

SCHOOL OF KINESIOLOGY, APPLIED HEALTH AND RECREATION

Dr. Bert Jacobson, EdD—School Head, Regents Professor, Seretean Endowed Professor

The School of Kinesiology, Applied Health and Recreation (KAHR) offers undergraduate and graduate programs in Applied Exercise Science, Recreation Management, Recreational Therapy, Health and Human Performance, and Leisure Studies. These programs provide excellence in graduate and undergraduate education through current academic relevance and proven standards. Candidates are encouraged to engage in scholarly inquiry and research productivity to benefit the people of Oklahoma and beyond. Areas of service extend through involvement with the university, community, state and nation. The commonality in programs within KAHR provides unique opportunities for program interaction and collaboration for both faculty and students.

Course Prefixes

Course prefixes in KAHR include HHP (Health and Human Performance); RMRT (Recreational Management and Recreational Therapy); and LEIS (Leisure Studies).

Applied Exercise Science

Jason Defreitas, PhD—Associate Professor and HHP Coordinator

The program in Applied Exercise Science at OSU prepares students through coursework such as biomechanics, exercise physiology, exercise psychology, exercise testing, sports nutrition, cardiac rehabilitation, strength and conditioning, and overall fitness for both healthy individuals and those with special needs. The Degree offers two options: Pre-Professional and Strength and Conditioning. The Pre-Professional concentration is designed for undergraduates interested in careers in Clinical Exercise Physiology, Cardiac/Stroke Rehabilitation, Physical Therapy, Occupational Therapy, Athletic Training, and graduate school. The Strength and Conditioning concentration is designed for students interested in careers in Strength and Conditioning, Personal Training, Fitness Instructor, Coaching, Fitness Facility Management, etc. The Strength and Conditioning concentration is recognized by the National Strength and Conditioning Association (NSCA) for our emphasis in strength and conditioning. The NSCA Education Recognition Program (ERP) recognizes and distinguishes schools with standardized, approved strength and conditioning or personal training curricula in undergraduate and graduate settings designed to prepare students for the NSCA-Certified Personal Trainer® (NSCA-CPT®) and NSCA Certified Strength and Conditioning Specialist® (CSCS®) certifications. This degree would also serve to prepare the student not only for the NSCA-CPT and CSCS, but for professional certification examinations, such as Certified Special Population Specialist (CSPS), Certified Physical Therapist (CPT), Certified Health Fitness Specialist (HFS), Certified Exercise Physiologists (EP-C), etc.

Recreation Management and Recreational Therapy

Tim Passmore, EdD, CTRS/L, FDRT—Professor and Program Coordinator

The program in Recreation Management and Recreational Therapy Program prepares students at the undergraduate and graduate levels for careers in recreation management and recreational therapy. The undergraduate program in Recreational Therapy is accredited through the Committee on Accreditation of Recreational Therapy Education by the Commission on Accreditation of Allied Health Programs. Students completing the Recreational Therapy program are eligible to sit for the National Council for Therapeutic Recreation Certification (CTRS) and apply for Medical Licensure in the State of Oklahoma through the Oklahoma Medical Licensing Board. Recreational Therapy prepares students to work in a variety of settings including hospitals, rehabilitation centers, day programs, institutions and within the community. Recreational Therapy is a valued part of the health care and human services. Individuals with illness, disabilities or limitations are helped to restore, enhance or maintain their health, independence and well-being through recreational therapy.

Those students completing the Recreation Management program are eligible to sit for the Certified Park and Recreation Professional. Recreation Management prepares students for employment in a variety of settings such as municipal, commercial, and corporate recreation; state and national park services; YMCAs and YWCAs; and armed services recreation. Recreation Management is a growing field and is a multi-billion dollar industry. Non-majors may complete a 21-credit minor in Recreation Management.

Sport & Coaching Science

Program Area Faculty: Jay Dawes, PhD

The Sport & Coaching Science degree prepares students at the undergraduate level for careers in athletic coaching and ancillary fields. The curriculum prepares professionals for certification via various sports organizations relevant to their specific sport of interest (e.g., United States Tennis Association, National Football League, United States Volleyball Association), or prepares them to successfully achieve other sport and exercise-based certifications such as personal training. The degree will also prepare students for the many graduate programs available nationwide in coaching science and education.

The Sport & Coaching Science Program prepares students for work and further study in a variety of settings including: professional, collegiate, or secondary school sport organizations; elite training facilities; athletic league officiating; small businesses (e.g., karate, cheer, gymnastics); sport psychology; athletic training; strength and conditioning; and sports management.

Programs/Areas of Emphasis Degrees

Degrees offered through KAHR programs include Bachelor of Science (BS), Graduate Certificate (GCRT), Master of Science (MS) and Doctor of Philosophy (PhD).

Applied Exercise Science

- Applied Exercise Science
 - Pre-Professional - BS
 - Strength and Conditioning - BS
 - Sport and Coaching Science - BS

Health and Human Performance

- Health and Human Performance - MS
- Health, Leisure and Human Performance - PhD
- Leisure Studies - MS

Recreational Management and Recreational Therapy

- Recreational Management and Recreational Therapy
 - Recreation Management - BS
 - Recreational Therapy - BS

Courses

HHP 1703 Introduction to Exercise Science

Description: An introductory course of the general history, theories, principles, nature and scope of Exercise Science. This includes foundations and sub-disciplines, an understanding of essential skills, and career opportunities.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 1753 Introduction to Physical Education

Description: The nature, scope and significance of physical education. Historical and philosophical foundations, major sub-disciplines and their interrelationships, and career opportunities. Previously offered as PE 1753.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 1823 Pedagogy of Non-Traditional Activities, Rhythm, and Movement

Prerequisites: HHP and RMRT majors and minors only.

Description: Introduction of activities typically taught to supplement individual or team sports in addition to basic fundamentals and methods of movement skills for rhythms including social, creative, developmental, and multicultural dance and activities. Content includes teaching strategies, assessments, skills analysis, skill components, concepts, terms, safety issues, selection of developmentally appropriate activities, and scope and sequencing of skill components by grade level.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 1833 Pedagogy of Team Activities

Prerequisites: HHP majors and Coaching Science minors only or permission of instructor.

Description: Introduction of activities typically taught as team or group activities. Instructional strategies (methodologies) of team sports, scope and sequencing of skill components, assessment, terms, safety issues, lesson structure, and writing performance objectives. Previously offered as HHP 1832.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 1843 Pedagogy of Individual Activities

Prerequisites: HHP and RMRT majors and minors only.

Description: Introduction of activities typically taught as individual sports and activities. Teaching strategies, skill components, terms, safety issues, and selection of developmentally appropriate individual activities, scope and sequencing of skill components, assessment, lesson structure, and writing performance objectives. Previously offered as HHP 1842.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 2222 Introduction to Health Aspects of Gerontology

Description: An introductory course of the physical and physiological aspects of aging combined with common pathology and intervention.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 2553 Basic Athletic Injury Management

Prerequisites: HHP 2654.

Description: Identification of emergency medical situations and application of basic care for injury occurring in school and athletic setting.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 2602 First Aid

Description: A competency- and performance-based first aid course. Course previously offered as HLTH 2602.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 2654 Applied Anatomy

Prerequisites: BIOL 1114 or (BIOL 1113 and BIOL 1111).

Description: Action and location of individual muscles and muscle groups. Anatomy as applied to a living person. Common anatomical injuries and diseases will be presented with each joint structure. Lab sections will be structured around specific content area for students' discipline. Course previously offered as HHP 2653 and HLTH 2653.

Credit hours: 4

Contact hours: Lecture: 3 Lab: 2 Contact: 5

Levels: Undergraduate

Schedule types: Lab, Lecture, Combined lecture and lab

Department/School: Kinesiology, Appl Health, Rec

HHP 2712 Psychomotor Development

Description: Fundamental aspects of motor development for infants, children, youth and adults. Course previously offered as PE 2712.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 2802 Medical Terminology for the Health Professions

Description: Basic knowledge and understanding of medical language and terminology used in allied health and health professions.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 3010 Health and Human Performance Workshop

Description: Concentrated study of selected areas of health and human performance, including problems in instruction and administration not usually addressed in the undergraduate curriculum. Course previously offered as HPEL 3010. Offered for variable credit, 1-3 credit hours, maximum of 6 credit hours.

Credit hours: 1-3

Contact hours: Contact: 1-3 Other: 1-3

Levels: Undergraduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

HHP 3114 Physiology of Exercise

Prerequisites: MATH 1513.

Description: A study of the various bodily systems, including major organs and tissues, and how they respond to acute and chronic exercise of varying intensity, duration and frequency. Course previously offered as PE 3114.

Credit hours: 4

Contact hours: Lecture: 3 Lab: 2 Contact: 5

Levels: Undergraduate

Schedule types: Lab, Lecture, Combined lecture and lab

Department/School: Kinesiology, Appl Health, Rec

HHP 3123 Principles of Personal Training

Description: To develop an understanding of the basic skills and competencies in personal training and evaluation and prepare for the National Strength and Conditioning Association (NSCA) personal trainer certification exam. A detailed study of personal training inclusive of musculoskeletal and cardiorespiratory anatomy, resistance training, aerobic exercises, nutrition, health appraisal, fitness testing, flexibility, and plyometric training. The role of the personal trainer will also be addressed.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 3133 Sport Supplements For Human Performance

Description: To develop an understanding of the proper selection and administration of sport supplements, risk factors involved in consuming supplements, and discussion of how specific supplements may or may not affect performance.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 3223 Motor Learning

Description: An in-depth study of motor learning and motor performance. Special emphasis on skilled performance, motor learning theory, motor abilities and individual differences in motor learning. Course previously offered as PE 3223.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 3233 General Medical Concepts

Prerequisites: HHP 2654, HHP 2664, and ZOO 3204, CHEM 1314, HHP 3673.

Description: Specific pathologies, medical conditions, and possible avenues for treatment of non-orthopedic conditions. Based in current medical research, theory and practical outcomes.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 3333 Ethics in Sports Administration and Coaching

Description: Exploration of the ethical, legal, and professional dilemmas that occur in athletic administration and coaching.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 3433 Early Laboratory Clinical Experiences in Physical Education

Prerequisites: HHP 1753 or consent of the instructor.

Description: The initial pre-professional clinical experience for schools, kindergarten through grade twelve, with primary duties including assisting in physical education classes. Required for full admission to Professional Education. Graded on a pass-fail basis. Previously offered as HHP 3431.

Credit hours: 3

Contact hours: Lecture: 1 Lab: 4 Contact: 5

Levels: Undergraduate

Schedule types: Lab, Lecture, Combined lecture and lab

Department/School: Kinesiology, Appl Health, Rec

HHP 3443 Psychosocial Aspects of Sport and Coaching

Description: Examination of the psychological aspects of sport that impact the performances of coaches and athletes.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 3553 Theory and Practice of Coaching

Description: The purpose of the course is to introduce and analyze the essential concepts and knowledge concerned with coaching in sports and related areas. This course provides a platform from which deeper knowledge in specific sub disciplines can be acquired through class specialization.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 3663 Biomechanics**Prerequisites:** HHP 2654.**Description:** The study of anatomical mechanical phenomena underlying human motion. Application of biomechanical concepts to a wide variety of exercise, fundamental movement, sport and physical activity. Course previously offered as PE 3663.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Undergraduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**HHP 3753 Methods in Teaching Elementary Physical Education****Prerequisites:** HHP 1753, and HHP 1833, and HHP 1843, and HHP 3433.**Description:** Instructional styles, implementation of behavioral goals and objectives through unit and lesson preparation, teaching methods and classroom management. Course previously offered as PE 3753.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Undergraduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**HHP 3773 Methods in Teaching Secondary Physical Education****Prerequisites:** HHP 1753, and HHP 1833, and HHP 1843, and HHP 3433.**Description:** Instructional styles, implementation of behavioral goals and objectives through unit and lesson preparation, teaching methods and classroom management. Course previously offered as PE 3773.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Undergraduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**HHP 3883 Coaching Internship****Description:** Experience working with individual athletes, teams, coaches, and others in a practical setting.**Credit hours:** 3**Contact hours:** Contact: 3 Other: 3**Levels:** Undergraduate**Schedule types:** Independent Study**Department/School:** Kinesiology, Appl Health, Rec**HHP 3924 Therapeutic Exercise****Prerequisites:** HHP 3802.**Description:** Scientific methods used in therapeutic exercise and rehabilitation of injuries. Investigation of mechanisms of injury, anatomical structures involved and methodological approach in designing rehabilitative programs. Course previously offered as HHP 3923, HHP 4923, and HLTH 4922.**Credit hours:** 4**Contact hours:** Lecture: 3 Lab: 2 Contact: 5**Levels:** Undergraduate**Schedule types:** Lab, Lecture, Combined lecture and lab**Department/School:** Kinesiology, Appl Health, Rec**HHP 3993 Building and Sustaining a Successful Sports Program****Description:** Students learn skills and knowledge necessary to build a successful and sustainable sports program.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Undergraduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**HHP 4010 Directed Study****Prerequisites:** Written approval by department head.**Description:** Supervised readings, research or independent study of trends and issues related to the area of health, physical education or leisure services. Offered for variable credit, 1-3 credit hours, maximum of 6 credit hours.**Credit hours:** 1-3**Contact hours:** Contact: 1-3 Other: 1-3**Levels:** Undergraduate**Schedule types:** Independent Study**Department/School:** Kinesiology, Appl Health, Rec**HHP 4013 Motor Control****Prerequisites:** BIOL 3204 or HHP 3114.**Description:** Advanced understanding of the neural control of movement. Particular emphasis will be placed on the neural and physiological basis of human movement and force production. An introduction to how systems change due to aging, training, and clinical motor disorders will also be provided.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Undergraduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**HHP 4063 Neuroanatomy****Description:** Comprehensive overview of the normal structure and function of the nervous system and its divisions under conditions of normal health as well as disease. Designed for neuroscientists, pre-medical, and health professions students. An introduction to clinically-oriented neurological assessment will be provided.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Undergraduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**HHP 4124 Principles of Strength and Conditioning****Description:** Designing and implementing safe and effective strength training and conditioning programs and apply exercise prescription principles for training, injury prevention, and reconditioning. This course is also designed to prepare students for the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) exam. Previously offered as HHP 4123.**Credit hours:** 4**Contact hours:** Lecture: 3 Lab: 2 Contact: 5**Levels:** Undergraduate**Schedule types:** Lab, Lecture, Combined lecture and lab**Department/School:** Kinesiology, Appl Health, Rec**HHP 4243 Research Methods in Athletic Training****Prerequisites:** STAT 2013.**Description:** Interactive study of importance and process of conducting ethical research in athletic training and the healthcare professions. Emphasis placed on research design, ethics, collection of data, and the dissemination of results.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Undergraduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec

HHP 4443 International Perspectives of Coaching

Prerequisites: Permission of the Instructor.

Description: Students will acquire experiential coaching opportunities in an international environment, and will design and deliver coaching across a variety of sports and across multiple age groups.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 4451 Athletic Training Practicum V

Prerequisites: Successful completion of HHP 3461.

Description: Directed observation in supervised advanced laboratory and clinical experiences in athletic training.

Credit hours: 1

Contact hours: Lab: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lab

Department/School: Kinesiology, Appl Health, Rec

HHP 4461 Athletic Training Practicum VI

Prerequisites: Successful completion of HHP 3233, HHP 4451.

Description: Directed observation in supervised advanced laboratory and clinical experiences in athletic training.

Credit hours: 1

Contact hours: Lab: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lab

Department/School: Kinesiology, Appl Health, Rec

HHP 4480 Internship in Health and Human Performance

Prerequisites: Last semester senior standing with cumulative GPA of 2.50.

Description: Supervised experience in school (physical education and health), community worksite or athletic training settings in order to qualify or prepare for appropriate teaching and professional certification. Course previously offered as PE 4480. Offered for variable credit, 1-12 credit hours, maximum of 12 credit hours.

Credit hours: 1-12

Contact hours: Contact: 1-12 Other: 1-12

Levels: Undergraduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

HHP 4643 School Health and Safety for Physical Educators

Description: Health and safety content for which physical educators are held responsible.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 4723 Assessment in Physical Education

Prerequisites: Full admission to professional education.

Description: Evaluation techniques commonly used by physical educators and health professionals to measure knowledge, attitudes, sport skill proficiency and physical fitness. Course previously offered as PE 4723.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 4733 Organization, Administration and Curriculum in Physical Education and Athletics

Prerequisites: HHP 3753, HHP 3773 or concurrent enrollment; full admission to professional education.

Description: Curricular design and management of physical education (P-12) and athletic programs. Course previously offered as PE 4733.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 4773 Principles of Exercise Testing and Prescription

Prerequisites: HHP 3114.

Description: Study of principles of exercise testing including submaximal and maximal tests, exercise and basic electrocardiography, and guidelines for recommending exercise as related to health promotion and exercise science. Course previously offered as HLTH 4773.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 4793 Adapted Physical Education

Prerequisites: HHP 3753, HHP 3773, full admission to Professional Education.

Description: Cognitive and psychomotor characteristics of disabling conditions, needs and challenges of educating the exceptional learner in the regular physical education program. Course previously offered as PE 4793.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 4933 Administration and Organization of Athletic Training Programs

Prerequisites: HHP 4451.

Description: The administration and organization of athletic training programs including planning and implementation, certification procedures, code of professional practice, safety standards and resource management. Course previously offered as HLTH 4933.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5000 Master's Thesis

Description: Independent research required of candidates for master's degree. Credit awarded upon completion of thesis. Course previously offered as HPEL 5000. Offered for variable credit, 1-6 credit hours, maximum of 6 credit hours.

Credit hours: 1-6

Contact hours: Contact: 1-6 Other: 1-6

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

HHP 5010 Seminar

Description: Selected topics from the profession not covered in other courses. Presentation and critique of research proposals and results. Course previously offered as HPEL 5010. Offered for variable credit, 1-2 credit hours, maximum of 4 credit hours.

Credit hours: 1-2

Contact hours: Contact: 1-2 Other: 1-2

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

HHP 5020 Health and Human Performance Workshop

Description: Workshop in selected areas of health and human performance. Course previously offered as HPEL 5020. Offered for variable credit, 1-3 credit hours, maximum of 6 credit hours.

Credit hours: 1-3

Contact hours: Lecture: 1-3 Contact: 1-3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5030 Field Problems in Health and Human Performance

Description: Individual investigations of issues in the areas of health and human performance. Course previously offered as HPEL 5030. Offered for variable credit, 1-3 credit hours, maximum of 6 credit hours.

Credit hours: 1-3

Contact hours: Contact: 1-3 Other: 1-3

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

HHP 5033 Advanced Techniques in Orthopedic Assessment

Description: Knowledge in evaluating various upper and lower extremity orthopedic injuries.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5053 Research Design in Leisure, Health and Human Performance

Prerequisites: PSYC 5303 or STAT 5013.

Description: Research design with applicability toward leisure, health and human performance. Conceptual understanding of theory, tools and processes involved in designing research. Course previously offered as LEIS 5053.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5063 Neuroanatomy

Description: Comprehensive overview of the normal structure and function of the nervous system and its divisions under conditions of normal health as well as disease. Designed for neuroscientists, pre-medical, and health professions students. An introduction to clinically-oriented neurological assessment will be provided.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5073 Psychological Aspects of Sport

Description: Psychological foundations of sport emphasizing performance enhancement by athletes through psychological training techniques. Course previously offered as HPEL 5073.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5523 Current Readings in Health

Description: Contemporary research, literature, projections and views as applied to total health and well-being. Course previously offered as HPEL 5523.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5603 Principles of Performance Enhancement

Prerequisites: HHP 2654, HHP 3114, ZOO 3204.

Description: Theoretical foundation of specific tenets of exercise and performance enhancement. Upon successful course completion students will be eligible to sit for the National Academy of Sports Medicine (NASM) examination for NASM Performance Enhancement Specialist certification.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5703 Principles of Corrective Exercise

Description: A scientific approach to corrective exercise program design and implementation.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5733 Motor Learning

Description: Research in psychology and physical education relevant to the understanding of the nature and basis of motor skill learning. Course previously offered as HPEL 5733.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5823 Applied Neuromuscular Physiology

Prerequisites: HHP 2654.

Description: Structure and behavior of the human body, especially as it pertains to movement. Particular emphasis will be placed on neuroanatomy, the muscular system, and the neurophysiological basis of human movement. An introduction to clinical motor-related disorders will also be provided. Course previously offered as HPEL 5823.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

HHP 5843 Applied Biomechanics**Prerequisites:** HHP 5823**Description:** Instruction and hands-on experience in the applied techniques to measure human movement and performance.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Graduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**Additional Fees:** HPE/CPSY Consummable Mat fee of \$10 applies.**HHP 5853 Clin Ex Test & Prescript****Prerequisites:** HHP 3114.**Description:** An in-depth study of the principles and application of clinical exercise testing including submaximal and maximal tests, oxygen consumption, and electrocardiography. Guidelines to prescribing individualized exercise plans will also be covered. Special attention will be paid to clinical variables and special populations. Course previously offered as HPEL 5853.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Graduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**Additional Fees:** HPE/CPSY Consummable Mat fee of \$15 applies.**HHP 5873 Human Bioenergetics****Prerequisites:** HHP 3114.**Description:** Human energy production, utilization and storage in response to exercise. Course previously offered as HPEL 5873.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Graduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**HHP 5923 Readings in Neurophysiology****Prerequisites:** HHP 5823: Applied Neuromuscular Anatomy and Neurophysiology.**Description:** Establishes a foundation in neurophysiology, particularly relating to the neural control of human movement. Developed through examining original research, especially the seminal articles from this field with special emphasis on areas of contention and controversy.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Graduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**HHP 6000 Doctoral Dissertation****Description:** Exploration and presentation of selected topics and research in health and human performance. Course previously offered as HPEL 6000. Offered for variable credit, 1-25 credit hours, maximum of 25 credit hours.**Credit hours:** 1-25**Contact hours:** Contact: 1-25 Other: 1-25**Levels:** Graduate**Schedule types:** Independent Study**Department/School:** Kinesiology, Appl Health, Rec**HHP 6010 Independent Study in Health and Human Performance****Prerequisites:** Consent of instructor.**Description:** Supervised readings, research or independent study of trends and issues related to the areas of health and human performance. Course previously offered as HPEL 6010. Offered for variable credit, 1-3 credit hours, maximum of 6 credit hours.**Credit hours:** 1-3**Contact hours:** Contact: 1-3 Other: 1-3**Levels:** Graduate**Schedule types:** Independent Study**Department/School:** Kinesiology, Appl Health, Rec**HHP 6020 Research Colloquium****Description:** Exploration and presentation of selected topics and research in health and human performance. Course previously offered as HPEL 6020. Offered for variable credit, 1-3 credit hours, maximum of 3 credit hours.**Credit hours:** 1-3**Contact hours:** Contact: 1-3 Other: 1-3**Levels:** Graduate**Schedule types:** Independent Study**Department/School:** Kinesiology, Appl Health, Rec**HHP 6063 Grant Writing in Kinesiology, Applied Health, and Recreation****Prerequisites:** Consent of instructor.**Description:** Develop competitive grant writing skills, budget preparation, identification and selection of funding opportunities, and understanding the review and awards process. Course Previously offered as HHP 6060.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Graduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**HHP 6083 Biomedical Signal Acquisition****Description:** Writing custom software for use in a laboratory setting using LabVIEW. Intended for any lab-based science degree programs in which signals are acquired and analyzed, especially BIOMEDICAL SIGNALS. Acquiring data, interfacing with laboratory equipment, and analyzing and organizing data, with self-designed custom software program. No prior computer programming knowledge required.**Credit hours:** 3**Contact hours:** Lecture: 3 Contact: 3**Levels:** Graduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**LEIS 1232 Beginning Golf****Description:** Theory and practice of basic skills, rules, terminology and etiquette.**Credit hours:** 2**Contact hours:** Lecture: 2 Contact: 2**Levels:** Undergraduate**Schedule types:** Lecture**Department/School:** Kinesiology, Appl Health, Rec**General Education and other Course Attributes:** Leisure Performance Activity

LEIS 1242 Beginning Tennis and Racquetball

Description: Theory and practice of tennis and racquetball; basic skills, rules, terminology, and game strategy for singles and doubles play. No credit for students with credit in LEIS 1252.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Leisure Performance Activity

LEIS 1252 Beginning Tennis

Description: Theory and practice of basic skills, rules, terminology and game strategy for singles and doubles play. No credit for students with credit in LEIS 1242.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Leisure Performance Activity

LEIS 1322 Bowling

Description: Theory and practice of approaches, deliveries, releases and mechanical principles involved in aiming and follow through.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Leisure Performance Activity

LEIS 1342 Physical Fitness

Description: Theory and practice of aerobic and weight training activities with learning experiences designed to promote physical fitness.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Leisure Performance Activity

LEIS 1352 Weight Training

Description: Improvement of muscular strength and endurance in the major muscle groups of the body through progressive resistive exercise. Fundamental anatomy, physiology, mechanical principles, methods and techniques as applied to weight training programs.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Leisure Performance Activity

LEIS 1362 Self Defense

Description: Theory and practice of self defense; scientific principles of gravity and body control over opposing forces, and principles of contest judo.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Leisure Performance Activity

LEIS 2112 Rock Climbing

Description: Theory and practice in the basics of technical rock climbing, bouldering and spelunking.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Leisure Performance Activity

LEIS 2122 Backpacking and Hiking

Description: Theory and practice of outdoor skills and leadership techniques for executing and evaluating a wilderness activity.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Leisure Performance Activity

LEIS 2322 Recreational Dance

Description: Theory and practice of traditional social dances and a variety of "free style" dance forms.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Leisure Performance Activity

LEIS 6043 Ethical Issues in Health, Leisure, and Human Performance

Prerequisites: Admission to the Graduate College.

Description: A survey of ethical issues with specific emphasis on health, leisure, and human performance in higher education.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 2433 Introduction to Recreational Therapy

Description: Theory and application of recreational therapy with emphasis on types of illnesses and disabilities, delivery systems, programming services. Previously offered as RMTR 2433.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 2443 Contemporary Issues in Diversity (DS)

Description: Exploration of the primary and secondary dimensions of diversity and their impact on society. Individual and institutional responses to cultural diversity. Previously offered as RMTR 2443.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

General Education and other Course Attributes: Diversity, Social & Behavioral Sciences

RMRT 3431 Recreation Management Practicum I

Prerequisites: RMRT 2413.

Description: Supervised practical experience with leadership responsibilities for planning, conducting and evaluating activities and programs. Graded on a pass-fail basis. Previously offered as RMTR 3431.

Credit hours: 1

Contact hours: Lecture: 1 Contact: 1

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 3432 Recreation Management Practicum II

Description: Supervised practical experience with leadership responsibilities for planning, conducting and evaluating activities and programs. Previously offered as RMTR 3432. Graded on a pass-fail basis.

Credit hours: 2

Contact hours: Lecture: 2 Contact: 2

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 3443 Assessment in Recreational Therapy

Prerequisites: RMRT 2433 or Instructor Permission.

Description: Assessments and documentation used in the Recreational Therapy field and including reviewing and practicing with various assessments, writing notes using the various forms of documentation, writing goals and objectives, and combining knowledge and skills in a comprehensive assignment.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 3843 Recreational Therapy Facilitation Techniques & Interventions

Description: Facilitation techniques, leadership, and interventions for the various diagnostic groupings, treatment settings, and individuals seeking assistance from a recreational therapist.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 4010 Directed Studies in Recreation Management

Prerequisites: Consent of instructor.

Description: Supervised readings, research or study of trends and issues related to Recreation Management. Previously offered as RMTR 4010. Offered for variable credit, 1-9 credit hours, maximum of 9 credit hours.

Credit hours: 1-9

Contact hours: Contact: 1-9 Other: 1-9

Levels: Undergraduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

RMRT 4581 Senior Seminar in Recreational Therapy

Prerequisites: RMRT 2433 or Instructor Permission.

Description: Culminating course work in Recreational Therapy examining current issues, professional practices, and professional philosophy.

Credit hours: 1

Contact hours: Lecture: 1 Contact: 1

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 4833 Recreational Therapy and Pediatrics

Prerequisites: RMRT 2433 or Instructor Permission.

Description: The role of Recreational Therapists in the treatment of the pediatric population (ages 0-18 years) including terminology, etiology, prognosis of specific problems, assessment, treatment, and program development in recreational therapy.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 4843 Recreational Therapy & Healthcare Administration

Description: Facilitation techniques, leadership, and interventions for the various diagnostic groupings, treatment settings, and individuals seeking assistance from a recreational therapist.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Undergraduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5000 Master's Thesis

Prerequisites: Consent of major professor.

Description: Research in Recreation Management and/or Recreational Therapy for master's degree. Previously offered as LEIS 5000. Offered for variable credit, 1-6 credit hours, maximum of 6 credit hours.

Credit hours: 1-6

Contact hours: Contact: 1-6 Other: 1-6

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

RMRT 5010 Directed Study in Recreation Management

Prerequisites: Permission of Instructor.

Description: Directed study within recreation management. Previously offered as LEIS 5010. Offered for variable credit, 1-3 credit hours, maximum of 20 credit hours.

Credit hours: 1-3

Contact hours: Contact: 1-3 Other: 1-3

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

RMRT 5013 Recreation and a Technologically Advanced Society

Description: Investigate the recreational needs of modern society locally and globally. Consider new methods of recreation participation and communicating recreation information to target populations and devise strategies to implement these methods. Utilize modern tools to incorporate recreation activities into participants' lives. May not be used for degree credit with RMRT 4013 or RM 4013. Previously offered as LEIS 5013.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5020 Workshop in Recreation Management

Prerequisites: Consent of instructor.

Description: Advanced instruction on specialized topic areas in recreation management. Previously offered as LEIS 5020. Offered for variable credit, 1-6 credit hours, maximum of 20 credit hours.

Credit hours: 1-3

Contact hours: Contact: 1-3 Other: 1-3

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

RMRT 5023 Legal Aspects of Recreation Management, Health, Physical Education, and Leisure Services

Description: The application and interpretation of the law as it applies to teachers, coaches and administrators of recreation management, health, physical education, and leisure services programs. Course previously offered as HHP 5023 and LEIS 5023.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5030 Field Problems in Recreation Management

Prerequisites: Consent of instructor.

Description: Applied research within the practice of recreation management. Previously offered as LEIS 5030. Offered for variable credit, 1-6 credit hours, maximum of 20 credit hours.

Credit hours: 1-6

Contact hours: Contact: 1-6 Other: 1-6

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

RMRT 5033 Recreation Specialization and Serious Leisure

Description: The Serious Leisure Theory focuses on leisure participation in which a persons is highly concentrated on one pursuit. This course investigates the details of the theory, how this theory can be observed in participants, and how to facilitate recreation and leisure programs to fulfill the needs of those engaged in Serious Leisure pursuits. May not be used for degree credit with RMRT 4023 or RM 4023. Previously offered as LEIS 5033.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5073 Recreational Therapy and Geriatrics

Prerequisites: LEIS 2433 or consent of instructor.

Description: Role of Recreational Therapists (RT) working with geriatric population. Topics include terminology, etiology, prognosis, assessment, and program development in RT. Previously offered as LEIS 5073.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5113 Graduate Internship in Recreation Management

Prerequisites: Graduate student status.

Description: Supervised practical experience with leadership responsibilities for planning, leading, and evaluating activities and programs. Previously offered as LEIS 5113.

Credit hours: 3

Contact hours: Contact: 3 Other: 3

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

RMRT 5403 Outdoor Recreation

Prerequisites: Graduate Student Standing.

Description: Theory and practical application of outdoor recreation concepts with emphasis on programs, pursuits, philosophies, principles, policies, economics, trends and problems. Course previously offered as HPEL 5403 and LEIS 5403. May not be used for degree credit with RMTR 4473, RMRT 4473 or RM 4473.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5413 Organization and Administration of Recreation and Leisure Services

Prerequisites: Graduate Student Standing.

Description: Systematic approach to problem solving and decision making for structure, personnel management, financing, and program development for recreation and leisure service delivery systems. Course previously offered as HPEL 5413 and LEIS 5413.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5423 Supervision of Recreation Management People and Programs

Prerequisites: Graduate standing.

Description: Administrative supervision and leadership in Recreation Management delivery systems. An examination of theories and practices as related to personnel, participants, and facility resources. Previously offered as LEIS 5423.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5433 Current Issues in Recreation Management

Description: Current issues related to the recreation management services profession. Investigation, discussion and analysis of contemporary issues. Previously offered as HPEL 5443 and LEIS 5433.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5443 Social Foundations of Recreation Management

Prerequisites: Graduate standing.

Description: Social, psychological, philosophical and historical foundations of recreation and recreation management. The impact of social forces on recreation and leisure throughout history. Course previously offered as HPEL 5443 and LEIS 5443.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5453 Recreation Management and Recreational Therapy Experiential Learning Lab

Description: Lecture, discussion, and experiential lab investigating human behaviors, thoughts, attitudes, and practices related to recreation. The understanding of the complexity of providing recreation and recreational therapy services to a variety of target populations. Previously offered as LEIS 5453.

Credit hours: 3

Contact hours: Lecture: 2 Lab: 2 Contact: 4

Levels: Graduate

Schedule types: Lab, Lecture, Combined lecture and lab

Department/School: Kinesiology, Appl Health, Rec

RMRT 5463 Issues in Recreational Therapy

Prerequisites: LEIS 2433 or professional experience in recreational therapy.

Description: Current issues in recreational therapy with emphasis on accreditation, certification, licensure, quality assurance and ethics. Previously offered as LEIS 5463.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5473 Recreation and Aging

Description: Overview of the recreation needs and services for older adults, with emphasis upon the delivery system and recreation activities. Course previously offered as HPEL 5473 and LEIS 5473.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5483 Recreational Therapy for Persons with Physical Disabilities

Prerequisites: LEIS 2433 or professional experience in recreational therapy.

Description: The role of recreational therapy in the treatment and rehabilitation of individuals with physical disabilities. Emphasis on terminology, prognosis, etiology or specific disabilities, program development, assessment. Previously offered as LEIS 5483 and HPEL 5483.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5493 Recreational Therapy in Mental Health and Intellectual Disabilities

Prerequisites: LEIS 2433 or professional experience in recreational therapy.

Description: The role of recreational therapists (RT) in mental health or intellectual disabilities with emphasis upon client prognosis and methodologies of treatment programs. Previously offered as LEIS 5493 & HPEL 5493.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5513 Recreation and Leisure Education

Description: Models of recreation leisure education discussed and practices in conjunction with enhancing student's ability with basic skills of recreation and leisure counseling to facilitate optimal recreation and leisure pursuits. May not be used for degree credit with RMTR 4513, RMRT 4513 or RM 4513. Previously offered as LEIS 5513.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5553 Tourism in Recreation Settings

Description: Theory and foundations of the philosophy, principles and practices that associate tourism with recreation agencies and settings. May not be used for degree credit with RMTR 4553, RMRT 4553 or RM 4553. Previously offered as LEIS 5553.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5563 Entrepreneur Recreation Management

Description: Introduction to the scope, characteristics and management aspects of the commercial recreation industry from an entrepreneurial perspective. May not be used for degree credit with RMTR 4563, RMRT 4563 or RM 4563. Previously offered as LEIS 5563.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5603 Outdoor Education

Description: Development of a holistic approach to teaching and learning in the outdoors. Learning in, about, and for, the out-of-doors as a process for acquiring skills with which to enjoy outdoor pursuits. May not be used for degree credit with RMTR 4453, RMRT 4453 or RM 4453. Previously offered as LEIS 5603.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5703 Areas and Facilities in Recreation Management Services

Description: Planning, design and development of areas and facilities in recreation management service delivery systems. May not be used for degree credit with RMTR 4463, RMRT 4463 or RM 4463. Previously offered as LEIS 5703.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5713 Campus Recreation, Intramurals, and Sport

Description: Program operations, industry standards, and current issues surrounding these areas of the recreation industry. May not be used for degree credit with RMRT 4713 or RM 4713. Previously offered as LEIS 5713.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5933 Advanced Methods in Recreational Therapy

Description: Theoretical and practical examination of contemporary implementation procedures used in recreational therapy practice. May not be used for degree credit with RMRT 4933 or RT 4933. Previously offered as LEIS 5933.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 5943 Grant Writing and Nonprofit Management

Description: Methods and techniques used in grant writing as well as the establishment of a nonprofit agency. Previously offered as LEIS 5943. May not be used for degree credit with RMTR 4943, RMRT 4943 or RM 4943.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 6000 Doctoral Dissertation in Recreation Management and/or Recreational Therapy

Description: Required of all candidates for the Doctor of Philosophy degree in Recreation Management. Credit is given upon completion of the dissertation. Previously offered as LEIS 6000. Offered for variable credit, 1-9 credit hours, maximum of 25 credit hours.

Credit hours: 1-9

Contact hours: Contact: 1-9 Other: 1-9

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

RMRT 6010 Independent Study in Recreation Management

Prerequisites: Consent of instructor.

Description: Supervised readings, research or study of trends and issues related to recreation management studies. Offered for variable credit, 1-3 credit hours, maximum of 20 credit hours. Previously offered as LEIS 6010.

Credit hours: 1-3

Contact hours: Contact: 1-3 Other: 1-3

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

RMRT 6013 Ethical and Professional Issues in RMRT Higher Education

Description: Introduction to higher education issues relevant to professional preparation in recreation management and recreational therapy curricula, including roles of the educator, curriculum development, implementation and management, instructional strategies and accreditation. Previously offered as LEIS 6013.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 6020 Recreation Management Research Colloquium

Prerequisites: Graduate student standing.

Description: Exploration and presentation of selected topics and research in recreation management studies. Previously offered as LEIS 3020. Offered for variable credit, 1-3 credit hours, maximum of 20 credit hours. Previously offered as LEIS 6020.

Credit hours: 1-3

Contact hours: Contact: 1-3 Other: 1-3

Levels: Graduate

Schedule types: Independent Study

Department/School: Kinesiology, Appl Health, Rec

RMRT 6023 Special Topics in Recreation

Prerequisites: Admission to the Graduate College.

Description: Special topics related to recreation, recreational therapy and leisure services. Investigation, discussion and analysis of contemporary topics. Previously offered as LEIS 6023.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 6453 Recreation Management and Recreational Therapy Behavior

Description: The advanced study of recreation and human behavior. Research related to the understanding of how and why humans engage in recreation, leisure, and play. Previously offered as LEIS 6453.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

RMRT 6763 Management in Health, Human Performance, and Recreation Management & Recreational Therapy Setting

Prerequisites: Admission to the Graduate College.

Description: Essential elements of organizational structures, management issues, functions and styles in public, non-profit and private settings in health, human performance, and recreation management & recreational therapy. Course previously offered as HHP 5763, HPEL 5763 and LEIS 6763.

Credit hours: 3

Contact hours: Lecture: 3 Contact: 3

Levels: Graduate

Schedule types: Lecture

Department/School: Kinesiology, Appl Health, Rec

Undergraduate Programs

- Applied Exercise Science: Pre-Professional, BS (<http://catalog.okstate.edu/education-human-sciences/kinesiology-applied-health-recreation/applied-exercise-science-pre-professional-bs/>)
- Applied Exercise Science: Sport and Coaching Science, BS (<http://catalog.okstate.edu/education-human-sciences/kinesiology-applied-health-recreation/applied-exercise-science-sport-coaching-science-bs/>)
- Applied Exercise Science: Strength and Conditioning, BS (<http://catalog.okstate.edu/education-human-sciences/kinesiology-applied-health-recreation/applied-exercise-science-strength-conditioning-bs/>)
- Recreation and Athletic Management: Recreation Management, BS (<http://catalog.okstate.edu/education-human-sciences/kinesiology-applied-health-recreation/recreation-management-recreational-therapy-recreational-management-bs/>)
- Recreational Therapy, BS (<http://catalog.okstate.edu/education-human-sciences/kinesiology-applied-health-recreation/recreational-therapy-bs/>)

Graduate Programs

Graduate Program - Applied Exercise Science & Health and Human Performance

Doug Smith, PhD—Professor and Graduate Coordinator

Graduate Program - Recreation Management and Recreational Therapy; Leisure Studies

Tim Passmore, EdD—Professor and Graduate Coordinator

Graduate Certificate in Recreation and Leisure Management

Donna Lindenmeier, PhD—Associate Professor and Graduate Certificate Coordinator

MS in Health and Human Performance

The MS in Health and Human Performance offers two options: Applied Exercise Science and Health Promotion. The option in Applied Exercise Science studies how human movement improves overall physical health and fitness. The 36-hour degree offers a Thesis and Non-thesis (Creative Component) option. Our master's students strive to advance health,

physical activity and sport performance through relevant clinical- and performance-based research and instruction. Graduates go on to earn their doctorate degree at reputable institutions across the country or obtain professional employment within the areas of applied health and strength and conditioning.

The health and human performance program also provides preparation at the master's level with an option of Health Promotion. The 36-hour degree offers a Thesis and Non-thesis (Creative Component) option. The program focuses on advancing the students understanding of the proximal and distal determinants of mental and physical health.

PhD in Health, Leisure and Human Performance, with an option in Health and Human Performance

The PhD in Health, Leisure and Human Performance, option in Health and Human Performance has two emphasis tracks: Exercise Physiology and Health Education and Promotion.

Our doctoral students with an emphasis in Exercise Physiology strive to advance health, prevention, physical activity and sport performance through relevant clinical- and performance-based research and instruction.

Our doctoral students with an emphasis in Health Education and Promotion meet their career needs and goals through (1) community-based, translational research and (2) classroom experiences focusing on social justice and diversity. The purpose and focus of this emphasis is to prepare excellent entry-level research scholars for formal and informal learning organizations

The PhD in Health, Leisure and Human Performance option in Health and Human Performance is designed to permit flexibility within the Health discipline while assuring that all students in the program are provided the opportunity to develop research skills which facilitate functioning as future faculty members or scholar practitioners.

Master of Science in Leisure Studies

Beyond the baccalaureate level, the program in leisure studies provides preparation at the master's level across the discipline. Students develop a plan of study, under the advisement of a graduate committee and may focus on various emphasis areas in recreation, parks and leisure services or in recreational therapy. Graduates of the master's degree are typically employed in management and administrative positions in a wide variety of recreation, parks and leisure service settings. Graduates with a master's degree with the focus on Recreational Therapy are typically employed in healthcare settings to include hospitals, physical rehabilitation facilities, behavioral health, facilities, long-term care facilities and other facilities focused on healthcare. Graduates with a master's degree with a focus on Recreation Management are typically employed in areas such as campus recreation, municipal parks and recreation, military recreation, YMCAs, state parks and others. The master's degree is 36 credit hours beyond the bachelor's degree and many graduate assistantships are available for qualified students.

PhD in Health, Leisure and Human Performance, with an option in Leisure Studies

Students seeking the terminal degree in Leisure Studies engage in the PhD in HLHP. Those completing this program are well prepared for entry-level positions as faculty members in a wide range of colleges and universities. To facilitate student readiness to work in academia, doctoral students work closely with faculty, engage in coursework and examinations, and participate in opportunities for experiences in teaching, scholarship and service. Core learning experiences include an understanding of curriculum, applied ethics and administration, as well as developing an understanding of the common tripartite mission of most universities - scholarship, teaching, and service. The PhD requires 60 hours of coursework beyond the master's degree; many graduate assistantships are available for qualified students.

Minors

- Recreation Management and Recreational Therapy (RMRT), Minor (<http://catalog.okstate.edu/education-human-sciences/kinesiology-applied-health-recreation/recreation-management-recreational-therapy-minor/>)
- Sports and Coaching Science (SPCS), Minor (<http://catalog.okstate.edu/education-human-sciences/kinesiology-applied-health-recreation/sports-coaching-science-minor/>)

Faculty

Bert H. Jacobson, EdD, FACSM—School Head, Regents Professor, Seretean Endowed Professor

Professors: Douglas Smith, PhD; Tim Passmore, EdD

Associate Professors: Jay Dawes, PhD; Jason Defreitas, PhD; Donna Lindenmeier, PhD

Assistant Professors: Breanne Baker, PhD; Taylor Dinyer, PhD; Shane Hammer, PhD; Michael Trevino, PhD