

PHYSICAL EDUCATION, HEALTH AND RECREATION *College of Arts, Letters & Education*

Matthew Chase, Chair	200 PEC Building	509.359.2341
BA	BAE	BS
Minors	Minors	MS

Faculty:

G. Babcock, B. Brock, M. Chase, C. Cindric, A. Coelho, J. Cogley, M. Elfering, P. Green, J. Hammermeister, C. Hazelbaker, J. Kawaguchi, C. Kreider, N. Lawton, J. McNeal, S. Melville, L. Morley, R. Pickering, W. Repovich

UNDERGRADUATE PROGRAMS

The Department of Physical Education, Health and Recreation (PEHR), houses the following major programs: Athletic Training, Community Health, Exercise Science, Health and Fitness (teaching endorsement), Outdoor Recreation, Recreation Management and Therapeutic Recreation. **Professional Membership Requirements:** Every student graduating in PEHR must be a member of a professional organization at least by their senior year.

Advising and Consultation

Information for High School and Transfer Students: High school and transfer students should consult with specific program directors in the PEHR Department during their first quarter at EWU. At that time, a program can be formulated and any previous college classes evaluated for the major. As soon as students have decided to major or minor in programs offered by the department, they need to contact the PEHR Department and declare a major.

Degree Descriptions

Athletic Training: This major is designed for students who are interested in becoming certified athletic trainers. The major is designed to prepare students to sit for the Board of Certification's national examination and to work competently in the field of Athletic Training and Sports Medicine. The major welcomes both the freshman and transfer student to apply and generally requires three years to complete. However, if specific prerequisites are met, the program can be completed within two-years. Students wishing to be admitted must apply and be accepted into the Athletic Training Education Program. Students in the program will receive formal instruction and clinical practice in development of proficiencies in risk management and injury prevention, pathology of injuries and illnesses, assessment and evaluation, acute care of injury and illness, pharmacology, therapeutic modalities, therapeutic psychosocial intervention and referral, health care administration and professional development and responsibilities. Opportunities for employment exist in but are not limited to, athletic training in high schools, colleges and professional and non-professional athletic teams, sports medicine clinics, hospitals, health clubs and corporate fitness programs. Opportunities also exist in colleges and universities for those who elect to continue beyond the bachelor's degree.

Community Health: Community Health majors are professionals who design, conduct and evaluate activities that help improve the health of all people. Placements will be in a variety of settings including public health and non-profit health agencies, worksite wellness programs, colleges and universities and government agencies. The majors are prepared to sit for the National Commission for Health Education Credentialing (CHES) examination and for graduate programs in public health, health promotion and community health education. We also offer a minor in Community Health.

Exercise Science: This major is designed for those students who are not interested in teaching but are interested in fitness and wellness management. Graduates are prepared to work in various settings as managers of fitness programs. The options include corporate fitness, commercial fitness clubs, YMCA-YWCA or other non-commercial programs, retirement centers or hospital rehabilitation programs in cardiac rehabilitation, respiratory therapy and diabetes support. The program prepares students to pursue advanced degrees in exercise physiology, biomechanics, motor control and learning, cardiac rehabilitation and adult fitness, as well as professional programs such as physical and occupational therapy and chiropractic. The

program and coursework prepares students to pursue certification from organizations such as ACSM, NSCA and ACE. These certifications are widely accepted in the fitness industry.

Health and Fitness: The Health and Fitness (BAE) degree is designed for those students pursuing a teaching endorsement. Students will become certified to teach K–12 within both the health and fitness (physical education) areas. We also continue to offer a non-teaching physical education coaching minor.

Recreation: The nationally accredited Recreation program focus on a profession that offers many challenging and varied forms of employment. Trained recreation leaders are regularly hired in positions with cities, communities, youth agencies, parks, resorts, outfitting companies, convention centers, rehabilitation medicine, correction facilities, the armed forces and much more.

The recreation curriculum is designed to aid students in developing a philosophical and practical knowledge of recreation and leisure services. Students are exposed to skill-sets and competencies that are relevant to a career in recreation, which prepares them for a ten to sixteen week professional internship.

Students may choose from a comprehensive curriculum in one of three majors: Outdoor Recreation, Recreation Management and Therapeutic Recreation, as well as minors in Recreation Management, Aquatics and a certificate in Challenge Course Management and Leadership.

Special Programs Information

Human Performance Laboratory: The Human Performance Laboratory located in the Physical Education classroom building provides state-of-the-art equipment for clinical and research experience in the areas of athletic training, exercise physiology, motor learning, biomechanics, health promotion, clinical evaluations and exercise prescriptions for faculty, staff, students and the community. Graduate and selected undergraduate students have the opportunity to conduct research projects in the laboratory.

Fitness Center: The University Recreation Center (URC) Fitness Center is designed to meet the health, wellness and fitness needs of the EWU campus community. The URC Fitness Center has 15,000 square feet of fitness space with a variety of fitness options available. Activity options include: strength training (3 circuits, free weights, racks, and platforms), cardio equipment (treadmills, elliptical trainers, arc trainers, steppers, bikes, ascent trainers, stepmills; most with a view of a TV), and functional equipment (functional trainers, stability balls, TRX, medicine balls, BOSU). Also included are a multi-purpose gym (for basketball, volleyball, etc) and an indoor running track (1/9 mile). Fitness Instructors are always available to assist members during their workouts. To motivate and assist members in achieving their fitness goals personal training is available (for an additional fee). Each quarter the PEHR Department offers both PHED 150 *Fast Fitness* (2) and PHED 152 *Strength/Weight Training* (2) as a credit option for EWU students using the facility.

Required courses in the following programs of study may have prerequisites.

Reference the course description section for clarification.

Degree Requirements for all Recreation Majors:

1. a minimum of 2.0 must be obtained in each required RCLS course. If a lower grade is received, the course must be retaken;
2. a minimum cumulative GPA of 2.50 shall be necessary in all upper- and lower-division required RCLS courses;
3. a minimum cumulative GPA of 2.50 shall be required for all university coursework; failure to comply with the above standards will jeopardize professional internship eligibility.

Internship Requirement—Prior to interning, students must complete three major requirements:

1. each student must complete 1500 hours of practical experience in the recreation and leisure service field, prior to qualifying for the professional internship. These 1500 hours must be from three (3) separate sources with no more than 750 hours from any one source. (Therapeutic Recreation majors have specific requirements to fulfill, as regards to the number of hours and various populations; these majors must consult with their advisor.);
2. applications for the Professional Internship must be presented to their faculty advisor no later than May 15. (Students may register for their internship, only during the summer quarter.);
3. each student must obtain a current Emergency Response or Advanced First-Aid Card.

BACHELOR OF ARTS (BA)

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- demonstrate effective oral and written communication skills;
- demonstrate knowledge of and skill at research, problem solving, and critical thinking;
- demonstrate a working knowledge of technology and its various uses in the recreation profession;
- demonstrate an understanding of the history, breadth, depth, and complexity of the recreation and leisure services industry;
- demonstrate an awareness of diversity, equity, inclusion, and will demonstrate multi-cultural competence in recreation and leisure service delivery settings;
- demonstrate a working knowledge of the career and entrepreneurship opportunities available upon graduation.

OUTDOOR RECREATION MAJOR (99 CREDITS)

The Outdoor Recreation program qualifies individuals as outdoor leaders or resource managers for public and private organizations, including government agencies.

Note: two years of a single high school foreign language or one year of a single college level foreign language is required.

Required Core Courses (45 credits)

- RCLS 201 Recreation and Leisure in Modern Society (3)
- RCLS 220 Leadership in Recreation and Leisure Services (3)
- RCLS 240 Overview of Therapeutic Recreation Services (4)
- RCLS 313 Wildland Recreation Management (3)
- RCLS 325 Outdoor Adventure Programming (3)
- RCLS 360 Facility Planning and Environmental Design (3)
- RCLS 385 Programming in Recreation and Leisure Services (3)
- RCLS 400 Legal Foundations in Recreation and Leisure Services (4)
- RCLS 425 Evaluation, Research and Statistics in Recreation and Leisure Services (4)
- RCLS 455 Resort and Commercial Recreation Management (3)
- RCLS 470 Administration, Organization and Supervision in Recreation and Leisure Services (4)
- RCLS 480 Budgeting in Recreation and Leisure Services (4)
- RCLS 490 Senior Capstone in Recreation (4)

Required Supporting Courses (54 credits)

- HLED 194 Emergency Response (3)
- RCLS 125 Recreation and Leisure Services Activities (Rafting) (1)
- RCLS 206 Wilderness Backpacking (3)
- RCLS 250 Camping Administration and Leadership (3)
- RCLS 305 Winter Camping (3)
- RCLS 307 Mountaineering (3)
- RCLS 310 Outdoor Recreation (3)
- RCLS 315 Wilderness Survival (3)
- RCLS 370 Outdoor Recreation Aquatic Programs (3)
- RCLS 405 Wilderness Upgrade for Medical Professionals (4)
- RCLS 410 Outdoor Leadership (4)
- RCLS 415 Search and Rescue Management (4)
- RCLS 435 Employment Processes in Recreation and Leisure Services (2)
- RCLS 494 Outdoor Recreation Professional Internship (15)

Required program credits **45 credits**

Required supporting credits **54 credits**

Total credits for above major **99 credits**

Note: computer competency is required for the above major.

BACHELOR OF ARTS (BA)

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- demonstrate effective oral and written communication skills;
- demonstrate knowledge of and skill at research, problem solving, and critical thinking;
- demonstrate a working knowledge of technology and its various uses in the recreation profession;
- demonstrate an understanding of the history, breadth, depth, and complexity of the recreation and leisure services industry;
- demonstrate an awareness of diversity, equity, inclusion, and will demonstrate multi-cultural competence in recreation and leisure service delivery settings;
- demonstrate a working knowledge of the career and entrepreneurship opportunities available upon graduation.

RECREATION MANAGEMENT MAJOR (78 CREDITS)

Recreation Management is a growing and dynamic field. The tourism and recreation industry is currently listed as one of the top three business activities in the United States. There are many emphasis areas available in Recreation Management including: city/park recreation, resort/commercial recreation, youth serving agencies, military recreation and corrections recreation.

Note: two years of a single high school foreign language or one year of a single college level foreign language is required.

Required Core Courses (45 credits)

- RCLS 201 Recreation and Leisure in Modern Society (3)
- RCLS 220 Leadership in Recreation and Leisure Services (3)
- RCLS 240 Overview of Therapeutic Recreation Services (4)
- RCLS 313 Wildland Recreation Management (3)
- RCLS 325 Outdoor Adventure Programming (3)
- RCLS 360 Facility Planning and Environmental Design (3)
- RCLS 385 Programming in Recreation and Leisure Services (3)
- RCLS 400 Legal Foundations in Recreation and Leisure Services (4)
- RCLS 425 Evaluation, Research and Statistics in Recreation and Leisure Services (4)
- RCLS 455 Resort and Commercial Recreation Management (3)
- RCLS 470 Administration, Organization and Supervision in Recreation and Leisure Services (4)
- RCLS 480 Budgeting in Recreation and Leisure Services (4)
- RCLS 490 Senior Capstone in Recreation (4)

Required Supporting Courses (33 credits)

- HLED 194 Emergency Response (3)
- RCLS 260 Arts in Recreation (3)
- RCLS 300 Publicity and Promotion in Recreation (4)
- RCLS 340 Aquatic Facilities Management (3)
- RCLS 349 Intramural Sport Management (3)
- RCLS 435 Employment Processes in Recreation and Leisure Services (2)
- RCLS 495 Recreation Management Professional Internship (15)

Required program credits **45 credits**

Required supporting credits **33 credits**

Total credits for above major **78 credits**

Must see your recreation management advisor at least once per quarter.

BACHELOR OF ARTS (BA)

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- demonstrate effective oral and written communication skills;
- demonstrate knowledge of and skill at research, problem solving, and critical thinking;
- demonstrate a working knowledge of technology and its various uses in the recreation profession;
- demonstrate an understanding of the history, breadth, depth, and complexity of the recreation and leisure services industry;
- demonstrate an awareness of diversity, equity, inclusion, and will demonstrate multi-cultural competence in recreation and leisure service delivery settings;
- demonstrate a working knowledge of the career and entrepreneurship opportunities available upon graduation.

THERAPEUTIC RECREATION MAJOR (101 CREDITS)

Therapeutic Recreation specialists are involved in helping individuals with disabilities learn the skills and attitudes necessary to develop a satisfying leisure lifestyle. Therapeutic Recreation is concerned with the treatment of conditions which are disabling and the facilitation of independent leisure functioning.

This major offers the student a track that will allow them to be eligible to take the national certification examination. The major is nationally accredited and provides a strong educational background for the student. Graduates tend to work in hospitals, state facilities, group treatment and community-based programs in the area of rehabilitation, leisure education and community integration.

Note: two years of a single high school foreign language or one year of a single college level foreign language is required.

Required Core Courses (45 credits)

- RCLS 201 Recreation and Leisure in Modern Society (3)
- RCLS 220 Leadership in Recreation and Leisure Services (3)
- RCLS 240 Overview of Therapeutic Recreation Services (4)
- RCLS 313 Wildland Recreation Management (3)
- RCLS 325 Outdoor Adventure Programming (3)
- RCLS 360 Facility Planning and Environmental Design (3)
- RCLS 385 Programming in Recreation and Leisure Services (3)
- RCLS 400 Legal Foundations in Recreation and Leisure Services (4)
- RCLS 425 Evaluation, Research and Statistics in Recreation and Leisure Services (4)
- or OCHT 522 Fundamentals of Occupational Therapy Research (4)
- and OCHT 523 Evaluation and Assessment of Occupational Performance (2)
- RCLS 455 Resort and Commercial Recreation Management (3)
- RCLS 470 Administration, Organization and Supervision in Recreation and Leisure Services (4)
- or OCHT 542 Administration and Organization in Occupational Therapy (4)
- RCLS 480 Budgeting in Recreation and Leisure Services (4)
- RCLS 490 Senior Capstone in Recreation (4)

Required Supporting Courses (56 credits)

- CEDP 201 Lifespan Development (4)
- HLED 256 Medical Terminology (1)
- PHED 132 Kinesiological Applications of Human Anatomy and Physiology (4)
- and PHED 349 Anatomical Kinesiology (4)
- or BIOL 232 Human Anatomy and Physiology for Non-Biology Majors (5)

EASTERN WASHINGTON UNIVERSITY 2011–12

- BIOL 233 Human Anatomy and Physiology for Non-Biology Majors (5)
 BIOL 234 Human Anatomy and Physiology for Non-Biology Majors (5)
 PSYC 302 Abnormal Psychology (5)
 RCLS 245 Therapeutic Recreation for the Disabled (3)
 RCLS 260 Arts in Recreation (3)
 RCLS 420 Program Planning and Evaluation in Therapeutic Recreation (5)
 RCLS 440 Professional Issues in Therapeutic Recreation (4)
 RCLS 445 Processes and Techniques in Therapeutic Recreation (4)
 RCLS 450 Assessment Techniques in Therapeutic Recreation (4)
 RCLS 493 Therapeutic Recreation Professional Internship (15)

Required program credits	45 credits
Required supporting credits	56 credits
Total credits for above major	101 credits
<i>Current First Aid/CPR card is required for all majors.</i>	

Therapeutic Recreation: Occupational Therapy

Note: see Occupational Therapy.

BACHELOR OF ARTS IN EDUCATION (BAE)

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- understand health/physical education content and disciplinary concepts related to the development of a healthy/physically educated person;
- understand how individuals learn and develop, and provide opportunities that support physical, cognitive, social and emotional development;
- understand how individuals differ in their approaches to learning and create appropriate instruction adapted to these differences;
- use and have an understanding of individual and group motivation and behavior to create a safe learning environment that encourages positive social interaction, active engagement in learning, and self-motivation;
- use knowledge of effective verbal, nonverbal, and media communication techniques to enhance learning and engagement;
- understand the importance of planning developmentally appropriate instructional units to foster the development of a healthy/physically educated person.

HEALTH AND FITNESS/ELEMENTARY OR SECONDARY MAJOR (72-73 CREDITS)

This major satisfies the endorsement for preschool to grade 12.

Degree Requirements:

1. must earn a minimum of 2.5 in each required health and physical education course;
2. must have a minimum cumulative **GPA** of 2.5 in all university courses.

Required Courses (72–73 credits)

- HLED 194 Emergency Response (3)
 HLED 200 Admission to Health and Fitness (1)
 HLED 201 Introduction to Health and Wellness (3)
 HLED 250 Drugs, Society and Human Behavior (3)
 HLED 365 Teaching Methods in Health (3)
 HLED 370 Personal and Community Health (4)
 HLED 372 Applied Nutrition and Physical Fitness (3)
 HLED 376 Consumer Health (3)
 HLED 475 Sex Education in Schools and Community (4)
 PHED 251 Motor Control and Learning (4)
 PHED 260 Sport Sciences for Coaching (Leader Level) (3)
 PHED 348 Anatomical/Mechanical Kinesiology (4)
 PHED 350 Physiological Kinesiology (4)
 PHED 333 Group Exercise/Personal Training (3)
 or PHED 335 Strength and Conditioning Prolab (2)
 PHED 336 Individual Sports (2)
 PHED 337 Team Sports (2)
 PHED 340 Rhythms and Games (2)
 PHED 341 Elementary School Activities (2)
 PHED 342 Lifelong Leisure Activities (2)
 PHED 367 Teaching Methods I (3)
 PHED 368 Teaching Methods II (3)
 PHED 370 Sport and Culture (4)
 PHED 452 Adapted Physical Education (4)
 PHED 490 Senior Capstone in Health and Fitness (Teaching) (4)

Minimum required program credits: 72–73 credits

Professional education requirements/elementary education: 73–74 credits

or secondary education: 46–47 credits

See the Department of Education section of this catalog. Prerequisites may also apply.

Minimum total credits for above major and

elementary professional education: 145 credits

Note: The above major takes more than 12 quarters at 15–16 credits a quarter.

Minimum total credits for above major and

secondary professional education: 118 credits

Note—Required: Must be a member of a professional organization.

Each student is required to complete 40 hours of professional development per year while in the health and fitness program and be a member of the EWU Health and Fitness Majors Club.

BACHELOR OF SCIENCE (BS)

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- gain an understanding and demonstrate experience in being good citizens both in the community and in their professional organization;
- gain clinical experiences in a variety of service learning settings that will allow them to be prepared to work in the diverse opportunities found within the field of Athletic Training;
- gain the basic knowledge, understanding and skills needed to work competently as an entry level Certified Athletic Trainer.

ATHLETIC TRAINING MAJOR (106 CREDITS)

This major is designed for those students who are interested in becoming certified athletic trainers. The major is designed to prepare students to sit for the Board of Certification's national examination and to work competently in the field of Athletic Training and Sports Medicine. Students must apply and be accepted into the Athletic Training Education Program (ATEP). Admission to the program is based upon evaluation of the student's entire application, including: the academic record, signed statement of ability to meet the Program Technical Standards, **GPA** and completion of prerequisite courses, professional references and a written essay. Applications are due the last day of winter quarter each year. The number of applicants may exceed the number of students that can be admitted to the program each year; therefore, no assurance can be given that all applicants admitted to the university and who complete the application requirements will be admitted to the ATEP. For further information regarding the application process, please contact the PEHR Department at 509.359.2341 or refer to program website, www.ewu.edu/athletictraining. Opportunities for employment exist in but are not limited to, athletic training in high schools, colleges and professional and non-professional athletic teams; sports medicine clinics; hospitals; health clubs; and corporate fitness programs. Opportunities for those who elect to continue their education beyond the bachelor's degree level also exist.

Degree Requirements:

1. must earn a minimum of 3.0 in each ATTR designated required course;
2. must earn a minimum of a 2.5 in each Kinesiology course and each Biology course;
3. must have a minimum of 2.0 in all other program required courses;
4. must have a minimum cumulative **GPA** of 2.75 for each quarter while in the program;
5. must be a member of the National Athletic Trainer's Association;
6. failure to comply with the above standards will prohibit degree eligibility.

Required Courses

- ATTR 201 Introduction to Athletic Training (3)
 ATTR 288 Clinical Athletic Training I (1+1+1)
 ATTR 339 Athletic Training (4)
 ATTR 340 Therapeutic Modalities in Sports Medicine (4)
 ATTR 341 Rehabilitation in Athletic Training (4)
 ATTR 350 Medications in the Health Care Professions (2)
 ATTR 360 General Medical Conditions (3)
 ATTR 388 Clinical Athletic Training II (1+1+1)
 ATTR 428 Orthopedic Evaluation I (4)
 ATTR 429 Orthopedic Evaluation II (4)
 ATTR 430 Sports Medicine Issues (2)
 ATTR 439 Current Topics in Sports Medicine (1+1+1)
 ATTR 450 Advanced Procedures and Techniques in Athletic Training (3)
 ATTR 488 Clinical Athletic Training III (2+2+2)
 ATTR 490 Senior Capstone in Sports Medicine (4)
 BIOL 232 Human Anatomy and Physiology for Non-Biology Majors (5)
 BIOL 233 Human Anatomy and Physiology for Non-Biology Majors (5)
 BIOL 234 Human Anatomy and Physiology for Non-Biology Majors (5)
 CEDP 316 Psychology of Adjustment (5)
 HLED 194 Emergency Response (3)
 HLED 256 Medical Terminology (1)
 HLED 370 Personal and Community Health (4)
 HLED 372 Applied Nutrition and Physical Fitness (3)
 PHED 335 Strength and Conditioning Prolab (2)
 PHED 349 Anatomical Kinesiology (4)
 PHED 350 Physiological Kinesiology (4)
 PHED 352 Mechanical Kinesiology (4)
 PHED 452 Adapted Physical Education (4)

Select one course from the following:

- CHEM 121 Chemistry and its Role in Society (5)
 CHEM 151 General Chemistry (5)
 CHEM 161 General Chemistry for the Health Sciences (5)

Total credits for above major

Must meet with your major advisor for other supporting courses.

106 credits

BACHELOR OF SCIENCE (BS)

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- participate in an internship in which they will gain practical real world experience within the field;
- understand what factors are involved in adopting healthy behaviors and how to effectively facilitate change;
- conduct health assessments and design health promotion programs.

COMMUNITY HEALTH MAJOR (86-90 CREDITS)

Community health majors are professionals who design, conduct and evaluate activities that help improve the health of all people. Placements will be in a variety of settings including public health and non-profit health agencies, worksite wellness programs, colleges and universities and government agencies. The majors are prepared to sit for the National Commission for Health Education Credentialing (CHES) examination and for graduate programs in public health, health promotion and community health education.

Degree Requirements:

1. a minimum of 2.50 in each required Health Education course;
2. a minimum cumulative **GPA** of 2.50 shall be necessary in all upper- and lower-division required Community Health courses;
3. a minimum of 2.0 in each of the supporting courses from Communication Studies and the Social and Behavioral Science Core;
4. a minimum cumulative **GPA** of 2.50 shall be required for all university coursework;
5. must meet with major advisor once each quarter;
6. failure to comply with the above standards will prohibit Professional Internship eligibility.

Required Courses (48 credits)

First Aid Option—Select one of the following:

- HLED 194 Emergency Response (3)
- HLED 201 Introduction to Health and Wellness (3)
- HLED 256 Medical Terminology (1)
- HLED 372 Applied Nutrition and Physical Fitness (3)
- HLED 375 Gerontology (3)
- HLED 376 Consumer Health (3)
- HLED 381 Mind/Body Spirit Health (3)
- HLED 480 Health Promotion Program Planning, Implementation and Evaluation (3)
- HLED 482 Grant Writing in the Health Sciences (3)
- HLED 490 Senior Capstone in Community Health (4)
- HLED 495 Internship (15)
- RCLS 470 Administration, Organization and Supervision in Recreation and Leisure Services (4)

Supporting Courses (20-21 credits)

- CSBS 320 Introductory Statistics for the Social Sciences (5)
- CMST XXX Communication class with advisor's approval (4-5)
- EXSC 480 Clinical Exercise Physiology (3)
- PHED 349 Anatomical Kinesiology (4)
- PHED 350 Physiological Kinesiology (4)

SELECT ONE OF THE TRACKS BELOW

PUBLIC HEALTH TRACK

- HLED 250 Drugs, Society and Human Behavior (3)
- HLED 370 Personal and Community Health (4)
- HLED 374 Investigation of Disease and Illness (3)
- HLED 382 International Health (3)
- HLED 475 Sex Education in Schools and Community (4)

WORKSITE WELLNESS TRACK

- EXSC 455 Research and Analysis (2)
- PHED 333 Group Exercise/Personal Training (3)
- PHED 335 Strength and Conditioning Prolab (2)
- RCLS 300 Publicity and Promotion in Recreation (4)
- or MKTG 310 Principles of Marketing (4)
- RCLS 480 Budgeting in Recreation and Leisure Services (4)
- or ACCT 251 Principles of Financial Accounting (5)

Choose one of the following

- HLED 370 Personal and Community Health (4)
- HLED 374 Investigation of Disease and Illness (3)
- HLED 382 International Health (3)

Required program credits:

48 credits

Required supporting credits:

20-21 credits

Required track credits:

18-21 credits

Minimum total credits for above major:

86 credits

Select supporting courses in consultation with departmental advisor.

BACHELOR OF SCIENCE (BS)

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- demonstrate competency in foundational skills of reading, writing, arithmetic, speaking and listening and thinking skills demonstrating the ability to learn, to reason, to think creatively, to make decisions and to solve problems;
- be prepared for appropriate certification exams in the industry;
- demonstrate competency in fitness testing of the relatively healthy population in all components of fitness-cardiovascular, muscle strength, endurance, flexibility and body composition.

EXERCISE SCIENCE MAJOR (94-105 CREDITS)

This major is designed for those students who are not interested in teaching but are interested in either fitness and wellness management or a graduate program in either physical therapy or occupational therapy. Graduates are prepared to work in various settings as managers of fitness programs. The options include but are not limited to corporate fitness, commercial fitness clubs, YMCA-YWCA or other non-commercial programs, retirement centers or hospital rehabilitation programs in cardiac rehabilitation, respiratory therapy, and diabetes support. The program prepares students to pursue advanced degrees in professional programs in physical and occupational therapy, or chiropractic, as well as degrees in exercise physiology, biomechanics, motor control and learning, cardiac rehabilitation, and adult fitness. The program and course work prepares students to pursue certification from organizations such as ACSM, NSCA, and ACE. These certifications are widely accepted in the fitness industry.

**Note for all students:* Completion of any one of the three tracks as shown will not guarantee completion of 60 credits of upper division credits so all three will require additional courses to complete the general education requirement. Students should work with their advisor to select appropriate courses or minors.

Required Courses (31 credits)

A minimum **GPA** of 2.5 is required for each required course listed below.

- EXSC 455 Research and Analysis (2)
- EXSC 460 Physiology of Exercise (4)
- EXSC 480 Clinical Exercise Physiology (3)
- EXSC 490 Senior Capstone in Exercise Science (4)
- HLED 194 Emergency Response (3)
- HLED 372 Applied Nutrition and Physical Fitness (3)
- PHED 349 Anatomical Kinesiology (4)
- PHED 350 Physiological Kinesiology (4)
- PHED 352 Mechanical Kinesiology (4)

Required Supporting Courses (20 credits)

A minimum **GPA** of 2.0 is required for each required course listed below.

- CSBS 320 Introductory Statistics for the Social Sciences (5)
- BIOL 232 Human Anatomy and Physiology for Non-Biology Majors (5)
- BIOL 233 Human Anatomy and Physiology for Non-Biology Majors (5)
- BIOL 234 Human Anatomy and Physiology for Non-Biology Majors (5)

Select two of the following (5-6 credits)

- EXSC 481 Electrocardiology Interpretation (3)
- PHED 333 Group Exercise/Personal Training (3)
- PHED 335 Strength and Conditioning Prolab (2)

Communications Elective—select one course from the following (4-5 credits)

A minimum **GPA** of 2.0 is required for each course listed below.

- BUED 302 Business Communication (4)
- CMST 312 Nonverbal Communication (varies)
- CMST 331 Interviewing (5)
- CMST 340 Intercultural Communication (5)
- CMST 420 Health Communication (5)

SELECT ONE OF THE FOLLOWING OPTIONS

EXERCISE SCIENCE OPTION (35 CREDITS)

Required Courses (20–credits)

A minimum **GPA** of 2.5 is required for each required or elective course listed below.
 EXSC 495 Professional Internship (15)
 PHED 333 Group Exercise/Personal Training (3)
 PHED 335 Strength and Conditioning Prolab (2)

Required Supporting Courses (15–credits)

A minimum **GPA** of 2.0 is required for each course listed below.
 CHEM 161 General Chemistry for the Health Sciences (5)
 CHEM 162 Organic Chemistry for the Health Sciences (5)
 CHEM 163 Biochemistry for the Health Sciences (5)

PRE-PHYSICAL THERAPY OPTION (43 CREDITS)

Required Courses (8–credits)

A minimum **GPA** of 2.5 is required for each required or elective course listed below.
 EXSC 395 Exercise Science Practicum (8)

Required Supporting Courses (35–credits)

A minimum **GPA** of 2.0 is required for each required course listed below.
 CHEM 151 General Chemistry (5)
 CHEM 152 General Chemistry (5)
 CHEM 153 General Chemistry (5)
 PHYS 131 Introductory Physics I (4)
 PHYS 132 Introductory Physics II (4)
 PHYS 133 Introductory Physics III (4)
 PHYS 161 Mechanical Laboratory (1)
 PHYS 162 Heat and Optics Laboratory (1)
 PHYS 163 Instrumentation Laboratory (1)
 PSYC 302 Abnormal Psychology (5)

PRE-OCCUPATIONAL THERAPY OPTION (34 CREDITS)

Required Courses (8–credits)

A minimum **GPA** of 2.5 is required for each required or elective course listed below.
 EXSC 395 Exercise Science Practicum (8)

Required Supporting Courses (22–credits)

A minimum **GPA** of 2.0 is required for each required or elective course listed below.
 CHEM 161 General Chemistry for the Health Sciences (5)
 CHEM 162 Organic Chemistry for the Health Sciences (5)
 CHEM 163 Biochemistry for the Health Sciences (5)
 OCTH 101 Introduction to Occupational Therapy (2)
 PSYC 302 Abnormal Psychology (5)

Select one of the following (4–credits)

CEDP 201 Life Span Development (4)
 CEDP 313 Child and Adolescent Development (4)
 CEDP 314 Adult Development (4)

Required program credits

Required track credits

Minimum total credits for above major

Other courses may be selected with prior approval of the major advisor.

60–62 credits

34–43 credits

94–105 credits

EXERCISE SCIENCE: OCCUPATIONAL THERAPY

Note: see Occupational Therapy.

CERTIFICATE

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- understand experiential education and challenge course history, philosophy and foundational concepts and be able to convey those concepts to other practitioners;
- be able to model and teach appropriate facilitation skills for group ground initiatives, low and high elements including sequencing, setting participant expectations, teaching appropriate spotting skills, and managing the activity;
- exhibit an understanding of using group ground initiatives, low and high elements with varied populations including educational, military, adaptive, therapeutic, cultural and business settings;
- be able to model and teach a variety of debriefing techniques and tools to aid in effective group processing;
- learn technical skills for low and high elements including equipment use, retrieval and maintenance, various belay techniques, systems and transfers, course set-up, breakdown and inspection, rescue, knot tying and self-belayed climbing skills;
- learn to assess and manage all aspects of challenge course operations including standard operating procedures, equipment maintenance and inspection, practitioner training, personnel management, risk and emergency management, program planning and design, and challenge course policies and procedures.

CHALLENGE COURSE MANAGEMENT AND LEADERSHIP CERTIFICATE (18 CREDITS)

The Certificate in Challenge Course Management and Leadership addresses the growing challenge education field and the need for trained practitioners within this field. The certificate curriculum closely follows the standards and guidelines developed by the leading national organizations in the challenge course industry. A student completing the full certificate curriculum will gain experience, education and training that is essential as a challenge course facilitator or manager as well as acquire documented experience to apply toward practitioner certification. Students also attain facilitation and leadership skills beneficial in many professional leadership or management roles.

In no course required for the certificate can the student receive below a 3.0. All courses for the certificate must be completed at EWU; transfer credits will not be accepted for certificate completion. A minimum of 18 credits is required for the certificate as well as a minimum of 200 documented hours of challenge course program experience.

Required Courses

RCLS 220 Leadership in Recreation and Leisure Services (3)
 RCLS 225 Challenge Course Facilitation Techniques (3)
 RCLS 321 Challenge Course Low Element Facilitation (3)
 RCLS 352 Challenge Course Technical Skills (3)
 RCLS 353 Challenge Course Advanced Technical Skills (3)
 RCLS 475 Challenge Course Management and Operation (3)

Minimum total credits for above certificate

18 credits

MINORS

AQUATICS MINOR (18 CREDITS)

This minor will develop the student's knowledge of water safety, aquatic facility management, small craft safety, scuba operations, exercise and fitness. It will utilize nationally recognized certification programs to train students in each area and equip students for employment in the field of aquatics in such diverse areas as fitness clubs, educational institutions, YMCA, YWCA, rehabilitation centers, community centers and Parks and Recreation departments.

Required Courses (14 credits)

PHED 393 Water Safety Instructor's Course (3)
 PHED 394 Lifeguard Training (3)
 RCLS 340 Aquatic Facility Management (3)
 RCLS 350 Recreation Practicum (5)

Electives (4 credits)

PHED 125 Scuba Diving (1)
 PHED 125 Swim Conditioning (1)
 PHED 125 Aqua Aerobics (1)
 RCLS 125 Recreation and Leisure Services Activities (Rafting) (1)
 RCLS 230 Whitewater Kayaking (2)

Minimum total credits for above minor

18 credits

CHALLENGE COURSE MANAGEMENT AND LEADERSHIP MINOR (18 CREDITS)

The Certificate in Challenge Course Management and Leadership addresses the growing challenge education field and the need for trained practitioners within this field. The certificate curriculum closely follows the standards and guidelines developed by the leading national organizations in the challenge course industry. A student completing the full certificate curriculum will gain experience, education and training that is essential as a challenge course facilitator or manager as well as acquire documented experience to apply toward practitioner certification. Students also attain facilitation and leadership skills beneficial in many professional leadership or management roles.

In no course required for the certificate can the student receive below a 3.0. All courses for the certificate must be completed at EWU. A minimum of 18 credits is required for the certificate as well as a minimum of 200 documented hours of challenge course program experience.

Required Courses

- RCLS 220 Leadership in Recreation and Leisure Services (3)
- RCLS 225 Challenge Course Facilitation Techniques (3)
- RCLS 321 Challenge Course Low Element Facilitation (3)
- RCLS 352 Challenge Course Technical Skills (3)
- RCLS 353 Challenge Course Advanced Technical Skills (3)
- RCLS 475 Challenge Course Management and Operation (3)

Minimum total credits for above certificate

18 credits

COACHING MINOR (24 CREDITS)

Although this is not an endorsable minor, all the courses can be applied toward meeting the state's clock hour requirements for school coaches. In the State of Washington high school coaches must have completed 30 clock hours before the beginning of the third year in any of five standards categories (medical aspects, legal aspects, psychological/social foundations, coaching techniques and philosophy sports management/pedagogy). Middle Level coaches must complete a coaching effectiveness training class equivalent to the NFICEP/ASEP coaching principles class before the beginning of their third year.

Required Courses

- PHED 251 Motor Control and Learning (4)
- PHED 259 Sports First Aid and Injury Prevention (3)
- PHED 260 Sport Sciences for Coaching (Leader Level) (3)
- PHED 261 Coaching Sports Technical and Tactical Skills (3)
- PHED 348 Anatomical/Mechanical Kinesiology (4)
- PHED 350 Physiological Kinesiology (4)
- PHED 461 Sports and Exercise Psychology (3)

Minimum total credits for above minor

24 credits

COMMUNITY HEALTH MINOR (18 CREDITS)

Required Courses

- HLED 250 Drugs, Society and Human Behavior (3)
- HLED 370 Personal and Community Health (4)
- HLED 374 Investigation of Disease and Illness (3)
- HLED 375 Gerontology (3)
- HLED 440 Health Promotion Program Development (4)
- HLED 450 Health Promotion Program Implementation and Evaluation (4)

Total credits for above minor

21 credits

RECREATION MANAGEMENT MINOR (25 CREDITS)

Required Courses (19 credits)

- RCLS 201 Recreation and Leisure in Modern Society (3)
- RCLS 220 Leadership in Recreation and Leisure Services (3)
- RCLS 350 Recreation Practicum (5)
- RCLS 400 Legal Foundations in Recreation and Leisure Services (4)
- RCLS 470 Administration, Organization and Supervision in Recreation and Leisure Services (4)

Electives in RCLS (6 credits)

Required program credits

19 credits

RCLS elective credits

6 credits

Total credits for above minor

25 credits

GRADUATE PROGRAM

MASTER OF SCIENCE IN PHYSICAL EDUCATION

Alan Coelho, Program Director	251 Physical Education Classroom Building	509.359.4328
----------------------------------	--	--------------

STUDENT LEARNING OUTCOMES — STUDENTS WILL:

- investigate ideas and complete professional tasks as a member of a team;
- demonstrate familiarity with the scholarly publications, primary written works, professional organizations and certification/licensure requirements of their specialization;
- discuss advanced topics in their area of specialization with an appropriate level of knowledge and application of critical thinking;
- design, conduct and report scholarly work.

Admission Requirements

The master of science degree in physical education prepares students for a diverse array of careers in areas including athletic administration, teaching and coaching, directing fitness facilities and programs in a variety of settings, and sport psychology consultation with athletic teams. Additionally, the degree is applicable to those students interested in pursuing advanced graduate studies in related areas. This program provides an opportunity for students to focus on one of two areas of specialization: Sports and Recreation Administration or Exercise Science. All students are required to take a basic core of courses and then select a specialization area. A thesis is required of Exercise Science students. All other specializations offer the option of a thesis or research report to complete the degree.

Prospective students should hold a related baccalaureate degree from an accredited institution. Applicants for admission to the graduate program in physical education must follow the graduate admission procedures as outlined elsewhere in this catalog. In addition, applicants must submit three professional letters of recommendation and a one to two page essay describing their professional goals and objectives. Students are admitted for fall quarter only; requests for admission in other academic quarters are discouraged.

Basic Core Requirements and Credit Hours (21–24 credits)

A. Core

- PHED 505 Current Issues Seminar (3)
- PHED 506 Socio-cultural Studies in Physical Activity (3)
- PHED 518 Review of Literature (3)
- PHED 519 Statistics in Physical Education (3)
- PHED 520 Research Methods in Physical Education (3)
- PHED 600 Thesis (9)
- or PHED 601 Research Report (6)

Select a primary track from categories B or C (24–27 credits)

B. Sports and Recreation Administration

- PHED 507 Administration and Management in Health and Physical Education (3)
- PHED 521 History and Philosophy in Sport and Physical Activity (3)
- PHED 522 Risk Management: Sport and School Law (3)
- PHED 523 Program Promotion and Advocacy (3)
- PHED 695 Internship (6)
- Approved Electives (6–9)

C. Exercise Science

- PHED 550 Advanced Biomechanics (3)
- PHED 555 Advanced Physiology of Exercise (3)
- PHED 556 Advanced Cardiovascular Physiology (3)
- PHED 598 Seminar (3)
- Approved Electives (12)

Required core credits

21– 24 credits

Required primary track credits

24–27 credits

Minimum total credits for above master's degree

48 credits

Athletic Training Courses

Terms offered: fall, winter, spring, summer (FWSU). If no terms are indicated check with the department or EagleNET.

ATTR 201 Introduction to Athletic Training (3) S
Introduction to Athletic Training is a basic course designed to introduce the profession of athletic training to students who are interested in pursuing athletic training as a professional career choice. Students will be introduced to the following areas that encompass the athletic training field: athletic training as an allied health profession, current educational requirements for national practice, emergency planning and procedures and environmental concerns. Hands-on experiences may include common wrapping, taping and bracing techniques.

ATTR 288 Clinical Athletic Training I (1) FWS
 The course is designed to provide clinical experience in a professional athletic training setting. The student works as an assistant under the direction of a certified athletic trainer/clinical instructor. A portfolio completed by the student and checked off by the clinical instructor is used to document completion of competencies. This course should be taken three times during an academic career.

ATTR 339 Athletic Training (4) F
Prerequisite: ATTR 201.
 The purpose of the basic *Athletic Training* Course is to provide participants with the fundamental aspects of *Athletic Training* including prevention, recognition, management and treatment of various musculoskeletal injuries. The lab portion of the class will address basic wrapping and taping techniques, as well as hands-on injury evaluation.

ATTR 340 Therapeutic Modalities in Sports Medicine (4) W
Prerequisite: ATTR 339 or permission of course instructor.
 The course covers techniques in therapeutic exercise, thermal therapy, hydrotherapy, cryotherapy and electrical modalities. It also introduces students to psychological and physiological responses to injury.

ATTR 341 Rehabilitation in Athletic Training (4) S
Prerequisite: ATTR 340 or permission of course instructor.
 Design and supervision of rehabilitation programs for orthopedic athletic injuries. This will include common programs for major joint and musculoskeletal injuries; also will consist of learning techniques in therapeutic exercise, massage, joint mobilization and proprioceptive neuromuscular facilitation.

ATTR 350 Medications in the Health Care Professions (2) S
 This course covers usage of therapeutic medications for allied health care professionals. It explores the common medications used in the rehabilitative health professions. It also addresses the mechanisms of drug action in relation to the treatment of diseases, dosage requirements, drug interactions, side effects, legal considerations and general information and guidelines related to medication usage.

ATTR 360 General Medical Conditions (3) F
Prerequisite: ATTR 341 or permission of the instructor.
 This course will provide students an opportunity to learn about general medical conditions of the body system. Subjects covered will include mechanism of acquisition, signs, symptoms, referral, treatment and return to participation criteria. Students will develop a framework for decision making when evaluating individuals including athletes that present with these conditions.

ATTR 388 Clinical Athletic Training II (1) FWS
Prerequisite: ATTR 288 or equivalent.
 A course designed to provide a minimum of 1000 hours of clinical experience in a professional athletic training setting over a minimum of at least two years. The students work in an assistant capacity under the direction of a certified athletic trainer/clinical instructor. A portfolio, completed by the students and checked off by the clinical instructor, is used to document completion of competencies.

ATTR 428 Orthopedic Evaluation I (4) F
Prerequisite: ATTR 341 or permission of course instructor.
 This course will provide students an opportunity to learn and practice injury evaluation procedures used in athletic training. The course will address history taking, inspection, palpation and orthopedic evaluation as basic principles used in injury evaluation. Laboratory time will be devoted to palpation, structural assessment, neurologic assessment, range of motion and strength assessment of the chest, abdomen, pelvis, hip, thigh, lower leg, ankle and foot.

ATTR 429 Orthopedic Evaluation II (4) W
Prerequisite: ATTR 428 or permission of course instructor.
 This course will provide students an opportunity to learn and practice injury evaluation procedures used in athletic training. The course will address history taking, inspection, palpation and orthopedic evaluation, as basic principles used in injury evaluation. Laboratory time will be devoted to palpation, structural assessment, neurologic assessment and strength assessment of injuries involving the spine, shoulder, elbow, wrist and hand.

ATTR 430 Sports Medicine Issues (2) S
Prerequisite: ATTR 429 or permission of course instructor.
 Sports Medicine Issues is a class designed to teach the athletic training student advanced medical issues that are not generally taught in the regular curriculum of the athletic training major. Medical doctors and other allied health care professionals will be brought in from the local Cheney and Spokane communities. Each week, this two-hour class will allow students ample time to work directly with the medical doctors and get hands-on experience with their fellow students.

ATTR 439 Current Topics in Sports Medicine (1) F
 This course incorporates current topics that are not generally taught in the athletic training curriculum. It emphasizes student participation through a group presentation. The course is to be taken at least three times for the major.

ATTR 450 Advanced Procedures and Techniques in Athletic Training (3) S
Prerequisite: ATTR 428 and 429.
 This course introduces students to those skills and techniques used in the practice of athletic training that are beyond those typically considered basic in the profession, in that the procedures discussed and the practical skills attained are more time intensive and require pre-requisite foundational skills.

ATTR 488 Clinical Athletic Training III (2) FWS
Prerequisite: ATTR 388 or permission of course instructor.
 This course should be taken three times during an academic career. A course designed to provide a minimum of 1000 hours of clinical experience in a professional athletic training setting over a minimum of at least two years. The students work in an assistant capacity under the direction of a certified athletic trainer/clinical instructor. A portfolio, completed by the students and checked off by the clinical instructor is used to document completion of competencies.

ATTR 490 Senior Capstone in Sports Medicine (4) W
Prerequisite: senior standing.
[satisfies senior capstone university graduation requirement]
 The course is designed as the capstone for athletic training majors. It will focus on the administrative and management responsibilities required when working in the field of sports medicine including job requirements and problems faced as a professional. There will be group and individual projects and presentations related to sports medicine and athletic training, including a culminating project that will be assessed by class peers and professionals in the related field. The final project will require students to work in groups to design an athletic training facility, addressing facility and equipment selection and organization, personnel selection and management, legal liability, insurance and budgeting.

ATTR 499 Directed Study (1-15) FWS

Exercise Science Courses

Terms offered: fall, winter, spring, summer (FWSU). If no terms are indicated check with the department or EagleNET.

EXSC 395 Exercise Science Practicum (1-8) FWSU
Prerequisite: permission of the instructor.
 This course is designed to assist Pre-Physical Therapy (PT) and Pre-Occupational Therapy (OT) students prepare for their application to graduate school. The Pre-PT and Pre-OT Exercise Science majors are required to observe and/or work under a licensed PT or OT in different settings. They will spend a minimum of 50 hours at any one location and can observe in 2-4 different locations. The experience will be documented through record of hours, and a reflection of the experience as a potential career location as a PT or OT professional at the completion of the hours.

EXSC 455 Research and Analysis (2) FS
Prerequisite: CSBS 320.
 This course is designed to teach the students to critically analyze the literature in the field. In addition, they will be exposed to the criteria for good research and to evaluate how well articles in the field follow that criteria.

EXSC 460 Physiology of Exercise (4) FW
Prerequisites: PHED 349, 350 and 352 or permission of the instructor.
 The application of physiological principles to exercise. Special attention is given to energy sources, work, power, pulmonary system, cardiorespiratory neural control systems, sex differences, hypo- and hyperbaric pressure, heat balance, body composition and the endocrine system in exercise.

EXSC 480 Clinical Exercise Physiology (3) WS
Prerequisites: PHED 350 or permission of the instructor.
 This course presents a detailed understanding of the latest advances in the emerging field of clinical exercise physiology. The focus is on diseases, where exercise can impact onset, treatment or outcomes; i.e., diseases of the cardiovascular, endocrine and musculoskeletal systems.

EXSC 481 Electrocardiology Interpretation (3) FS
Prerequisites: BIOL 232, 233
 This course teaches the interpretation of electrocardiograms (ECGs). It will cover normal and pathological changes both at rest and during exercise.

EXSC 490 Senior Capstone in Exercise Science (4) W
Prerequisites: senior standing and EXSC 460.
[satisfies senior capstone university graduation requirement]
 This course is designated as a departmental capstone for Exercise Science majors. They will study the process of assessment and prescription of apparently healthy adults. There will be end-of-program assessment, both written and practical. Students will also study a current issue in the field through research, group projects and written and oral presentations. The course is designed to help students prepare for the ACSM's Certified Health Fitness Specialist, the benchmark exam in the field.

EXSC 495 Professional Internship (5-15) FWS
Prerequisite: permission of the instructor, department chair and college dean.
 This course is designed to assist Exercise Science students prepare for a job in their chosen field. The internship experience is hands-on under the supervision of a professional, monitored by the faculty advisor. Students will have completed the majority of their course work to prepare for the experience. The requirement is 400 hours and may be divided into up to three locations. The experience will be documented through a record of hours and regular reflections on the experience as a potential career location, as well as evaluations by the site supervisor.

Health Education Courses

Terms offered: fall, winter, spring, summer (FWSU). If no terms are indicated check with the department or EagleNET.

HLED 115 Wellness for Life (3) FWS
Offers an overview of basic concepts of personal wellness from a holistic perspective. Explores behavior change, nutrition, physical activity, stress management, healthy relationships, environmental health, spiritual health, sexuality, drugs and alcohol and intellectual health. Students assess their own wellness and develop strategies for behavioral change.

HLED 192 Sports Safety Training (3) FWS
The purpose of the American Red Cross Sports Safety Training course is to provide participants with the necessary skills and knowledge to help provide a safe environment for participation, recognize and treat emergency situations and understand how to apply preventative measures for health and safety of sports participants.

HLED 194 Emergency Response (3) FWS
The course provides the participant with the knowledge and skills necessary to work as a first responder. In an emergency, first responders help sustain life, reduce pain and minimize the consequences of injury or sudden illness until more advanced medical practitioners can arrive. The course content and activities will prepare participants to make appropriate decisions about the care to provide in an emergency. The course teaches the skills a first responder needs to act as a crucial link in the Emergency Medical Services (EMS) system.

HLED 200 Admission to Health and Fitness (1) FW
This course is designed to introduce potential majors to the Health and Fitness profession as well as describe the major's expectations and requirements for being admitted into the program and becoming certified as a K-12 Health and Fitness instructor.

HLED 201 Introduction to Health and Wellness (3) FW
This course is designed to be an *Introduction to Health and Wellness*. Foundations are laid in nutrition, physical activity and fitness, stress management, substance abuse, disease and injury prevention, sexually transmitted diseases and environmental health issues, among others. In addition, skills are taught to enhance the student's ability to make health behavior changes.

HLED 250 Drugs Society and Human Behavior (3) F
This course consists of a study of human behavior in the context of drug use, abuse and addiction. There will be discussions on the physiology of drug consumption, as well as the physical, emotional, psychological and social affects of various groups of drugs (depressants, stimulants, opiates, hallucinogenics and narcotics). Prescription drugs, over the counter drugs, steroids and other supplements will also be discussed.

HLED 256 Medical Terminology (1) FWS
This course examines the nature and function of the medical language and the building of medical words from word roots, prefixes, suffixes and combining forms. This course will prepare students who are entering into medical-related fields of interest.

HLED 299 Individual Studies (1-5)
Prerequisite: permission of the instructor, department chair and college dean.
Special studies in health education or community health. Selected topics vary according to student and faculty interest.

HLED 365 Teaching Methods in Health (3) W
Prerequisites: HLED 200
This course covers methods and procedures of teaching health in elementary, junior and senior high schools. It provides an opportunity for practice teaching and development of teaching units for the classroom.

HLED 366 Women's Health Issues (4) S
[satisfies cultural and gender diversity university graduation requirement]
This course will explore the unique personal and social concerns regarding women's health. Emphasis will be placed on the social and health related issues that women face throughout the life cycle. Discussion will include the effect of gender stratification in the workforce, gender roles in the family unit, female depiction in the media, substance abuse, body image, pregnancy and sexuality and other issues that affect women's mental, physical and emotional health. Historical dimensions of women's health will also be explored, including contributions from historically noteworthy women. (Cross-listed WMST 366)

HLED 370 Personal and Community Health (4) F
This course provides an overview and introduction to basic concepts of personal and community health problems, including mental health, nutrition and weight control, diseases, physical fitness, aging, death and dying, sex and reproduction. It also considers health fundamentals important in making health-related decisions.

HLED 372 Applied Nutrition and Physical Fitness (3) FS
This course is an introduction to the field of applied nutrition. The course content brings together information from a variety of fields—biochemistry, exercise physiology, nutrition, medicine and physiology. The students apply that knowledge to understand how what we eat affects not only sport performance but also personal health.

HLED 374 Investigation of Disease and Illness (3) F
Prerequisite: HLED 201 or permission of the instructor.
This course examines the major communicable diseases of humans with emphasis upon prevention and control and it provides an introduction to the modern scientific approach to control of communicable diseases and biostatistics.

HLED 375 Gerontology (3) W
Prerequisite: HLED 201 or permission of the instructor.
This course examines anatomical, physiological, pathological, medical, psychological and sociological factors that impact individuals moving through the aging process. The topics discussed will include the major problems of degenerative and chronic diseases and an analysis of the physical and physiological deterioration of the body and mind.

HLED 376 Consumer Health (3) W
Consumer health has much to do with the way we live. It deals with the selection of the products and services available in the marketplace that have an impact on health. Discussion includes: advertising, methods of distribution, techniques of selling and methods of making positive decisions about health products and services.

HLED 381 Mind/Body/Spirit Health (3) W
Prerequisite: HLED 201 or permission of the instructor.
The course is the study of the interaction of the mind, the body and an individual's spirituality with his/her health and wellness. Discussion topics will include stress, emotions, coping skills as well as the connection between physical health and emotional health. The field of psychoneuroimmunology will also be discussed. The course studies how understanding one's values, morals and/or purpose in life influences his/her physical and emotional health?

HLED 382 International Health (3) F
Prerequisite: HLED 201 or permission of the instructor.
This class is a study of international health, on how it is defined and its historical roots. Discussion will focus on major international health issues and debates on policies and practices. Also, key contemporary issues involving disease control, primary health care, child survival, essential drugs and health policies will be examined critically.

HLED 411 Emergency Response Instructor (2) FWS
Prerequisites: junior standing and HLED 194.
Teaching methods and procedures in skills as prescribed by the American Red Cross (ARC) Emergency Response Course. Those who qualify may earn the American Red Cross Emergency Response Instructor Certificate valid for three years and the American Red Cross CPR for the professional rescuer certificate valid for one year.

HLED 412 Emergency Response Instructor's Laboratory Practicum (3) FWS
Prerequisites: HLED 194, 411.
The most current First Aid teaching and skill techniques required by the American Red Cross will be implemented in a laboratory situation. The student will teach an undergraduate level First Aid laboratory class as a student instructor. This instruction will be under supervision of a certified master teacher. Upon successful completion of all requirements the Emergency Response Instructor Certificate will be renewed for one more year.

HLED 440 Health Promotion Program Development (4) W
Prerequisite: junior standing or permission of instructor.
In this course students learn how to develop a detailed and evidence-based health promotion program using planning models. Emphasis is placed on developing and understanding: needs assessments, program rationale, mission statements, and goals and objectives. Students also explore theories and models commonly used in health promotion programs and apply these principles in a service-learning project.

HLED 450 Health Promotion Program Implementation and Evaluation (4) W
Prerequisite: HLED 440.
In this course students learn how to implement and evaluate effective health promotion programs. Emphasis is placed on implementation strategies, advocacy plans, targeted marketing strategies, program budgets and evaluation plans. Students explore effective health communication strategies and ethical guidelines established by the National Commission for Health Education Credentialing.

HLED 475 Sex Education in Schools and Community (4) W
Prerequisite: HLED 201 or permission of the instructor.
Methods and procedures utilized in the teaching of human sexuality in schools and community health agencies. Opportunity for practice teaching and development of teaching units.

HLED 480 Health Promotions Program Planning, Implementation and Evaluation (3) S
Prerequisite: junior or senior class standing, or permission of the instructor.
This class teaches health promotion, program planning, implementing and evaluating. Students will learn the practical skills they will need in beginning community health promotion programs. The course also provides a foundation for understanding the basics of grant writing. Concepts like mission statements, goals, objectives, needs assessments, implementation strategies and follow-up will be addressed.

HLED 482 Grant Writing in the Health Sciences (3) W
Prerequisite: HLED 480 or permission of the instructor.
This class will teach students the skills necessary to write grants in the health science field. It is an applied class where the students are expected to go through the grant writing process. The skills developed will prepare the students to search and apply for funding from a variety of sources.

HLED 483 Adolescent Health Issues (3) FWS
Enables parents, teachers and professional staff to identify factors that cause adolescent health problems. Focuses on identifying risk factors and steps to improve adolescent health.

HLED 484 Facts About HIV/AIDS (3) FWS
Provides basic information about HIV/AIDS, covering areas of concern for lay individuals and working professionals. Students will gain knowledge about transmission and treatment of HIV/AIDS and related issues such as its relationship to children, CPR, first aid, aquatics and impact on society.

HLED 485 Managing Stress (3) FWS
Provides valuable information on how stress affects health and teaches students how to manage stress effectively.

HLED 486 Preventing Disease Transmission (3)
FWS

Provides basic information about types of infectious diseases with focus on the transmission and prevention of blood-borne pathogens. Students will learn about OSHA regulations and how to protect themselves in the workplace.

HLED 487 Time Management (3) *FWS*

Provides valuable time management skills for real life applications. Students select from time management options to analyze, strategize and attack their individual time management concerns.

HLED 490 Senior Capstone in Community Health (4) *W*

Prerequisite: senior standing.

[satisfies senior capstone university graduation requirement]
This course is designated as the capstone course for those students majoring in Community Health within the Department of Physical Education, Health and Recreation. An end-of-program assessment will be completed. The course will focus on the major issues, requirements and problems facing health professionals as they enter the field. Using group problem solving techniques, lecture and a final project developed to encompass past knowledge and skills, the students will present a course plan complete with all necessary components to function. A major focus will be for the students to develop their understanding of the group process as it relates to being a member of the team as well as the ability to effectively assess populations and create and implement a curriculum specific to a population. This course is based on the Certified Health Education Specialist (CHES) competencies.

HLED 495 Internship (1-15) *FWS*

Prerequisite: permission of the instructor, department chair and college dean.

Practical experience designed primarily for community health education majors; however, all students are welcome and become members of a health-serving agency performing professional tasks along with the full-time staff of the agency. You must obtain prior approval of the department coordinator.

HLED 496 Field Work (4) *FWS*

Provides the opportunity to experience limited on-the-job training within health agencies.

HLED 497 Workshops, Short Courses, Conferences (1-5) *FWS*

Workshops dealing with specific aspects of health education, conducted either during the summer or by extension. These workshops are designed for experienced teachers with interests in health education.

HLED 498 Seminar (1-5) *FWS*

Seminars dealing with various aspects of health and health education; designed for advanced students in para-medical sciences and/or experienced teachers.

HLED 499 Directed Study (1-15) *FWS*

Prerequisites: junior standing or permission of the instructor, department chair and college dean.

Physical Education Courses

Terms offered: fall, winter, spring, summer (FWSU). If no terms are indicated check with the department or EagleNET.

PHED 120 PE Activities (1) [designed primarily for women] *FWS*

Women's conditioning classes for varsity sports, volleyball, tennis, basketball, soccer, track, etc.

PHED 125 PE Activities [Co-educational] (1) *FWS*
Aerobics, archery, aquacise, aquatic fitness, badminton, basketball, better back program, bicycling, corrective lab, country swing dance, frisbee, fun and fitness, golf, gymnastics, jogging, karate, military conditioning, personal defense, pickleball, progressive weight training, racquetball, running, self-defense, skiing, soccer, softball, social dance, swimming, tennis, trap shooting, triathlon training, volleyball and walking. Corrective laboratory is offered for those unable to participate in regular activities because of disability.

PHED 130 PE Activities (1) [designed primarily for men] *FWS*

Men's conditioning classes for varsity sports: baseball, basketball, cross country, football, tennis and track.

PHED 132 Kinesiological Applications of Human Anatomy and Physiology (4) *F*

This course will provide students with an understanding of the physiological and anatomical basis of human movement. Students will be presented with examples from sports, physical activity, recreation and rehabilitation to enhance their understanding of anatomical structures, their origin insertion and function.

PHED 135 Specialized Fitness Activities (2) *FWS*

Includes a group of fitness-based activity classes designed to promote muscular strength and endurance, cardiovascular endurance and flexibility. Programs are developed to meet individual participants' interests and fitness levels and activities are conducted at a variety of locations.

PHED 150 Fast Fitness (2) *FWS*

Comprehensive physical fitness course designed to develop strength, flexibility and endurance (muscular and cardiovascular) in an effective and efficient manner through use of the EWU Fitness Center. Mandatory orientation and evaluation (pre-testing and post-testing) accompanies the program. Designed to develop baseline fitness levels for all persons with varying fitness levels. Lab.

PHED 151 Group Exercise (2) *FWS*

Group Exercise involves fitness activities done with music using cardiovascular exercise, muscular strength endurance and flexibility exercises are used to develop the health-related components of physical fitness. Classes may include step training, aerobic kickboxing, yoga for fitness, stability ball training and muscle pump classes. Emphasis will be placed on improving fitness, having fun and learning about healthy living.

PHED 152 Strength/Weight Training (2) *FWS*

Strength/Weight Training provides students an opportunity to develop musculoskeletal fitness based on the scientific principles of resistance training. Assistance will be given to students in developing a program design to meet their fitness goals.

PHED 196 Experimental Course (1-5)

PHED 251 Motor Control and Learning (4) *WS*

This course introduces students to the processes that underlie human movement through bridging the gap between research and practice. It provides the necessary tools to build a solid foundation for assessing performance, providing effective instruction, designing practices and training experiences to optimize skill acquisition and performance.

PHED 259 Sports First Aid and Injury Prevention (3) *F*

This course is designed for those seeking to become coaches in high school, college and university, Olympic and competitive club-sport programs for athletes 14 years

of age and older. The primary objective of this course is to introduce the coach to the importance of safety and injury prevention in sport settings.

PHED 260 Sport Sciences for Coaching (3)
(Leader Level) *F*

A professional preparation course for coaches designed to acquaint students with basic scientific information needed in coaching.

PHED 261 Coaching Sports Technical and Tactical Skills (3) *S*

The course is designed for those seeking to become coaches in high school, college and university, Olympic, and competitive club-sport programs for athletes 14 years of age and older. Students will gain a solid understanding of sport-specific technical and tactical skills in order to teach these skills effectively. They will also gain valuable insight on developing practice and season plans and coaching on game day.

PHED 265 Life Skills for Athletes (3) *FW*

This course is designed to equip first or second year student-athletes with necessary skills to perform successfully in both athletics and academics while participating in a Division I-NCAA program.

PHED 278 Coaching Volleyball (3) *W*

Coaching techniques and strategies in volleyball.

PHED 281 Coaching Football (3) *S*

Coaching techniques and strategies in football.

PHED 282 Coaching Basketball (3) *S*

Coaching techniques and strategies in basketball.

PHED 283 Coaching Track (3) *F*

Coaching techniques and strategies in track.

PHED 285 Coaching Baseball/Softball (3) *F*

This course provides an introduction to coaching techniques and strategies in baseball and softball.

PHED 296 Experimental Course (1-5) *FWS*

Prerequisites: permission of the instructor and the department chair. Special studies in physical education. Selected topics vary according to student and faculty interest.

PHED 299 Individual Studies (1-5)

Prerequisite: permission of the instructor, department chair and college dean.

Study of selected problems in physical education.

PHED 301 Performance Enhancement in Sport and Physical Activity (3) *FWS*

This course is designed to be a practical, hands-on approach to a broad range of interventions aimed at improving performance in sport and physical activity settings. The focus of the course is on key mental tools (e.g., imagery, goal-setting, relaxation techniques, self-talk) and how they can be applied to facilitate enhancement of the key mental skills such as self-confidence, concentration, controlling emotions and staying optimally motivated. The course material is designed to help all students who are interested in maximizing performance in sport or physical activity.

PHED 333 Group Exercise/Personal Training (3) *FS*

This comprehensive course is designed to educate potential group exercise and personal training instructors. The content will include human anatomy, anatomical and mechanical kinesiology, exercise physiology, nutrition, weight control, special populations, fitness testing, health screening, exercise prescription, legal duties and proper handling of emergencies. Students will also gain practical experience in group fitness class instruction and practical experience toward becoming a personal trainer. Upon completion of this course, students will be better prepared to take the ACE national group fitness and personal training certification exams and design a safe and effective class.

PHED 335 Strength and Conditioning Prolab (2)
FSW

A professional laboratory course designed to provide the knowledge and practical experiences necessary for becoming a certified strength and conditioning professional. The focus of the course is on athletic populations.

PHED 336 Individual Sports (2) S
Prerequisite: HLED 200 and concurrent with PHED 337 and PHED 368.

This course is a physical education course designed to develop skills and progressive methods in teaching individual sports for effective K-12 instruction.

PHED 337 Team Sports (2) S
Prerequisite: HLED 200 and concurrent with PHED 336 and PHED 368.

This is a physical education course designed to develop skills and progressive methods in teaching team sports for effective K-12 instruction.

PHED 340 Rhythms and Games (2) W
Prerequisite: HLED 200 and concurrent with PHED 341 and PHED 367.

This course is designed to develop skills and progressive methods in teaching games using rhythm for effective K-12 instruction. Activities could include dance, movement experiences and games that help develop motor skills.

PHED 341 Elementary School Activities (2) W
Prerequisite: HLED 200 and concurrent with PHED 340 and PHED 367.

This course is designed to develop skills and progressive methods in teaching a wide range of activities appropriate for elementary physical education classes.

PHED 342 Lifelong Leisure Activities (2) F
Prerequisite: HLED 200.

This course is designed to develop skills and progressive methods in teaching lifelong leisure activities for effective K-12 instruction. Activities such as road and mountain bicycling, rock climbing, hiking-camping, canoeing, golf, cross-country skiing, orienteering and adventure ropes may be included.

PHED 343 Wellness and Fitness (2) WS
Prerequisite: PHED 367 or permission of the instructor.

A physical education course designed to develop skills and progressive methods in teaching wellness and fitness for effective K-12 instruction.

PHED 348 Anatomical/Mechanical Kinesiology (4)
 A study of the structural components of human movement, as well as the study of the laws of physics as they affect human movement. Special attention is given to the analysis of movement.

PHED 349 Anatomical Kinesiology (4) FW
 A study of the structural components of human movement. Special attention is given to the analysis of movement.

PHED 350 Physiological Kinesiology (4) WS
 A study of the functional components of human movements, especially the variables of flexibility, strength and endurance, the cardiovascular system and ergogenic aids.

PHED 352 Mechanical Kinesiology (4) WS
 This course is concerned with the mechanical principles applied to athletic movements. The information will provide a biomechanical basis for teaching and coaching physical activities. Sports skills will be analyzed and the underlying mechanical principles governing these movements will be identified. A significant amount of mathematical and quantitative calculations will be performed in this course. A final project is required.

PHED 367 Teaching Methods I (3) W
Prerequisite: HLED 200 and concurrent with PHED 340 and PHED 341.

This course covers methods and procedures to conduct physical education classes in elementary schools.

PHED 368 Teaching Methods II (3) S
Prerequisite: HLED 200 and concurrent with PHED 336 AND PHED 337.

This course provides the methods and procedures required to conduct physical education classes successfully and professionally at the middle school and high school levels.

PHED 370 Sport and Culture (4) W
 This course is the study of the interrelationships between sport and culture, including religion, politics, economics, race, arts and science.

PHED 390 Health and Physical Education in the Elementary Schools (3) FWS

Prerequisites: junior standing and a minimum GPA of 2.00.
 Analysis of educationally sound programs and of procedures and practices in the development of basic health and physical education principles in the elementary school.

PHED 393 Water Safety Instructor's Course (3) S
 This course is designed to train students to teach the American Red Cross Learn to Swim Program. Prospective students are advised to take PHED 394 *Lifeguard Training*. Course is conducted to meet the requirements of the American Red Cross Instructor's course. Certificates are awarded to those who qualify.

PHED 394 Lifeguard Training (3) W
Prerequisites:
 1. Swim 500 yds. continuously, using each of the following strokes for 100 yds. each: front crawl, breaststroke and sidestroke; remaining 200 yds. student's choice. No time requirement for this skill;
 2. Submerge to a minimum of 7 ft. and retrieve a 10 pound object and return with it to the surface. No time requirement for this skill;
 3. Tread water for two minutes using legs only. These skills will be tested the first class session.

A nationally certified course for Eastern Washington University students designed to teach lifeguard candidates the skills and knowledge needed to prevent emergencies and respond to aquatic emergencies (Professionalism, Prevention, Aquatic Rescues, CPR for the Professional Rescuer, First-aid and Spinal Injury Management). This course certification (National American Red Cross Lifeguarding) will prepare and qualify students for aquatic employment throughout the United States.

PHED 395 Field Practicum (2) FWS
Prerequisites: PHED 170, 250, 251, 252, HLED 194; permission of the instructor, department chair and college dean.

Course designed to provide a minimum of 20 hours of practicum school experience in teaching physical education or coaching. The student works in an assistant capacity under a master teacher or coach (elementary or secondary level). Journal procedures are planned and evaluated with the university instructor. At least two on-site visits are made by the instructor.

PHED 396 Experimental Course (1-5) FWS

PHED 452 Adapted Physical Education (4) F
Prerequisite: junior standing or permission of the instructor.
 Laws and skills required of physical educators for the inclusion of all students with physical, mental or social disabilities within a least restrictive environment.

PHED 454 Measurement and Evaluation in Health and Fitness (3) W
Prerequisite: EDUC 303 or permission of the instructor.

This course assists in developing an understanding of assessment in health and fitness. The issues addressed include the importance of assessment for health and fitness, the components of assessment currently used in health and fitness, the development of personal beliefs about assessment, the matching of assessments to educational objectives, the evaluation of practice in relation to theory and the need to "reflect on action" to make necessary changes.

PHED 461 Sport and Exercise Psychology (3) W
Prerequisite: PHED 251 or permission of the instructor.

Designed to provide physical education teachers and coaches with information about motivation, communication, stress management, mental imagery and other topics for enhancing instructor-performance relationships and for stimulating improved sport performances.

PHED 490 Senior Capstone in Health and Fitness (Teaching) (4) W
Prerequisites: HLED 365 and PHED 367 and PHED 368 and senior standing or permission of instructor.

[satisfies senior capstone university graduation requirement]
 This comprehensive course is specific to health and fitness knowledge, skills and practical hands-on teaching experience with variable content. Students will develop outlines and lesson plans and practice generic and specific instruction and management skills necessary for effective teaching.

PHED 495 Professional Internship (1-15) FWS
Prerequisite: permission of the instructor, department chair and college dean. Learning Contract must be on file before the internship commences.

This course is a full-time working experience with youth in a health and/or fitness promotion program. The experience is under the direction of an health and fitness professional or a person of equivalent training. An approved CEL. **PHED 496 Experimental Course (1-5) FWS**
 A course in the developmental stages.

PHED 497 Workshops, Short Courses, Conferences (1-5) FWS
 Workshops dealing with specific aspects of physical education are conducted either during the summer or by extension.

PHED 498 Seminar (1-5) FWS

PHED 499 Directed Study (1-15) FWS
Prerequisites: junior standing or permission of the instructor, department chair and college dean.

Study of selected problems in the field of physical education.

PHED 505 Current Issues Seminar (3) F
 This course introduces students to the different specialization areas in the MS program and prepares students for the graduate school experience. At the conclusion of this course, students are expected to have chosen a graduate advisor appropriate for their specialization.

PHED 506 Socio-cultural Studies in Physical Activity (3) F
 An examination of the nature and place of physical activity in American life. Emphasis will be allowing graduate students an opportunity to analyze the interrelationship between sport and physical activity with institutions, social systems and culture. Historical and sociological understandings of the importance of physical activity in culture, including sport, physical education, exercise science and health issues will be explored.

PHED 507 Administration and Management in Health and Physical Education (3) S
 This course involves the planning, financing, designing, managing and administering of health, physical education, recreation and athletic facilities and programs.

PHED 508 Psychological Behavior in Sport (3) S
Prerequisite: general psychology course.
 An examination of individuals participating in play, games, sports and their competitive behavior.

PHED 509 Advanced Pedagogy in Physical Education (3) F
Prerequisite: graduate standing.

A course detailing methods and procedures to teaching physical education classes and coaching athletic teams at all educational levels. The strong focus on advanced technology and methodology emphasizes that proper teaching/coaching procedures and techniques be employed in the instructional process, while allowing varying and personal teaching styles and attitudes to surface.

PHED 510 Advanced Motor Control and Learning (3) W
 Provides the student with a comprehensive understanding of how physical movements are controlled and learned. Such an understanding is of practical importance to teachers and coaches of physical performers.

PHED 511 Applied Sport Psychology (3) F
Prerequisite: PHED 508.

Provides comprehensive overview of applied educational strategies and techniques in sport and exercise psychology. Techniques such as imagery, goal setting, self-talk, PRT and autogenics will be discussed as a means to achieve a prospective level of motivation, emotional control, self-confidence and concentration.

PHED 512 Motivation in Sport and Exercise (3) F

This class is designed to assist physical educators, coaches, recreation specialists and others interested in sport motivation. Students will be introduced to a broad range of theoretical and applied motivational questions, including investigation of major motivational theories and paradigms, identification of primary motivational antecedents and consequences, as well as discussions on important measurement issues comparing the effectiveness of the most influential intervention strategies for enhancing motivation and applying the motivational theory to answering critical applied motivational questions in sport and exercise.

PHED 518 Review of Literature (3) W

Prerequisite: PHED 505 or permission of instructor.

Review of research literature to assist the student in identifying areas of research in their discipline.

PHED 519 Statistics in Physical Education (3) W

Application, analysis and manipulation of datasets drawn from research in physical education using SPSS and SAS.

PHED 520 Research Methods in Physical Education (3) S

Prerequisites: PHED 518 and PHED 519 or permission of the instructor.

Study of the methods and techniques of research in physical education; practice in application to problems of current interest.

PHED 521 History and Philosophy in Sport and Physical Activity (3) S

This course is an examination of historical and philosophical issues pertaining to sport and physical activity as it relates to global culture. Topics will include ethics, sportsmanship, gamesmanship, play and cultural influences of sport and physical activity from a historical and philosophical framework.

PHED 522 Risk Management: Sport and School Law (3) W

This course is a study of legal issues as they relate to athletic administrators, coaches, teachers and sport management personnel in the sporting realm. Students will examine and discuss current legal standards, issues and risk management theories utilizing case law studies, which will provide an understanding of the responsibilities and working knowledge of the law.

PHED 523 Program Promotion and Advocacy (3) W

This course is designed to assist students in developing or enhancing their promotional efforts in advocating for their selected program. If you are currently engaged in implementing promotional activities, this class will provide you with an opportunity to enhance your efforts. If you need to start a promotional project, this class will kick-start you.

PHED 524 Sports Marketing (3) S

This course is a study of sports marketing theories from experience and research, which provides an examination of marketing strategies, plan development, sporting organizational needs and goals, in both the public and private sector of sports business. Students will also reflect upon the influence of licenses, sponsorships, promotions, advertising, broadcasting and sales in the sporting world.

PHED 550 Advanced Biomechanics (3) F

An examination of the mechanical aspects of human movement with an emphasis placed on descriptive and causal analysis. Students will perform laboratory projects using force plates, digitization of movement and electromyography. Undergraduate experience in physics or biomechanics is expected to enroll in this course.

PHED 555 Advanced Physiology of Exercise (3) F

The physiological effects of muscular exercise, physical conditioning and training along with the significance of these effects on health and physical performance will be discussed. Students are expected to possess a background in undergraduate anatomy and physiology as well as a course in exercise physiology to enroll in this course. Check with your advisor if you are unsure about your preparation for this course.

PHED 566 Advanced Cardiovascular Physiology (3) S

An in-depth understanding of the physiological effects of exercise on the cardiovascular system, the significance of EKG interpretation and cardiac rehabilitation as they relate to exercise.

PHED 596 Experimental Course (1-6)

PHED 597 Workshops (1-9)

Note: only one workshop course for up to 3 credits may be used to fulfill graduate degree requirements.

PHED 598 Seminar (1-6)

Seminars dealing with special aspects of physical education

PHED 599 Independent Study (1-6) FWS

Prerequisite: permission of the instructor, department chair and college dean.

PHED 600 Thesis (1-9) FWS

Prerequisite: permission of the instructor, department chair and college dean.

PHED 601 Research Report (1-6) FWS

Prerequisite: permission of the instructor, department chair and college dean.

PHED 695 Internship (1-15) FWS

Prerequisite: graduate standing in the MS in PE program and minimum 3.0 cumulative GPA; permission of the instructor, department chair and college dean.

The purpose of this course is to gain professional experience in the student's chosen career path under the guidance of a professional currently employed in the field. A wide variety of internship experiences are available including teaching, administration, marketing, research and professional writing.

PHED 696 College Teaching Internship (1-15) FWS

Teaching a lower-division college course under supervision of a regular faculty member. Includes course planning, arranging bibliographical and instructional aids, conferences with students, experience in classroom instruction, completion of a departmental project and student course evaluation.

Recreation and Leisure Services Courses

Terms offered: fall, winter, spring, summer or alternate years (FWSU alt). If no terms are indicated check with the department or EagleNET.

RCLS 125 Recreation and Leisure Services Activities (1) [Coeducational] FWS

Backpacking, basic rock climbing, scuba diving, skiing (cross country), canoeing and rafting.

RCLS 201 Recreation and Leisure in Modern Society (3) FWS

An introduction and orientation to the professional opportunities, areas, requirements and responsibilities involved in the professional preparation of recreation and leisure services administrators. Includes basic problems and trends influencing the status of recreation and leisure in our contemporary society. Covers history, definitions and professional organizations.

RCLS 206 Wilderness Backpacking (3) F

An introduction to techniques and procedures of living and traveling in a wilderness environment. Special attention is given to modern conservation practices for using and preserving wilderness. Includes two weekend field experiences.

RCLS 220 Leadership in Recreation and Leisure Services (3) FS

Emphasis on the elements of leadership in the recreation setting. Designed to help provide ideas on how to lead programs so they fit participant needs. Fieldwork is part of the requirement.

RCLS 225 Challenge Course Facilitation Techniques (3) WU

Prerequisites: RCLS 220.

This course teaches advanced leadership and facilitation skills for group initiatives and team building activities. This course covers topics that are vital to the framework for developing team building and group facilitation programs and sessions. Topics discussed include selection of appropriate challenge activities to meet the needs of a specific group, understanding group dynamics, group goal setting and assessment, sequencing, framing, debriefing techniques and leadership considerations for individual and co-leader facilitation. Fieldwork is part of the course requirements.

RCLS 230 Whitewater Kayaking (2) F

This course is designed to instruct paddlers in whitewater kayaking techniques. The course will emphasize the essential skills needed for paddling moderately difficult rivers. The basic kayaking skills that are taught in the course include: paddle strokes, boat control and basic whitewater safety information.

RCLS 240 Overview of Therapeutic Recreation Services (4) FS

This course focuses on understanding the basic problems, needs and strengths of all disability groups in relation to developing and implementing a therapeutic recreation program.

RCLS 245 Therapeutic Recreation for the Disabled (3) W

Deals with basic information necessary for you to identify, define and describe major physical disabilities including their implications for therapeutic recreation programming.

RCLS 250 Camp Administration and Leadership (3) W alt

This course covers the philosophy, objectives, planning and operation of camps. It also provides an overview of counselors' responsibilities, programming, marketing, health and safety, as well as individual and group guidance techniques and trends.

RCLS 260 Arts in Recreation (3) FS

This course presents several media of art, i.e. mask making, clay, paper art, music and physical movement and delves into the historical and cultural interpretations of each medium. Hands on application and practice with the medium follows, accompanied by teaching guidelines and discussion of adaptations for various populations.

RCLS 300 Publicity and Promotion in Recreation (4) S

Provides skills, techniques and ideas for designing visual aids, working with the media and developing a five-step promotion package for recreation and leisure service agencies.

RCLS 305 Winter Camping (3) W

Prerequisite: RCLS 206 or permission of the instructor.
Introduction to winter camping and modes of over-snow travel such as snowshoeing and cross-country skiing. Emphasizes skill development in winter camping techniques, natural shelter construction and equipment familiarization, supported through field experiences.

RCLS 307 Mountaineering (3) S

Prerequisite: RCLS 305 or permission of the instructor.
Designed to provide a comprehensive program of basic mountaineering. Intensive consideration given to snow and glacier travel as well as other skills necessary for safe alpine mountaineering. Includes two weekend field trips.

RCLS 310 Outdoor Recreation (3) W alt

This course will examine the broad spectrum of outdoor recreation. The course materials are designed to explore the following aspects of outdoor recreation: agencies affecting the management of outdoor recreation experiences; concepts of wilderness and wilderness management; a review of the pertinent issues related to those who work in the field. Responding to the challenges of building a career in the field of outdoor recreation, the focus of this course will be in designing, planning, interpreting and transferring outdoor recreation experiences. This course will rely on a combination of critical reading, creative thinking, exploratory writing and group participation to enable the student to broaden her or his understanding of the expansive domain of the outdoor recreation industry.

RCLS 313 Wildland Recreation Management (3) S

Prerequisite: RCLS 201.
This course is designed to provide an overview of wildland recreation management history, principles, practices and contemporary issues. An additional emphasis of the course is to expose students to the seven principles that guide the mission of the Leave No Trace Center for Outdoor Ethics.

RCLS 315 Wilderness Survival (3)

Provides basic life-support skills and information to help you predict and prepare for the types of emergencies you are likely to encounter in a particular geographic location. Course includes an overnight encounter with limited supplies.

RCLS 321 Challenge Course Low Element Facilitation (3) FS

Prerequisite: RCLS 220
In this course students will learn proper facilitation skills for spotted activities and low challenge course elements. Topics discussed include: program safety, standard operating practices and procedures, assessing the physical, human and social environment to improve participant safety and program effectiveness, various spotting techniques, conducting low element inspections, equipment maintenance and risk management for low challenge courses. Students will be introduced to current challenge course industry standards for low challenge course elements. Course requirements include hands-on experience and spotting at low height.

RCLS 325 Outdoor Adventure Programming (3) FS

A survey of outdoor adventure education programs. Includes historical development and future trends as well as methods of initiating outdoor adventure education within a curriculum or program.

RCLS 330 Intermediate Whitewater Kayaking (2) F

Prerequisite: permission of instructor
The course is best suited for paddlers who have continued to develop their kayaking skills and acquire experience in the whitewater environment, including the ability to reliably roll a capsized boat in Class II whitewater. The intermediate kayaking skills and information taught in this course emphasize developing good judgment and decision-making skills; group management; developing an ethic of environmental stewardship; intermediate paddling techniques and mechanics; the presentation of on-water scenarios to assess risk, evaluate rapid features, and develop strategies; and the principles of safety and rescue for individuals and groups.

Note: Further instruction and development is advised upon the completion of this course. The ACA recommends completing an advanced whitewater kayaking class as the next step in the student progression. See the instructors of this class or go to www.ACA.org for more information.

RCLS 340 Aquatic Facilities Management (3) S

Emphasis on pool, beach and lake properties concerning operation, administration, maintenance, supervision, trends, water chemistry, health and safety, public relations and other aquatic topics.

RCLS 349 Intramural Sport Management (3) F

Intramural programming, along with officiating methods, trends and scheduling. Officiating covers all major sports. ACEP program included.

RCLS 350 Recreation Practicum (5) FWS

Prerequisites: RCLS 201.
Direct observation and on-the-job participation in the programming and operation of recreation programs within the local recreational community to enhance your programming, scheduling and leadership techniques under a supervised situation.

RCLS 351 Field Practicum (1-15) FWS

Involves the practical application of theoretical concepts and recreation-related skills in a recreation and leisure services organization. Requires three (3) hours of work, per week, for every credit assigned, i.e.; one credit equals thirty hours of work over a ten-week period. Students must document their work in accordance with PEHR Department policies.

RCLS 352 Challenge Course Technical Skills (3) SU

Prerequisite: RCLS 220
In this course students will learn proper technical and facilitation skills for high challenge course elements. Students will be introduced to current challenge course industry standards for challenge course installation, inspection, operations and certification. Topics discussed include equipment, spotting techniques, belay techniques and systems, knot tying skills, challenge course set-up and breakdown, challenge course terminology, proper safety guidelines and risk management. Course requirements include hands-on experience and climbing at height.

RCLS 353 Challenge Course Advanced Technical Skills (3) S

Prerequisite: RCLS 352
In this course students will expand their technical skills for both low and high challenge course elements. Current challenge course industry standards for challenge course installation, inspection, operations and certification will be emphasized and reviewed. Topics discussed include emergency management including executing high course rescue techniques, understanding critical applications and climbing in a leading edge environment, learning advanced belay systems and descending techniques and developing technical teaching skills for the challenge course environment. Course requirements include hands-on experience and climbing at height.

RCLS 360 Facility Planning and Environmental Design (3) W

Prerequisite: RCLS 201 and junior standing or permission of the instructor.

Design and trends in recreation facilities, as well as knowing environmental design techniques, environmental impact statements and inter-agency cooperation. Field work is part of the requirement.

RCLS 365 Skiing for the Handicapped (2) W

This course is designed to acquaint you with current alpine teaching progressions and their applications to skiing for the handicapped. You are assigned a handicapped skier to work with during the quarter.

RCLS 370 Outdoor Recreation Aquatic Programs (3) S alt

Prerequisites: RCLS 125 Rafting.
An overview of major outdoor aquatic adventures such as river rafting and kayaking. Emphasis placed on developing a fundamental awareness of skills necessary in each activity in addition to logistical and business aspects of conducting excursions.

RCLS 375 Intermediate Whitewater Rafting Technique (4) S

Prerequisite: RCLS 125 Rafting or permission of the instructor.
The course focuses on intermediate rafting techniques and the development of leadership procedures in paddle rafts. River skills and guide competencies will be developed through hands-on experience. Emphasis will be placed on good decision making and safety concerns for rafting on fast flowing class III and IV whitewater. Leadership skills will be developed by students learning to be river guides and maneuvering heavy rafts on the most difficult whitewater section of the Spokane River. A three-day field trip is required.

RCLS 385 Programming in Recreation and Leisure Services (3) FW

This course presents steps to programming within the role and structure of public and private recreation services. Special focus is placed on determining participant needs and values, brainstorming, selection and implementation of ideas, evaluation techniques and volunteer recognition and retention. Fieldwork is part of the requirement.

RCLS 395 Internship (CEL) (1-15) FWS

Prerequisite: permission of the instructor, department chair and college dean.
An opportunity to gain field experience with various recreation and leisure service agencies.

RCLS 400 Legal Foundations in Recreation and Leisure Services (4) W

Prerequisite: RCLS 201 and 220 or permission of the instructor.
This course includes the major considerations necessary to comply with legal safeguards in the leisure service profession.

RCLS 405 Wilderness Upgrade for Medical Professionals (4) F

Prerequisite: HLED 194 or permission of the instructor.
This course will provide the necessary skills to assist an injured or ill person in a wilderness environment where advanced medical help is delayed by time, terrain, weather or distance. The focus of this class is on the acquisition of skills and knowledge to be able to assess a victim's condition, make an appropriate decision regarding treatment, use available or otherwise improvise the necessary supplies or equipment to manage the patient's condition and implement a plan for evacuation.

RCLS 410 Outdoor Leadership (4) F

Prerequisites: RCLS 201 and 220 and junior standing or permission of the instructor.
A culmination of the outdoor recreation and skill-oriented courses with an emphasis on the concepts of outdoor leadership. Offers opportunities in group dynamics, program planning. Objective is to foster necessary attitudes and leadership skills related to adventure in outdoor recreation through field experiences. Includes two weekend field trips.

RCLS 415 Search and Rescue Management (4) W

Prerequisite: junior standing or permission of the instructor.
A practical approach to learning search and rescue techniques and management. Emphasis on search and rescue techniques and related administrative procedures. A variety of resource specialists will present portions of the course.

RCLS 420 Program Planning and Evaluation in Therapeutic Recreation (4-5) W
Prerequisites: RCLS 245, PHED 132, senior standing or permission of the instructor.

The purpose of this course is to suggest various activities which may be used in rehabilitation of the disabled. The selection of activities is made using a social-behavior skill factor analysis of the activity lab.

RCLS 425 Evaluation, Research and Statistics in Recreation and Leisure Services (4) S
Prerequisites: RCLS 385 and junior standing or permission of the instructor.

Covers basic methods of personnel and program components. Methods of sampling and survey techniques are addressed as they relate to recreation and leisure services.

RCLS 435 Employment Processes in Recreation and Leisure Services (2) F
Prerequisites: RCLS 201 and 220 and senior standing.

Designed to introduce the recreation student to the employment process: recruiting, application and resume screening, interviewing, checking of references, hiring, on-the-job training and probationary period.

RCLS 440 Professional Issues in Therapeutic Recreation (4) F
Prerequisites: RCLS 240, junior standing.

Course keeps you informed of the constant changes and developments in the therapeutic recreation profession.

RCLS 445 Processes and Techniques in Therapeutic Recreation (4) S
Prerequisites: RCLS 245 and PHED 132 and senior standing or permission of the instructor.

This course is designed to assist therapeutic recreation majors with the mastery of skills, attitudes and knowledge required for professional service in therapeutic recreation. Special attention given to the therapeutic recreation specialist as a therapist in a medical model.

RCLS 450 Assessment Techniques in Therapeutic Recreation (4) F
Prerequisite: RCLS 201, 245 and PHED 132 and senior standing or permission of the instructor.

This course is designed to enable the Therapeutic Recreation major to develop an understanding of the process of assessment and the use of appropriate "standardized" tools used by the profession. A number of the most widely accepted tools will be studied in-depth.

RCLS 455 Resort and Commercial Recreation Management (3) W
Prerequisites: RCLS 201 and 385.

This course is intended to provide working management knowledge related to resort and commercial recreation enterprises.

RCLS 460 Supervision of Therapeutic Recreation Services (4) FWS

This class will introduce the concepts, theories and practices of effective supervision in the health and human service delivery system. Covers the essential elements of supervision that are pertinent to being an effective practicing therapeutic recreation supervisor in either a clinical setting or a community-based therapeutic recreation setting.

RCLS 465 Travel and Tourism (4) W
Prerequisites: RCLS 201 and 455 or permission of the instructor.

Explores the travel industry-past, present and future, along with government role, public policy, tourism development and career information. Contact with regional tourism professionals and discussion of needs assessment strategies are also vital components of this course.

RCLS 470 Administration, Organization and Supervision in Recreation and Leisure Services (4) FS
Prerequisite: RCLS 425 and senior standing or permission of the instructor.

Local, state and federal recreation and park programs; their organization and administration and their relation to other social institutions; special emphasis on planning, financing and legislative provisions, governmental control, budget, personnel, departmental organization and administrative practices, especially on the local level.

RCLS 475 Challenge Course Management and Operation (3) W
Prerequisite: RCLS 353

In this course students will learn the skills needed to properly maintain the overall operation of a challenge course program. Students will gain an understanding of current challenge course industry standards and how to implement them effectively in a challenge course program. Topics discussed include challenge course program administration and management, site specific operational policies and procedures, program philosophy, documentation, risk management, insurance, staff supervision and technical accountability of the challenge course.

RCLS 480 Budgeting in Recreation and Leisure Services (4) W
Prerequisites: RCLS 201 and 385 or permission of the instructor.

This course is designed to identify both traditional and innovative methods of financing recreation services at the public and private level along with an analysis of personal spending and budgeting procedures. A complete budget document for a selected organization will be developed.

RCLS 490 Senior Capstone in Recreation (4) W
Prerequisites: RCLS 470 and senior standing.

[satisfies senior capstone university graduation requirement]
 This course is designated as the capstone course for those students majoring in recreation and leisure services within the Department of PEHR. An end-of-program assessment will be completed for each major. The course will focus on the major issues and problems facing recreation professionals as they enter the field. Using group problem solving techniques, lecture and a research paper, the students will present and defend a position on an issue or develop and defend a solution to an existing problem. A major focus will be for the students to further develop their understanding of the group process as it relates to being a member of a team as well as the ability to effectively use resources to develop a research paper.

RCLS 493 Therapeutic Recreation Professional Internship (15) U
Prerequisites: compliance with RCLS department's internship requirements.

Full-time working experience in a therapeutic recreation service setting in line with your professional aspirations. Actual involvement in recreation and program planning; implementation supervision and program evaluation under professional and faculty supervision.

RCLS 494 Outdoor Recreation Professional Internship (15) U
Prerequisites: compliance with RCLS department's internship requirements.

Full-time working experience in an outdoor recreation service setting in line with your professional aspirations. Actual involvement in recreation and program planning; implementation supervision and program evaluation under professional and faculty supervision.

RCLS 495 Recreation Management Professional Internship (15) U
Prerequisites: compliance with RCLS department's internship requirements; permission of the instructor, department chair and college dean.

Full-time working experience in a recreation and leisure service setting in line with your professional aspirations. Actual involvement in recreation and program planning; implementation supervision and program evaluation under professional and faculty supervision.

RCLS 496 Experimental Course (1-15) FWS

RCLS 497 Workshops, Short Courses, Conferences (1-5) FWS

Periodically scheduled special workshops deal with aspects of recreation and leisure services.

RCLS 498 Seminar (1-5) FWS
 Periodically scheduled special seminars deal with aspects of recreation and leisure services.

RCLS 499 Directed Study (1-15) FWS
Prerequisite: permission of the instructor, department chair and college dean.

Selected problems in the field of recreation and leisure services.