HEALTH, EXERCISE SCI & RECREATION MGMT

Overview

Academics & Admissions

Programs

Minors

Courses

Faculty

Courses

- EL 100: Wilderness Living Techniques
- EL 103: Ropes Courses and Climbing Basics
- EL 105: Self Defense Activities
- EL 111: Cycling
- EL 117: Volleyball
- EL 118: Beginning Fencing
- EL 119: Archery
- EL 120: Intro to Lifetime Leisure Activities
- EL 124: Racquetball
- EL 129: Body Contouring and Conditioning
- EL 132: Canoeing
- EL 133: Backpacking
- EL 134: Kayaking
- EL 137: Bowling
- EL 139: Golf
- EL 142: Open Water Scuba Diving
- EL 147: Tennis
- EL 151: Weight Lifting
- EL 153: Sports Conditioning
- EL 154: Coaching Soccer
- EL 156: Jogging
- EL 158: Low Impact Aerobics
- EL 159: High Impact Aerobics
- EL 169: Aqua Exercise
- EL 170: Beginning Swimming
- EL 171: Intermediate Swimming
- EL 172: Advanced Swimming
- EL 173: Lifeguarding
- EL 174: Water Safety Instructor
- EL 175: Lifeguarding Instructor
- EL 200: Teaching Techniques for Land-Based Adventure
- EL 217: Advanced Volleyball
- EL 218: Advanced Fencing
- EL 219: Advanced Archery
- EL 224: Advanced Racquetball
- EL 229: Advanced Body Contouring & Conditioning
- EL 231: Teaching Techniques for Small Craft
- EL 233: Sports Officiating I
- EL 234: Sports Officiating II
- EL 237: Advanced Bowling
- EL 239: Advanced Golf
- EL 242: Advanced Open Water Scuba Diving
- EL 247: Advanced Tennis
- EL 251: Advanced Weight Lifting
- EL 253: Advanced Sports Conditioning
- EL 255: Coaching Tennis
- EL 269: Advanced Aqua Exercise
- EL 342: Master Diver
• EL 352: Coaching Football
• EL 353: Advanced Sports Conditioning
• EL 354: Coaching Basketball
• EL 355: Coaching Baseball-Softball
• EL 357: Coaching Volleyball
• EL 359: Coaching Track and Field
• EL 442: Dive Supervisor
• EL 453: Advanced Sports Conditioning
• ES 100: Introduction to Exercise Science
• ES 104: Sports in the Ancient World
• ES 319: Sport and Society
• ES 338: Motor Learning and Control
• ES 344: Aging in the 21st Century
• ES 346: Kinesiology
• ES 348: Physiology of Exercise
• ES 349: Physiology of Exercise Laboratory
• ES 351: Measurement & Statistics in Exercise Sci
• ES 381: Trends & Topics in Exercise Science
• ES 394: Therapeutic Exercise and Fitness
• ES 396: Allied Health Terminology
• ES 402: Exercise Leadership
• ES 440: Behavioral Aspects of Exercise
• ES 446: Biomechanics of Human Movement
• ES 447: Biomechanics Laboratory
• ES 456: Exercise Testing & Prescription
• ES 457: Exercise Testing & Prescription Lab
• ES 471: Mgmt. of Health, Fitness and Sport Progr
• ES 473: Practicum
• ES 490: Independent Study
• ES 493: Internship
• ES 512: Foundations of Biomechanics
• ES 514: Applied Electromyography
• ES 515: Stress and the Brain
• ES 542: Sports Psychology
• ES 544: The American Woman in Sports
• ES 548: Biomechanics of Injury
• ES 574: Selected Problems in Special Populations
• ES 608: Methods & Procedures of Graded Exercise
• ES 609: Motor Behavior
• ES 610: Internship in Exercise Science
• ES 611: Exercise Physiology I
• ES 612: Instrumentation & Analysis in Biomechani
• ES 613: Health Aspects of Physical Activity
• ES 614: Cardiovascular Physiology
• ES 615: Physiological Aspects of Aging
• ES 616: Exercise Physiology II
• ES 618: Advanced Muscle Physiology
• ES 620: Selected Topics in Exercise Science
• ES 625: Research Design and Evaluation
• ES 632: Advanced Structural Kinesiology
• ES 644: Control of Human Voluntary Movement
• ES 650: Seminar In Exercise Science
• ES 651: Advanced Individual Study
• ES 652: Advanced Individual Study
• ES 653: Independent Research
• ES 655: Problems in PE/Health Education
• ES 697: Thesis
• ES 750: Advanced Seminar in Exercise Science
• Espr 797: Dissertation
• HP 191: Personal and Community Health
• HP 203: First Aid and CPR
• HP 303: Prevention & Care of Athletic Injuries
• HP 312: Behavioral Aspects of Weight Mgmt
• HP 403: Advanced Athletic Training
• HP 506: Current Topics
• HP 600: Foundations of Health Promotion
• HP 605: Health Promotion Planning
• HP 615: Personal Health Promotion
• HP 625: Research Design and Evaluation
• HP 626: Statistical Analysis I
• HP 627: Internship in Health Promotion
• HP 635: Theories in Health Promotion
• HP 645: Organization & Admin. of Health Promotio
• HP 646: Introduction to Epidemiology
• HP 651: Advanced Independent Study
• HP 652: Advanced Individual Study
• HP 653: Independent Research
• HP 665: Special Topics in Health Behavior
• HP 675: Advanced Theoretical Appl Hlth Behavior
• HP 685: Program Evaluation in Health Behavior
• HP 695: Human Health and Illness
• HP 697: Thesis
• HP 750: Seminar in Health Promotion
• HP 797: Dissertation
• SRA 194: Foundations of Leisure and Recreation
• SRA 200: Park & Recreation Program Leadership
• SRA 262: Introduction to Therapeutic Recreation
• SRA 270: The Business of Sport
• SRA 301: Planning & Evaluation in SRA
• SRA 302: Program Planning & Development
• SRA 311: Mktg. & Communication in Sport & Rec.
• SRA 330: Sport Governance and Policy
• SRA 332: Outdoor Recreation
• SRA 370: Sports Economics and Finance
• SRA 371: Camp Leadership
• SRA 372: Procedures and Techniques in Therapeutic
• SRA 375: Recreational Sports Programming
• SRA 380: Current Issues in Travel & Tourism Mgmt.
• SRA 388: Assessment/Planning in Therapeutic Rec
• SRA 391: Practicum in Recreation Administration I
• SRA 392: Practicum in Rec. Administration II
• SRA 400: Professional Development
• SRA 401: Internship in Recreation Administration
• SRA 410: Senior Seminar: Professional Development
• SRA 425: Design and Maintenance of Facilities
• SRA 471: Admin. of Recreation Admin. Programs
• SRA 473: Supervision and Administration of Therap
• SRA 475: Legal Aspects of Sport and Recreation
• SRA 490: Independent Study
• SRA 497: Cooperative Field Practicum
• SRA 498: Cooperative Field Practicum
• SRA 499: Cooperative Field Practicum
• SRA 510: Entrepreneurial Recreation
• SRA 539: Outdoor Resources Management
• SRA 569: Strategies & Applications in Outdoor Edu
• SRA 574: Current Trends in Therapeutic Recreation
• SRA 600: Issues & Trends in Recreation Admin. Pro
• SRA 601: Recreation Admin. Program Dev & Promotio
- SRA 602: Assessment & Evalua. of Rec. Admin. Prog
- SRA 625: Research Design and Evaluation
- SRA 627: Internship
- SRA 628: Qualitative Inquiry
- SRA 650: Seminar in Community & Rural Tourism
- SRA 651: Advanced Independent Study
- SRA 652: Advanced Independent Study
- SRA 653: Independent Research
- SRA 654: Directed Event Programming
- SRA 660: Sport and Leisure Economics
- SRA 671: Recreation Admin. Program Administration
- SRA 680: Leisure Programming for Senior Adults
- SRA 691: Principles & Practices of Leisure & Recr
- SRA 697: Thesis