

2010-2011 Course Catalog

The University Of Montana

Department of Health and Human Performance

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Scott Richter, Chair

Vision

Health and Human Performance Professionals

Creating a Healthy, Progressive Global Community

Mission

In pursuit of our vision, HHP prepares quality graduates to be ethical and competent entry level professionals in health and human performance related occupations or candidates for advanced study in related disciplines. Within the liberal arts tradition of The University of Montana and the mission of the College of Education and Human Services, the Department of Health and Human Performance (HHP) engages in professional education, scholarly activity, and meaningful public service. The department emphasizes mental, social, spiritual, and physical dimensions of health to promote healthy lifestyle choices and enhance quality of life.

The Health and Human Performance Department has established the following goals in support of our vision and mission:

- *Promote* an understanding and appreciation for the scope of the profession
- *Enhance* student awareness of departmental mission and goals
- *Coordinate* student development of the basic skills germane to effective practice as health and human performance professionals or successful pursuit of advanced studies
- *Cultivate* higher order thinking skills that increase students' involvement and interest in their own learning, promoting a lifelong quest for knowledge
- *Nurture* cognition of the multiple dimensions of health (physical, intellectual, emotional, spiritual, social and environmental)
- *Advocate* respect for the uniqueness and dignity of others. Undergraduate students choose between two majors: Athletic Training or Health & Human Performance (HHP). HHP majors also choose from one of the following options: Exercise Science; Health Enhancement, or Community Health.

The Exercise Science option has two tracks: Pre-Professional and Applied. The *Pre-Professional track* is designed to provide students with an in-depth science background and prepares students for post-baccalaureate study in exercise physiology and related health sciences such as medical school, physical therapy, physician's assistant or other medical programs. Successful graduates of this option should

possess the knowledge and skills to qualify for the ACSM Exercise Specialist Certification (requires additional clinical hours). The Pre-Professional option is for students planning to continue on in higher education. The *Applied track* is designed to prepare students for jobs as strength and conditioning coaches, athletic coaches, personal trainers, elderly services providers, corporate wellness personnel and directors, fitness center directors and other fitness related jobs. Successful graduates of this track should possess the knowledge and skills to qualify for the American College of Sport Medicine-Fitness Instructor and/or National Strength and Conditioning Association Certified Strength and Conditioning Specialist.

The Health Enhancement option prepares students to use a variety of educational strategies designed to facilitate the adoption of healthy behaviors in K-12 students.

Upon acceptance into the College of Education and successful completion of the course requirements students will be eligible for a Montana K-12 teaching license. See Admission Policies below.

The Community Health option prepares students with knowledge and skills related to assessing individual and community needs prior to planning, implementing, and evaluating programs designed to encourage healthy lifestyles, and environments. Individuals who will be most successful in the community health option are those who are deeply interested in the interrelationship among all aspects of health (social, emotional, mental, spiritual and physical) and in the life and behavioral sciences. In addition, success in this field requires imagination and creativity in applying scientific knowledge to strategies for individual and community change through a wide range of educational, environmental and political approaches. Graduates of this program will be prepared to take the National Certification Exam for Health Education Specialists.

The Athletic Training major prepares competent entry-level athletic trainers for employment in educational and clinical settings or post-graduate study. The Athletic Training curriculum is designed to help students develop proficiency in the acute care of injuries/illnesses, risk management and injury prevention, psychosocial intervention and referral, therapeutic exercise, pharmacology, pathology of injuries/illnesses, health care administration, general medical conditions and disabilities, assessment and evaluation/diagnosis, professional development and responsibilities, and nutritional aspects. Successful graduates should possess the knowledge and skills to qualify for the Board of Certification Examination.

The graduate curriculum in Health and Human Performance at The University of Montana prepares post-graduates to become effective health and human performance professionals or competitive candidates for advanced study in related disciplines through a comprehensive program of study and guided research. Development of the following is considered essential in achieving a graduate degree:

1. Oral and written communication skills,
2. An understanding of current research literature in one's chosen specialization and to promote independent pursuit of learning beyond the confines of curricular requirements,
3. Appropriate technological skills,
4. Ability to design, conduct, and report research in a scholarly fashion,
5. Personal characteristics, sense of responsibility, and professional behaviors requisite for effective functioning as an advanced health and human performance professional.

Graduate options include Exercise Science, Health Promotion, and Health and Human Performance. For more information regarding the department's graduate program, refer to either The University of Montana Graduate Programs and Admissions catalog (<http://life.umt.edu/grad/Programs/default.php>) or The College of Education and Human Sciences Graduate website (http://www.coehs.umt.edu/hhp/graduate_programs/default.html).

Activity Classes

The HHP department also provides a large activity program (HHP classes numbered 100-179) which includes instruction in a wide variety of individual, team, recreational, and fitness activities. Goals of this program include helping students:

1. Develop and maintain long-term health-related fitness,
2. Develop motor performance skills that facilitate regular and continuous participation in physical activity, and
3. Develop the adult "inner athlete" who continually strives to reach optimal potential through involvement in challenging endeavors.

Any University of Montana student may elect to apply up to four credits from HHP 100-179 toward a baccalaureate degree. For descriptions of the activity classes offered, refer to the website at <http://www.soe.umt.edu/hhp/> and select Activity Classes.

Special Degree Requirements

Refer to graduation requirements listed previously in the catalog. See index.

Students must fulfill the requirements listed below. All HHP majors must earn a minimum grade of a C- in all required courses, including prerequisites, except for special cases of higher requirements in Athletic Training and Health Enhancement noted below. In-department and out-of-department courses specifically listed in this catalog as requirements for Health and Human Performance majors must be taken for a traditional letter grade.

Athletic training students must earn a grade of C (2.00) in all required courses, including prerequisite courses. Courses specifically listed in the catalog, as requirements for the athletic training major (Athletic Training Education Program) must be taken for a traditional letter grade. This includes in-department and out-of-department courses. Students in the athletic training program who receive less than C (2.00) on any required courses will be placed on program suspension and may not be allowed to continue any sequential courses until they retake the course and receive at least a C. If a student receives less than a C (2.00) after repeating a course, the student may be dismissed from the program.

The University of Montana symbolic systems requirement is met by completing one of the following statistics courses and any pre-requisite courses: STAT 216 (MATH 241) Introduction to Statistics or PSYX 222 (PSYC 220) Psychological Statistics or SOCI 202 (SOC 202) Social Statistics or WBIO 240 Intro to Biostatistics or HHP/C&I 486. All options must meet this requirement.

Admission Policies for Health Enhancement Option

The Health Enhancement option is designed for individuals who wish to teach in K-12 school systems. Application for admission to the School of Education must be made (refer to <http://www.soe.umt.edu/hhp>). Applications are accepted twice a year; however, the number of students admitted into the program is limited. Application is made no sooner than after the completion of 30 hours of course work. A cumulative GPA of 2.75 is necessary for application.

To successfully complete the program in Health Enhancement, a student must receive a grade of C (2.00) or above in every course in the following areas: teaching major, professional education courses, a drug abuse course, PSYX 100S (PSYC 100), WRIT 101 (ENEX 101), and C&I 427. These courses must be taken as a traditional letter grade.

Admission Policies for the Athletic Training Major

Athletic Training Education Program (ATEP)

The University of Montana offers a Bachelor of Science in Athletic Training. The Athletic Training Education Program (ATEP) is the only undergraduate curriculum in the State of Montana accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The ATEP is a demanding curriculum which requires dedication and commitment. Upon completion there are a variety of professional career opportunities.

Following are the requirements for application, admission, and retention of the Athletic Training Education Program (ATEP). Academic advisors are available to assist students with this interesting and challenging professional program.

Admission. Students who desire admission into the ATEP must submit a formal application to the curriculum director. Prior to applying, students must complete all pre-professional requirements (3 semesters), see (http://www.soe.umt.edu/hhp/athletic_training/) for details. The application deadline is October 1. The application packet is available from the HHP department or the ATEP office with the approval of the ATEP director.

Each application for admission to the professional ATEP is reviewed by a Selection Committee consisting of the ATEP curriculum director, the clinical director, clinical instructors, and other professionals. Formal notification of admission to the professional ATEP is sent to each candidate prior to the preregistration period for spring semester.

Some candidates may not be admitted to the professional ATEP due to the limited number of clinical openings or lacking other specific qualifications/requirements.

Interview Requirements. The following selection criteria must be met to be considered for an interview:

1. Obtain a minimum overall GPA of 2.75. All pre-professional ATEP course requirements must have no grade lower than "C".
2. Submission of a written "Statement of Purpose" attached to the application form. Applicants must address the following:
 - reason for applying to this professional concentration
 - perception of the profession

- future expectations upon completion of the professional ATEP
 - past experience in athletic training
 - any other areas or comments considered appropriate
3. Submission of three professional letters of recommendation.
 4. Completion of 70 hours of clinical observation in athletic training and Level 1 modules and clinical proficiencies. See the Pre-ATEP Policy & Procedure Manual. (http://www.soe.umt.edu/hhp/athletic_training/) or contact the Program Director for this information.
 5. Completion of blood-borne pathogen requirements. See website http://www.soe.umt.edu/hhp/athletic_training/.
 6. Completion of the prerequisite courses (see above website or contact the curriculum director prior to application to the Professional ATEP).
 7. Meet established technical standards and pass a pre-program physical examination by the team physician (please contact the program director).
 8. Completion of a successful Criminal Background Check (see Curriculum Director for details).

Note: Transfer students will be required to complete all the pre-professional requirements and also submit an application as required in the admissions policies.

Professional ATEP. The ATEP is divided into a pre-professional program lasting approximately three semesters (1.5 years) and a professional program during the final five semesters (2.5 years). The professional program requires 5 semesters of clinical education and sequential courses; therefore, students usually enter the program during spring semester after application and acceptance into the professional program.

Upon admission into the professional program, the following requirements must be met:

1. Become a student member of the National Athletic Trainers' Association, Inc.
2. Liability insurance provided by the University of Montana for all ATEP professional students.
3. Accumulate a minimum of 1,000 hours of clinical practicum within a two year period. No more than one-half (500) of this minimum (1,000) can be credited per academic year; the hours must be equally distributed each semester (250 per semester).
4. Demonstrate progressive improvement as an athletic training student throughout the didactic and clinical educational process, per CAATE guidelines and The University of Montana-Missoula's ATEP requirements.
5. Complete the required proper sequence (see four year plan).
6. Send for a Board of Certification (BOC) examination application.
7. Maintain current appropriate First Responder and CPR cards (see the HHP First Aid Requirements <http://www.umt.edu/catalog/hhp.htm>).
8. Maintain a 2.75 overall GPA and receive no lower than a "C" in any professional course.
9. Complete a Hepatitis B immunization before initiating clinical education.
10. Meet established technical standards and pass a preprogram physical examination by the team physician.

General Program Requirements

First Aid and CPR Exit Certifications

All Health and Human Performance students are required to have the appropriate certification in first aid/emergency care and CPR at graduation. The following certifications will meet this competency:

Any one of the following current first aid/emergency care certifications:

- American Academy of Orthopedic Surgeons (AAOS)
- National Safety Council Level - First Responder
- Wilderness First Responder
- First Responder - American Heart Association

Plus one of the following CPR certifications:

- American Heart Association (Health Care Provider)
- American Red Cross (Professional Rescuer)

Or Certification as an Emergency Medical Technician

Health and Human Performance students may use available elective credits to take HHP 288/289, First Responder and CPR, to meet this competency, or they may elect to fulfill the competency through one of the department approved agencies. Academic credit for HHP 288/289 will not be awarded for certifications earned at off-campus approved agencies other than the Health and Human Performance Department at The University of Montana.

Upper-division Writing Expectation

The HHP Department offers three upper-division writing courses to fulfill the General Education writing requirements; HHP 450W, HHP 472 and HHP 301. Exercise Science and Applied Health Science students are required to complete HHP 450W (Analytical and Communication Techniques), Athletic Training students are required to complete HHP 372W (Rehabilitation of Athletic Injuries) and Health Enhancement Students are required to complete HHP 301 (Instructional Strategies in Secondary Physical Education).

Options Undergraduate students must complete requirements for a minimum of one of the options listed below. The typical student may take more than four years to complete these requirements, especially in the Athletic Training major and the Health Enhancement option.

Athletic Training Major (required courses). Within Department (70 -71 cr.): 181, 184, 226, 240, 241, 242, First Aid/CPR competency, 288-289 or appropriate course, 334, 340, 341, 342, 343, 344, 345, 366, 367, 368, 369, 372, 373, 377, 378, 384, 401, 402, 411, 412, 446, 465, 475E, 478, 479, 485, 2 crs. of electives exclusive of 100-179. (Students may take HHP 288 to meet the First Aid/CPR competency; please see catalog or advisor for the other options to meet the competency). Out of Department (32 cr.): WRIT 101 (ENEX 101); COMM 111A; CHMY 121N, 123N (CHEM 151N, 152N); BIOM 250N (BIOL 106N), SCN 201N, 202N or BIOL 312-313; PSYX 100S (PSYC 100S); WRIT 222 (FOR 220); PHAR 110N; one of the following statistics courses:

STAT 216 (MATH 241) Psychological Statistics, SOCI 202 (SOC 202) Social Statistics, WBIO 240 (Intro to Biostatistics) or C&I/HHP 486. Complete HHP 472 (Rehabilitation of Athletic Injuries) for Upper Division Writing requirement.

Exercise Science Option (required courses). Students may complete either of the two tracks below (Applied or Pre-Professional) to complete the requirements for the Exercise Science Option.

Exercise Science Applied Track: (required courses). Within Department (41 crs.): 181, 184, 217, 226, 236N, 368, 369, 377, 378, 384, 417, 435, 446, 450, 475E, 465, and 498. Upper division science credits (may be in or out of department) upon consent of advisor: 3. Out of Department (47 crs.): WRIT 101 (ENEX 101), COMM 111A; CHMY 121N, 123N, 124N (CHEM 151N, 152N, 154N); SCN 201N or BIOL 312, SCN 202N or BIOL 313; WRIT 222 (FOR 220); M 151 (MATH 121); STATS 216 (MATH 241), MIS 100S, MIS 257, PHSX 205N/206N (PHYS 111N/113N), PSYX 100S (PSYC 100S); 12 crs. of electives from biology, biochemistry, mathematics, physics, psychology upon consent of advisor.

Exercise Science Pre-professional Track:(required courses). Within Department (37 crs.): 181, 226, 236N, 368, 369, 377, 378, 384, 417, 435, 446, 450, 475E, 482, 483, 484, 498 or 499. Upper division science credits (may be in or out of department) upon consent of advisor: 6. Out of Department (50 crs.): WRIT 101 (ENEX 101), COMM 111A; CHMY 121N, 123N, 124N (CHEM 151N, 152N, 154N); BCH 380 (BIOC 380); SCN 201N or BIOL 312, SCN 202N or BIOL 313; WRIT 222 (FOR 220); M 151 (MATH 121); STATS 216 (MATH 241), PHSX 205N/206N, 207N/208N (PHYS 111/113N, 112/114N), PSYX 100S (PSYC 100S); 6 crs. of electives from biology, biochemistry, mathematics, physics, psychology upon consent of advisor.

Community Health Option (required courses). Within Department (46 crs.): 181, 184, 226, 236N, 288/289 or appropriate certification, 330, 370, 371, 415, 450, 465, 475E, 485, 488, 4 crs. of 498, and 6 crs. of In Department electives to be approved by academic advisor. Out of Department (41 crs.): COMM 111A; PSYX 100S (PSYC 100); CHMY 121N (CHEM 151N); BIOM 250N (BIOL 106N); EVST 225; SCI 201N- 202N or BIOL 312, BIOL 313; ANTH 201; WRIT 222 (FOR 220); SW 423; ANTH 444 and 6 crs. of Out of Department electives to be approved by academic advisor. (note: at least 4 of the 12 elective credits must be at the 300 level or higher and students may not count more than 60 HHP credits toward graduation.

Health Enhancement Option (required courses). Within Department (51-54 crs.): 181, 184, 224, 225, 226, 233, 236N, 240, 241, 288-289 or appropriate certification 301, 339, 368, 369, 377, 378, 384, 465, 466, 475E. Out of Department (71-73 crs.): COMM 111A; CHMY 121N (CHEM 151N), SCN 201N-202N; BIOM 250N, BIOE 172N (BIOL 106N; BIOL 121N) or SC 350; M 115 (MATH 117) PSYX 100S (PSYC 100S), PSYX 230S (PSYC 240S); C&I 200, 301 or 302, 303, 306, 407E, 410, 427, 481, 482, 494; STAT 216 (MATH 241), PSYX 222 (PSYC 220), SOCI 202 (SOC 202), WBIO 240; NAS requirement.

Suggested Course of Study

Pre-Professional Athletic Training Major:

First Year

A

S

WRIT 101 (ENEX 101)	(3)	(3)
College Writing I (autumn A-L, spring M-Z)		
CHMY 121N (CHEM 151N) Into to General Chemistry	3	-
HHP 226 Basic Exercise Prescription	3	-
HHP 181 Foundations of Health and Human Performance (autumn A-L, spring M-Z)	(3)	(3)
HHP 184 Personal Health and Wellness (autumn M-Z, spring A-L)	(3)	(3)
COMM 111A Introduction to Public Speaking (autumn M-Z, spring A-L)	(3)	(3)
CHMY 123N (CHEM 152N) Introduction to Organic and Biochemistry	-	3
M 115 (MATH 117) Probability and Linear Math	-	3
BIOM 250N (BIOL 106N) Microbiology for Health Sciences	-	3
General Education Requirements L,H,Y or X courses	3	-
Total	15	15

Second Year-1st Semester

A

S

SCN 201N Anatomy and Physiology I or BIOL 312 Anatomy & Physiology I (students who take BIOL 312/313 must take another "NL" course, e.g. CHMY 124 to meet Gen Ed requirements)	4	-
WRIT 222 (FOR 220) Technical Writing	2	-
PSYX 100S (PSYC 100S) Introduction to Psychology	4	-
HHP 240 Prevention and Care of Athletic Injuries	2	-

HHP 241 Prevention and Care of Athletic Injuries Laboratory	1	-
General Education L, H, Y or X courses	3	-
Total	16	-

Suggested course of Study

Professional Athletic Training Major:

Second Year-2nd Semester		A		S
SCN 202N Anatomy and Physiology II or BIOL 313 Anatomy & Physiology II (students who take BIOL 312/313 must take another "NL" course, e.g. CHMY 124 to meet Gen Ed requirements)	-		4	
HHP 242 Clinical Observation in AT	-		1	
PHAR 110N Use and Abuse of Drugs	-		3	
General Education L, H, Y or X courses	-		6	
Total	-		14	
Third Year		A		S
HHP 334 Techniques in AT	1		-	
HHP 340 Practicum in Athletic Training I	3		-	
HHP 366 Measurement and Modalities	2		-	
HHP 367 Measurement and Modalities Laboratory	1		-	
HHP 368 Applied Anatomy and Kinesiology	3		-	
HHP 369 Applied Anatomy and Kinesiology Laboratory	1		-	
HHP 342 Assessment of the Lower Extremities	2		-	
HHP 343 Assessment of the Lower Extremities Laboratory	1		-	

HHP 341 Practicum in Athletic Training II	-		3
HHP 344 Assessment of LEXT	-		2
HHP 345 Assessment of LEXT Lab	-		1
HHP 372 Rehabilitation of Athletic Injury	-		2
HHP 373 Rehabilitation of Athletic Injury Lab	-		1
HHP 377 Physiology of Exercise	-		2
HHP 378 Physiology of Exercise Laboratory	-		1
HHP 384 Motor Control and Learning	-		3
Total	14		15

Fourth Year

A

S

HHP 401 Evaluation of Athletic Injuries	2		-
HHP 402 Evaluation of Athletic Injuries Laboratory	1		-
HHP 411 Advanced Practicum in Athletic Training I	3		-
HHP 446 Nutrition for Sport	3		-
HHP 465 MGMT in HHP Professions	3		-
HHP 485 Theories Health Behavior Counseling	3		-
HHP 412 Advanced Pract. In Athletic Training II	-		3
HHP 475E Legal & Ethical Issues in Health and Exercise Professions	-		3
HHP 478 Athletic Training Admin & Policy	-		2
HHP 479 Sports Medicine	-		2
General Education (complete L, H, Y or X general Ed and/or take electives)	-		4
Total	15		14

Other suggested courses: HHP 288-289 First Responder/Emergency Care and CPR- 3 cr., or competency. Statistics Course to meet symbolic systems requirement - 4cr.

Exercise Science Pre-Professional Tract:

First Year	A	S
WRIT 101 (ENEX 101) (3) College Writing I (autumn A-L, spring M-Z)	(3)	(3)
CHMY 121N (CHEM 151N) Intro to General Chemistry 3	-	-
HHP 226 Basic Exercise Prescription (autumn M-Z, spring A-L) (3)	(3)	(3)
HHP 181 Foundations of Health and Human Performance (autumn A-L, spring M-Z) (3)	(3)	(3)
HHP 236 Nutrition -	-	3
COMM 111A Introduction to Public Speaking (autumn M-Z, spring A-L) (3)	(3)	(3)
CHMY 123N/124N (CHEM 152N/154N) Introduction to Organic and Biochemistry & Lab -	-	5
M 121 or M 151 (MATH 111 or 121) College Algebra or Pre-Calculus 4/3	4/3	-
BIOL 112 or 113 Introduction to Human Form and Function I or II 3	3	-
M 122 (MATH 112) College Trigonometry or General Education Requirements L,H,Y or X courses -	-	3
Total	15-16	17
Second Year	A	S
SCN 201N Anatomy and Physiology I or BIOL 312 Anatomy & Physiology I (students who take BIOL 312/313 must take another "NL" course, e.g. CHMY 124 to meet Gen Ed requirements) 4	4	-

WRIT 222 (FOR 220)	2		-	
Technical Writing				
PSYX 100S (PSYC 100S)	4		-	
Introduction to Psychology				
HHP 384 Motor Control and Learning	-		3	
HHP 486 or STAT 216 (MATH 241) Statistical Procedures in Education or Introduction to Statistics	-		3/4	
BCH 380 (BIOC 380) Biochemistry	-		4	
SCN 202 or BIOL 313 Anatomy & Physiology or Anatomy & Physiology II (students who take BIOL 312/313 must take another "NL" course, e.g. CHMY 124 to meet Gen Ed requirements)	-		4	
General Education L, H, Y or X courses	6		3	
Total	16		17-18	
Third Year		A		S
HHP 368/369 Applied Anatomy & Kinesiology	4		-	
HHP 377/378 Physiology of Exercise	4		-	
PHSX 205N/206N (PHYS 111N/113N) Fundamentals of Physics I	3		-	
HHP 288/289 First Responder, Emergency Care and CPR	-		3	
HHP 475 Legal and Ethical Issues in Health and Exercise Professions	-		3	
PHSX 207N/208N (PHYS 112N/114N) Fundamentals of Physics II	-		5	
General Education L, H, Y or X courses or other elective	3		3	
Total	16		14	
Fourth Year		A		S

HHP 446 Nutrition for Sport	3	-
HHP 450 Analytical and Communication Techniques	4	-
HHP 498 or 499 Internship or Senior Project	3	-
HHP 482 Electrocardiogram Analysis	-	1
HHP 483/484 Exercise, Disease and Aging	-	4
HHP/Science Elect Upper-division science or Upper-division HHP elective	-	6
Science Elect Lower-division science elective	3	3
Total	13	14

Exercise Science - Applied Tract

First Year	A	S
COMM 111A Introduction to Public Speaking (autumn M-Z, spring A-L)	(3)	(3)
BIOL 112 Introduction to Human Form and Function I	3	-
CHMY 121N (CHEM 151N) Introduction to General Chemistry	3	-
WRIT 101 (ENEX 101) College Writing I (autumn A-L, spring M-Z)	(3)	(3)
HHP 181 Foundations of Health and Human Performance (autumn A-L, spring M-Z)	(3)	(3)
HHP 184 Personal Health and Wellness (Last names A-L)	-	3
CHMY 123N/124N (CHEM 152N/154N) Intro to General Chemistry	-	5

HHP 226 Basic Exercise Prescription (autumn M-Z, spring A-L)	(3)		(3)	
M 121 (MATH 111) or 151 (MATH 121) College Algebra or Pre-calculus	3-4		-	
WRIT 222 (FOR 220) Technical Writing (Last names M-Z)	-		3	
M 122 (MATH 112) College Trigonometry or General Education Requirements L,H,Y or X courses	-		3	
Total	15-16		17	
Second Year		A		S
SCN 201N Anatomy and Physiology I or BIOL 312 Anatomy & Physiology I (students who take BIOL 312/313 must take another "NL" course, e.g. CHMY 124 to meet Gen Ed requirements)	4		-	
WRIT 222 Technical Writing (last names A-L)	2		-	
HHP 184 Personal Health and Wellness (last names M-Z)	3		-	
HHP 236 Nutrition	3		-	
MIS 100 Introduction to Business	3		-	
PSYX 100S (PSYC 100S) Introduction to Psychology	-		4	
SCN 202N/BIOL 313 Anatomy and Physiology or Anatomy & Physiology II (students who take BIOL 312/313 must take another "NL" course, e.g. CHMY 124 to meet Gen Ed Requirements)	-		4	
HHP 486 or STAT 216 Statistical Procedures in Education or Introduction to Statistics	-		3/4	

General Education L, H, Y or X courses or other elective	3		3	
Total	15-16		14-15	
Third Year		A		S
HHP 240/241 Prevention and Care of Athletic Injuries	3		-	
HHP 384 Motor Control and Learning	3		-	
MIS 257 Business Law	3		-	
PHSX 205/206 (PHYS 111N/113N) College Physics I	5		-	
Science Elect	3		-	
Lower-division elective				
HHP 217 Strength Training Methods	-		2	
HHP 377/378 Physiology of Exercise & Lab	-		4	
HHP 465 Leading Health and Human Performance Organizations	-		3	
HHP 498 Internship	-		3	
Gen Ed/Science Elect	-		3	
L, H, Y or X course or lower-division science elective				
Total	17		15	
Fourth Year		A		S
HHP 288/289 First Responder, Emergency Care and CPR	3		-	
HHP 368/369 Applied Anatomy and Kinesiology	4		-	
HHP 435 Advanced Strength Training and Conditioning	3		-	
HHP 475 Legal and Ethical Issues in the Health and Exercise Professions	3		-	
Science Elect	3		-	
Lower-division science elective				
HHP 417 Fundamentals of - Coaching			3	

HHP 446 Nutrition for Sport	-	3
HHP 450 Analytical and Communication Techniques	-	3
Upper-division science or upper-division HHP elective	-	3
Science Elect	-	3
Lower-division science elective	-	3
Total	16	15

Community Health:

First Year	A	S
COMM 111A Introduction to Public Speaking (autumn M-Z, spring A-L) (3)		(3)
WRIT 101 (ENEX 101) College Writing I (autumn A-L, spring M-Z) (3)		(3)
PSYX 100S (PSYC 100S) Introduction to Psychology 4		-
HHP 181 Foundations of HHP (autumn A-L, spring M-Z) (3)		(3)
HHP 184 Personal Health and Wellness (autumn M-Z, spring A-L) (3)		(3)
CHMY 104 (CHEM 104) Preparation for Chemistry (for those who don't place into CHMY 121) or BIOL 112 Introduction to form and Function I 3		-
CHMY 121N (CHEM 151N) Intro to General Chemistry -		3
HHP 226 Basic Exercise Prescription -		3
M 115 (MATH 117) Probability and Linear Math -		3
General Education L, H, Y or x courses 3		-
Total	16	15

Second Year		A	S
SCN 201N Anatomy and Physiology I or BIOL 312 Anatomy and Physiology I (students who take BIOL 312/313 must take another "NL" course, e.g. CHMY 124 to meet Gen Ed requirements)	4	-	
EVST 225 Community and Environment	3	-	
WRIT 222 (FOR 220) Technical Writing	2	-	
HHP 236N Nutrition	3	-	
STAT 216 (MATH 241) Introduction to Statistics (or HHP 486 - Statistical Procedures in Education or PSYX 222 (PSYC 220)- Psychological Statistics or SOCI 202 (SOC 202)- Social Statistics)	-	3/4	
SCN 202N Anatomy and Physiology II or BIOL 313 Anatomy & Physiology II (students who take BIOL 312/313 must take another "NL" course, e.g. CHMY 124 to meet Gen Ed Requirements)	-	4	
HHP Elective - Choice approved by adviser	-	3	
General Education Requirements L, H, Y or X courses or out-of-department elective approved by adviser	3	3	
Total	15	13-14	
Third Year		A	S
HHP 330 Overview of Health Education and Health Promotion	3	-	
HHP 450 Analytical and Communication Techniques	3	-	
BIOL 265 Human Sexuality	3	-	

HHP Elective - choice approved by adviser	3		-	
General Education - L, H, Y or X course approved by adviser	3		-	
HHP 370 Peer Health Education	-		3	
HHP 465 Leading Health and Human Performance Organizations	-		3	
HHP 475 Legal and Ethical Issues in the Health and Exercise Professions	-		3	
BIOM 250N (BIOL 106N) Microbiology for Health Sciences	-		3	
SW 423 Addition Studies	-		3	
Total	15		15	
Fourth Year		A		S
HHP 288/289 First Responder, Emergency Care and CPR	3		-	
HHP 371 Peer Health Education Practicum	1-3		-	
HHP 415 Advanced Principles of Health Education and Health Promotion	3		-	
ANTH 444 Health, Culture and Healing	3		-	
General Education or HHP Elect - L, H, Y or X course or HHP Elective	3		-	
Electives out-of-department course approved by adviser	3		-	
Electives - General Education, HHP or out-of-department electives	-		5	
HHP 498 Internship	-		4	
HHP 488 Program Planning for Community Health	-		3	

HHP 485 Theories of Health Behavior and Counseling	-	3
Total	16-18	15

Health Enhancement Option:

First Year		A		S
WRIT 101 (ENEX 101) College Writing I (autumn A-L, spring M-Z)	(3)		(3)	
HHP 181 Foundations of HHP (autumn A-L, spring M-Z)	(3)		(3)	
NAS 100 Introduction to Native American Studies	3		-	
M 115 (MATH 117) Probability and Linear Math	3		-	
HHP 224 Professional Activities-Outdoor Rec	2		-	
CHMY 104 (CHEM 104) Preparation for Chemistry (for those who don't place into CHMY 121) or General Education L or Y courses	3		-	
CHMY 121N (CHEM 151N) General and Inorganic Chemistry	-		3	
BIOE 172N (BIOL 121) or SCI 350 Environmental Science	-		2-3	
COMM 111A Intro to Public Speaking (autumn M-Z, spring A-L)	(3)		(3)	
BIOM 250N (BIOL 106) Elementary Medical Microbiology	-		3	
HHP 184 Personal Health and Wellness (autumn M-Z, spring A-L)	(3)		(3)	
HHP 225 Professional Activities - Individual/Teal/Dual	-		2	
Total	17		17-18	
Second Year		A		S

HHP 226 Basic Exercise Prescription	3	-		
HHP 233 Health Issues/Child & Adolescent	3	-		
HHP 240/241 Prevention and Care of Athletic Injuries	3	-		
BIOL 312N Anatomy and Physiology I	4	-		
PSYX 100S (PSYC 100S) Introduction to Psychology	4	-		
BIOL 313N Anatomy & Physiology II	-	4		
C&I 200 Exploring Teaching/Field Experience	-	1		
C&I 301 or 302 Field Experience - Mid-level or Secondary	-	1		
PSYX 230S (PSYC 240S) Developmental Psychology	-	3		
WRIT 222 (FOR 220) Technical Approach to Writing	-	2		
General Education L & Y courses	-	3		
Total	17	14		
Third Year			A	S
C&I 427 Literacy Strategies in Content Area	3	-		
HHP 236N Nutrition	3	-		
HHP 339 Strategies in Elementary Physical Education	3	-		
HHP 368/369 Applied Anatomy and Kinesiology and Kinesiology Lab	4	-		
HHP 475E Legal and Ethical Issues in Health and Exercise Professions	3	-		
STAT 216 (MATH 241) Introduction to Statistics (or HHP 486 - Statistical Procedures in Education or PSYX 222 (PSYC 220)- Psychological Statistics	3/4	-		

or SOCI 202 (SOC 202)- Social Statistics)				
HHP 377/378 Physiology of Exercise and Lab	-		4	
C&I 306 Inst Media/Computer Apps	-		3	
HHP 301 Strategies Secondary School Physical Education	-		3	
HHP 384 Motor Control and Learning	-		3	
HHP 466 Strategies in K-12 Health Education	-		3	
Total	19-20		16	
Fourth Year		A		S
C&I 303 Education Psychology and Measurement	3		-	
C&I 407E Ethics and Policy Issues	3		-	
C&I 410 Exceptionality/Classroom Management	3		-	
HHP 288 1st Aid/Emergency Care and CPR	2		-	
HHP 289 1st Aid/Emergency Care and CPR Lab	1		-	
HHP 465 Leading HHP Organizations	3		-	
C&I 494 Professional Portfolio	-		1	
C&I 481 Student Teaching - Primary	-		7	
C&I 482 Student Teaching - Secondary	-		7	
Total	15		15	

Courses

U = undergraduate credit only, UG = for undergraduate or graduate credit, G = for graduate credit. R after the credit indicates the course may be repeated for credit to the maximum indicated after the R. Credits beyond this maximum do not count toward a degree.

Health and Human Performance (HHP)

U 100-179 Health and Human Performance Activity Classes 1 cr. Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the [HHP Activity Program website](#).

U 181 Foundations of Health and Human Performance 3 cr. Offered autumn and spring. An overview of the foundational principles comprising the field of HHP with special emphasis on the historical and philosophical foundation, and the evolution of the unity of mind/body concept. Includes an overview of program options, analysis of future directions, and career choices.

U 184 Personal Health and Wellness 3 cr. Offered autumn and spring. Focus on health principles and their relevance in contemporary society, the evaluation and application of scientific advances to hypothetical lifestyles, and on contemporary problems in life.

U 189 Basic First Aid and CPR 1 cr. Offered spring. Instruction will cover CPR, use of an automated external defibrillator (AED) and relief of foreign-body airway obstruction (FBAO). The First Aid component will cover general principles as well as medical, injury and environmental emergencies. Students will receive AHA Heartsaver CPR and First Aid certification. This class does not meet First Aid requirements for HHP majors.

U 195 Special Topics Variable cr. (R-6) Offered intermittently. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics.

U 200-223 Professional Activities for Majors and Minors 1 cr. Offered intermittently. All students required to meet proficiency entrance standards set by instructor. (200) Swim Skills/Aquatic Fitness, (209) Soccer, (215) Tennis, (223) Special Activities.

U 224 Professional Activities: Outdoor Recreation 2 cr. Offered autumn. The instruction of basic skills for selected outdoor and recreational type activities. Technical procedures, drills, and approaches to the teaching. Demonstration and instruction skills developed. HHP majors only. Active participation required.

U 225 Professional Activities: Traditional Individual/Dual/Team Sports 2 cr. Offered spring. The instruction of basic skills for selected individual, dual, and team sports and activities. Technical procedures, drills, and approaches to the teaching. Demonstration and instruction skills developed. HHP majors only. Active participation required.

U 226 Theory and Practice of Basic Exercise Prescription for Aerobic and Resistance Training 3 cr. Offered every term. Theory, principles, and practice of exercise prescription for aerobic and resistance exercise programs for health, fitness and performance. Students must register for the lecture and a linked lab.

U 233 Health Issues of Children and Adolescents 3 cr. Offered every term. Overview of current health issues affecting children and adolescents. Focus is on educational and preventive measures that can be implemented by teachers and schools through comprehensive school health education programs.

U 236N Nutrition 3 cr. Offered autumn and spring. The principles of science as applied to current concepts and controversies in the field of human nutrition.

U 238 Lifeguarding New Method 2 cr. Offered autumn and spring. Prereq., Swim II or equiv. skills. Skill development needed for the safe participation in various aquatic

activities including the ability of self-recovered rescue of others. Provides the necessary knowledge and skills to serve as a pool lifeguard.

U 240 Prevention and Care of Athletic Injuries Lecture 2 cr. Offered autumn. Coreq., HHP 241. Development of knowledge of prevention, assessment, treatment, rehabilitation, emergency care of athletic injuries.

U 241 Prevention and Care of Athletic Injuries Laboratory 1 cr. Coreq., HHP 240. Offered autumn. Development of practical skills in prevention, assessment, treatment, rehabilitation, and emergency care of athletic injuries.

U 242 Clinical Orientation in Athletic Training 1 cr. Offered spring. Prereq. or coreq., HHP 240, 241. Orientation to clinical education in the university, high school, clinic, and non-traditional athletic training settings.

U 249 Wilderness First Responder 2 cr. Offered intermittently. Instruction in the prevention, recognition, and treatment of backcountry illness and injury. Successful students receive an Aerie Wilderness First Responder certification and an American Heart Association Heartsaver CPR certification. This course meets HHP department First Aid requirement but does not meet the CPR requirement.

U 250 Ski Instructor's Preparation 2 cr. Offered spring. Prereq., consent of instr. Open to all students with advanced to expert skiing skills. Techniques of teaching skiing including: skill concepts and contemporary skiing movements; teaching cycle; movement analysis; personal skiing improvement. Prepares student for certification with (PSIA) Professional Ski Instructors of America.

U 251 Snowboard Instructor Preparation 2 cr. Offered spring. Prereq., consent of instr. Open to students with advanced to expert riding skills. Techniques of teaching snowboarding including: skill concepts and contemporary snowboarding movements; teaching cycle; movement analysis; personal riding improvement. Prepares student for certification with (ASSI) American Association of Snowboard Instructors.

U 270 Principles of Optimal Performance 2 cr. Offered autumn and spring. Prereq., consent of instr. Introduction of optimal performance techniques and strategies for enhancing skills in goal-setting, imagery, confidence, teamwork, concentration, self-esteem, managing adversity, motivation, and leadership, and general life skills.

U 288 First Responder, Emergency Care and CPR Lecture 2 cr. Offered every term. Coreq., HHP 289. Development of knowledge of emergency care and CPR/AED techniques. In conjunction with HHP 289 provides certifications by the American Academy of Orthopedic Surgeons and the American Heart Association upon successful completion.

U 289 First Responder, Emergency Care and CPR Laboratory 1 cr. Offered every term. Coreq., HHP 288. Development of knowledge of emergency care and CPR/AED techniques. In conjunction with HHP 288 provides certification by the American Academy of Orthopedic Surgeons and the American Heart Association upon successful completion.

U 295 Special Topics Variable cr. (R-6) Offered intermittently. Offerings of visiting professors, new courses, or current topics.

U 296 Independent Study Variable cr. (R-6) Offered every term. Prereq., consent of advisor and instr.

U 301 Instructional Strategies in Secondary School Physical Education 3 cr. Offered spring. Coreq., C&I 301 or 302. Application of educational theory in planning, analyzing,

and presenting learning experiences to typical and atypical populations in secondary school physical education for students in grades 7-12. Active participation required.

UG 317 Coaching Clinic 1-2 cr. (R-4) Offered intermittently. Covers a variety of activities to include coaching theories, competitive coaching strategies, training methods and techniques. Covers requirements for the bronze level of the American Sport Education Program (ASEP).

U 330 Overview of Health Education and Health Promotion 3 cr. Offered spring. Prereq., HHP 181. History, philosophy, and theory related to health education and health promotion. Includes the application of health promotion strategies to wellness programs and community health programs.

U 331 Wilderness Emergency Technician 3 cr. Offered intermittently. EMT-Basic curriculum with significantly more detail concerning care for patients in remote settings. Students must be 18 year old and never been convicted of a felony to qualify for certification. This course meets HHP department First Aid and CPR graduation requirements.

U 334 Athletic Training Techniques 1-3 cr. (R-3) Prereq., HHP 242. Integration into athletic training practice emphasizing risk management, emergency procedures, acute care and athlete care in the preseason.

U 337 Aquatic Certifications 1-2 cr. (R-4) Offered spring. Prereq., HHP 238 or equivalent certifications. Offered on a rotating basis. Training for Water Safety Instructor, Lifeguard Training Instructor, or Adapted Aquatics Instructor. Red Cross Instructor's Certificate awarded upon successful completion of requirements.

U 339 Instructional Strategies in Elementary Physical Education 3 cr. Offered every term. Prereq., HHP 184 or 233 and junior standing; coreq., C&I 301 or 302. Application of educational theory in planning, analyzing, and presenting learning experiences to typical and atypical populations in elementary school physical education for children in grades K-6. Active participation required.

U 340 Practicum in Athletic Training I 3 cr. Offered autumn. Prereq., admission into the athletic training education program. Introduction to basic clinical experience working in a CAATE approved setting.

U 341 Practicum in Athletic Training II 3 cr. Offered spring. Prereq., HHP 340. Basic clinical experience working in a CAATE approved setting.

U 342 Assessment of the Lower Extremities 2 cr. Offered autumn. Prereq., HHP 242, 334. The study and practice of techniques used when assessing athletic injuries to the lower extremities and lumbar spine.

U 343 Assessment of the Lower Extremities Lab 1 cr. Offered autumn. Prereq., HHP 242, 334. The practice of techniques used when assessing athletic injuries to the lower extremities and lumbar spine.

U 344 Assessment of the Upper Extremities 2 cr. Offered spring. Prereq., HHP 342, 343. Coreq., HHP 345. The study and practice of techniques used when assessing athletic injuries to the upper extremities, head and cervical spine.

U 345 Assessment of the Upper Extremities Lab 1 cr. Offered spring. Prereq., HHP 342, 343. Coreq., HHP 344. The practice of techniques used when assessing athletic injuries to the upper extremities, head and cervical spine.

UG 361 Assessment in Physical and Health Education 3 cr. Offered autumn. Prereq., math course numbered above 100 and CS 171. Orientation to testing and measuring, the administrative use of tests, elementary statistical techniques and procedures.

U 366 Therapeutic Modalities 2 cr. Offered autumn. Coreq., HHP 342, 343, 367, 368, 369 or consent of instr. Physiology, indications, contraindications, and the application of therapeutic modalities for athletic injuries.

U 367 Therapeutic Modalities Laboratory 1 cr. Offered autumn. Coreq., HHP 342, 343, 366, 368, 369 or consent of instr. Physiology, indications, contraindications, and the application of therapeutic modalities for athletic injuries.

U 368 Applied Anatomy and Kinesiology 3 cr. Offered autumn. Prereq., SCN 201N, 202N or equiv.; coreq., HHP 369. Anatomy and kinesiology of the neuromusculoskeletal system and body cavities in relation to movement and function.

U 369 Applied Anatomy and Kinesiology Laboratory 1 cr. Offered autumn. Prereq., SCN 201N, 202N or equiv.; coreq., HHP 368. Anatomy and kinesiology of the neuromusculoskeletal system and body cavities in relation to movement and function.

U 370 Peer Health Education 3 cr. Offered spring. Introduction to peer health education strategies and techniques. Instruction in the areas of wellness, drug and alcohol abuse prevention, and sexual assault prevention. Students develop and implement a peer health program focused on prevention of major health problems among college students.

U 371 Peer Health Education Practicum 1-3 cr. (R-6) Offered autumn and spring. Prereq., HHP 370. Practical experience in planning, coordinating, and implementing health education activities for the campus community. Students address topics related to wellness, drug and alcohol prevention, or sexual assault awareness.

U 372 Rehabilitation of Athletic Injuries 2 cr. Offered spring. Prereq., WRIT 222 (FOR 220) or equiv., HHP 366, 367, 368, 369. Theories and application methods of comprehensive therapeutic rehabilitation programs for athletic injuries. Substantial reading and writing component.

U 373 Rehabilitation of Athletic Injuries Laboratory 1 cr. Offered spring. Prereq., HHP 366, 367, 368, 369; coreq., HHP 372W. Laboratory sessions examining principles of biomechanics and their application to athletic injury. Utilization of various practical applications of rehabilitation techniques and equipment used for reconditioning of incapacitating athletic injury.

UG 377 Physiology of Exercise 3 cr. Offered every term. Prereq., BIOL 313 or SCN 202N, HHP 226; coreq., HHP 378. Investigation of the physiological changes and the significance of these changes as they occur during physical work, activity and exercise. Focus on basic energy, musculoskeletal, nervous, cardiovascular and respiratory systems as they relate to aerobic and anaerobic exercise. Emphasis will be placed on the response of these systems to both acute exercise, and the adaptations to chronic exercise. Credit not allowed toward graduate degree in the exercise science option in Health and Human Performance.

UG 378 Physiology of Exercise Laboratory 1 cr. Offered autumn and spring. Prereq., BIOL 313 or SCN 202N; coreq., HHP 377. Laboratory session examining the physiological effect of the physical work, activity and exercise on the functions of the human body. Credit not allowed toward graduate degree in the exercise science option in Health and Human Performance.

U 384 Motor Control and Learning 3 cr. Offered autumn and spring. Application of research in motor learning with emphasis on developmental and psychological factors related to motor skill acquisition and autonomous motor performance.

U 395 Special Topics Variable cr. (R-6) Offered intermittently. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics.

U 401 Assessment of the Thorax and Medical Conditions in the Athlete 2 cr. Offered autumn. Prereq., HHP 344, 345 or consent of instr.; coreq., HHP 402. Recognition and assessment techniques of thorax, abdomen and general medical conditions in sports.

U 402 Assessment of the Thorax and Medical Conditions in the Athlete Lab 1 cr. Offered autumn. Prereq., HHP 344, 345, or consent of instr; coreq., HHP 401. Laboratory sessions to develop recognition and assessment techniques of thorax, abdomen and general medical conditions in sports.

UG 411 Advanced Practicum in Athletic Training I 3 cr. Offered autumn. Prereq., HHP 341. Advanced clinical experience in CAATE approved setting. Each student manages injuries of a specific sport and performs administrative duties.

UG 412 Advanced Practicum in Athletic Training II 3 cr. Offered spring. Prereq., HHP 411. Advanced clinical experience in CAATE approved setting. Each student manages injuries of a specific sport and performs administrative duties.

UG 415 Health and the Mind/Body/Spirit Relationship 3 cr. Offered spring even-numbered years. Prereq., Junior standing. Overview of how the mind/body/spirit relationship affects health. Examination of current research exploring how thoughts, emotions, attitudes, and beliefs influence and mediate health outcome. Exploration of the theoretical applications of mind/body/spirit in health and healing used in contemporary society.

UG 417 Fundamentals of Coaching 3 cr. Offered autumn. Prereqs., HHP 377 and junior or senior undergraduate status or graduate status. This class will introduce students to a solid foundation in coaching to include: coaching theories, competitive coaching strategies, training methods and techniques. This course will cover the requirements for the bronze level of the American Sport Education Program (ASEP). Course graded credit/no credit or for a letter grade. The class is appropriate for coaches at all levels but will focus on basic skills of coaching for youth through high school.

UG 425 Relaxation and Self Enhancement 3 cr. Offered autumn and spring. Prereq., junior status. The study of psychosomatic and somatopsychic techniques for relaxation and self-enhancing strategies.

UG 430 Health Aspects of Aging 3 cr. Offered spring. Same as HS and SW 430. Overview of the health aspects of aging in the United States including biological theories of aging, normal physiological changes associated with aging systems, common pathological problems associated with aging, cultural and ethnic differences in the health of elders, health promotion and healthy aging, and the health care continuum of care for older persons.

UG 435 Certification Preparation for NSCA-CSCS and ACSM HFS Examinations 3 cr. Offered spring. Prereqs., senior undergraduate status or graduate status. Covers all material required for the National Strength and Condition Association's "Certified Strength and Conditioning Specialist and the American College of Sports Medicine's "Health Fitness Instructor." Focus of the course in on material not covered in other

classes, but all material will be reviewed. Students will be ready to take either exam when finished with this course in combination with HHP 226, HHP 236, HHP 368, HHP 377, HHP 378, HHP 384, HHP 417 and a the HHP 100 level Resistance training methods course.

UG 440 Instructor First Aid and CPR 1 cr. Offered summer. Prereq., HHP 288, 289 or equiv. Provides knowledge and certification to teach the skills of CPR for victims of all ages, use of automated external defibrillator (AED), relief of foreign body airway obstruction (FBAO) and first aid procedures. Upon successful completion of this course students will receive certifications to teach American Heart Association and American Academy of Orthopedic Surgeons and CPR courses at all levels.

UG 446 Nutrition for Sport 3 cr. Offered autumn and spring. Prereq., HHP 377 and junior standing. Nutritional parameters of athletic performance including intervention planning, energy production, the energy nutrients, vitamins and minerals, principles of balanced diets, timing and composition of intakes, hydration, weight management strategies, and nutritional needs for special situations.

U 448 Teaching Anatomy and Physiology 2 cr. (R-4) Offered every term. Prereq., student must have received at least a "B" in Human Anatomy and Physiology and consent of instructor. Students assist in preparation and grading of demonstrations and laboratory assignments, and provide laboratory instruction of undergraduate students enrolled in SCN 201/202. Students are given advanced instruction in principles of human anatomy and physiology.

U 449 Teaching Health and Human Performance 2 cr. (R-4) Offered every term. Prereq., consent of instructor. Students assist in the preparation and grading of demonstrations and laboratory assignments, and laboratory instruction of undergraduate students enrolled in HHP laboratory courses. Students are given advanced instruction in principles of the HHP course.

UG 450 Analytical and Communication Techniques 3 cr. Offered every term. Prereq., WRIT 101 (ENEX 101) or equiv. Analysis and communicative critique of literature, cinema, and other forms of popular media with "sport is life in miniature" as a predominant theme. Substantial reading, speaking and writing component. Emphasis on maintaining or improving communication skills.

UG 455 Workshop Variable cr. (R-6) Offered intermittently. Special courses experimental in nature dealing with a relatively narrow, specialized topic of particular current interest. Credit not allowed toward a graduate degree.

UG 465 Leading Health and Human Performance Organizations 3 cr. Offered every term. Prereq., HHP 181 and junior standing. Leadership, management, organizational structure assertiveness, conflict management, public relations, decision-making, budget management, and a broad overview of human resource management, all as they relate to health and human performance settings.

UG 466 Strategies in K-12 Health Education 3 cr. Offered autumn even-numbered years. Prereq., admission to the teacher education program. Focus on developing and implementing strategies to teach K-12 health education.

UG 470 Foundations in Sport and Exercise Psychology 3 cr. Offered autumn. Prereq., upper-division or graduate status. Introduction to professional practices, ethics, and employment opportunities in applied sport psychology. Additional course content is focused on individual and team motivation, team cohesion and leadership, youth sport applications, and health and wellness applications.

UG 475E Legal and Ethical Issues in the Health and Exercise Professions 3 cr. Offered autumn and spring. Prereq., upper-division or graduate status. Legal and ethical bases for litigation in the health and exercise professions, with emphasis on tort, contract, and civil rights issues.

U 478 Athletic Training Organization and Administration 2 cr. Offered spring. Prereq., HHP 465. Exploration of the aspects of athletic training organization and administration. Topics include program management, personnel management, insurance, risk management, ethics, organization of pre-participation physical examinations, leadership styles, budget planning, equipment/inventory management and athletic training facility design.

UG 479 Sports Medicine 2 cr. Offered spring. Prereq., HHP 377 and HHP 368. The etiology and management of sports related injuries/illnesses. Includes: therapeutic use of drugs, pre-participation screening techniques, ergogenic aids, the aging athlete, the sports medicine team concept and current medical treatment of sports injuries.

UG 482 Electrocardiogram Assessment 1 cr. Offered autumn. Prereq. HHP 377,378. Laboratory sessions combined with class sessions to understand electrocardiology and the assessment of electrocardiograms, both at rest and during exercise.

UG 483 Exercise, Disease and Aging 3 cr. Offered autumn and spring. Prereq., HHP 337, 378; Coreq. HHP 484. Focus on guidelines for exercise testing and prescription for individuals with chronic disease including heart disease, diabetes, hypertension, arthritis, osteoporosis, elderly and pulmonary disease. Class requires 25 assigned hours of service learning. Covers material necessary for ACSM clinical certification exam when combined with HHP 226, 377, 378, 482 and 484.

UG 484 Exercise, Disease and Aging Laboratory 1 cr. Offered autumn and spring.. Prereq., HHP 377, 378. Coreq., HHP 483. Laboratory sessions focus on practical exercise testing and prescription for individuals with chronic disease including coronary heart disease, diabetes, hypertension, arthritis, osteoporosis, elderly and pulmonary disease; basic ECG testing and analysis. Covers material necessary for ACSM clinical certification exam when combined with HHP 226, 377, 378, 482 and 483.

UG 485 Theories of Health Behavior and Counseling 3 cr. Offered autumn. Exploration of the helping role as it relates to health behavior, health assessment, problem-solving and referral skills. Application of theories to facilitation of healthy behavior changes.

UG 486 Statistical Procedures in Education 3 cr. Offered autumn even-numbered years.. Prereq., M 115 (MATH 117) or equiv. or consent of instr. Same as C&I 486. Concepts and procedures characterizing both descriptive and inferential statistics. Awareness of common statistical errors.

UG 488 Program Planning for Community Health 3 cr. Offered Spring, Prereq., 330. Overview of the issues, approaches, and techniques community health educators and professionals utilize in planning and implementing programs to assist communities in improving health status and reducing risky behaviors and their determinants.

U 493 Omnibus 1-3 cr. (R-6) Offered every term. Prereq., consent of instr. Independent work under the University omnibus option. See index.

UG 494 Seminar 1-3 cr. (R-6) Prereq., consent of instr. Offered intermittently.

UG 495 Special Topics Variable cr. (R-6) Offered intermittently. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics.

U 496 Independent Study 1-3 cr. (R-6) Offered every term. Prereq., consent of instr.

U 497 Research 1-3 cr. (R-6) Offered every term. Prereq., consent of instr.

U 498 Internship 1-4 cr. (R-4) Offered every term. Prereq., minimum junior standing. Supervised field experiences with private businesses, public agencies, or institutions. A maximum of 6 credits of Internship (198, 298, 398, 498) may count toward graduation.

U 499 Senior Project 3 cr. Offered autumn. Prereq., HHP senior standing. Theory and practical experience in research design, data collection, results analysis and report writing. Students will generally assist with ongoing research as well as attend formal classroom presentations and discussions. Students with a well developed research idea may be allowed to undertake independent research in addition to the formal classroom sessions.

G 520 Educational Research 3 cr. Offered every term. Same as C&I and EDLD 520. An understanding of basic quantitative and qualitative research methodology and terminology, particularly as they are used in studies presented in the professional literature.

G 522 Cognitive-Behavioral Interventions in Performance Psychology 3 cr. Offered intermittently. Prereq., HHP 470 or equiv. Focus is on cognitive-behavioral interventions specific to enhancing human performance in a variety of individual and group settings. Strategies introduced based on research from health psychology, sport psychology, exercise psychology, clinical and counseling psychology

G 523 Case Studies in Performance Psychology 2 cr. Offered intermittently. Prereq., consent of instr. Cognitive-behavioral performance psychology interventions in actual and hypothetical case study applications. Successful and unsuccessful approaches from sport psychology and sport counseling are reviewed as cases in progress; alternative outcomes discussed.

G 524 Ethics and Human Performance 3 cr. Offered spring, even numbered years. A critical examination of the ethical issues dominating the field of health and human performance and beyond with special emphasis on developing the conceptual frameworks needed to articulate our concerns and engage in meaningful dialogue with others.

G 528 Advanced Exercise Prescription 3 cr. Offered spring. Prereqs., Graduate status or consent of the instructor. This class presents the principles and practices of advanced athletic performance training in a thorough and useful sequence. Testing and improving power, strength, speed, quickness, coordination, agility, flexibility, local muscular endurance, and cardiovascular aerobic capacity and endurance are covered based on the scientific record. Students will learn how to tailor sport specific training exercises and drills and periodize the training program precisely for peak performance at critical points in the competitive season.

G 529 Advanced Physiology of Exercise I 3 cr. Offered autumn odd-numbered years. Prereq., HHP 377, 378 or equiv. Advanced study of the effect of work, activity and exercise on human biochemistry, metabolism, endocrinology and muscle function.

G 530 Advanced Physiology of Exercise II 3 cr. Offered autumn even-numbered years. Prereq., HHP 377, 378 or equiv. Advanced study of system physiology (circulatory, respiratory and renal function) and environmental factors applied to physical work, activity and exercise

G 531 Laboratory Procedures in Exercise Science 3 cr. Offered spring. Introduction to common laboratory tools associated with clinical and health assessment techniques, research measures, and data collection.

G 540 Health Promotion Strategies 3 cr. Offered autumn even-numbered years. Exploration of the role of the health professional in the development and implementation of educational, organizational, economic, and/or environmental strategies that promote individual and community health.

G 541 Program Development in the Health Professions 3 cr. Offered spring odd-numbered years. Overview of the issues, approaches, and techniques professionals utilize in the planning and development of health education and health promotion programs.

G 545 Advanced Nutrition and Chronic Disease 2 cr. Offered spring odd-numbered years. Instruction will investigate the relationship between nutrition and selected chronic diseases with special emphasis on understanding the research methodology and dissemination of study outcomes reported in the literature for nutrient-disease interactions.

G 544 Community-based Participatory Research Methods for Health 3 cr. Offered every odd year - spring semester. Instruction will present the principles and practice of community-based participatory research methods (CBPR) as a collaborative approach to research that offers strategies for studying and addressing health and social problems.

G 594 Seminar 1-3 cr. (R-6) Offered spring. Prereq., consent of instr.

G 595 Special Topics Variable cr. (R-6) Offered intermittently. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics.

G 596 Independent Study Variable cr. (R-6) Offered every term. Prereq., consent of instr.

G 597 Research Variable cr. (R-6) Offered every term. Prereq., HHP 486, 520.

G 598 Internship Variable cr. (R-4) Offered every term. Prereq., HHP 520, consent of instr. Supervised field work in public and private agencies and institutions. Must demonstrate competency in First Aid/Emergency Care and CPR.

G 599 Professional Paper Variable cr. (R-3) Offered every term. Prereq., HHP 486, 520.

G 699 Thesis Variable cr. (R-6) Offered every term.

Faculty

Professors

Gene Burns, Ed.D., The University of Montana, 1988

Laura Dybdal, Ph.D., University of New Mexico, 1996

Steven Gaskill, Ph.D., University of Minnesota, 1998

Arthur W. Miller, Ph.D., University of New Mexico, 1981

Brent Ruby, Ph.D., University of New Mexico, 1994

K. Ann Sondag, Ph.D., Southern Illinois, Carbondale, 1988

Thomas R. Whiddon, Ed.D., The University of Montana, 1975 (Chair)

Sharon Dinkel Uhlig, Ed.D., University of Utah, 1982

Associate Professors

Blakely Brown, Ph.D., R.D., University of Minnesota, 2000

Charles Dumke, Ph.D., University of Wisconsin, 2000

Scott Richter, Ed.M., Oregon State University, 1982 (Chair, Program Director, Athletic Training)

Assistant Professors

Dennis T. Murphy, M.S., University of Arizona, 1976 (Head Athletic Trainer)

Charles Palmer, Ed.D., University of Montana, 2002

Valerie Rich, Ph.D., ATC, CSCS, University of South Florida, 2006

Instructors

Adrienne M. Corti, M.S., The University of Montana, 1989

Stephanie Domitrovich, M.S., The University of Montana

Linda Green, B.S., Florida State University, 1976

Karla Judge, M.S., ATC, Idaho State University 1991

Ellen Parchen, B.S., West Chester University, 1994

J. C. Weida, M.S., ATC, The University of Montana, 1995

Emeritus Professors

Kathleen Miller, Ph.D., University of Iowa, 1971

Gary Nygaard, EdD., University of Oregon, 1971

Brian J. Sharkey, Ph.D., University of Maryland, 1965

Emeritus Associate Professors

George Cross, M.S., Indiana University, 1956

Mavis M. Lorenz, M.S., University of Washington, Seattle, 1954