

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 148: Introduction to Pickleball](#)
- [EL 149: Introduction to Pickleball and Tennis](#)
- [EL 151: Weight Lifting](#)
- [EL 153: Sports Conditioning](#)
- [EL 154: Coaching Soccer](#)
- [EL 155: Walking I](#)
- [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 Adven](#)
- [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 200: Principles of Personal Training](#)
- [ES 201: Exercise as Medicine](#)
- [ES 319: Sport and Society](#)
- [ES 338: Motor Learning and Control](#)
- [ES 344: Aging in the 21st Century](#)
- [ES 346: Kinesiology](#)
- [ES 347: Kinesiology Lab](#)
- [ES 348: Physiology of Exercise](#)
- [ES 349: Physiology of Exercise Laboratory](#)
- [ES 350: Research Methods in HESRM](#)
- [ES 351: Measurement & Statistics in Exercise Sci](#)
- [ES 358: Exercise Testing and Prescription](#)
- [ES 391: Trends & Topics in Exercise Science](#)
- [ES 393: Experiential Learning](#)
- [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 452: Applied Sport Science](#)
- [ES 456: Exercise Testing & Prescription](#)
- [ES 457: Exercise Testing & Prescription Lab](#)
- [ES 458: Clinical Exercise Testing and Prescripti](#)
- [ES 471: Mgmt. of Health, Fitness and Sport Progr](#)
- [ES 473: Practicum](#)
- [ES 490: Independent Study](#)
- [ES 493: Internship](#)
- [ES 503: Data Analytics and Methodologies](#)
- [ES 511: Applied Statistics](#)
- [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 603: Data Analytics Methodologies](#)
- [ES 606: Ethics and Human Subjects Research](#)
- [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](#)

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- [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 626: Statistical Analysis I](#)
- [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](#)
- [HK 606: Ethics and Human Subjects Research](#)
- [HK 710: Meta-Analysis](#)
- [HK 711: Measurement Theory and Practice](#)
- [HK 751: Advanced Independent Study](#)
- [HK 752: Advanced Independent Study](#)
- [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 503: Data Analytics and Methodologies](#)
- [HP 506: Current Topics](#)
- [HP 600: Foundations of Health Promotion](#)
- [HP 603: Data Analytics Methodologies](#)
- [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](#)
- [PH 195: Foundations of Public Health](#)
- [PH 300: Environmental Health](#)
- [PH 305: Program Planning and Evaluation](#)
- [PH 307: Public Health Study USA](#)
- [PH 317: Public Health Study Abroad](#)
- [PH 319: Global Health](#)
- [PH 352: Basic Epidemiology](#)
- [PH 391: Special Topics in Health](#)
- [PH 470: Practical Applications in Public Health](#)
- [PH 490: Independent Study](#)
- [PH 511: Applied Statistics](#)

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- [PH 528: Public Health Policy](#)
- [PH 555: Health Equity](#)
- [PH 607: Public Health Study USA](#)
- [PH 610: Biostatistics for Public Health Practice](#)
- [PH 617: Public Health Study Abroad](#)
- [PH 620: Emerging Issues in Public Health](#)
- [PH 670: Applied Epidemiology](#)
- [PH 674: Chronic Disease Epidemiology](#)
- [PH 680: Infectious Disease Epidemiology](#)
- [PH 698: Public Health Practicum](#)
- [PH 699: Public Health Capstone](#)
- [PRM 194: Foundations of Leisure and Recreation](#)
- [PRM 200: Park & Recreation Program Leadership](#)
- [PRM 262: Introduction to Therapeutic Recreation](#)
- [PRM 301: Planning & Evaluation in PRM](#)
- [PRM 302: Program Planning & Development](#)
- [PRM 332: Outdoor Recreation](#)
- [PRM 371: Camp Leadership](#)
- [PRM 372: Procedures and Techniques in Therapeutic](#)
- [PRM 375: Recreational Sports Programming](#)
- [PRM 380: Current Issues in Travel & Tourism Mgmt.](#)
- [PRM 388: Assessment/Planning in Therapeutic Rec](#)
- [PRM 391: Practicum in Park and Recreation Mgmt. I](#)
- [PRM 392: Practicum in Park & Recreation Mgmt. II](#)
- [PRM 400: Professional Development](#)
- [PRM 401: Internship in Parks and Recreation Mgmt.](#)
- [PRM 425: Design and Maintenance of Facilities](#)
- [PRM 471: Admin. of Park & Recreation Programs](#)
- [PRM 473: Supervision and Administration of Therap](#)
- [PRM 490: Independent Study](#)
- [PRM 497: Cooperative Field Practicum](#)
- [PRM 498: Cooperative Field Practicum](#)
- [PRM 499: Cooperative Field Practicum](#)
- [PRM 510: Entrepreneurial Recreation](#)
- [PRM 539: Outdoor Resources Management](#)
- [PRM 569: Strategies & Applications in Outdoor Edu](#)
- [PRM 574: Current Trends in Therapeutic Recreation](#)
- [PRM 600: Issues & Trends in Park & Recreation Pro](#)
- [PRM 601: Park & Recreation Program Dev & Promotio](#)
- [PRM 602: Assessment & Evalua. of Park & Rec. Prog](#)
- [PRM 625: Research Design and Evaluation](#)
- [PRM 627: Internship](#)
- [PRM 650: Seminar in Community & Rural Tourism](#)
- [PRM 651: Advanced Independent Study](#)
- [PRM 652: Advanced Independent Study](#)
- [PRM 653: Independent Research](#)
- [PRM 654: Directed Event Programming](#)
- [PRM 671: Park & Recreation Program Admin](#)
- [PRM 680: Leisure Programming for Senior Adults](#)
- [PRM 691: Principles & Practices of Leisure & Recr](#)
- [PRM 697: Thesis](#)
- [SA 511: Applied Statistics](#)
- [SA 601: Measurement and Evaluation in Sport](#)
- [SA 602: Predictive Analytics in Sport](#)
- [SA 603: Big Data Analytics and Data Management](#)
- [SA 604: Quan and Qual Research Methods](#)
- [SA 605: Comm & Data Visualization in Sport](#)
- [SA 611: Sport Business](#)
- [SA 612: Sport Economic Analytics](#)

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- [SA 613: Machine Learning in Sport](#)
- [SA 621: Data Analytics in Strength & Conditionin](#)
- [SA 622: Phys Aspects of Sport Perform & Monitor](#)
- [SA 623: Data Based Preven & Mgmt of Sport Injury](#)
- [SA 693: Sport Analytics Capstone](#)
- [SM 316: Christianity and Sport](#)
- [SM 321: Special Topics in Sport Management](#)
- [SM 361: Study USA in Sport Management](#)
- [SM 362: Study Abroad in Sport Management](#)
- [SM 390: Experiential Learning in Sport Managemen](#)
- [SM 623: Advanced Study USA in Sport Management](#)
- [SM 624: Advanced Study Abroad in Sport Managemen](#)
- [SM 673: Sport Finance](#)
- [SRA 270: The Business of Sport](#)
- [SRA 311: Mktg. & Communication in Sport & Rec.](#)
- [SRA 330: Sport Governance and Policy](#)
- [SRA 370: Sports Economics and Finance](#)
- [SRA 394: Therapeutic Exercise and Fitness](#)
- [SRA 410: Senior Seminar: Professional Development](#)
- [SRA 475: Legal Aspects of Sport and Recreation](#)
- [SRA 503: Data Analytics and Methodologies](#)
- [SRA 511: Applied Statistics](#)
- [SRA 580: Recreational Therapy for Older Adults](#)
- [SRA 603: Data Analytics Methodologies](#)
- [SRA 606: Ethics and Human Subjects Research](#)
- [SRA 621: Sport Policy](#)
- [SRA 626: Statistical Analysis I](#)
- [SRA 628: Qualitative Inquiry](#)
- [SRA 660: Sport and Leisure Economics](#)
- [SRA 672: Business of Sport and Recreation](#)

