recreation Management. (3 Credits)**

A. Prerequisite: REC 280. Investigation of the methods and techniques of resort recreation management, and its position within the tourism and hospitality industries. Examines customer service and marketing, international markets, human resources, and fiscal implications.

**REC 481. Research Methods in Tourism. (3 Credits)**

A. Prerequisites: REC 280 and REC 380. Introduction to the methods and techniques of tourism research. Student competencies include understanding, interpreting, and applying research to tourism related services.

**REC 490. Challenge Course Management. (3 Credits)**

A. Prerequisite: REC 290. Advanced leadership and facilitation techniques for challenge course management. Designed for individuals who have experience on challenge courses and need additional training.

**REC 511. Therapeutic Recreation Practices and Services. (3 Credits)**

I, II. Interventions and utilization of terminology. Apply leadership skills, assistive technology, and programming applications. 2 Lec/2 Lab.

**REC 512. Mgmt of Therapeutic Rec Serv. (3 Credits)**

Management concepts applied to delivering therapeutic recreation services, and includes: documentation, activity analysis, assessment, liability, legislation, and standards of practice.

**REC 512S. Management of Therapeutic Recreation Services. (3 Credits)**

I, II. Prerequisite: for majors only. Management concepts applied to delivering recreation therapy services, and includes: documentation, activity analysis, assessment, liability, legislation, and standards of practice. Includes 15 service learning hours.

**REC 516. Recreation and Park Interpretive Services. (3 Credits)**

The interpretation of natural, historical and cultural resources in recreation and park settings. Frequent agency visits and educational field seminars are components of this course.

**REC 520. Trends and Issues in Therapeutic Recreation. (3 Credits)**

A. Pre-requisite: REC 311. A professional issues and trends discussion on topics related to recreation therapy such as clinical practice, licensure, legislative and regulatory issues, curricular standardization, professional ethics and other relevant professional topics.

**REC 530. Park Management. (3 Credits)**

II. Park purposes and operations with an emphasis on natural resources and visitor management. Concentration on design, resource conservation and preservation, public relations, and park policies.

**REC 590. Special Topics:\_\_\_\_. (1-3 Credits)**

A. Identification and study of specialized techniques in recreation leadership, activity skills, operational methods, and services. May be retaken under different workshop title.

**REC 711. Rec Therapy Prac & Services. (3 Credits)**

II. Interventions and utilization of terminology. Apply leadership skills, assistive technology, and programming applications. 2 Lec/2 Lab.

**REC 712. Mgmt of Therapeutic Rec Serv. (3 Credits)**

Management concepts applied to delivering therapeutic recreation services, and includes: documentation, activity analysis, assessment, liability, legislation and standards of practice.

**REC 712S. Mgmt of Rec Therapy Services. (3 Credits)**

I. Prerequisite: for majors only. Management concepts applied to delivering recreation therapy services, and includes: documentation, activity analysis, assessment, liability, legislation, and standards of practice. Includes 15 service learning hours.

**REC 716. Rcrtn & Prk Interpretive Svcs. (3 Credits)**

The interpretation of natural, historical and cultural resources in recreation and park settings. Frequent agency visits and educational field seminars are components of this course.

**REC 720. Trends/Issues in Rec Therapy. (3 Credits)**

A. Professional issues and trends discussion on topics related to recreation therapy such as clinical practice, licensure, legislative and regulatory issues, curricular standardization, professional ethics and other relevant professional topics.

**REC 730. Park Management. (3 Credits)**

II. Park purposes and operations with an emphasis on natural resources and visitor management. Concentration on design, resource conservation and preservation, public relations, park policies.

**REC 790. Special Topics:\_\_\_\_\_. (1-3 Credits)**

A. Identification and study of specialized techniques in recreation leadership, activities skills, operational methods, and services. May be retaken under different subtitle.

**REC 800. Literature Analysis in Rec. (1 Credit)**

I. Individualized study of recreation and park administration designed for students entering the graduate program without a degree in recreation, parks, or tourism. It is recommended that this course be completed before taking classes in the graduate program. This course must be passed with at least a B grade.

**REC 801. Park, Rec & Tour Resrch Methds. (3 Credits)**

II. Emphasis will be on applied research methods in the field of parks, recreation, leisure and tourism. Prepares students to understand and identify appropriate data collection methods, sampling, questionnaire design, data analysis, and interpretation of research literature.

**REC 809. Advanced Study in Recreation. (3 Credits)**

A. Prerequisite: REC 801. Directed study of topics in recreation and leisure. An advanced study project and individual meetings with instructor are required. An advanced study proposal from must be approved prior to enrollment.

**REC 815. Internship. (1-3 Credits)**

A. Prerequisite: department chair approval. Supervised practical work experience in a clinical or administrative setting.

**REC 825. Phil of Recreation and Leisure. (3 Credits)**

I. Examination of recreation theory and practice from both research and empirical bases. Significance of leisure and recreation for the individual and society. Recreation's future in a changing cultural milieu.

**REC 830. Outdoor Rec. in America. (3 Credits)**

I. A study and analysis of outdoor recreation policy development and agency management. Includes the development of natural and historical interpretive services.

**REC 840. Admin Proc & Pract. (3 Credits)**

II. Principles and concepts of administration, in-depth investigation of budgeting, policy formulation, and legislative provisions.

**REC 850. Recreation & Tourism Marketing. (3 Credits)**

I, II. The purpose of this course is to provide the student with an in-depth understanding of marketing in the public and commercial recreation sectors, parks, and leisure services.

**REC 870. Rec Therapy Quality Assurance. (3 Credits)**

I, II. Examine the components of quality assurance and techniques for evaluation related to programs, management, and patient outcomes in therapeutic recreation settings.

**REC 871. Therapeutic Recreation Admin. (3 Credits)**

I, II. Understand the characteristics of management, administrative management, as related to human services in therapeutic recreation.

**REC 890. Independent Study in REC. (3 Credits)**

I, II, A. Student must have the independent study proposal form approved by the graduate program director and chair prior to enrollment. Student initiated directed study for the purpose of conducting research and examining issues in park, recreation, and leisure services. May be retaken up to six hours, provided the topics are different.

**REC 897. Thesis. (3-6 Credits)**

A. Designed for students preparing a thesis in partial fulfillment of the requirements for the master's degree program.