

classroom management. Topics include: common management problems, evaluation of classroom management approaches, strategies for preventing behavior problems, teaching new behaviors, increasing desired group and individual behaviors, and positive strategies for reducing inappropriate group and individual behaviors. Prerequisites: Admittance to teacher education; 2.75 overall GPA.

4381 Educating Students with Intellectual and Developmental Disabilities. (3-0) This course provides an overview of student characteristics and appropriate instructional techniques pertaining to individuals with intellectual and developmental disabilities. Techniques include specialized assessment and instructional strategies, functional curriculum development, transition planning, positive behavior supports, and assistive technologies. Prerequisites: Admittance to teacher education, 2.75 overall GPA, SPED 2360.

4389 Special Education Practicum. (0-20) This course provides opportunities for students to design and apply assessment, planning, and instructional strategies. Students may be required to instruct in one or more content areas including academic, life, social, prevocational or vocational and/or communication skills. Prerequisites: Admission to teacher education; SPED 2360, SPED 3338 or 4381, SPED 4345, SPED 4374; 2.75 overall GPA.

Department of Counseling, Leadership, Adult Education, and School Psychology

Education Building 4037
T: 512.245.2575 F: 512.245.8872
www.txstate.edu/clas

The Department of Counseling, Leadership, Adult Education, and School Psychology (CLAS) is primarily a graduate department, offering programs in professional counseling, guidance and counseling, adult and developmental education, educational leadership, and school psychology. While the department offers no undergraduate degrees, it does provide support courses for other programs.

Courses in Counseling (COUN)

3320 Introduction to Counseling and Psychotherapy. (3-0) The course is designed for upper-division undergraduates considering a helping profession or who wish to know more about counseling before entering into graduate study. The course offers introduction to counseling, counseling theories, and interpersonal communication skills that facilitate counseling relationships. Repeatable for credit with different emphasis.

Courses in Student Affairs in Higher Education (SAHE)

4178 Student Leadership in Higher Education. (1-0) This course provides students with knowledge to strengthen the campus experience through holding student leadership roles.

Students will learn skills, principles, and characteristics necessary for responsible and positive leadership as well as the role of student leadership and student engagement in higher education. Repeatable for credit with different emphasis.

Department of Health and Human Performance

Jowers Center A116
T: 512.245.2561 F: 512.245.8678
www.hhp.txstate.edu

DEGREE PROGRAMS OFFERED

Bachelor of Exercise and Sports Science (BESS), major in Exercise and Sports Science (Pre-Physical Therapy Concentration)

Bachelor of Exercise and Sports Science (BESS), major in Exercise and Sports Science (Concentration in Health and Wellness Promotion for Clinical Populations)

Bachelor of Exercise and Sports Science (BESS), major in Exercise and Sports Science (All-Level Physical Education Teacher Certification)

Bachelor of Exercise and Sports Science (BESS), major in Health and Fitness Management with minor in Business Administration

Bachelor of Science (BS), major in Athletic Training

Bachelor of Health and Wellness Promotion (BHWP), major in Health and Wellness Promotion

Bachelor of Health and Wellness Promotion (BHWP), major in Health and Wellness Promotion (All Level Health Education Teacher Certification)

Bachelor of Science in Recreational Administration (BSRA), major in Recreational Administration

Bachelor of Science in Recreational Administration (BSRA), major in Recreational Administration (Concentration in Therapeutic Recreation)

MINORS OFFERED

Coaching Athletics

Exercise and Sports Science

Health and Wellness Promotion

Recreational Administration

The Bachelor of Exercise and Sports Science (BESS) has several specializations that allow graduates to prepare for careers in education, exercise prescription, health professions, management of exercise programs, and coaching. The BESS with All-Level Physical Education Teacher Certification prepares graduates to teach in elementary and secondary schools in Texas and beyond. The BESS with a concentration in Health and Wellness Promotion for Clinical Populations prepares graduates for careers in cardiovascular, clinical exercise, and diagnostic testing and programming for cardiac rehabilitation and other special populations. The BESS with a concentration in Pre-Physical Therapy gives students a degree that is well aligned with entrance requirements

of advanced study in allied health professions like physical therapy, occupational therapy, prosthetics, or physician's assistant. The BESS with a major in Health and Fitness Management and minor in Business Administration blends exercise science knowledge with the management and leadership skills needed to direct fitness enterprises and wellness/health awareness programs in commercial, corporate, and institutional settings.

Texas State University has a long and rich history with regard to athletic training education. Our **Athletic Training Education Program** (ATEP) was one of the first programs in the United States to be accredited, and during 2011-2012 celebrated 40 years of continuous accreditation. The Bachelor of Science degree program in Athletic Training is currently accredited through the 2019-2020 academic year by the Commission on Accreditation of Athletic Training Education (CAATE). This program prepares its graduates to become certified athletic trainers (ATC®), health care professionals who specialize in the prevention, diagnosis, clinical management and rehabilitation of musculoskeletal injuries and medical conditions. As part of a complete health care team, athletic trainers work under the direction of licensed physicians and in cooperation with other health care providers.

Admission to the Texas State ATEP is a competitive process that involves completion all of the requirements associated with a Pre-Athletic Training Program, e.g., specific prerequisite courses, 70 hours of directed observation, a formal written application, a formal admission interview, minimum Texas State GPA of 2.75. Admission selections are made at the end of each academic year in early June; the 18 top-ranked students are offered admission for the upcoming year as sophomores in the program. Once admitted, the Athletic Training major requires six long semesters (three years) of supervised clinical education experiences in conjunction with a formal sequence of lecture and laboratory-based courses. Completion of our Bachelor of Science degree in Athletic Training qualifies the student to take the national Board of Certification examination and the Texas Advisory Board of Athletic Trainers state licensure examination. For the most current program information and a comprehensive list of all of the ATEP admission requirements, please refer to our website, <http://www.hhp.txstate.edu/Divisions/Athletic-Training.html>.

Health promotion is the process of empowering people to make informed decisions to improve personal and community health. The **Bachelor of Health and Wellness Promotion** provides students the opportunity to become competent in the seven areas of responsibility to improve the practice of health education and promotion. Degree focus areas offered include community health promotion or school health education with the option of becoming a Certified Health Education Specialist or obtaining teacher certification. Professionals in health education and health promotion work in many settings, including community, school (K-12), health care, business/industry, college/university professional preparation programs, and university health services settings.

The **Bachelor of Science in Recreational Administration** combines classroom learning and on-the-job training in two career tracks: recreation administration and therapeutic recreation.

Students study such areas as recreation programming, leadership, marketing, evaluation, administration, and therapeutic recreation. Recreational administration graduates, work in camps, nursing homes, recreation centers, resorts, hospitals, rehabilitation facilities, fitness centers, and state and national parks. The program is nationally accredited in recreation administration and therapeutic recreation. Graduates of this program are eligible to sit for certification examinations for National Council for Therapeutic Recreation Certification (CTRS) and/or the National Recreation and Park Association's National Certification Board (CPRP).

PFW General Education Courses

The Texas State general education core curriculum includes a two-course physical fitness/wellness requirement. Veterans with a DD214 discharge form or those with similar active duty in the National Guard or Armed Forces of another nation may receive up to 4 hours of PFW credit, thus fulfilling the Physical Fitness requirement. Students with documented disabilities should consult with the Department of Health and Human Performance for appropriate accommodations.

Students select two courses from: PFW 1101-1139, 1150-1164, and 1166-1225.

Admittance to the Teacher Preparation Program

With exception of the minor in Special Education, all degree programs within the Department of Curriculum and Instruction require formal admittance into the Teacher Preparation Program by the Office of Educator Preparation. (See the "Admittance to the Teacher Preparation Program" section above.)

Bachelor of Exercise and Sports Science (BESS)
Major in Exercise and Sports Science
(Concentration in Pre-Physical Therapy)
Minimum required: 120 semester hours

General Information and Requirements:

1. This degree is designed to prepare graduates for application to professional schools in physical therapy, occupational therapy, or physician's assistant. Completion of this degree, however, does not guarantee admission to graduate programs that have competitive admissions. Be aware: Graduate level programs may require additional, or modified, prerequisite coursework for admission not included in this program.
2. A 2.75 Texas State GPA is required to enroll in advanced AT courses.
3. Students are required to complete AT 4360: Internship in Clinical Settings.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
ENG 1310, 1320	6	ART, DAN, MU, or TH 2313	3	AT 3326/3126, 3358, 3328/3128	11	AT 3336/3136, 3346/3146, 4360	11
BIO 1330/1130, 2430	8	CHEM 1341/1141 and 1342/1142	8	ESS 3317/3117, 1128, 1179	6	ESS 4317 or 4318, 3329	6
MATH 1315	3	ENG Lit 2310, 2320, 2330, 2340, 2359, or 2360	3	PHYS 1315/1115, 1325/1125	8	SOCI 1310	3
PSY 1300	3	HIST 1310 (WI), 1320 (WI)	6	HP 3302, PSY 3301, or SOCI 3307	3	NUTR 3362 or 3364	3
US 1100	1	POSI 2310, 2320	6	PT 3400	4	PSY 3300 or 3315	3
AT 2356	3	ESS 3320	3				
COMM 1310	3	PHIL 1305 or 1320 (WI)	3				
HIM 2360	3						
Total	30	Total	32	Total	32	Total	26

Bachelor of Exercise and Sports Science (BESS)
Major in Exercise and Sports Science
(Concentration in Health and Wellness Promotion for Clinical Populations)
Minimum required: 120 semester hours

General Requirements:

1. This degree program is designed to prepare graduates for study towards a Master's degree in Exercise Physiology, Biomechanics, or a similar field of study. Completion of this degree does not guarantee admission to a graduate program.
2. This degree program can lead to careers in cardiopulmonary, clinical exercise, and diagnostic testing and programming for cardiac rehabilitation and other special populations. Additional requirements may be necessary to enter these fields.
3. Students must complete H ED 4660: Internship in Health and Wellness Promotion.
4. A 2.5 Texas State GPA is required to enroll in the internship. All other coursework must be completed prior to the internship.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
AT 2356	3	ART, DAN, MU, or TH 2313	3	AT 3358	3	ESS 4317, 4318, 4319	9
ENG 1310, 1320	6	CHEM 1341/1141, 1342/1142	8	ENG 3303 (WI)	3	H ED 4100, 4640 (WI)	7
ESS 1310, 1100	4	ENG Lit 2310, 2320, 2330, 2340, 2359, or 2360	3	ESS 3317/3117, 3329	7	H ED 4660 (WI)	6
MATH 1315	3	ESS 1179	1	NUTR 3364	3		
POSI 2310, 2320	6	H ED 2340	3	ESS 3320, 4320, 4324, 4351	12		
US 1100	1	HIST 1310 (WI), 1320 (WI)	6	H ED 3348	3		
BIO 2430	4	ANTH 1312, ECO 2301, ECO 2314, GEO 1310, PSY 1300, or SOCI 1310	3	PFW	1		
COMM 1310	3	NUTR 2360	3				
H ED 1320	3	PHIL 1305 OR 1320 (WI)	3				
Total	33	Total	33	Total	32	Total	22

Bachelor of Exercise and Sports Science (BESS)
Major in Exercise and Sports Science
(All-Level Physical Education Teacher Certification)
Minimum required: 128 semester hours

General Information and Requirements:

1. Students must be admitted to the teacher preparation program in order to enroll in the teacher preparation course sequence completed in the junior and senior year. For more information, visit the Office of Educator Preparation website at www.education.txstate.edu/oeep
2. A 2.75 overall GPA is required to be admitted to the teacher preparation program, enroll in the teacher preparation course sequence, enroll in student teaching, and to graduate.
3. A 2.5 major GPA is required to graduate.
4. All courses in the major, second teaching field, and teacher preparation course sequence must be completed with a grade of C or better.
5. Note certain courses require a grade of C or better as part of the admittance requirements to the teacher preparation program.
6. Note some courses require a grade of C or better as a prerequisite to other courses in the degree program.
7. A minor or second teaching field is required and must not be a minor in Exercise and Sports Science or a minor in Coaching Athletics. Courses toward a second teaching field are recommended to improve job opportunities. Certain minors and a second teaching field may increase the total number of credit hours required for degree completion. Consult an academic advisor for a list of available second teaching fields and recommended minors.
8. Students are required to take 5 activity courses in addition to the 2 core PFW courses. ESS activity courses should be taken in the specific areas described below:
 - Fitness and Wellness (1 credit hour): ESS 1100.
 - Team Sports (1 credit hour), select from: ESS 1172, 1177, 1178.
 - Individual Sports (1 credit hour), select from: ESS 1128, 1176, 1192.
 - Conditioning (1 credit hour), select from: ESS 1175, PFW 1110A, 1110B, 1110F, 1135A, 1135B, or 1190B.
 - Weight Training (1 credit hour): ESS 1179.
9. Students must complete three hours of ESS advanced elective theory chosen from: ESS 3321, 3323, 3340, 4337.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
ESS 1310, 1100	4	AT 2356	3	ART, DAN, MU, or TH 2313	3	ESS elective	3
ENG 1310, 1320	6	BIO 2430	4	CI 3325, 4332, 4343, 4370	12	Minor or Second Teaching Field	3
MATH 1315	3	ESS 2320, 1179	4	ESS 3320, 3325, 3317/3117, 3329	13	ESS 4323 (WI), 4624	9
Natural Science Component	7-8	ESS/PFW major activity	1	RDG 3323	3	EDST 4380, 4381	6
PFW	2	HIST 1310 (WI), 1320 (WI)	6	Minor or Second Teaching Field	6		
POSI 2310, 2320	6	2 hours of ESS/PFW major activities	2				
US 1100	1	9 hours of Minor or Second Teaching Field	9				
COMM 1310	3	ANTH 1312, ECO 2301, 2314, GEO 1310, PSY 1300, or SOCI 1310	3				
PHIL 1305 or 1320 (WI)	3	ENG Lit 2310, 2320, 2330, 2340, 2359, or 2360	3				
Total	35-36	Total	35	Total	37	Total	21

Bachelor of Exercise and Sports Science (BESS)
Major in Health and Fitness Management
(Minor in Business Administration)
Minimum required: 120 semester hours

General Requirements:

1. Students must complete a minor in Business Administration. The minor includes: ECO 2301, ACC 2301, and 12 elective hours selected from: BLAW 2361, CIS 3317, FIN 3325, MGT 3303, and MKT 3343.
2. A 2.0 GPA is required in the minor to graduate.
3. Students must select 8 hours from the following course options to satisfy the natural science component: BIO 1330/1130, CHEM 1341/1141, CHEM 1342/1142, PHYS 1315/1115, PHYS 1325/1125.
4. Students must select one course from the following support course options: H ED 3376, PSY 3336, PSY 3350, or PSY 3361. Note that PSY 1300 is a prerequisite for these advanced level PSY courses.
5. Students must complete ESS 4660: Exercise & Sports Science Internship.
6. A 2.5 Texas State GPA is required to enroll in the internship. **All other coursework must be completed prior to the internship.**
7. **If student plans to select from advanced PSY course options within their support coursework, then they must enroll in PSY 1300 instead of ECO 2301 within their corr curriculum.**

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
AT 2356	3	ACC 2301	3	ART, DAN, MU, or TH 2313	3	ESS 4317, 4318, 4319	9
ENG 1310, 1320	6	ECO 2301 or PSY 1300	3	ESS 3317/3117 and 3321	7	Minor Elective	3
MATH 1319	3	ENG Literature 2310, 2320, 2330,	3	or 4324 (WI)	6	H ED 3376, PSY 3336, 3350, or	3
BIO 1330/1130, CHEM 1341/1141,		2340, 2359, or 2360	2	Minor Elective	3	3361	6
CHEM 1342/1142, PHYS		ESS 1100, 1179	6	NUTR 3364	9	ESS 4660 (WI)	
1315/1115 or PHYS 1325/1125	8	H ED 1320, 2340	6	ESS 3320, 4320, 4351	3		
POSI 2310, 2320	6	HIST 1310 (WI), 1320 (WI)	4	PHIL 1305 or 1320 (WI)	3		
US 1100	1	BIO 2430	3				
COMM 1310	3	Minor Elective	3				
ESS 1201, 1310	5	NUTR 2360 or 3362	3				
Total	35	Total	33	Total	31	Total	21

Bachelor of Science (BS)
Major in Athletic Training
Minimum required: 122 semester hours

General Information and Requirements:

1. The Athletic Training Education Program (ATEP) is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students desiring admission must **declare the athletic training major** and complete the requirements for the Athletic Training major at Texas State University **before becoming eligible to enroll in the ATEP sequence of coursework**. For more information, please refer to <http://www.hhp.txstate.edu/Divisions/Athletic-Training.html>.
2. Students admitted to the Athletic Training Education Program must be committed to taking the Board of Certification examination, as well as the Texas Advisory Board of Athletic Trainers licensure examination during the last semester prior to graduation.
3. To be considered for admission to the ATEP, students must complete AT 1298, 2156, 2260, 2356, and BIO 2430 with a grade of B or better:
 - Enroll at **Texas State University** as a pre-athletic training major.
 - Complete an application process (**due April 1st annually**) that includes a professional letter of application, current resume, **and an admissions interview**.
 - Establish a minimum Texas State GPA of 2.75.
 - Complete 70 hours of directed athletic training observation as part of AT 1298.
 - Hold current emergency cardiac care (ECC) certification in CPR/AED at the professional rescuer level.
4. The six-component objective formula used to rank applicants for admission to the ATEP major is available to view at <http://www.hhp.txstate.edu/Divisions/Athletic-Training/Undergraduate-Program.html>.
5. Required Technical Standards for the program are available at the department website listed above, in the AT 1298 Policy & Procedure Manual, or from the program director.
6. Students accepted into the program must provide current immunization records at the Texas State Student Health Center.
7. Students must maintain a Texas State GPA of 2.75 at all times while pursuing the degree in order to graduate.
8. The athletic training clinical education requirement at Texas State involves the completion of six long-semester courses over a three-year period **that can only be completed at Texas State University**. Each of the six clinical education courses in our program involve 2 contact hours per week with a classroom instructor and approximately 20 contact hours of supervised clinical education experiences at various on-campus or off-campus clinical sites.
9. Students contemplating transfer should expect to spend four (4) years at Texas State in order to complete the Athletic Training major. The shortest possible time for transfer students to complete the BS in Athletic Training is three and one-half years.
10. Upon completion of the degree, the graduate will be qualified to take the Board of Certification's national examination and the Texas Advisory Board of Athletic Trainers state licensure exam.
11. Athletic training does not constitute a teaching field. If you are interested in an All-Level Physical Education Teacher Certification, contact the College of Education Undergraduate Advising Center.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
AT 1298, 2356, 2156, 2260	8	AT 2497, 2498, 3326/3126,	23	AT 3346/3146, 3497 (WI),	12	AT 4356 (WI), 4497, 4498	11
BIO 1330/1130 or 1421; and 2430	8	3328/3128, 3336/3136, 3333	3	3498 (WI)	8	ENG Literature 2310, 2320,	3
ENG 1310, 1320	6	ESS 3320	3	ESS 1179, 3317/3117, 4351	8	2330, 2340, 2359, or 2360	3
MATH 1315 or 1319	3	NUTR 3362 or 3364	3	HIST 1310 (WI), 1320 (WI)	6	POSI 2310, 2320	6
US 1100	1			PT 3400	4	PHYS 1315/1115	4
COMM 1310	3					ART, DAN, MU, or TH 2313	3
ESS 1128	1					PHIL 1305 OR 1320	3
PSY 1300	3						
Total	33	Total	29	Total	30	Total	30

Bachelor of Health and Wellness Promotion (BHWP)

Major in Health and Wellness Promotion

Minimum required: 120 semester hours

General Requirements:

1. A minor is required and must not be a minor in Health and Wellness Promotion.
2. A 2.0 GPA is required in the minor in order to graduate.
3. Students must select 9 elective hours from the following major course options: H ED 2338, 3301, 3348, 3360, 3374.
4. Students must complete H ED 4660: Internship in Health and Wellness Promotion.
5. A 2.5 Texas State GPA is required to enroll in the internship. **All other coursework must be completed prior to the internship.**

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
ENG 1310, 1320	6	9 hours of H ED electives	9	12 hours of Minor electives	12	6 hours of Minor Electives	6
POSI 2310, 2320	6	ANTH 1312, ECO 2301, 2314, GEO 1310, PSY 1300, or SOCI 1310	3	ENG 3303	3	H ED 4100, 4640 (WI)	7
MATH 1315	3	ENG Literature 2310, 2320, 2330, 2340, 2359, or 2360	3	H ED 3315 (WI), 3350, 3376, 4336	12	NUTR 3362 or 3364	3
Natural Science Component	7-8	H ED 2340	3	PSY 3350	3	H ED 4660	6
H ED 1320	3	HIST 1310 (WI), 1320 (WI)	6				
US 1100	1	ART, DAN, MU, or TH 2313	3				
CIS 1323 or CS 1308	3	BIO 2430	4				
COMM 1310	3	PHIL 1305 OR 1320 (WI)	3				
PFW	1	PFW	1				
Total	33-34	Total	35	Total	30	Total	22

Bachelor of Health and Wellness Promotion (BHWP)

Major in Health and Wellness Promotion

(All-Level Teacher Certification)

Minimum required: 128 semester hours

General Requirements:

1. Students must be admitted to the teacher preparation program in order to enroll in the teacher preparation course sequence completed in the junior and senior year. For more information, visit the Office of Educator Preparation website at www.education.txstate.edu/oep
2. A 2.75 overall GPA is required to be admitted to the teacher preparation program, enroll in the teacher preparation course sequence, enroll in student teaching, and to graduate.
3. A 2.5 major GPA is required to graduate.
4. All courses in the major, second teaching field, and teacher preparation course sequence must be completed with a grade of C or better.
5. Note certain courses require a grade of C or better as part of the admittance requirements to the teacher preparation program.
6. Note some courses require a grade of C or better as a prerequisite to other courses in the degree program.
7. A minor or second teaching field is required and must not be a minor in Health and Wellness Promotion. Courses toward a second teaching field are recommended to improve job opportunities. **Certain minors and a second teaching field may increase the total number of credit hours required for degree completion.** Consult an academic advisor for a list of available second teaching fields and recommended minors.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
ENG 1310, 1320	6	ENG Literature 2310, 2320, 2330, 2340, 2359, or 2360	3	6 hours of Minor or Second Teaching Field	6	6 hours of Minor or Second Teaching Field	6
POSI 2310, 2320	6	ANTH 1312, ECO 2301, 2314, GEO 1310, PSY 1300, or SOCI 1310	3	H ED 3321, 3342 (WI), 3348	9	CI 4343, 4370	6
MATH 1315	3	HIST 1310 (WI), 1320 (WI)	6	PHIL 1305 or 1320 (WI)	3	H ED 3360	3
Natural Science Component	7-8	H ED 2338, 2340, 2354	9	H ED 3301, 3331, 3350, 4336	12	RDG 3323	3
H ED 1310,1320	6	6 hours of Minor or Second Teaching Field	6	CI 3325, 4332	6	EDST 4380, 4381	6
US 1100	1	ART, DAN, MU, or TH 2313	3				
COMM 1310	3	BIO 2430	4				
PFW	1	PFW	1				
Total	33-34	Total	35	Total	36	Total	24

Bachelor of Science in Recreational Administration (BSRA)

Major in Recreational Administration

Minimum required: 120 semester hours

General Requirements:

1. Graduates are prepared to take the national examination to obtain the Certified Park and Recreation Professional certification endorsed by the National Recreation and Park Association.
2. Students must complete 17 elective hours, 12 of which must be advanced. **Consult with an academic advisor for prescribed electives.**
3. Students must complete REC 4680: Internship in Recreation. **All other coursework must be completed prior to the internship.**
4. Note that some REC courses may only be offered once a year, during a fall or spring semester.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
ENG 1310, 1320	6	COMM 2315, 2330, 2338, or TH 3370	3	ART, DAN, MU, or TH 2313	3	H ED 1310, 2338, or 3321	3
MATH 1315	3	HIST 1310 (WI), 1320 (WI)	6	CS 1308 or CIS 1323	3	5 hours of approved	
REC 1310, 1370	6	PFW	2	PHIL 1305 or 1320 (WI)	3	electives	5
Natural Science Component	7-8	POSI 2310, 2320	6	REC 3340	3	REC 4350, 4380 (WI), 4381	9
US 1100	1	REC 1330, 2330, 2335, 3360	12	12 hours of approved advanced electives	12	REC 4680 (WI)	6
ANTH 1312, ECO 2301, ECO		MC 3343, 3367, or 4312	3	ENG Literature 2310, 2320, 2330,	3		
2314, GEO 1310, PSY 1300,				2340, 2359, or 2360	3		
or SOCI 1310	3			REC 3325, 3351 (WI), 4330	9		
COMM 1310	3						
Total	29-30	Total	32	Total	36	Total	23

Bachelor of Science in Recreational Administration (BSRA)

Major in Recreational Administration

(Concentration in Therapeutic Recreation)

Minimum required: 120 semester hours

General Requirements:

1. Graduates are eligible to sit for examinations for the National Council for Therapeutic Recreation Certification (NCTRC) and the Certified Parks and Recreation Professional (CPRP)
2. Students must complete 6 hours of NCTRC eligibility coursework from the following: PSY 3312, 3313, 3350, 3361; SOCI 1310, 3300, 3338, 3343, 3347, 3383, 3384; SPED 2360, 3338, 4344, 4381; ESS 3320, 3329, 4324)
3. Students must complete REC 4680: Internship in Recreation. **All coursework must be completed prior to the internship.**
4. Note that some REC courses may only be offered once a year, during a fall or spring semester.

Freshman Year		Sophomore Year		Junior Year		Senior Year	
Course	Hr	Course	Hr	Course	Hr	Course	Hr
ENG 1310, 1320	6	ART, DAN, MU, or TH 2313	3	PHIL 1305 or 1320 (WI)	3	REC 4380 (WI), 4381	6
MATH 1315	3	POSI 2310, 2320	6	REC 3325, 3351 (WI), 3370, 4320, 4370	15	NCTRC Eligibility Courses	6
REC 1310, 1370	6	HIST 1310 (WI), 1320 (WI)	6	Choose 2 courses from: REC 1330, 3340,		REC 4680	6
Natural Science Component	7-8	BIO 2430	4	or 4350	6	PFW Activity Course	1
H ED 2354	3	REC 2330, 2335, 2370	9	PFW Activity Course	1		
US 1100	1	CS 1308 or CIS 1323	3	ENG Literature 2310, 2320, 2330, 2340,	3		
COMM 1310	3	HIM 2360	3	2359, or 2360	3		
PSY 1300	3			PSY 3300, 3315	6		
PFW 1154	1						
Total	33-34	Total	34	Total	34	Total	19

Minor in Coaching

A minor in Coaching requires 22 hours and is designed to provide basic expertise in coaching based on the NASPE national standards for sport coaches. Students receive field experience through a supervised internship. The program of study includes: AT 2356; Three of the following: ESS 1172, ESS 1176, ESS 1177 or ESS 1178; ESS 3117, ESS 3317, ESS 3320, ESS 3340, ESS 4320, and ESS 4340. The minor is not available to students majoring in Exercise and Sports Science.

Minor in Exercise and Sports Science

A minor in Exercise and Sports Science requires 25 hours, including AT 2356, BIO 2430, ESS 1100, ESS 1179, ESS 3117, ESS 3317, ESS 3320, ESS 3321, ESS 4324, and ESS 4351. This minor is not available to students who major in Exercise and Sports Science. Furthermore, ESS 1100 and ESS 1179 are in addition to the 2, one-hour PFW classes required by the general education core curriculum.

Minor in Health and Wellness Promotion

A minor in Health and Wellness Promotion requires 18 hours, including H ED 1320, 2340, 3350, 4336, and 4640.

*Eligibility for the Certified Health Education Specialist (CHES) certification requires an additional 7 hours from upper-level (3000 or higher) health education (H ED) courses.

Second Teaching Field in Health and Wellness Promotion

A second teaching field in Health and Wellness Promotion requires 24 hours, including H ED 1310, 1320, 3321, 3331, 3350 and 3 courses from: 2338, 3301, 3348 or 3360.

Minor in Recreational Administration

A minor in Recreational Administration requires 18 hours, including REC 1310, 2330, 2335, 3325, and six hours selected from: REC 1330, 3340, 3351, 4330, or 4350.

Courses in Athletic Training (AT)

- 1298 Orientation to Athletic Training Education. (1-1) Pre-Athletic Training majors will be introduced to the academic and clinical aspects of the CAATE accredited athletic training education program. The course is utilized as part of the rigorous student evaluation process before formal entrance into the athletic training education program. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 2156 Taping and Bandaging Athletic Injuries. (1-2) This course focuses on the use of taping, bracing, and bandaging techniques in the prevention and care of athletic injuries.
- 2260 Acute Care of Injuries and Illnesses. (2-2) - This course will address the knowledge and skills related to the immediate evaluation and specialized care of acute injuries and illnesses common in sports settings. Lectures and laboratory experiences are focused on key aspects of emergency sports health care, including the rapid assessment, resuscitation, packaging and transportation of injured patients. Prerequisite: Must be admitted to the Pre-Athletic Training major.
- 2356 Prevention and Care of Athletic Injuries. (3-0) This course focuses on the theoretical and practical aspects of the

- prevention, treatment, and rehabilitation of athletic injuries.
- 2497 Clinical Experience in Athletic Training I. (2-20) This course addresses emergency management and athletic injury prevention. These topics are integrated into a clinical education experience to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic education and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: Must be admitted to an Athletic Training major.
- 2498 Clinical Experience in Athletic Training II. (2-20) This course addresses athletic injury evaluation and management. These topics are integrated into a clinical education experience to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic education and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: Must be admitted to Athletic Training major.
- 3126 Applied Laboratory of Upper Extremity Injuries. (0-2) This course will present a study and critical analysis of the anatomy, injury signs and symptoms, and special tests used in the clinical evaluation of upper extremity injuries to the physically active individual. Co-requisite: AT 3326. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 3128 Applied Laboratory of Lower Extremity Injuries. (0-2) This course will present a study and critical analysis of the anatomy, injury signs and symptoms, and special tests used in the clinical evaluation of lower extremity injuries to the physically active individual. Co-requisite: AT 3328. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 3136 Applied Laboratory for Therapeutic Modalities. (0-2) This course provides students with experiences in laboratory and field applications of therapeutic modalities of all athletic injuries. Co-requisite: AT 3336. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 3146 Applied Laboratory for Therapeutic Exercise and Rehabilitation. (0-2) This course provides students with experiences in laboratory and field applications of therapeutic exercise and rehabilitation of athletic injuries. Co-requisite: AT 3346. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 3226 Medical Conditions and Disabilities. (2-0) This course focuses on evaluation and management strategies of primarily non-orthopaedic conditions commonly encountered in a physically active population and, to a lesser extent, special populations. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis. Prerequisite Course(s): BIO 1421 or 1330/1130, BIO 2430.
- 3326 Evaluation Techniques of Upper Extremity Injuries. (3-0) The course will present a study and critical analysis of the anatomy, injury signs and symptoms, and specific tests used in the clinical evaluation of upper extremity injuries to the physically active individual. Co-requisite: AT 3126.

- Prerequisite: AT 2356, Minimum 2.75 TxState GPA.
- 3328 Evaluation Techniques of Lower Extremity Injuries. (3-0) The course will present a study and critical analysis of the anatomy, injury signs and symptoms, and specific tests used in the clinical evaluation of lower extremity injuries to the physically active individual. Co-requisite: AT 3128. Prerequisite: AT 2356; BIO 2430, Minimum 2.75 TxState GPA.
- 3333 Therapeutic Interventions for Medical & Psychosocial Conditions. (2-2) This course will address the athletic training knowledge and skills required to evaluate and manage common medical conditions and psychosocial concerns found among the physically active. Lecture and laboratory experiences are focused on immediate and advanced care with emphasis on therapeutic interventions and referral. Prerequisites: BIO 1421 or BIO 1330/1130, BIO 2430. (WI)
- 3336 Principles and Techniques of Therapeutic Modalities. (3-0) This course is a theoretical and evidence-based approach to the use of therapeutic modalities in physical medicine settings. Special emphasis is placed on understanding the physiological effects, indications, contraindications and clinical applications of therapeutic modalities in the treatment and rehabilitation of musculoskeletal and neurological injuries and diseases. Co-requisite: AT 3136. Prerequisite: Minimum 2.75 Texas State GPA.
- 3346 Therapeutic Exercise and Rehabilitation. (3-0) This course is a theoretical and evidence-based approach to the use of therapeutic exercise in physical medicine settings. Special emphasis is placed on understanding the physiological effects, indications, contraindications and clinical applications of therapeutic exercise in the treatment and rehabilitation of musculoskeletal and neurological injuries and diseases. Prerequisites: AT3326, AT 3328, PT 3400, and minimum 2.75 Texas State GPA. Co-requisite: AT 3146.
- 3358 Clinical Pathopharmacology. (3-0) This course combines pathophysiology, the study of dynamic aspects of disease processes and study of drugs prescribed to prevent, diagnose, cure, or care for disease across the lifespan. Content includes etiology, pathogenesis, clinical presentation, implications for treatment, and pharmacological management. Prerequisite: BIO 2430 or PT 3400.
- 3497 Clinical Experience in Athletic Training III. (2-20) This course integrates topics in advanced athletic injury evaluation and management into a clinical education experience designed to assess professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: C or better in AT 2497.
- 3498 Clinical Experience in Athletic Training IV. (2-20) This course integrates topics in therapeutic modalities, non-orthopaedic illnesses/conditions and pharmacology, and psychosocial concerns into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: C or better in AT 2498. (WI)
- 4356 Organization and Management of Athletic Training Programs. (3-0) This course addresses the organizational and administrative aspects of athletic training program management. Topics will include, but are not limited to, medical, ethical, legal, personnel and financial management, medical record keeping, facilities, supply requisition and inventory, third-party reimbursement, drug testing and other current professional issues. Prerequisites: AT 3326. (WI)
- 4360 Internship in Clinical Settings. (0-20) Students will be introduced to the clinical aspects of allied health professions by being assigned to a minimum of two clinical sites. Prerequisite: Instructor consent. Prerequisite: Must be admitted to the Athletic Training major or to the Pre-Physical Therapy Emphasis.
- 4497 Clinical Experience in Athletic Training V. (2-20) This course integrates topics in therapeutic interventions and exercise into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: C or better in AT 3497.
- 4498 Clinical Experience in Athletic Training VI. (2-20) This course integrates topics in nutrition, professionalism, and administration into a clinical education experience that assesses professional behaviors, cognitive knowledge, psychomotor skills, and proficiency-based case simulations. The course incorporates didactic and clinical education at an assigned clinical site under the supervision of a clinical instructor. Prerequisite: C or better in AT 3498.

Courses in Exercise and Sports Science (ESS)

- 1100 Lifetime Fitness and Wellness. (2-0) This course introduces students to the concepts of health-related physical fitness. Emphasis is placed on learning how to teach these concepts. Students will design and implement an exercise program for enhancing health-related physical fitness. Prerequisite: Major or minor in Exercise and Sports Science or major in Athletic Training.
- 1128 Aquatic Therapy. (2-0) The course addresses basic principles and concepts of aquatic therapy and aquatic emergency management. This course prepares students for the American Red Cross Basic Water Rescue Certification.
- 1172 Beginning Field Sports. (2-0) This course prepares students to become proficient instructors of field sports, including softball and soccer. Emphasis is on skill development, instructional practices, peer coaching, rules, terminology, offensive and defensive strategies, team organization, game play, referee skills, skills assessment, and conditioning for field sports. Prerequisite: Major or minor in Exercise and Sports Science or minor in Coaching.
- 1175 Beginning Jogging and Conditioning. (2-0) This course presents the proper biomechanics of jogging, safety rules, and conditioning principles relevant to the activity. Course topics include warming-up and cooling-down, hydration, monitoring and modifying intensity, training for road races, and jogging-related injuries. Students also will learn how to train individuals entering into a jogging program. Prerequisite: Major or minor in Exercise and Sports Science

- or minor in Coaching.
- 1176 Beginning Tennis, Badminton, and Other Racket Sports. (2-0) This course prepares Exercise and Sports Science majors to be proficient instructors of racket sports, including tennis and badminton. The emphasis is on the fundamentals of racket sports and program development for the beginner. Prerequisite: Major or minor in Exercise and Sports Science or minor in Coaching.
- 1177 Beginning Track and Field. (2-0) This course prepares students to become proficient instructors of track and field. Emphasis is on skill development and instructional practices, rules, terminology, team organization, communication, athlete selection, and event-specific conditioning for track and field. Prerequisite: Major or minor in Exercise and Sports Science or minor in Coaching.
- 1178 Beginning Volleyball and Basketball. (2-0) This course prepares students to become proficient instructors of volleyball and basketball. Emphasis is on skill development, instructional practices, peer coaching, rules, terminology, offensive and defensive strategies, team organization, communication, game play, referee skills, skills assessment, and conditioning for volleyball and basketball. Prerequisite: Major or minor in Exercise and Sports Science or minor in Coaching.
- 1179 Beginning Weight Training. (2-0) This course prepares students to be proficient instructors of all forms of resistance training. Emphasis is on understanding the proper, safe, and effective techniques of weight lifting. Students will learn how to develop resistance-training programs for untrained individuals with a variety of conditions. Prerequisite: Major or minor in Exercise and Sports Science, major in Athletic Training, or minor in Coaching.
- 1192 Beginning Balance and Tumbling. (2-0) This course prepares students as proficient instructors of the basic fundamentals of balance and tumbling. Emphasis is on the teaching of progressions, skills, and routines. Students will learn and practice safe teaching techniques for spotting in selected balance and tumbling skills. Prerequisite: Major seeking All-Level Teacher Certification in Physical Education.
- 1201 Group Exercise Instructor Training. (1-1) This course is for students interested in becoming certified group exercise instructors. Students will learn how to safely and effectively conduct group exercise classes. Students will be trained to teach a variety of formats, such as high- and low-impact aerobics, step aerobics, kickboxing, yoga, and resistance training. Prerequisite: Major in Health and Fitness Management or consent of the instructor.
- 1310 Introduction to Exercise and Sports Science. (3-0) This course introduces students to the various areas of exercise science and physical education. Emphasis is on the history of the profession, professional opportunities, present status, past and present leaders, individual awareness of professional responsibilities, current trends and issues, and the professional literature.
- 2320 Motor Development. (3-0) This course provides the exercise science and physical education student with a knowledge base in the study of changes in motor behavior across the lifespan, the processes that underlie these changes, and factors that affect them. Prerequisite: Major or minor in Exercise and Sports Science.
- 3117 Laboratory in Exercise Physiology. (0-2) In this laboratory course, students perform experiments that highlight the physiological responses to exercise. This course also introduces students to basic techniques in the assessment of health and human performance, including the assessment of maximal oxygen consumption, body composition, anaerobic power and capacity, muscular fitness, movement economy, and dietary intake. Prerequisites: BIO 2430 or equivalent. Corequisite: ESS 3317.
- 3303 Assistant Dive Instructor. (3-0) This course provides students with the technical knowledge necessary to prepare for the Assistant Diver Instructor Scuba Certification. Topics include advanced diving physiology, air station operations, assisting instructors with beginning open-water dive students, and boat diving operations. Prerequisite: PFW 1201.
- 3304 Divemaster. (3-0) This course provides students with the technical knowledge necessary to prepare for the National Association of Underwater Instructors Divemaster Scuba Certification. Topics include advanced diving physiology, organizing open-water dives, air station operations, assisting instructors with beginning and advanced open-water dive students, and boat diving operations. Prerequisite: Assistant Instructor Certification.
- 3317 Exercise Physiology. (3-0) This course provides an overview of the acute and chronic physiological responses to physical activity and exercise. Emphasis is on muscle bioenergetics, muscle contractile properties, optimizing human performance through training and supplementation, as well as understanding cardiopulmonary and endocrine responses to physical activity and exercise. Prerequisites: BIO 2430 or BIO 2451 and 2452. Corequisite: ESS 3117.
- 3320 Biomechanics. (3-0) This course provides an introduction to the mechanical foundations of anatomical function and human movement. Qualitative and quantitative biomechanical analyses of human movement are introduced to inform the prescription of technique, equipment, and training interventions. Prerequisites: BIO 2430 or BIO 2451 and 2452.
- 3321 Teaching Elementary Children Physical Activity. (3-0) This course introduces students majoring in Elementary Education and/or Exercise and Sports Science to physical education knowledge and movement concepts. It provides innovative techniques for incorporating physical activity within the elementary school setting. The course presents theory and then guides the students in applying those theories in a practical way.
- 3323 Psychosocial Aspects of Exercise and Sport Science. (3-0) This course examines the psychological and social theories and research related to physical activity. Emphasis is on the determinants that influence exercise behavior and sport participation. Prerequisite: ESS 1310.
- 3325 Applied Assessment of Physical Activity. (3-0) This course is designed to provide students with a theory to practice approach in the assessment of physical activity within the physical education setting. Particular emphasis is placed on empowering students to use relevant and meaningful physical activity assessments in K-12 schools. Prerequisites: ESS 1310 and 2320, and major seeking All-Level Teacher Certification in Physical Education.

- 3329 Motor Learning. (3-0) This course provides students with an understanding of the physiological, neurological, and psychological factors affecting performance and acquisition of motor skills. Students will examine the structural components underlying the learning of motor skills and draw upon examples from sport, physical activities, and rehabilitation.
- 3340 Theory and Principles of Coaching. (3-0) This course examines the theories and principles of effective coaching, including philosophy, ethics, strategies, team motivation and organization, coach-athlete relationships, performance analysis, and the administration of facilities, personnel, and contests.
- 4317 Fitness Assessment and Exercise Prescription. (3-0) This course presents students with the knowledge and skills of health-related physical fitness testing and exercise programming for individuals of all ages and fitness levels. Emphasis is on preparing students for a variety of certifications offered by the American College of Sports Medicine. Prerequisites: ESS 3117, ESS 3317 with a grade of "C" or higher, and BIO 2430 or equivalent.
- 4318 Fitness Assessment and Exercise Prescription Practicum. (2-6) During this 120-hour practicum, students work in the Human Performance Laboratory and participate in lab- and field-based activities designed to assess and enhance human performance. Emphasis is on strengthening students' skills and abilities to conduct health appraisals and fitness tests as well as to prescribe safe and effective exercise. Prerequisites: ESS 3117, 3317 with a grade of "C" or higher, and BIO 2430 or equivalent.
- 4319 Clinical Exercise Physiology. (2-1) This course provides students with a thorough understanding of the health appraisal/risk assessment, exercise testing, and exercise programming guidelines for clinical populations. In addition, basic electrocardiography and cardiopulmonary pathology and pharmacology are introduced. Prerequisites: ESS 1310, 3117, and a "C" or better in 3317.
- 4320 Resistance Training and Conditioning. (2-1) This course discusses the development, instruction, and evaluation of aerobic and anaerobic training principles and programs for diverse populations and settings. Emphasis is placed on the physiological and the mechanical principles related to resistance training with application to human performance, injury prevention, and rehabilitation. Prerequisite: ESS 3317 or consent of the instructor.
- 4323 Adapted Physical Education. (2-0) This introductory course provides All-Level teacher certification candidates in Exercise and Sports Science with content knowledge on legal mandates, evidence-based practices, and the characteristics of selected disabilities and their considerations when designing meaningful individualized physical activity experiences to meet the students with disabilities in school settings. Prerequisites: ESS 1310, 2320 and 2.75 overall GPA. Prerequisites: ESS 1310, 2320 and 2.75 overall GPA. (WI)
- 4324 Adapted Physical Activity. (2-1) This course introduces students to the field of adapted physical activity, including sport and leisure for persons with disabilities. This course provides content knowledge on how to instruct physical activities to individuals with unique needs in various settings. (WI)
- 4337 Independent Study in Exercise and Sports Science. (1-2) This course is for students who are interested in research related to Exercise and Sports Science. Students develop a research study, collect data, and analyze the results. Repeatable for credit with different emphasis. Prerequisites: A minimum GPA of 3.00 and special approval.
- 4340 Internship in Coaching. (0-15) This 220-hour internship provides students with work-related experience. Students will strengthen their coaching-related knowledge, skills, and abilities by observing and shadowing coaches as well as assisting with a range of tasks, including training athletes, managing the facilities, and organizing practices. Prerequisites: Completion of all coursework required for the minor in Coaching and special approval.
- 4351 Measurement & Evaluation in Exercise and Sports Science. (3-0) This course introduces students to the fundamental principles and techniques of measuring human performance related to Exercise and Sports Science, as well as evaluating and interpreting the results of exercise science and human performance tests in children and adults.
- 4624 Principles and Practices for Teaching Physical Education. (6-0) This course provides students with an in-depth study of theory and curriculum encompassing the design and implementation of developmentally appropriate and culturally responsive physical education programs for children and adolescents. Emphasis is on implementing evidenced-based curricula that promote youths' enjoyment of and participation in lifelong physical activity. Prerequisite: ESS 1310, 2320, 3325 and 2.75 overall GPA.
- 4660 Exercise and Sports Science Internship. (0-40) In this 480-hour internship, students will apply theoretical health and fitness management principles and concepts to an organizational setting. This course requires students to participate in a health and fitness organization/agency and complete a semester-long planning and evaluation project. Prerequisites: Completion of all other coursework required for the degree, department approval, and a TxState GPA of 2.5 or higher. (WI)

Courses in Health Education (H ED)

- 1310 (PHED 1304) Foundations of Personal Health. (3-0) Course provides an introduction to personal health, acquainting students with the understanding that the decisions they make affect health of self, families, friends, and communities. An emphasis will be placed on health trends and health behaviors.
- 1320 Introduction to Health and Wellness Promotion. (3-0) This course addresses concepts essential to understanding the discipline of Health and Wellness Promotion, including competencies and career opportunities for health education specialists in school and community settings.
- 2338 (PHED 1346) Contemporary Issues in Drug Prevention. (3-0) This course explores the impact of drug use and abuse on society and provides students with a critical perspective of drug-related problems. Course content includes statistics and up-to-date information on current topics in drug issues and drug prevention interventions.
- 2340 Community Health. (3-0) This course acquaints students with issues, trends, and developments, and principles in community health. The course also provides an overview of selected topics, such as epidemiology, community

- organization, and program planning. Prerequisite or co-requisite: HED 1320.
- 2354 (PHED 1306) Emergency Response and Safety Education. (3-0) This course prepares students to respond to and adequately care for life-threatening and non-life-threatening emergencies. The course includes lecture and laboratory activities. Emphasis is placed on healthy lifestyles and safety practices. Students can earn Cardiopulmonary Resuscitation and Responding to Emergencies certification.
- 3301 Environmental Health Issues. (3-0) An examination of the ecological impact resulting from contemporary sociopolitical action and its resulting influence on human health.
- 3315 **Statistical Analysis and Interpretation in Health and Wellness Promotion.** (3-0) **This course emphasizes analysis and interpretation of health-related data. Descriptive and inferential statistics (including measures of central tendency and variability, estimation, ANOVA, and regression) will be used to understand factors associated with current health-related issues. Prerequisite: "C" or better in HED 1320, HED 2340, and MATH 1315 or equivalent. (WI).**
- 3321 Health in the Elementary Setting. (3-0) Course offers a foundation in health methods and activities to provide resources for the elementary school teacher. Provides an overview of current school health issues: Coordinated School Health Programs, mental health, personal health, family life, substance abuse, and violence in the elementary setting. Prerequisite: CI 3310 or consent by faculty.
- 3331 Health Education in the Secondary School Setting. (3-0) Course offers a foundation of health methods and theory with activities to provide resources needed to become successful secondary school educators. The course will provide an overview of current secondary school health issues, such as mental health, personal health, family life, substance abuse, and violence.
- 3342 Adolescent and School Health Programs. (3-0) Course will provide an understanding of function and scope of the Coordinated School Health Program (CSHP) model. Students investigate how schools function in solving youths' health problems, and focus on how child and adolescent stakeholders and communities are involved in CSHP. (WI)
- 3348 Prevention of Disease. (3-0) Course provides an overview of the etiology of communicable and chronic diseases. Special emphasis will be on health promotion activities to reduce the incidence of disease in communities and society.
- 3350 Consumer Health. (3-0)) Course focuses on consumer health and making wise decisions regarding selection of health products and services. Students will learn how to effectively evaluate health information. Special emphasis is placed on becoming a health-literate consumer, understanding legislation, and investigating products and services.
- 3360 Sexuality Education. (3-0) Course provides a study of sexuality education as a lifelong process of acquiring information and forming healthy attitudes, beliefs, and values regarding sexuality. Students will access information and educational resources for implementing and advocating for sexuality instruction through health courses, sexuality education courses, and programs.
- 3374 Interprofessional Service Learning in Global Health. (3-0) This course focuses on principles of international health and wellness promotion with global populations. Emphasis is placed on assessing, planning, implementing, and evaluating prevention strategies. Students explore roles of health educators collaborating with providers of health services to diverse populations. Prerequisite: B or better in H ED 2340; repeatable for credit.
- 3376 Worksite Health Promotion. (3-0) The purpose of this course is to introduce students to worksite health promotion. The focus of the course will be on planning, implementing, and evaluating worksite health promotion programs. The course will also address other contemporary health issues, policies, and considerations that affect worksite health promotion.
- 4100 Professional Development in Health and Wellness Promotion. (1-0) This one-hour seminar course provides the opportunity for students to obtain a community or clinically-based health promotion internship and to actively participate in health promotion-related professional development activities including conferences, development of resumes and interaction with health professionals. Course is to be taken the semester immediately preceding the internship (HED 4660). Prerequisite or co-requisite: HED 4640 with a "C" or better; Senior Classification required.
- 4336 **Theoretical Foundations of Health and Wellness Promotion.** (3-0) Course offers an introduction to research and theories in health and wellness promotion. Special emphasis will be on community health interventions. Students will study theory and practice to understand successful and effective health education interventions. **Prerequisite: A grade of "C" or better in HED 1320 and HED 2340.**
- 4340 Principles of Community Health Education and Promotion. (3-0) This course examines theory and principles for development of community health education and promotion programs. Content includes cultural health beliefs, theories, and communication methods and techniques. Prerequisite: H ED 2340 with C or better. Corequisite: H ED 4350. (WI)
- 4347 Independent Study in Health and Wellness Promotion. (3-0) Designed for undergraduate students who display potential for independent research in health and wellness promotion. Students work individually with faculty to develop an independent research study/project in Health and Wellness Promotion. Open on an individual basis by arrangement with the division chair. May be repeated for credit with different emphasis.
- 4350 Community Health Analysis. (3-0) This is a survey course that focuses on evaluating community health needs; data-gathering techniques; instrument design; using data and statistics; and interpreting, reporting, and applying the findings for program development. Prerequisite: H ED 2340 with C or better. Corequisite: H ED 4340.
- 4640 Community Health Program Planning and Evaluation. (6-0) **This course focuses on the application of professional competencies in health promotion programs, including needs assessment, data gathering techniques, instrument design, interpreting, reporting, and application of findings for program development. Prerequisite: Grades of "C" or better in HED 1320, HED 2340, and HED 4336. Senior classification required. (WI)**
- 4660 Internship in Health and Wellness Promotion. (0-18) **This course involves the application of health education concepts**

to a community health setting. Students participate in the work of a health organization/agency and complete a semester-long project (480 hours). Prerequisites: Completion of all other courses required for the degree, a “C” or better in HED 4100 and 4640, a Texas State GPA of 2.5, and department approval. (WI)

Courses in Physical Fitness/Wellness (PFW)

1101 (PHED 1164) Lifetime Fitness & Wellness (0-2)

1110A (PHED 1164) Beginning Aerobics (0-2)

1110B (PHED 1164) Intermediate Aerobics (0-2)

1110C (PHED 1164) Gymnastics (0-2)

1110D (PHED 1164) Balance & Tumbling (0-2)

1110E (PHED 1164) Beginning Jogging/Conditioning (0-2)

1110F (PHED 1164) Basic Fitness Activities (0-2)

1110G (PHED 1164) Beginning Weight Lifting (0-2)

1110H (PHED 1164) Physique Development (0-2)

1110K (PHED 1164) Restricted Fitness Activities (2-0)

1114 (PHED 1164) Fitness Activities (0-2)

1125A (PHED 1164) Wrestling (0-2)

1130A (PHED 1164) Beginning Basketball (0-2)

1130B (PHED 1164) Soccer (0-2)

1135A (PHED 1164) Water Aerobics (0-2)

1135B (PHED 1164) Aquatic-Conditioning (0-2)

1140A (PHED 1164) Football Varsity (0-6)

1140B (PHED 1164) Basketball–Men’s Varsity (0-6)

1140C (PHED 1164) Basketball–Women’s Varsity (0-6)

1140D (PHED 1164) Track & Field–Men’s Varsity (0-6)

1140E (PHED 1164) Track & Field–Women’s Varsity (0-6)

1140F (PHED 1164) Volleyball – Women’s Varsity (0-6)

1140G (PHED 1164) Baseball–Men’s Varsity (0-6)

1140H (PHED 1164) Softball–Women’s Varsity (0-6)

1140I (PHED 1164) Soccer–Women’s Varsity (0-2)

1149 (PHED 1164) Strutters (1-9)

1150B (PHED 1164) Beginning Bowling (0-2)

1150C (PHED 1164) Intermediate Bowling (0-2)

1150D (PHED 1164) Beginning Golf (0-2)

1150E (PHED 1164) Intermediate Golf (0-2)

1150F (PHED 1164) Self Defense (0-2)

1150G (PHED 1164) Restricted Leisure Activities (0-2)

1154 (PHED 1164) Leisure/Recreation Activities (0-2)

1154B Challenge Course Facilitation. (0-1)

1154C Backpacking (0-1)

1155A (PHED 1164) Beginning Badminton (0-2)

1155B (PHED 1164) Beginning Fencing (0-2)

1155C (PHED 1164) Intermediate Fencing (0-2)

1155D (PHED 1164) Advanced Fencing (0-2)

1155E (PHED 1164) Fencing – Epee (0-2)

1155G (PHED 1164) Racquetball (0-2)

1155H (PHED 1164) Beginning Tennis (0-2)

1155I (PHED 1164) Intermediate Tennis (0-2)

1155J (PHED 1164) Judo (0-2)

1155K (PHED 1164) Beginning Karate (0-2)

1155M (PHED 1164) Advanced Karate (0-2)

1155N (PHED 1164) Pocket Billiards (0-2)

1160B (PHED 1164) Beginning Volleyball (0-2)

1160C (PHED 1164) Intermediate Volleyball (0-2)

1165A (PHED 1164) Golf–Men’s Varsity (0-6)

1165C (PHED 1164) Tennis–Women’s Varsity (0-6)

1165D Golf – Women’s Varsity. (0-2)

1165E Varsity Cheerleaders. (0-2)

1180A (DANC 1147) Beginning Jazz (0-2)

1180B (DANC 1148) Intermediate Jazz (0-2)

- 1180C (DANC 2147) Advanced Jazz (0-2)
- 1180D (DANC 1141) Beginning Ballet (0-2)
- 1180E (DANC 1142) Intermediate Ballet (0-2)
- 1180G (DANC 1145) Beginning Modern Dance (0-2)
- 1180H (DANC 1146) Intermediate Modern Dance (0-2)
- 1180I (DANC 2145) Advanced Modern Dance (0-2)
- 1180J (DANC 1122, 1128, 1133) Beginning Recreational Dance (0-2)
- 1190A Canoeing (0-2)
- 1190B (PHED 1164) Beginning Swimming (0-2)
- 1190C (PHED 1164) Intermediate Swimming (0-2)
- 1190E (PHED 1164) Lifeguard Training (0-2)
- 1190F Beginning Scuba (0-2)
- 1201 Advanced Scuba Diving (1-3)
- 1204 Underwater Photography (1-3)

All PFW courses meet two clock hours per week for one semester hour credit unless otherwise designated.

Courses in Recreational Administration (REC)

- 1310 Introduction to Recreation and Leisure Services. (3-0) Introduction to recreation, includes brief historical backgrounds, professional opportunities, present status, past and present leaders. Role of leisure time in our social structure, professional responsibility, familiarization with current issues and trends, and professional literature. Lecture and field trips. A grade of "C" or higher in this course is required to enroll in any upper division Recreational Administration courses.
- 1330 Leisure and Outdoor Recreation. (3-0) **This course provides students with an overview of the role the natural world plays in recreation and leisure services. The course will focus on values of outdoor recreation, adventure recreation, environmental impact, and the role of government in the provision and protection of outdoor recreation programs and resources.**
- 1370 Introduction to Therapeutic Recreation. (3-0) History, philosophy, appropriate terminology and professional opportunities in therapeutic recreation profession. Identification of client groups and the role leisure time activity plays in their lives. Lecture and field trips.
- 2330 Leadership in Recreation and Leisure Services. (2-2) Discussion of leadership theories and skill development for indoor-outdoor games and sports. Teaching activities to develop skill in programming various indoor/outdoor recreational settings.
- 2335 (PHED 1336) Recreation Program Development. (3-0) This course introduces students to basic principles and procedures for developing recreation programs that respond to human needs. This course provides students with opportunities to acquire and utilize recreation programming skills through practical application. Prerequisites: REC 1310 and 2330.
- 2370 Practices and Interventions in Therapeutic Recreation. (3-2) Acquiring knowledge, understanding and application of practices in therapeutic recreation services. Emphasis on facilitation and intervention strategies and "helping" techniques in clinical and community settings, as they relate to administration and current critical issues facing the field. Prerequisite: REC 1370.
- 3325 Recreation Administration. (3-0) Organization and administration practices such as budgeting and purchasing, office management, annual reports, supervision of personnel, working with boards and volunteer leaders. Prerequisite: REC 2335.
- 3340 Design and Maintenance of Recreational Facilities. (2-2) Introduce theories and provide practical experience in the design, development, operation, maintenance, administration of various recreational facilities. Prerequisite: REC 2335.
- 3351 Evaluation of Leisure Service Programming. (3-0) Methods, techniques and application of the evaluation process related to a wide variety of leisure service functions: clientele and prospective participants, programs, personnel, facilities, organizations and literature. Prerequisite: REC 2335. (WI)
- 3360 Field Work in Recreation Leadership. (0-10) The student participates at the leadership level in the ongoing work of a selected recreation agency. The work is supervised by an agency representative and a faculty member trained in the recreation field. **Prerequisite: REC1330, REC 2330, and Departmental Approval.**
- 3370 Assessment and Documentation in Therapeutic Recreation. (3-0) This course introduces students to assessment, methods, standards, issues, and processes in Therapeutic Recreation. Students will engage in test construction related to diagnostic application in clinical and community settings. Students will explore assessment tools and documentation rules and formats in Therapeutic Recreation. **Prerequisite: REC 1370 and HIM 2360.**
- 4318 Special Topics in Recreation and Leisure Services. (3-0) A topic course in selected professional applications of Recreation and Leisure Services. Topics to include: Military Recreation, Commercial and Entrepreneurial Recreation, Campus Recreation, and Leisure and Aging.
- 4318A Military Recreation (3-0) A topic course to cover the: Survey of U.S. military recreation programs, role of recreation in military mission, concepts of administration and availability of career opportunities within military recreation.
- 4318B Campus Recreation (3-0) A topic to cover recreation and leisure services at a college campus. Topics include recreational sports, residence life, Greek organizations, and campus activities.
- 4318D Leisure and Aging (3-0) A study of the relationship of leisure and aging in our society is the primary focus. Students will examine the aging process from biological, psychological and social aspects. Trends in and benefits of leisure programming for senior citizens will be reviewed. A variety of recreation and leisure delivery systems will be investigated as

they relate to service delivery to well and frail elderly.

- 4320 **Therapeutic Recreation and People with Psychiatric Conditions.** (3-0) This course provides a theoretical and practice foundation for applying the therapeutic recreation process with persons with psychiatric conditions. Focus will be on the development of skills and knowledge necessary to implement evidence based interventions aimed at behavior change. Prerequisites: REC 1370, PSY 3300, 3315.
- 4330 **Entrepreneurial Recreation Management.** (3-0) This course provides a study of the scope and the entrepreneurial management of leisure services. The focus will be on financial management related to profit centers including planning, legal liability, record keeping, and revenue management. Prerequisite: REC 2335.
- 4335 **Outdoor Recreation Programming.** (3-0) Students apply principles and procedures for developing and leading recreation programs in a variety of specialized, outdoor environments. Students will demonstrate competencies for Leave No Trace certification. Course is taught in cooperation with the Texas State University–Outdoor Center. Prerequisites: REC 1330, 2335; PFW 1154C; or Consent of Instructor.
- 4337 **Independent Study in Recreational Administration.** (3-0) Individual study related to recreational administration under direct supervision of a faculty member. (WI)
- 4350 **Theories and Methods of Supervision in Recreation and Leisure Services.** (3-0) This course presents theories and methods relating to recruitment, selecting, hiring, training, disciplining, and discharging employees. This course also addresses legal issues related to personnel supervision. Prerequisite: REC 2335.
- 4370 **Principles of Therapeutic Recreation.** (3-0) Knowledge and understanding of the principles of therapeutic recreation services. Acquiring ability to apply this knowledge in developing appropriate therapeutic recreation programs and services relative to motor, social and educational needs of participants. Prerequisite: REC 1370.
- 4380 **Seminar in Recreation.** (3-0) This seminar covers current problems and trends in the delivery of leisure services. Specific emphasis is placed on cause and effect interactions of leisure services programs and environmental issues. This seminar should be taken in the fall or spring semester that immediately precedes enrollment into REC 4680. Prerequisite: Departmental approval required. (WI)
- 4381 **Directed Field Experience in Programming Recreation.** (0-10) The student participates at the programming/leadership level in the ongoing work of a selected recreation agency. The work is supervised by an agency representative and a faculty member trained in the recreation field. Prerequisites: REC 2335, 3360.
- 4680 **Internship in Recreation.** (0-20) The student participates at the administrative level in the ongoing work of a selected parks and recreation agency. The work is supervised by an agency representative and a faculty member trained in the recreation field. Prerequisites: Completion of all other REC courses required for the degree and department approval.