

# 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 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](#)

---

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at [www.sacscoc.org](http://www.sacscoc.org) for questions about the accreditation.



- [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 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 391: 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 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 Biomechanics](#)
- [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 626: Statistical Analysis I](#)
- [ES 632: Advanced Structural Kinesiology](#)

---

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at [www.sacscoc.org](http://www.sacscoc.org) for questions about the accreditation.



- [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 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](#)
- [PH 528: Public Health Policy](#)
- [PH 555: Health Equity](#)
- [PH 610: Biostatistics for Public Health Practice](#)
- [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](#)

---

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at [www.sacscoc.org](http://www.sacscoc.org) for questions about the accreditation.



- [RA 194: Foundations of Leisure and Recreation](#)
- [RA 200: Park & Recreation Program Leadership](#)
- [RA 262: Introduction to Therapeutic Recreation](#)
- [RA 301: Planning & Evaluation in RA](#)
- [RA 302: Program Planning & Development](#)
- [RA 332: Outdoor Recreation](#)
- [RA 371: Camp Leadership](#)
- [RA 372: Procedures and Techniques in Therapeutic](#)
- [RA 375: Recreational Sports Programming](#)
- [RA 380: Current Issues in Travel & Tourism Mgmt.](#)
- [RA 388: Assessment/Planning inn Therapeutic Rec](#)
- [RA 391: Practicum in Recreation Administration I](#)
- [RA 392: Practicum in Rec. Administration II](#)
- [RA 400: Professional Development](#)
- [RA 401: Internship in Recreation Administration](#)
- [RA 425: Design and Maintenance of Facilities](#)
- [RA 471: Admin. of Recreation Admin. Programs](#)
- [RA 473: Supervision and Administration of Therap](#)
- [RA 490: Independent Study](#)
- [RA 497: Cooperative Field Practicum](#)
- [RA 498: Cooperative Field Practicum](#)
- [RA 499: Cooperative Field Practicum](#)
- [RA 510: Entrepreneurial Recreation](#)
- [RA 539: Outdoor Resources Management](#)
- [RA 569: Strategies & Applications in Outdoor Edu](#)
- [RA 574: Current Trends in Therapeutic Recreation](#)
- [RA 600: Issues & Trends in Recreation Admin. Pro](#)
- [RA 601: Recreation Admin. Program Dev & Promotio](#)
- [RA 602: Assessment & Evalua. of Rec. Admin. Prog](#)
- [RA 625: Research Design and Evaluation](#)
- [RA 627: Internship](#)
- [RA 650: Seminar in Community & Rural Tourism](#)
- [RA 651: Advanced Independent Study](#)
- [RA 652: Advanced Independent Study](#)
- [RA 653: Independent Research](#)
- [RA 654: Directed Event Programming](#)
- [RA 671: Recreation Admin. Program Administration](#)
- [RA 680: Leisure Programming for Senior Adults](#)
- [RA 691: Principles & Practices of Leisure & Recr](#)
- [RA 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](#)
- [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](#)
- [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](#)

---

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at [www.sacscoc.org](http://www.sacscoc.org) for questions about the accreditation.



- [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 626: Statistical Analysis I](#)
- [SRA 628: Qualitative Inquiry](#)
- [SRA 660: Sport and Leisure Economics](#)
- [SRA 672: Business of Sport and Recreation](#)

