

THE DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE

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A student pursuing a Bachelor of Science degree from the Department of Health and Human Performance can choose one of the four options:

- Health and Wellness
- Human Performance
- Outdoor Adventure Leadership
- Teacher Licensure HPE K-12

The Health and Wellness option prepares health professionals to seek employment in a variety of agencies, such as local, state, national, international non-profit and corporate wellness programs. Through experiences in courses, research, laboratories, and internships, the Human Performance option prepares students with the understanding of human movement. The Outdoor Adventure Leadership option develops leadership skill, group dynamics awareness, facilitation methods, and effective communication techniques. For students interested in teaching, the K-12 Teacher Licensure option prepares them to become licensed in health, physical education, and wellness for public and private school employment.

An option with undergraduate and graduate level components is the Bachelor of Science in Health and Human Performance and Master of Science degree in Athletic Training (3+2 option). Within three years, students complete requirements for general education, health and human performance, and prerequisites for the graduate Athletic Training Program. Students then begin athletic training specific coursework and after successful completion of the fourth year, students are eligible to graduate with a bachelor's degree. If successful in completing the fifth year, students are eligible to take the national Board of Certification examination for athletic trainers and earn a Master of Science degree.

Graduates from the Health and Human Performance Department succeed in professional positions as health educators; as teachers and coaches; as outdoor reaction directors and adventure guides; as health and fitness professionals; as athletic training professionals; and in a wide variety of health, outdoor, and exercise science programs. Program options also prepare students as successful applicants to graduate programs in athletic training, physical therapy, occupational therapy, nursing, and physician assistantships.

Advising Information

Each student meets with his or her advisor every semester to confirm an accurate and complete plan of study. If necessary, changes should be made to ensure that the plan of study can be completed in a timely manner. Faculty advisors work with students to explore appropriate internships, cooperative education, and experiential learning opportunities. Advisors also provide assistance in selecting elective courses that support the student's interests, career goals, and professional development.

First year students can utilize advisors in Advising and Career Services located in McMullen Hall; however, students are highly encouraged to establish a relationship with department faculty as early as possible. During their second year, students will be assigned a HHP or OAL advisor for advice to advance through their respective plan of study. Advising files are transferred to the department and remain until graduation. All candidates who plan to be recommended for a State of Montana licensure must be admitted to and meet all the Educator Preparation Program requirements. Students are ultimately responsible for meeting their chosen degree requirements.

General Education Requirements

The General Education requirements must be fulfilled by majors and minors. General Education classes should be taken during the first two years of college.

Due to the course content and environmental requirements, a significant number of REC classes will be held off of the MSU Billings main campus. Courses may meet on weekends and/or during semester breaks. Some courses require a special fee that covers, but is not limited to: transportation, food, gear, lift tickets, and certifications.

- Health and Human Performance Bachelor of Science Degree
 - Health and Wellness Option (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/bs-health-human-performance-health-wellness-option>)
 - Human Performance Option (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/bs-health-human-performance-human-performance-option>)
 - Teacher Licensure Option (Health and Physical Education K-12) (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/bs-health-human-performance-teacher-licensure-option-health-physical-education-k-12>)
 - Athletic Training Master of Science 3+2 Option (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/bs-health-human-performance-ms-athletic-training-3-2-option>)
- Outdoor Adventure Leadership Bachelor of Science Degree (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/bs-adventure-leadership>)
 - 2+2 Track – Fire Science (BS) (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/bs-outdoor-adventure-leadership-2-2-track-fire-science>)
 - Adventure Leadership in Health and Recreation Adventure Leadership Option Master of Science 3+2 (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/bs-outdoor-adventure-leadership-ms-adventure-leadership-adventure-leadership-3-2-option>)
 - Adventure Leadership in Health and Recreation Recreation Therapy Option Master of Science 3+2 (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/bs-outdoor-adventure-leadership-ms-adventure-leadership-recreation-therapy-3-2-option>)
- Coaching Minor (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/minor-coaching>)
- Health and Physical Education (K-12) Teaching Minor (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/teaching-minor-health-physical-education-k-12>)
- Health Education Minor *Program placed on moratorium* (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/minor-health-education>)
- Outdoor Adventure Leadership Minor (<https://catalog.msubillings.edu/undergraduate/college-allied-health-professions/department-health-human-performance/minor-outdoor-adventure-leadership>)

Activity Courses

The Department of Health and Human Performance offers an array of physical education activity courses and recreation skills development courses for both majors and non-majors wishing to develop competencies in the specific area of study.

Code	Title	Credits
Performance Area I - Team Athletics		
ACT 113	Beginning Softball	1
ACT 140	Beginning Basketball	1
ACT 180	Beginning Volleyball	1
Performance Area II - Aquatics		
ACT 170	Beginning Swimming	1
ACT 270	Intermediate Swimming	1
ACT 271	Swimming for Fitness	2
ECP 103	Basic Lifeguard Training	2
Performance Area III - Racquet Sports		
ACT 109	Beginning Racquetball	1
ACT 153	Beginning Badminton	1
ACT 169	Beginning Tennis	1
ACT 269	Intermediate Tennis	1
Performance Area IV - Lifetime Activities		
ACT 104	Beginning Bowling	1
ACT 110	Beginning Weight Training	2
ACT 146	Beginning Golf	1
ACT 150	Beginning Yoga	2
ACT 155	Beginning Judo	2
ACT 235	Belly Dancing-Activity	1
ACT 236	Belly Dancing II	1
ACT 250	Pilates	2
ACT 254	Self Defense	2
Outdoor Skills Courses		
REC 119	Nordic Skiing I	1
REC 120	Fund of Backcountry Travel	2
REC 122	Alpine Skiing I	1
REC 123	Telemark Skiing I	2
REC 125	Snowboarding I	1
REC 130	Fly Fishing I	1
REC 150	Low Element Challenges	2
REC 155	Rappelling/Belaying	2
REC 160	Shooting Sports I	1
REC 178	Canoeing I	1
REC 181	Basic Navigation/Orienteering	1
REC 185	Winter Survival Skills	2
REC 187	Basic Survival in the Outdoors	2
REC 210	Environment/Leave No Trace	2
REC 220	Alpine Skiing II	2
REC 225	Snowboarding II	2
REC 230	Fly Fishing II	2
REC 255	Rock Climbing I	1
REC 257	Rock Climbing II	2
REC 260	Shooting Sports II	2
REC 275	Kayaking I	1
REC 276	Kayaking II	2
REC 277	Rafting I	1
REC 278	Rafting II	2
REC 285	Scuba Diving I	2

REC 287	Archery I	1
REC 288	Archery II	2

Activities

ACT 104 Beginning Bowling. 1 Credit
Term Typically Offered: Fall

Bowling is a lifetime sport. Students participate in bowling instruction, bowl and record assigned minimum number of games, and demonstrate understanding of rules, etiquette and scoring procedures. (Special fee required.)

Lecture Hours 1

Department: Health & Human Performance

ACT 109 Beginning Racquetball. 1 Credit

Term Typically Offered: Spring

Designed to teach students the basics of racquetball. Course will focus on racquetball rules, skill development, competition strategies, and safety/injury prevention.

Lecture Hours 1

Department: Health & Human Performance

ACT 110 Beginning Weight Training. 2 Credits

Term Typically Offered: Fall, Spring

Teaches students how to develop fitness programs and tailor them to meet individual needs in helping promote lifelong health skills. Various components of fitness (cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, and body composition) are explored. Students will develop an understanding of aerobic and anaerobic energy production systems, overload principles, and specificity of training while learning to utilize systems of isometric, isokinetic, and progressive exercises. This course is a hands-on activity course, but also includes an academic component where students investigate the above principles.

Lecture Hours 2

Department: Health & Human Performance

ACT 113 Beginning Softball. 1 Credit

Term Typically Offered: Spring

Teaches the basic playing skills of softball at the beginner level as well as strategies, safety, offensive, and defensive elements.

Lecture Hours 1

Department: Health & Human Performance

ACT 140 Beginning Basketball. 1 Credit

Term Typically Offered: Fall

Designed to provide students with entry-level knowledge of the game of basketball.

Students will gain an understanding of basic skills, rules, and team principles of basketball.

Lecture Hours 1

Department: Health & Human Performance

ACT 146 Beginning Golf. 1 Credit

Term Typically Offered: Fall, Spring

Covers the mechanics, skills and strategies of playing golf. (Special fee required.)

Lecture Hours 1

Department: Health & Human Performance

ACT 150 Beginning Yoga. 2 Credits

Term Typically Offered: Fall, Spring

Promotes lifelong health skills through presenting history and philosophy of yoga while providing opportunities for students to learn a variety of yoga poses designed to increase flexibility, strength, and endurance. This class provides an opportunity to learn stress management skills, improve balance and body control, incorporate breathing techniques that foster development in yoga, and enhance well-being.

Lecture Hours 2

Department: Health & Human Performance

ACT 153 Beginning Badminton. Term Typically Offered: Spring Covers fundamental skills, equipment, strategy, rules and etiquette of badminton. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 250 Pilates. Term Typically Offered: Fall, Spring Teaches students how to safely perform five movement patterns, which strengthen major muscles of the core. Students will adapt exercises to changing physical needs and identify locations, names, and actions of five core muscles. Students will understand the evolving role of Pilates within the scope of physical fitness traditions. Lecture Hours 2 Department: Health & Human Performance	2 Credits
ACT 155 Beginning Judo. Term Typically Offered: Fall, Spring Promotes lifelong health skills through presenting judo history, philosophy, and etiquette. Specific throwing and grappling skills designed to improve strength and endurance are presented. Also the course seeks to provide the student with some personal self-defense skills. Teaches how to fall safely in judo play or in self-defense situations. Develops understanding of body mechanics through the study of techniques sport-specific to judo such as grip, Kumikata; throwing, Nagewaza; falling, Ukemi; and grappling skills, Katamewaza. Lecture Hours 2 Department: Health & Human Performance	2 Credits	ACT 254 Self Defense. Term Typically Offered: Fall, Spring Introduces and develops defensive skills to protect the student from aggressive physical attack that could result in physical or emotional harm. The course will present dynamics of assault situations with discussions to include environmental and personal issues as well as the use of physical skill development. Defense techniques will include the use of strikes, kicks, takedowns, blocks, and the use of personal items such as weapons. The student will also be introduced to and practice some falling techniques to help enhance safety. This course will involve some intense physical activity. Lecture Hours 2 Department: Health & Human Performance	2 Credits
ACT 169 Beginning Tennis. Term Typically Offered: Fall, Spring Practice basic tennis fundamentals: forehand, backhand, and serve. Covers equipment, strategy, rules and etiquette. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 269 Intermediate Tennis. Term Typically Offered: Fall, Spring Provides further development of groundstrokes, serve, volley, and lob. Advanced singles and doubles strategies. Lecture Hours 1 Department: Health & Human Performance	1 Credit
ACT 170 Beginning Swimming. Term Typically Offered: Fall Course includes learning to swim front crawl, backstroke, elementary backstroke, breaststroke, treading water and survival float. Additionally an introduction to aquatic exercise is included. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 270 Intermediate Swimming. Term Typically Offered: Fall Prerequisite(s): ACT 170 or consent of instructor. Course seeks to improve skills taught in ACT 170. Additionally, the side stroke, single trudgen and single trudgen crawl strokes are taught, as are skills such as open turns, simple rescue and aquatic safety. Lecture Hours 1 Department: Health & Human Performance	1 Credit
ACT 180 Beginning Volleyball. Term Typically Offered: Fall Designed to teach students the fundamental skills and basic strategies of volleyball and their application in a game situation. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 271 Swimming for Fitness. Term Typically Offered: Fall, Spring Prerequisite(s): Consent of instructor. Seeks to develop awareness and foster application of fitness principles through reading, lab activities, and development of personal fitness program to meet personal goals through swimming, kicking, pulling, and participation in swimming and aquatic exercise routines. Lecture Hours 2 Department: Health & Human Performance	2 Credits
ACT 235 Belly Dancing-Activity. Term Typically Offered: Fall, Spring Promotes lifelong health skills through presenting the philosophy of belly dance while providing opportunities for students to learn a variety of belly dance movements and techniques. Dance movements are designed to increase flexibility, strength, and balance, as well as creativity, body awareness, and confidence. This class provides an opportunity to learn a cultural dance, improve coordination and body control, and enhance well-being. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 294 Seminar/Workshop. Term Typically Offered: Fall, Spring Provides students an opportunity to investigate intensively topics pertinent to the field of Physical Education. Department: Health & Human Performance	1-3 Credits
ACT 236 Belly Dancing II. Term Typically Offered: Fall, Spring Promotes lifelong health skills and provides an increased variety of belly dance movements and techniques designed to increase flexibility, strength, and balance, as well as creativity, body awareness, and confidence. As the advanced class, it will provide an opportunity to learn another cultural dance, create choreography and improvisational solo dances, plus improve coordination and body control, and enhance well-being. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 298 Internship/Cooperative Educ. Provides students with practical selected experiences related to Health and Human Performance. In-field contact time is 45 hours per semester credit. Lecture Hours 1-3 Department: Health & Human Performance	1-3 Credits

ACT 395 Field Work.

1 Credit

Term Typically Offered: Fall, Spring

Pass/No Pass

Provides the student the opportunity to engage in 45 hours of supervised practical experience in the health enhancement classroom. This experience is to include: structured observation focusing on cultural and developmental characteristics of children; working with teachers in individual diagnosis of student needs and prescription of student activities; assisting with small groups or in one-on-one settings to accomplish learning tasks. Where appropriate, the student will also gain practical experience with school athletic programs. This course is offered as a Pass/No Pass course only. The student must receive a passing grade to complete graduation requirements. Field placements are arranged through the Office of Licensure, Standards and Clinical Practice.

Lecture Hours 1

Department: Health & Human Performance

ACT 492 Independent Study.

0.5-3 Credits

Provides an opportunity for students of superior academic standing to explore material not covered by the regular college courses.

Lecture Hours .5-3

Department: Health & Human Performance

ACT 494 Seminar/Workshop.

1-6 Credits

Provides students of superior academic standing to explore material not covered by the regular college courses.

Lecture Hours 1-6

Department: Health & Human Performance

ACT 498 Internship/Cooperative Educ.

1-3 Credits

Term Typically Offered: Fall, Spring

Provides supervised practical experience related to the HHP options and serves as an introduction to professional fields. In-field contact time is 45 hours per semester credit.

Lecture Hours 1-3

Department: Health & Human Performance

ACT 499 Senior Thesis/Capstone.

3-6 Credits

Term Typically Offered: Fall, Spring

Provides students the opportunity to conduct a research project under faculty supervision. Students engage in the scholarly activities needed to conceptualize and design a relevant research topic; conduct the research including data collection, analysis, and interpretation; and present the research as a written thesis that is orally defended in a meeting open to faculty and students outside of the committee.

Lecture Hours 3-6

Department: Health & Human Performance

Allied Health: Athletic Training

AHAT 210 Prev & Care Athletic Injuries.

3 Credits

Term Typically Offered: Fall

Explores concepts and techniques concerned with the scientific and clinical foundations of athletic training.

Lecture Hours 3

Department: Health & Human Performance

Community Health

CHTH 250 Introduction to Public Health.

3 Credits

Term Typically Offered: Fall, Spring

Introduces students to the field of public health, essential public health services, and the complexities that are confronted as public policy meshes with the science that underlies understanding of health and disease. Explores the primacy of public health interventions rather than medical care as each affects life expectancy and quality of life. Focuses on evidence based decision-making, as the goals in policy decisions are seldom solely evidence based due to the complexity of conflicts between the diverse stakeholders involved in all public health interventions.

Lecture Hours 3

Department: Health & Human Performance

CHTH 317 Health Behavior Theories.

3 Credits

Term Typically Offered: Fall, Spring

Provides an overview of the various behavior change theories with specific attention given to individual health behavior, interpersonal health behavior, and group intervention models of health behavior change. Behavior change theories are discussed in terms of their application to curriculum development and program planning models.

Lecture Hours 3

Department: Health & Human Performance

CHTH 355 Theory Pract Comm Hlth Ed.

3 Credits

Term Typically Offered: Fall

Provides students with a comprehensive overview of the practical and theoretical skills needed to plan, implement, and evaluate health promotion programs in a variety of settings.

Lecture Hours 3

Department: Health & Human Performance

CHTH 410 High Lvl Wellness Thru Dcn Mkg.

3 Credits

Term Typically Offered: Fall (even years)

Introduces the concept of wellness and presents strategies for adoption of a wellness life-style.

Lecture Hours 3

Department: Health & Human Performance

CHTH 435 Human Response To Stress.

3 Credits

Term Typically Offered: Spring

Examines the interrelationship of human stress and emotions on health and performance. Explores theories, research and strategies to enhance human performance and manage stress.

Lecture Hours 3

Department: Health & Human Performance

CHTH 450 Worksite Health Promotion.

3 Credits

Term Typically Offered: Spring (odd years)

Provides students with an overview of the theory and practice of occupational health promotion. It is assumed that the students have some background in health promotion and may be interested in pursuing a career as a health promotion specialist.

Lecture Hours 3

Department: Health & Human Performance

Coaching

COA 205 Introduction to Coaching.

3 Credits

Term Typically Offered: Fall

Covers introductory principles needed in becoming an effective coach. Topics include development of a coaching philosophy, basic sport psychology, sport safety, basic legal aspects, and program and athlete management principles.

Lecture Hours 3

Department: Health & Human Performance

COA 240 Coaching Volleyball. Term Typically Offered: Spring Acquaints the student with those skills necessary to teach volleyball on the secondary level. The course will cover such areas as volleyball rules, teaching individual skills, team strategies, offensive patterns, defensive patterns, organizing practices, and scouting. Course includes a 1 credit practicum. Lecture Hours 3 Department: Health & Human Performance	3 Credits	COA 406 Legal Aspects of Sport. Prerequisite(s): consent of instructor. Analysis of the legal aspects of sport, athletics, and other physical activity in contemporary society. Includes use of the case study method. Particular emphasis is given to tort liability and risk management in coaching. Lecture Hours 3 Department: Health & Human Performance	3 Credits
COA 242 Coaching Football. Acquaints the student with those skills necessary to coach football in high school. Course includes a 1 credit practicum. Lecture Hours 3 Department: Health & Human Performance	3 Credits	COA 409 Psychology of Coaching. Term Typically Offered: Spring Covers the psychological aspects of coaching that are essential in all coaching, not specific to one sport. Examines both the intra- and interpersonal aspects of sport achievement from an applied perspective, emphasizing effective leadership of athletics. Connects study of the topical areas of sport psychology to coaching. Lecture Hours 3 Department: Health & Human Performance	3 Credits
COA 245 Coaching Basketball. Term Typically Offered: Spring Acquaints the student with those skills necessary to coach basketball in high school. Course includes a 1 credit practicum. Lecture Hours 3 Department: Health & Human Performance	3 Credits	Emergency Care Provider	
COA 246 Coaching Softball/Baseball. Term Typically Offered: Spring Acquaints the student with a variety of methods for teaching basic softball/baseball skills, with particular emphasis on fastpitch softball. Emphasis is placed on teaching progression, practice drills and common error coaching hints. Current rules and regulations as well as strategies are also covered for all phases of the game. Course includes a 1 credit practicum. Lecture Hours 3 Department: Health & Human Performance	3 Credits	ECP 100 First Aid & CPR. Term Typically Offered: Fall, Spring Considers the emergency care to be given victims of accident or sudden illness. Develops safety consciousness and prevention as well as stresses individual responsibility, rights and wrongs in times of disaster. Standard First Aid and CPR certification awarded upon successful completion of the course. Lecture Hours 2 Department: Health & Human Performance	2 Credits
COA 248 Coaching Soccer. Prepares students to coach competitive/recreational soccer with a focus on teaching skills, techniques, and tactics. A one credit hour (minimum 45 contact hours) coaching practicum is included as a required element of this course. Lecture Hours 3 Department: Health & Human Performance	3 Credits	ECP 103 Basic Lifeguard Training. Term Typically Offered: Spring The student who successfully completes this course receives certificates in the following American Red Cross courses: CPR for the Professional Rescuer and Lifeguarding. Lecture Hours 2 Department: Health & Human Performance	2 Credits
COA 256 Coaching Track/Field. Term Typically Offered: Spring Acquaints the student with those skills necessary to coach track and field in high school. Course includes a 1 credit practicum. Lecture Hours 3 Department: Health & Human Performance	3 Credits	ECP 120 Emergency Medical Responder. Term Typically Offered: Spring Prerequisite(s): Basic First Aid preferred. Covers first responder techniques, equipment, and prevention content areas are covered. Development of first responder skills, including assessment, surveys, treatment, and prevention techniques. Specialized areas of pre-professional CPR, oxygen therapy, resuscitation mask, and spinal back boarding are included. Awards certification for First Responder and CPR upon successful completion of requirements. Lecture Hours 3 Department: Health & Human Performance	3 Credits
COA 260 Coaching Gymnastics. Acquaints the student with skills necessary to coach beginning gymnastics. Course includes a 1 credit practicum. Lecture Hours 3 Department: Health & Human Performance	3 Credits	ECP 312 Wilderness Medicine. Term Typically Offered: Spring Covers Wilderness Medicine and First Responder applications in wilderness settings. Issues addressed are short- and long-term patient care, backcountry rescue techniques, and survival skills. Training will include emergency care for environmental illnesses and injuries, using special equipment and techniques particular to non-urban rescuers, and managing transport, as well as other high-level emergency care skills. Participants who successfully complete the course and exam will receive Wilderness First Responder certification. (Due to course content and instructor and physical requirements, the class may not be held on the MSU Billings main campus.) Lecture Hours 4 Department: Health & Human Performance	4 Credits
COA 291 Special Topics. Designed to present skills and strategies related to coaching a given sport. Course includes a 1 credit practicum. Lecture Hours 3 Department: Health & Human Performance	3 Credits		
COA 395 Practicum: Coaching. Provides supervised practical experiences for students who wish to enter the coaching profession. Students work as a head or assistant coach for an athletic team for a minimum of 45 contact hours. Lecture Hours 1 Department: Health & Human Performance	1 Credit		

Health Enhancement

HEE 303 Methods Lifetime Fit Act. Term Typically Offered: Spring Identifies developmentally appropriate techniques, skills, strategies, and progressions for teaching competitive and lifelong leisure team and individual activities. Lecture Hours 3 Department: Health & Human Performance	3 Credits	HEE 310 Methods of Adapted Hlth Enhncm. Term Typically Offered: Spring Prerequisite(s): consent of instructor. Focuses on understanding and developing the skills needed to appropriately adapt health and physical education for students who cannot participate safely or successfully in health and physical education classes without modifications. Since students receiving adapted physical education may receive instruction in a variety of settings (i.e. educational environments), adapted physical education practices vary widely and this course surveys the range of modifications that are needed to provide appropriate participation for all students. Hands-on activities are an essential component of the course and participation is expected of all students. Lecture Hours 2 Department: Health & Human Performance	2 Credits
HEE 305 Methods of Teaching Mvmt Expl. Term Typically Offered: Fall Identifies developmentally appropriate techniques, skills, strategies, and teaching progressions for teaching fundamental elementary health enhancement activities, rhythms, dance, gymnastics, and Native American/low organized games activities. Lecture Hours 3 Department: Health & Human Performance	3 Credits	HEE 340 Methods of Health Education. Term Typically Offered: Spring Develops the ability of students to plan and implement health instruction programs in school, workplace, and community settings. Students will explore the "WHAT," "WHEN," "WHERE," and "HOW" of health education. The course will focus on: Planning for health instruction (curriculum and content), Writing effective behavioral objectives, Learner-centered instructional strategies, Teaching sensitive health-related content, The relationship of instructional strategies to behavioral outcomes, and Evaluating student learning. Students will also investigate cultural and global perspectives as well as the integration of health issues with other academic disciplines. Lecture Hours 3 Department: Health & Human Performance	3 Credits
HEE 306 Methods of Cond Act. Term Typically Offered: Spring Identifies developmentally appropriate techniques, skills, strategies, and teaching progressions for teaching fitness, wellness activities, and basic strength and conditioning fundamentals. Lecture Hours 3 Department: Health & Human Performance	3 Credits	HEE 410 Org and Admin in Sport Fitness. Term Typically Offered: Spring Examines important principles related to planning, organizing, leading, and administering health enhancement programs. Lecture Hours 3 Department: Health & Human Performance	3 Credits
HEE 308 Methods of Phys Ed K-12. Term Typically Offered: Fall Prerequisite(s): Admission to Educator Preparation Program. Provides the Health and Human Performance teacher education major or minor with opportunities to investigate appropriate strategies for teaching Health Enhancement in the K-12 school. The student will gain experience writing developmentally and culturally appropriate lesson plans for teaching the following activities: fundamental movements including locomotor, non-locomotor, and manipulative skills; body management skills; rhythmic skills and gymnastics; game skills, relays, and personal challenges; and sport-specific skills. In addition, students will gain experience planning for physical fitness and wellness activities. Legal considerations associated activities with activity-based education will also be discussed. Students will briefly discuss evaluation, classroom management and discipline, and rainy day activities in and out of the gym setting. The integration of physical activities with health education and other disciplines is also discussed. Lecture Hours 3 Department: Health & Human Performance	3 Credits		
HEE 309 Health Enhancement Strat K-8. Term Typically Offered: Fall, Spring Prerequisite(s): Admission to Educator Preparation Program. Covers methods of health enhancement education for the elementary education major and minor K-8. Students write lesson plans, participate in teaching activities, and evaluate the activities. Methods discussed are applied to the following health content areas: mental and emotional health, family living, growth and development, nutrition, personal health, substance use and abuse, communicable and chronic diseases, injury prevention and safety including pedestrian and bicycle safety, and consumer and environmental community health. Additionally, methods of teaching basic movement education, such as dance and rhythmic movement, physical fitness, gymnastics and related skills, and cooperative games are presented. Lecture Hours 3 Department: Health & Human Performance	3 Credits		

Health

HTH 110 Personal Health and Wellness. Term Typically Offered: Fall, Spring Covers contemporary health issues and explores individual and community based solutions. Content areas to include: medical self-care, culture and health behavior, alcohol, tobacco and other drugs, mental and emotional health, consumer health, nutrition, physical fitness, environmental health, human sexuality, chronic degenerative and communicable diseases, aging, violence and personal safety, health care, and death and dying. Lecture Hours 3 Department: Health & Human Performance	3 Credits
HTH 201 Health Issues for Educators. Provides students, including pre-service educators, with a foundation in the applied science of health and wellness. Establishes the basis for understanding and facilitating individual, group, and community health and wellness. Addresses health and wellness across the age span including the role of teachers in the comprehensive school health program and citizens in community health and wellness activities. Lecture Hours 3 Department: Health & Human Performance	3 Credits

HTH 270 Global Health Issues. 3 Credits

Term Typically Offered: Fall

Explores the relationships between human behavior, economics, history, culture, politics, policy formation, and the environment, while investigating the impact of these elements on the quality of health within our global community. Class sessions will focus on the interdisciplinary nature of health issues that impact on daily human existence. The objective of seminar based class meetings will be to study these issues, contrasting their origins, manifestations, and possible resolutions in developed and less developed nations.

Lecture Hours 3

Department: Health & Human Performance

HTH 391 Special Topics. 3 Credits

Term Typically Offered: Fall, Spring

An investigation of issues facing the health educator in today's schools. Special focus will be given to the topics of nutrition education, physical fitness, and human sexuality. Students will develop lesson plans in these topical areas as they pertain to either elementary or secondary education levels.

Lecture Hours 3

Department: Health & Human Performance

HTH 411 Alcohol, Tobacco, Drug Prevent. 3 Credits

Term Typically Offered: Fall, Spring, Summer

Provides information about: alcohol, tobacco, and other drugs; the potential for abuse and addiction; and factors associated with use. The primary focus is on the preventive aspects of drug abuse across the lifespan, and it centers on the approaches that are most effective. (Meets State Teacher Licensure requirement for a Drug and Alcohol Abuse Class).

Lecture Hours 3

Department: Health & Human Performance

HTH 412 Drugs and Alcohol. 1 Credit

Provides information about problems related to contemporary drug use, misuse, and abuse. Due to the potential negative effects of alcohol, tobacco, and the broad category of "other drugs," drug prevention at the school and community level is critical for addressing problems that arise from ATOD use. The primary focus on this course is identifying which drugs are most commonly used and abused, particularly among youth and teens, and recommend effective drug prevention strategies.

Lecture Hours 1

Department: Health & Human Performance

HTH 425 Health and Sexuality. 3 Credits

Explores contemporary issues in human sexuality and the preparation of professionals who conduct sexuality education with diverse populations in a variety of settings. The course examines current knowledge of and attitudes toward human sexual behavior with emphasis on topics such as healthy sexuality throughout the lifecycle, sexual anatomy and physiology, gender roles, body image, interpersonal relationships, sexual orientations, birth control, sexual response, sexual dysfunction, sexual abuse, sexually transmitted infections, abortion, and pregnancy.

Lecture Hours 3

Department: Health & Human Performance

HTH 435 Hlth & Wlnss Acrss the Lfspn. 3 Credits

Term Typically Offered: Fall (odd years)

Addresses the rapidly increasing need for specialized knowledge of health promotion for an aging society (in 2020, 20% of the US population will be 65 or older).

Introduces the epidemiology of aging and age-related disorders, including overviews of the public health impact of an aging society and the demographics and biology of aging. Covers the strategies for prevention of age-related disorders and options to improve the quality of life through health enhancement.

Lecture Hours 3

Department: Health & Human Performance

Kinesiology

KIN 105 Fnd of Exercise Science. 3 Credits

Term Typically Offered: Fall, Spring, Summer

Corequisite(s): KIN 106.

Extends and applies understanding to the use of life science in promoting healthy lifestyles to students' lives. The exercise sciences of physiology, kinesiology, biomechanics, and motor learning are integrated through didactic and laboratory instruction that focuses students on the fundamental importance of exercise science in healthy living.

Lecture Hours 3

Department: Health & Human Performance

KIN 106 Fndtns of Exercise Science Lab. 1 Credit

Corequisite(s): KIN 105.

Provides laboratory experiences in exercise science to complement student learning in the classroom. By its nature, exercise science involves lab activities dependent upon physical activity.

Lab Hours 1

Department: Health & Human Performance

KIN 205 Foundations in HHP. 3 Credits

Term Typically Offered: Fall

Introduces fundamentals of scientific basics in human movement. Included areas of study are basic human bone and muscle anatomy, principles of biomechanical movement, and basic principles of exercise physiology. The relationship between Health/Physical Education and Education is introduced as well as historical background facts, discipline interrelationships, career opportunities, elementary principles of fitness and nutrition, and professional challenges.

Lecture Hours 3

Department: Health & Human Performance

KIN 210 Pncpls Strength Conditioning. 3 Credits

Term Typically Offered: Spring

Prerequisite(s): KIN 105 and KIN 106.

Provides the foundation of resistance exercise and conditioning. Students will gain an understanding of the scientific basis of resistance exercise; will examine various methods of strength and conditioning techniques; and will design and apply programming to improve strength, fitness, and sports performance.

Lecture Hours 3

Department: Health & Human Performance

KIN 294 Seminar/Workshop. 1-6 Credits

Department: Health & Human Performance

KIN 320 Exercise Physiology. 3 Credits

Term Typically Offered: Fall, Spring

Prerequisite(s): KIN 105.

Corequisite(s): KIN 321.

Provides the physiological fundamentals needed to understand skilled movement. The course focuses on the responses of the human body during exercise with emphasis on professional interventions in various education, health promotion, and human performance settings. Various body systems (i.e., cardiovascular, respiratory, metabolic, musculo-skeletal, endocrine) are studied to understand the adaptations associated with physical fitness, sport, and healthy lifestyle activities.

Lecture Hours 3

Department: Health & Human Performance

<p>KIN 321 Exercise Physiology Lab. 1 Credit Term Typically Offered: Fall, Spring Corequisite(s): KIN 320. (1.5 lab/wk) Complements topics presented in exercise physiology lecture. Labs involve physical activity, investigation, and application of clinical assessment skills. Research teams investigate, collect, and analyze data, and present results in oral and written formats. Lab Hours 1 Department: Health & Human Performance</p>	<p>KIN 330 Motor Learning and Control. 3 Credits Term Typically Offered: Fall, Spring Prerequisite(s): KIN 105. Corequisite(s): KIN 331. Focuses on the basic principles of motor control and learning, examining the mechanisms by which the nervous system plans, initiates, and executes movements (both involuntary and voluntary) as well as accomplished sensory-motor integration and the means for maximizing the learning and performance of movement skills including how to design practice conditions and how to optimize arousal, attention, motivation, feedback, and transfer so to optimize skilled motor performance. Lecture Hours 3 Department: Health & Human Performance</p>
<p>KIN 322 Kinesiology. 3 Credits Term Typically Offered: Fall Prerequisite(s): KIN 105 and KIN 106. Corequisite(s): KIN 323. Provides an in-depth exploration into musculoskeletal anatomy and functional movement patterns as they apply to human performance. Lecture Hours 3 Department: Health & Human Performance</p>	<p>KIN 331 Motor Learning and Control Lab. 1 Credit Term Typically Offered: Fall, Spring Corequisite(s): KIN 330. Includes laboratory exercises in motor control fundamentals of nervous system functions, sensory-motor integration, and methods for maximizing the learning and performance of movement skills. Lab Hours 1 Department: Health & Human Performance</p>
<p>KIN 323 Anatomical Kinesiology Lab. 1 Credit Term Typically Offered: Fall Prerequisite(s): KIN 105 and KIN 106. Corequisite(s): KIN 322. Examines the anatomical structures and mechanical aspects of human motion. Laboratory exercises concentrate on the role of muscle and joint action during basic movements and the adaptations that can result from pathologic conditions. Students will be required to apply their knowledge of anatomy towards understanding individual joint function as well as the integrated function of several joints during complex activities such as normal human locomotion. Lab Hours 1 Department: Health & Human Performance</p>	<p>KIN 364 Rsrch Meths in Hlth Hmn Prfrm. 3 Credits Term Typically Offered: Fall, Spring Prerequisite(s): KIN 105, KIN 106, STAT 216, or consent of instructor. Provides students with experience and knowledge which will allow them to critically analyze and evaluate completed research in health and human performance. Examines methods of assessment, prescription, and evaluation in health and human performance activities. Lecture Hours 3 Department: Health & Human Performance</p>
<p>KIN 325 Biomechanics. 3 Credits Term Typically Offered: Spring Prerequisite(s): KIN 105, KIN 106, KIN 322, KIN 323. Corequisite(s): KIN 328. Emphasizes the effects of structure, motion, and forces, and their effects on and within the human body using both qualitative and quantitative analyses. Additional emphasis will be placed on the development of critical thinking skills associated with biomechanics-related research and interpretation. Lecture Hours 3 Department: Health & Human Performance</p>	<p>KIN 415 Adv Exercise Test & Prescrip. 3 Credits Term Typically Offered: Fall, Spring Prerequisite(s): KIN 320. Explores basic techniques in the assessment of physical fitness, prescription of exercise for healthy and unhealthy adults, and promotion of physical activity within communities. Lecture Hours 3 Department: Health & Human Performance</p>
<p>KIN 327 Kinesiology & Biomechanics. 3 Credits Term Typically Offered: Fall, Spring Prerequisite(s): KIN 105. Corequisite(s): KIN 328. Examines the anatomy and mechanics of human motion with the goal of improving efficiency in sport, dance, and exercise. Lecture Hours 3 Department: Health & Human Performance</p>	<p>KIN 462 Evidence Based Assessment. 3 Credits Term Typically Offered: Fall, Spring Provides the foundation for evidence-based practice in exercise science by establishing scientific evidence as the basis for clinical decision making. Clinical practices are questioned and evaluated for alignment with evidence-based decision making. Commonly accepted hierarchies of evidence are used to evaluate the level of scientific support for both assessment and treatment techniques used in exercise science. Objective outcome measures that determine level of success in individual client scenarios in a wide array of exercise applications are used to provide evidence of intervention effects. Lecture Hours 3 Department: Health & Human Performance</p>
<p>KIN 328 Biomechanics Lab. 1 Credit Term Typically Offered: Fall, Spring Prerequisite(s): KIN 105, KIN 106, KIN 322, KIN 323. Corequisite(s): KIN 325. Examines the mechanical aspects of human motion. Laboratory exercises focus on the effects of structure, motion, and force related to exercise, sport, and physical activity. Lab Hours 1 Department: Health & Human Performance</p>	

Nutrition

NUTR 411 Nutrition for Sprts & Exercise. 3 Credits
 Term Typically Offered: Fall, Spring
 Prerequisite(s): KIN 105, KIN 106, NUTR 221.
 Emphasizes nutrition as it applies to fitness, training, and athletic performance. Topics include macro- and micronutrient requirements and dietary recommendations, energy metabolism, anthropometry, body weight issues, increased nutrient needs during training and competition, and nutritional ergogenics. Application of concepts is reinforced in a nutritional assessment of a volunteer student athlete and educational video project.
 Lecture Hours 3
 Department: Health & Human Performance

Outdoor Recreation

REC 119 Nordic Skiing I. 1 Credit
 Presents skills needed in cross country skiing including equipment, base preparation, waxing, and classical and skating techniques. Depending on time constraints and student interest, basic winter risk management will also be included.
 Lecture Hours 1
 Department: Health & Human Performance

REC 120 Fund of Backcountry Travel. 2 Credits
 Term Typically Offered: Fall
 Develops understanding and demonstration of backcountry and expedition trip planning to include: goals and objectives, participant considerations, budget resources, appropriate selection and packing of equipment, clothing, itinerary and time control planning, access requirements, nutritional needs, and risk management and emergency planning.
 Lecture Hours 2
 Department: Health & Human Performance

REC 122 Alpine Skiing I. 1 Credit
 Covers the basics of downhill skiing for students without prior experience.
 Lecture Hours 1
 Department: Health & Human Performance

REC 123 Telemark Skiing I. 2 Credits
 Term Typically Offered: Spring
 Learn, understand, and demonstrate telemark skiing techniques and proper equipment needs for the sport of telemark skiing.
 Lecture Hours 2
 Department: Health & Human Performance

REC 125 Snowboarding I. 1 Credit
 Covers the basics of snowboarding equipment, safety, mechanics and techniques.
 Lecture Hours 1
 Department: Health & Human Performance

REC 130 Fly Fishing I. 1 Credit
 Term Typically Offered: Spring, Summer
 Builds the necessary skills and self-confidence to learn the sport of fly fishing. This course is an entry-level fly fishing class designed to develop all the skills and understanding necessary to catch wild fish on a fly rod. Class sessions will cover the mechanics of casting, proper equipment, the basic cast, variations of the basic cast, knots, entomology as it relates to fly selection, and conservation and safety of the sport.
 Lecture Hours 1
 Department: Health & Human Performance

REC 140 Mountain Biking. 1 Credit
 Term Typically Offered: Spring
 Teaches students how to choose the correct size bicycle, develop students' mountain biking skills, develop awareness of risk management in mountain biking, develop students' ability to negotiate mountain bike terrain with proper technique, and develop students' ability to maintain and fix common problems that they may encounter on a mountain bike ride.
 Lecture Hours 1
 Department: Health & Human Performance

REC 150 Low Element Challenges. 2 Credits
 Term Typically Offered: S
 Learn a variety of low element challenges and demonstrate creative planning, teamwork, cooperation, and trust development, and understand the many varied values of low element challenges.
 Lecture Hours 2
 Department: Health & Human Performance

REC 155 Rappelling/Belaying. 2 Credits
 Term Typically Offered: Fall
 Develops students' understanding and demonstration of rappelling and belaying methods, correct anchoring, equipment, proper climbing knots, and rescue techniques.
 Lecture Hours 2
 Department: Health & Human Performance

REC 160 Shooting Sports I. 1 Credit
 Focuses on understanding and demonstrating proficient skills, knowledge, and attitude towards the manipulation and proper use of firearms. Emphasis is placed on safety, firearms history, actions, loading, unloading, and ammunition identification.
 Lecture Hours 1
 Department: Health & Human Performance

REC 178 Canoeing I. 1 Credit
 Term Typically Offered: Spring
 Learn, understand, and apply canoeing terminology, principles, and equipment. Included will be canoe design affects, paddle selection, carrying the canoe efficiently and safely, and tandem canoeing.
 Lecture Hours 1
 Department: Health & Human Performance

REC 181 Basic Navigation/Orienteering. 1 Credit
 Provides an introduction and application of the history, equipment, and techniques of land navigation and orienteering. Included will be sections on map reading, compass use, GPS use, map and compass techniques, orienteering principles, and orienteering course design.
 Lecture Hours 1
 Department: Health & Human Performance

REC 182 Advanced Navigation. 2 Credits
 Prerequisite(s): REC 181 or Instructor approval.
 Introduces newest technology for navigating in wilderness and emergency settings and navigation techniques ranging from environmental to global positioning systems. Included will be practical application of learned skills in an outdoor/wilderness setting.
 Lecture Hours 2
 Department: Health & Human Performance

REC 185 Winter Survival Skills. 2 Credits
 Presents skills and application of necessary techniques needed for safe winter travel as well as involving winter risk management, nutrition, survival skills, ice rescues, snow shelters, avalanche awareness, and protection methods.
 Lecture Hours 2
 Department: Health & Human Performance

REC 187 Basic Survival in the Outdoors. Term Typically Offered: Spring Understand and demonstrate basic wilderness survival recommendations including methods of staying warm and building shelters, signaling, natural indicators of direction, fire building, and accessing water. Lecture Hours 2 Department: Health & Human Performance	2 Credits	REC 255 Rock Climbing I. Term Typically Offered: Fall, Spring Introduces students to the basic concepts associated with spotting and belaying techniques and bouldering and top rope climbing techniques in both an indoor and outdoor setting. Lecture Hours 1 Department: Health & Human Performance	1 Credit
REC 200 Fnd Outdoor Advent Leadershp. Term Typically Offered: Fall Introduces foundational information of Outdoor and Adventure Leadership/ Education. Included are history, background, and current local, state, and national issues of outdoor and adventure education. Introduces the relationship to a variety of career areas such as educational teachers, outdoor recreational instructors, challenge course coordinators, corporate teambuilding managers, community activity centers, and the like. Fundamental competencies for effective outdoor adventure leadership are presented, discussed, and practiced. Lecture Hours 3 Department: Health & Human Performance	3 Credits	REC 257 Rock Climbing II. Prerequisite(s): REC 255 or Instructor approval. Builds on skills gained in REC 255 by introducing leading climbing and multi-pitch climbing equipment and techniques. Emphasis will be given to placement of protection and anchors, ground and hanging belays, rope management, and site management. Lecture Hours 2 Department: Health & Human Performance	2 Credits
REC 210 Environment/Leave No Trace. Term Typically Offered: Fall Prerequisite(s): REC 120 or instructor approval. (1 lec/wk & 2 day field trip) Develops participants' awareness and application of Leave No Trace principles and an appreciation of the ethical reasons behind the principles. Explores current environmental and wilderness issues. Lecture Hours 2 Department: Health & Human Performance	2 Credits	REC 260 Shooting Sports II. Prerequisite(s): REC 160. Seeks to build on the skills, experience, and knowledge gained in REC 160 Shooting Sports I. Emphasis is placed on the ability to manage, facilitate, and execute the demands of firearm safety, accuracy, and manipulation. Lecture Hours 2 Department: Health & Human Performance	2 Credits
REC 220 Alpine Skiing II. Prerequisite(s): REC 122 or Instructor approval. Goes beyond REC 122 to cover additional techniques and skills of downhill skiing for students with successful prior instruction and experience. Lecture Hours 2 Department: Health & Human Performance	2 Credits	REC 275 Kayaking I. Term Typically Offered: Spring Learn, understand, and execute kayaking skills such as getting into a kayak, forward and backward paddling strokes, stopping techniques, forward and reverse sweep stroke, and draw stroke. Included are safety and rescue methods recommended in kayaking. Lecture Hours 1 Department: Health & Human Performance	1 Credit
REC 225 Snowboarding II. Term Typically Offered: Spring, Summer Prerequisite(s): REC 125. Builds upon the skills developed in REC 125 Snowboarding I. Students will learn additional snowboarding techniques, develop an understanding of teaching and learning styles, be provided the opportunity to both teach and evaluate a group lesson, and gain experience in writing lesson plans. Lecture Hours 2 Department: Health & Human Performance	2 Credits	REC 276 Kayaking II. Prerequisite(s): REC 275 or Instructor approval. Seeks to build on the skills, experience, and knowledge gained in REC 275 Kayaking I. Emphasis will be placed on strokes, lateral movement, maneuvers, safety, rescue, group management, river reading, and paddling in appropriate whitewater. Lecture Hours 2 Department: Health & Human Performance	2 Credits
REC 230 Fly Fishing II. Prerequisite(s): REC 130 or Instructor approval. Builds upon the skills and knowledge gained in REC 130 Fly Fishing I. Emphasis will be placed on reading water, bug identification, guiding techniques, risk management, and group awareness. Lecture Hours 2 Department: Health & Human Performance	2 Credits	REC 277 Rafting I. Term Typically Offered: Fall Learn to identify rafting equipment, awareness of preplanning considerations, proper raft carrying techniques, execution of proper rowing and oar strokes, foundational execution of rescue maneuvers, and a thorough understanding of safety considerations. Lecture Hours 1 Department: Health & Human Performance	1 Credit
REC 233 Skiing/Snowbrding Instr Dev. Term Typically Offered: Fall Prerequisite(s): REC 220 or REC 225 and Instructor approval. Develops techniques and skills needed to become an instructor in either Alpine skiing or snowboarding. Emphasis placed on teaching techniques and learning styles. PSIA certification may be offered. Lecture Hours 2 Department: Health & Human Performance	2 Credits	REC 278 Rafting II. Prerequisite(s): REC 277 or Instructor approval. Seeks to build on the skills, experience, and knowledge gained in REC 277 Rafting I. An emphasis will be placed on equipment, proper preparation for a river trip, paddling strokes, control of a raft, river dynamics, maneuvering in whitewater, reading the river, proper commands to safely descend and control a raft in rapids, river safety and rescue, and care for and minor repair of a raft. Lecture Hours 2 Department: Health & Human Performance	2 Credits

<p>REC 280 Challenge Course Fundamentals. 2 Credits Term Typically Offered: Spring Introduces history and current practices in American challenge courses. Current practices in design, facilitation, and evaluation of curricula in Outdoor Adventure Leadership settings, including low and high ropes and challenge course programs, are presented. Students will also be introduced to current offerings in challenge course technology and the opportunity to practice basic challenge course facilitation methods. Lecture Hours 2 Department: Health & Human Performance</p>	<p>REC 285 Scuba Diving I. 2 Credits Term Typically Offered: Spring, Summer Teaches understanding and application of scuba diving techniques, equipment, and knowledge of diving hazards and precautions. The skills include, but are not limited to: remove mask and clear, remove and recover regulator, remove and recover Scuba equipment, demonstrate cramp removal, assist other divers, underwater navigation, hand and arm signals, signs and symptoms of decompression sickness, plan and conduct open water dives, dive computer, wetsuit utilization. Lecture Hours 2 Department: Health & Human Performance</p>	<p>REC 287 Archery I. 1 Credit Designed for the beginner archer with a focus on recognizing, understanding, and following the safety guidelines employed in the handling and use of archery equipment. Emphasis will be placed on target archery, range safety, shooting stance and techniques, terminology, scoring, and conducting a shooting line. Lecture Hours 1 Department: Health & Human Performance</p>	<p>REC 309 People and the Environment. 3 Credits Prerequisite(s): REC 120 or Instructor approval. Gain an understanding that the natural world is a critical component to the appropriate enjoyment and appreciation of the outdoors. Students will learn about the environment around them, including natural and cultural history, and how to share that knowledge with others from clients to students of all ages. Students will examine the evolving relationship between humans and nature, as well as the philosophical and theoretical foundations and practice of environmental education. The course will include a wilderness camping trip and skills session. Lecture Hours 3 Department: Health & Human Performance</p>	<p>REC 310 Adventure Leadership. 3 Credits Prerequisite(s): REC 200 or Instructor approval. Acquaints students with the history, philosophy, depth, and scope of Adventure Leadership. Methods discussed will be applied to group development, minimizing risk in the field, teambuilding, decision making, problem solving, and teaching. Students will explore and enhance their own leadership, philosophy and style through participation in group projects, lecture, and activities while taking this class. Lecture Hours 3 Department: Health & Human Performance</p>	<p>REC 356 Search and Rescue. 3 Credits Term Typically Offered: Spring Prerequisite(s): REC 181 and Instructor approval. Instructs individuals in the methods of searching for lost persons. Topics include search and rescue (SAR) hierarchy, personal preparedness, rescue, search, and preventative search and rescue. Course is hands-on oriented and includes one overnight experience. FUNSAR certification offered. Lecture Hours 3 Department: Health & Human Performance</p>
<p>REC 288 Archery II. 2 Credits Prerequisite(s): REC 287 or Instructor approval. Seeks to build on the skills, experience, and knowledge gained in REC 287 Archery I. Emphasis will be placed on safety, skills accuracy, instructing archery, group management, and environmental issues. Lecture Hours 2 Department: Health & Human Performance</p>	<p>REC 294 Seminar/Workshop. 1-4 Credits Department: Health & Human Performance</p>	<p>REC 306 Outdoor Living Skills. 3 Credits Term Typically Offered: Fall Prerequisite(s): REC 120 or Instructor approval. Explores the fundamental skills necessary to successfully and safely exist in the backcountry setting. Topics include proper dress, nutrition, backcountry navigation, personal hygiene, and shelter systems employing leave no trace (LNT) and low impact techniques. Students are committed to seven days (two days in the classroom and five days in the field). Lecture Hours 3 Department: Health & Human Performance</p>	<p>REC 357 Ropes Rescue. 3 Credits Term Typically Offered: Fall Prerequisite(s): REC 155 or REC 257 and Instructor approval. Develops skills and techniques needed to safely perform a rope rescue. Emphasis is placed on rescue philosophy, liability, mitigation, safety, managing a rope rescue, equipment, knots, anchors, mechanical advantage, low-angle and high-angle ropes systems, raising and lowering systems, rappelling, belaying, ascending, and pick-offs. Lecture Hours 3 Department: Health & Human Performance</p>	<p>REC 358 Swift Water Rescue. 3 Credits Term Typically Offered: Spring Prerequisite(s): Instructor Approval. Explores skills and methods of rescuing persons in swift water conditions. Students study the dynamics of moving water, natural and man-made hazards, swimming the rapids to assist in a rescue, how to deal with strainers, use of throw rope, rope rescue techniques, and the use of a rescue vest. Special topics are added as appropriate by the instructor. SWR certification offered. Lecture Hours 3 Department: Health & Human Performance</p>	<p>REC 359 Bckcntry AvInch Frcsting/Rscue. 4 Credits Prerequisite(s): REC 308 or Instructor approval. Develops skills and techniques needed to safely plan, recognize avalanche hazards, make safe travel decisions, and apply effective companion rescue techniques (including multiple and deep burials) in avalanche terrain. Develops an understanding of snowpack development, metamorphosis, factors that contribute to spatial variability, and avalanche release and triggering mechanisms. Introduces snow stability analysis, backcountry forecasting, and standard observation guidelines and recording formats. Lecture Hours 4 Department: Health & Human Performance</p>

<p>REC 381 Leadership & Group Dynamics. 3 Credits Explores leadership principles and group dynamics applied to adventure settings. Emphasis will be given to risk management and group process, the development of decision making ethical issues, communication, motivational, organizational, and evaluation skills. Lecture Hours 3 Department: Health & Human Performance</p>	<p>REC 495 Clinic. 1-3 Credits Lecture Hours 1-3 Department: Health & Human Performance</p>
<p>REC 389 Mountaineering. 3 Credits Prerequisite(s): REC 257 or REC 155 or Instructor approval. Builds on skills gained in REC 257 by introducing alpine ice, mixed route climbing, glacial travel (including roped travel, ice axe, and crampon techniques), and crevasse rescue equipment and techniques. Emphasis will be given to the ecological, environmental, physiological, and technical requirements needed for responsible travel in the alpine environment. (Students are committed to a six-day mountaineering trip.) Department: Health & Human Performance</p>	<p>REC 498 Internship/Cooperative Educ. 1-6 Credits Prerequisite(s): Instructor approval. Provides OAL majors with practical experience in an OAL profession or a program under the supervision and by prior approval of OAL program faculty. A learning agreement must be completed with the student's advisor prior to registration. In-field contact time is 45 hours per semester credit. Lecture Hours 1-6 Department: Health & Human Performance</p>
<p>REC 411 Adventure Guiding/Instructing. 3 Credits Prerequisite(s): REC 200 & REC 310 or Instructor approval. Provides students an opportunity to explore teaching methods appropriate for a wide spectrum of adventure guiding and instructing. Examines learning styles, lesson planning, delivery options, risk management, evaluation, and assessment. Lecture Hours 3 Department: Health & Human Performance</p>	
<p>REC 466 Ethicl Asp in Outdoor Leadershp. 2 Credits Term Typically Offered: Fall Presents the ethical and legal principles and practices recommended and required in outdoor adventure leadership careers. Particular emphasis is on the ethical and legal guidelines that follow national program accreditation standards. Lecture Hours 2 Department: Health & Human Performance</p>	
<p>REC 470 Adventure Prog Planning & Dev. 3 Credits Prerequisite(s): REC 200 & REC 310 or Instructor approval. Examines principles related to planning, scheduling, and implementation of recreational activities and events. Students will be introduced to the procedures involved in development of programs, staffing, budgeting, and managing risks for adventure programs for diverse populations. Lecture Hours 3 Department: Health & Human Performance</p>	
<p>REC 480 Challenge Course Skills/Fac. 3 Credits Prerequisite(s): REC 150 and REC 280 or Instructor approval. Presents understanding and proficiency in applying current and advanced outdoor adventure leadership facilitation and debriefing skills. Course coverage will include developing various risk management plans, review and awareness of new safety policies and recommendations, understanding program construction basics, and applying evaluation methods in all levels of adventure challenge settings. Included will be planning and development of facilitation objectives and methods for diverse populations. Lecture Hours 3 Department: Health & Human Performance</p>	
<p>REC 492 Independent Study. 0.5-3 Credits Department: Health & Human Performance</p>	
<p>REC 494 Seminar/Workshop. 1-4 Credits Term Typically Offered: Fall, Spring Prerequisite(s): Instructor approval. Provides an opportunity for students to investigate intensively specific/independent areas of OAL or allows for a trial of a proposed course to determine acceptability and demand before requesting a regular course number. Department: Health & Human Performance</p>	