

Department of

Health, Recreation and Human Performance



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Introduction

The Department of Health, Recreation and Human Performance provides instruction for students pursuing majors and minors in the fields of health science, recreation management, exercise physiology, and medical assisting. See the major and minor descriptions for more detail on specific areas of study.

Exercise Physiology (481)

The exercise physiology major focuses on the scientific study of the physiological process involved with human movement. It includes instruction in muscular and skeletal anatomy, molecular and cellular basis of muscle contraction, fuel utilization, neurophysiology of human movement, systemic physiology of specific activities and exercise, the physiology of injury, and the effects of disabilities and disease. After receiving a degree in exercise physiology, our graduates have a wide variety of opportunities, including attending graduate schools in medical, dental, pharmacology, physical therapy, occupational therapy, physician's assistant, and other professional health areas, as well as graduate programs in exercise sciences.

Recreation Management (611-108)

The Recreation Management major prepares students to work professionally in the leisure services industry. Employment opportunities exist in government, private, commercial, industrial, military recreation programs, youth agencies, clinical treatment settings, state and national parks, and educational settings.

The curriculum covers activity skill development and leadership, financial, program, facility, and risk management. The recreation profession is interdisciplinary and may involve course work from a variety of departments across campus. Courses in business, behavioral science, health science, exercise science, family science, natural science, life science, and other related fields are an important part of the recreation management major curriculum.

Therapeutic Recreation Emphasis (611-106)

Recreation Therapy is a process which uses recreation as a means to improve or maintain physical, cognitive, social, emotional, and spiritual functioning in order to facilitate full participation in life. Students interested in Therapeutic Recreation should see their advisor to set up their program. This program is one of the fastest growing health-related professions in the United States. Certified Therapeutic Recreation Specialists (STRS) serve individuals with disabilities. They may also serve senior citizens and youth who are at risk in both the institutional and community settings. Other settings could include hospitals, nursing homes, correctional facilities, wilderness programs, community centers, and senior centers.

The Recreational Therapy program is an emphasis you can choose within the Recreation Management major. The program allows students the opportunity to become certified by the National Council for Therapeutic Recreation Certification (NCTRC).

Community Emphasis (611-150)

This emphasis is designed for individuals seeking careers within municipal recreation, community recreation, sports and fitness centers, and health clubs to gain specialized skills and certifications that will qualify them for employment within the industry. Course work includes classes focused on facility management, special event planning, business, and specific certifications/skills appropriate to community settings, including aquatics, inclusion, outdoor, and exercise science.

Public Health: Epidemiology Emphasis (751-202)

Epidemiology is the study of the distribution and causes of diseases in a human population. This emphasis is an introduction to the methods and analysis of health related data. Entry level work includes: disease investigators, data analysts, research coordinators, public health evaluators, etc. This is a good emphasis for individuals interested in advanced study in public health. The core areas of public health include biostatistics, epidemiology, environmental health, health administration, and behavior/social health. This emphasis provides an introduction into the public health specialty of epidemiology.

Public Health: Health Education and Promotion Emphasis (751-203)

This emphasis includes the public health core classes and additional courses intended to help students develop competencies in needs assessment; program planning, program implementation, program evaluation, communicating health concerns, and acting as a resource person in the community. This emphasis prepares students for health related career opportunities. These include community health educator, health promotion specialist, work site wellness specialist, health counseling, wellness coaching, resort wellness, fitness center, lifestyle training specialist, etc. The program prepares students to become health educators and take the Certified Health Education Specialist (CHES) examination offered through the National Committee on Health Education Credentialing, Inc.

Public Health: Health Science Emphasis (751-204)

This emphasis is for those students pursuing a degree in public health working in patient care. It will prepare students for entry-level clinical positions, as well as professional careers as physicians, dentists, physician assistants, physical therapists, occupational therapists, chiropractors, audiologists, and optometrists. While providing many of the pre-professional prerequisites, this emphasis is streamlined for those interested in a health-professional field with a public health approach. Students interested in this emphasis should meet with academic advising to discuss a specific approach and detailed schedule of classes.

Healthcare Administration (752)

The healthcare administration major prepares students (a) to directly enter the workforce as administrator/managers of healthcare facilities such as medical group practice, urgent care center, long-term care facilities, department-level positions or (b) to enter graduate level studies in hospitals, ambulatory surgery centers, skilled nursing facilities, health insurance companies, etc. This degree is also a solid path for those seeking to pursue a master's degree in healthcare administration or business management.

Occupational Safety and Health (755)

Students are trained in the practice of anticipation, recognition, evaluation, and control of safety and health hazards found in the work environment. They will be prepared to enter business and industry as safety, industrial hygiene and environmental professionals. Students are also prepared for graduate programs in industrial hygiene and safety.

Medical Assisting Program (361)

The Associate Degree of Applied Science in Medical Assisting prepares students to be employed in an ambulatory medical facility, i.e. a doctor's office, outpatient clinic, or same-day surgical center. A Medical Assistant is cross-trained and multi-skilled to perform both administrative (front office) and clinical (back office and lab) procedures to support the physician/employer in providing excellent patient care. This program prepares students to take the National Certified Medical Assistant exam offered by the American Association of Medical Assistants (AAMA).

To enter the program the student should first complete BIO 264 with a C or higher and HS 280 with a B- or higher. The student should apply to the program by attending one of three orientation meetings. The entry courses are offered during all three semesters so students on every track can apply. At the end of the program (with all MA courses completed) the student will complete a 200 hour, unpaid externship at an ambulatory medical facility. The purpose is to practice and perfect the skills learned in class. The student is strongly encouraged to do externship off-track, and it must be approved by the school's Internship Office and the program director.

Physical Therapist Assistant Program (366)

The BYU-Idaho PTA program is an associate of science degree that prepares students to be employed as a physical therapist assistant. The program received accreditation from the Commission on Accreditation in Physical Therapy Education in 2015. Each Fall a new cohort of students is admitted into the program. The application deadline for each year is Monday prior to Spring graduation. The program includes two academic and two clinical education semesters after prerequisites have been met. For prerequisite requirements, the program course schedule and other program information, please visit the PTA program website.

BYU-Idaho/University of Idaho Masters of Athletic Training 3-2 Agreement

Through an ongoing collaborative discussion, the University of Idaho has agreed to allow qualified BYU-Idaho students (up to ten per year) application for early acceptance into their MSAT program. Students accepted into the program will complete a minimum of 90 credits at BYUI (which will include all major classes in exercise science or health science) and begin the two year MSAT program in the summer semester following their junior year. Credits from their first year at the University of Idaho will transfer back to fulfill remaining requirements towards their BS degree at BYUI. Students will then complete the second year of the University of Idaho program, graduating with their Master's in Athletic Training the following year.

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

AAS in Medical Assisting (361)			
Medical Assisting Introductory Core <i>Take these courses:</i> BIO 264 3 BIO 264L 1 HS 280 2 MA 106 2 PSYCH 111 2 <hr style="width: 50px; margin-left: 0;"/> 11	<i>Take 1 course:</i> B 320 3 B 370 3 HS 285 3 HS 320 3 HS 460 3 NUTR 150 3 <hr style="width: 50px; margin-left: 0;"/> 3	Medical Assisting Core Module* <i>Take these courses:</i> BIO 265 3 BIO 265L 1 COMM 150 3 MA 105 3 MA 105L 3 MA 107 3 MA 111 3 MA 205 3 MA 205L 3 MA 298 2 <hr style="width: 50px; margin-left: 0;"/> 27	Program Notes: <ul style="list-style-type: none"> • No Double Counting of Major Courses • A minimum grade of C- or higher required in all major required courses. • * The Medical Assisting Core Module must be applied for through the Medical Assisting Application Process • Although not a requirement, a grade of B- or higher is recommended for admission into the Medical Assistant Program.
Credit Requirements:		Tracks Available:	
Foundations	17	Fall-Winter	Yes
Major	41	Winter-Spring	Yes
Elective	<u>2</u>	Spring-Fall	Yes
Total	<u>60</u>		

AAS in Physical Therapist Assistant (366)			
Prerequisite Courses <i>Take these courses:</i> HS 280 2 BIO 264 3 BIO 264L 1 BIO 265 3 BIO 265L 1 HRHP 359 3 <hr style="width: 50px; margin-left: 0;"/> 13	First Semester Module <i>Take these courses:</i> PTA 100 2 PTA 105 5 PTA 215 4 PTA 369 3 PTA 369L 1 <hr style="width: 50px; margin-left: 0;"/> 15 Second Semester Module <i>Take this course:</i> PTA 198 3 <hr style="width: 50px; margin-left: 0;"/> 3	Third Semester Module <i>Take these courses:</i> PTA 205 5 PTA 210 3 PTA 220 3 PTA 299 1 <hr style="width: 50px; margin-left: 0;"/> 12 Fourth Semester Module <i>Take this course:</i> PTA 298 3 <hr style="width: 50px; margin-left: 0;"/> 3	Program Notes: <ul style="list-style-type: none"> • No Double Counting of Major Courses • This is an application only program.
Credit Requirements:		Tracks Available:	
Foundations	17	Fall-Winter	No
Major	<u>46</u>	Winter-Spring	No
Total	<u>63</u>	Spring-Fall	Yes

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

BS in Exercise Physiology (481)

Core Courses <i>Take these courses during your first two semesters:</i> HRHP 131 2 NUTR 150 3 ----- 5 <i>Take these courses:</i> BIO 264 3 BIO 264L 1 OR this course: BIO 460 4 ----- 4 <i>Take these courses:</i> BIO 265 3 BIO 265L 1 OR this course: BIO 461* 5 ----- 4		Take these courses: ESS 375 3 ESS 375L 1 MATH 221B 3 HRHP 359 3 PH 105 4 ----- 14 Take 4 credits: CHEM 101 & 101L 4 CHEM 105 4 ----- 4	Select and Complete 1 of the Following Modules Movement and Rehabilitation Science <i>Take these courses:</i> ESS 498 2 HS 349 3 HS 349L 1 HRHP 369 3 HRHP 415 3 ----- 12 Exercise Physiology Graduate School Preparation <i>Take these courses:</i> ESS 465 4 ESS 497 3 HRHP 415 3 HS 305 3 ----- 13	Exercise Nutrition <i>Take these courses:</i> ESS 498 2 HS 305 3 NUTR 200 3 NUTR 350 3 ----- 11 <i>Take 1 of these courses:</i> NUTR 330 3 NUTR 400 3 ----- 3	Program Notes: •No Grade Less Than C- in Major Courses. •No double counting of Major courses. *Course requires prerequisites that are not in core courses. See course description for more detail.
Credit Requirements: Foundations 40 Major 43 Elective 37 ----- Total 120		Tracks Available: Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes			

Accelerated Athletic Training

University of Idaho/BYU-Idaho 3+2 Program Map

Semester 1 <i>Take these courses:</i> BIO 264 3 BIO 264L 1 FDMAT 108 3 FDREL* 2 FDSCI 101 2 <i>Take 1 course:</i> FDAMF 101 3 FDCIV 101 3 ----- 14	Semester 2 <i>Take these courses:</i> BIO 265 3 BIO 265L 1 ESS 375 3 ESS 375L 1 FDREL* 2 HRHP 131 2 <i>Take 1 course:</i> FDHUM 110 3 FDWLD 101 3 ----- 15	Semester 3 <i>Take these courses:</i> FDHUM 110 3 FDENG 101 3 FDREL* 2 NUTR 150 3 <i>Take 1 course:</i> Any FDHUM, FDLIT, or FDINT course 3 FDWLD 201 3 ----- 14	Semester 4 <i>Take these courses:</i> FDENG 301 3 FDREL* 2 HRHP 359 3 HS 305 3 HS 349 3 HS 349L 1 ----- 15	Program Notes: •ESS 497 or ESS 498 should be completed between years 2 and 3. 90 credits must be completed by the end of year 3. A minimum cumulative GPA of 3.3 is required. * Any required Foundations of religion course can be taken. ** Will need to take 2 religion courses this semester or have a religion override.
Off-Track <i>Take 1 course:</i> ESS 497 3 ESS 498 1 ----- 1	Semester 5 <i>Take these courses:</i> PIDS 3 ESS 381 4 FDREL* 2 HRHP 369 3 MATH 221B 3 ----- 15	Semester 6 <i>Take these courses:</i> FDREL** 2 Fit/Life/Sports 1 ESS 347 2 ESS 465 3 HRHP 415 3 Elective 4 ----- 15		

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

BS in Recreation Management
Therapeutic Recreation Emphasis (611-106)

Core Courses <i>Take these courses during your first 2 semesters:</i> HRHP 131 2 RM 100 1 RM 123 2 RM 304 3 RM 343 3 <hr/> 11 <i>Take these courses:</i> MATH 221C 3 RM 307 3 RM 486 3 <hr/> 9 <i>Take 1 course:</i> HS 391 2 RM 487 3 <hr/> 2	First Aid Courses <i>Take this course:</i> HS 223 3 3 Internship <i>Take this course for 3 credits:</i> RM 498B 3 3	Skills Courses <i>Take this course:</i> RM 301 3 OR <i>Take 2 credits:</i> ESS 100 1 ESS 101 1 ESS 115 1 ESS 127 1 ESS 130 1 ESS 178 1 RM 223 B-F, K, L 2 RM 223 G 4 RM 224 A-C, E-F 2 RM 225 A, B 2 RM 225 C 3 RM 366 3 RM 373R 3 2	Therapeutic Recreation Courses <i>Take these courses:</i> PSYCH 111 3 RM 370 3 RM 371 3 RM 471 3 RM 472 3 RM 473 3 18 Required Cluster Courses <i>Take this required cluster:</i> BIO 264 3 BIO 264L 1 BIO 265 3 BIO 265L 1 PSYCH 201 3 PSYCH 342 3 14	Program Notes: •No Double Counting of Major Courses
Credit Requirements: Foundations 40 Major 62 Elective 18 Total 120		Tracks Available: Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes		

BS in Recreation Management (611-108)
Recreation Management Emphasis

Core Courses <i>Take these courses during your first 2 semesters:</i> HRHP 131 2 RM 100 1 RM 123 2 RM 304 3 RM 343 3 <hr/> 11 <i>Take these courses:</i> MATH 221C 3 RM 307 3 RM 486 3 <hr/> 9 <i>Take 1 course:</i> HS 391 2 RM 487 3 <hr/> 2	First Aid Course <i>Take this course:</i> HS 223 3 3 Internship <i>Take this course for 3 credits:</i> RM 498R 3 3	Management Course <i>Take this course:</i> RM 320 3 3 Skills Courses <i>Take this course:</i> RM 301 3 OR <i>Take 2 credits:</i> ESS 100 1 ESS 101 1 ESS 115 1 ESS 127 1 ESS 130 1 ESS 178 1 2	Enrichment Courses <i>Take this course:</i> RM 200 3 3 <i>Take 9 credits:</i> RM 223 B-F, K, L 2 RM 223 G 4 RM 224 A-C, E-F 2 RM 225 A, B 2 RM 225 C 3 RM 342 3 RM 370 3 RM 371 3 RM 423 3 RM 471* 3 RM 472* 3 RM 473* 3 RM 483 3 RM 499R 3 1-3 9	Program Notes: •No Double Counting of Major Courses •Courses from other disciplines may be substituted as approved. * Courses require prerequisites that are not in core courses. See course descriptions for more detail.
Credit Requirements: Foundations 40 Major 45 Elective 35 Total 120		Tracks Available: Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes		

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

BS in Recreation Management Community Emphasis (611-150)				
Core Courses <i>Take these courses during your first 2 semesters:</i> HRHP 131 2 RM 100 1 RM 123 2 RM 304 3 RM 343 3 <hr style="width: 50px; margin-left: 0;"/> 11 <i>Take these courses:</i> MATH 221C 3 RM 307 3 RM 486 3 <hr style="width: 50px; margin-left: 0;"/> 9 <i>Take 1 course:</i> HS 391 2 RM 487 3 <hr style="width: 50px; margin-left: 0;"/> 2	First Aid Courses <i>Take this course:</i> HS 223 3 <hr style="width: 50px; margin-left: 0;"/> 3 Internship <i>Take this course for 3 credits:</i> RM 498R 1-3 <hr style="width: 50px; margin-left: 0;"/> 3	Management Course <i>Take this course:</i> RM 320 3 <hr style="width: 50px; margin-left: 0;"/> 3 Skills Courses <i>Take this course:</i> RM 301 3 OR <i>Take 2 credits:</i> RM 223 B-F, K, L 2 RM 223 G 4 RM 224 A-C, E-F 2 RM 225 A, B 2 RM 225 C 3 <hr style="width: 50px; margin-left: 0;"/> 2	Emphasis Courses <i>Take these courses:</i> ACCTG 180 3 ESS 205 2 RM 483 3 <hr style="width: 50px; margin-left: 0;"/> 8 <i>Take 1 course:</i> B 341 3 B 370 3 <hr style="width: 50px; margin-left: 0;"/> 3 Required Cluster Courses <i>Students must complete one mandatory cluster from the following list:</i> 1205 - Aquatic Management 1206 - Inclusion 1207 - Outdoor Recreation 1209 - Exercise Physiology <hr style="width: 50px; margin-left: 0;"/> 12	Program Notes: •No Double Counting of Major Courses
Credit Requirements:			Tracks Available:	
Foundations 40 Major 56 Elective 24 Total 120			Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes	

BS in Public Health Epidemiology Emphasis (751-202)				
Introductory Module <i>Take these courses:</i> HS 240 2 HS 280 2 HS 285 3 NUTR 150 3 <hr style="width: 50px; margin-left: 0;"/> 10 <i>Take 1 course:</i> HRHP 131 2 HS 331 3 <hr style="width: 50px; margin-left: 0;"/> 2	Science Module <i>Take these courses:</i> BIO 264 3 BIO 264L 1 HS 310 3 HS 370 3 MATH 221B 3 <hr style="width: 50px; margin-left: 0;"/> 13	Public Health Module <i>Take these courses:</i> HS 320 3 HS 390 3 HS 391 2 HS 401 2 HS 420 2 HS 498 3 <hr style="width: 50px; margin-left: 0;"/> 13	Epidemiology Emphasis Module <i>Take these courses:</i> BIO 221 3 BIO 222 1 HS 450 3 HS 480 3 MATH 325 3 <hr style="width: 50px; margin-left: 0;"/> 13	Program Notes: •No Double Counting of Major Courses •No Grade Less Than C- •*It is strongly advised that students complete the Introductory Module classes before enrolling in other classes that are part of the Epidemiology Emphasis.
Credit Requirements:			Tracks Available:	
Foundations 40 Major 51 Elective 29 Total 120			Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes	

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

BS in Public Health			
Health Education and Promotion Emphasis (751-203)			
Introductory Module <i>Take these courses:</i> HS 240 2 HS 280 2 HS 285 3 NUTR 150 3 _____ 10 <i>Take 1 course:</i> HRHP 131 2 HS 331 3 _____ 2	Public Health Module <i>Take these courses:</i> HS 320 3 HS 390 3 HS 391 2 HS 401 2 HS 420 2 HS 498 1-3 _____ 13 Health Education and Promotion Emphasis Module <i>Take 14 credits:</i> B 374 3 ESS 204 2 ESS 375 3 ESS 381 4 <i>cont. in next column</i>	<i>cont. from previous column</i> HRHP 359 3 HS 299 1-3 HS 305 3 HS 351 2 HS 460 3 HS 472 3 HS 480 3 NUTR 200* 3 NUTR 330 3 NUTR 350* 3 PSYCH 111 3 RM 343 3 SOC 111 3 _____ 14	Program Notes: •No Double Counting of Major Courses •No Grade Less Than C- •It is strongly advised that students complete the Introductory Module classes before enrolling in other classes that are part of the Health Education and Promotion Emphasis. •This emphasis is for Public Health and does not meet the requirements for K-12 certification. * Courses require prerequisites that are not in core courses. See course description for more detail.
Credit Requirements:		Tracks Available:	
Foundations	40	Fall-Winter	Yes
Major	52	Winter-Spring	Yes
Elective	28	Spring-Fall	Yes
Total	120	Online	Yes

BS in Public Health			
Health Science Emphasis (751-204)			
Introductory Module <i>Take these courses:</i> HS 240 2 HS 280 2 HS 285 3 NUTR 150 3 _____ 10 <i>Take 1 course:</i> HRHP 131 2 HS 331 3 _____ 2	MODULES <i>Complete 1 module:</i>		Program Notes: •No Double Counting of Major Courses •No Grade Less Than C- •It is strongly advised that students complete the Introductory Module classes during your first 2 semesters. *It is strongly recommended that students work with advising. The listed courses are the most common prerequisites for graduate schools. Please check with the individual programs because they may have additional or different requirements. * Course requires prerequisites that are not in core courses. See course description for more detail.
Science Module <i>Take these courses:</i> BIO 264 3 BIO 264L 1 HS 310 3 HS 370 3 MATH 221B 3 _____ 13	Physician Assistant Module <i>Take 1 course:</i> HS 305 3 HS 351 2 HS 460 3 <i>Take 11 credits:</i> BIO 180 4 BIO 221 3 BIO 222 1 CHEM 105 4 CHEM 106* 4 CHEM 351* 4 PSYCH 111 3 PSYCH 342* 3 _____ 13 *M.D./D.O./O.D Professions Module <i>Take 15 credits:</i> BIO 180 4 BIO 181* 4 CHEM 105 4 CHEM 106* 4 CHEM 351* 4 CHEM 352* 4 CHEM 481* 3 MATH 109 5 PH 105* 4 PH 106* 4 PSYCH 111 3 _____ 15	*Chiropractic Professions Module <i>Take these courses:</i> BIO 265 3 BIO 265L 1 CHEM 105 4 CHEM 106 4 CHEM 351 4 _____ 16 *Dental Professions Module <i>Take 15 credits:</i> BIO 180 4 BIO 181* 4 BIO 221 & 222 or 321 4 CHEM 105 4 CHEM 106* 4 CHEM 351* 4 CHEM 352* 4 CHEM 481* 3 MATH 109 5 PH 105* 4 PH 106* 4 PSYCH 111 3 _____ 15	*Physical Therapy Professions Module <i>Take 15 credits:</i> BIO 265 3 BIO 265L 1 CHEM 105 4 CHEM 106* 4 ESS 375 3 HRHP 359 3 PH 105 4 PH 106* 4 PSYCH 111 3 PSYCH 201 3 PSYCH 342 3 ANTH 101 or SOC 111 3 _____ 15 *Occupational Therapy Professions Module <i>Take 15 credits:</i> BIO 265 3 BIO 265L 1 CHEM 105 4 PH 105 4 PH 106 4 PH 106* 4 PSYCH 111 3 PSYCH 201 3 PSYCH 342* 3 ANTH 101 or SOC 111 3 _____ 15
Credit Requirements:		Tracks Available:	
Foundations	40	Fall-Winter	Yes
Major	51	Winter-Spring	Yes
Elective	29	Spring-Fall	Yes
Total	120		

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

BS in Healthcare Administration (752)				
Introductory Module <i>Take these courses:</i>	Healthcare Administration Core <i>Take these courses:</i>	Business Module <i>Take these courses:</i>	<i>Take 1 course:</i>	Program Notes:
BIO 230 4	B 320 3	B 211 3	ACCTG 180 3	<ul style="list-style-type: none"> •No Double Counting of Major Courses •Students who major in Healthcare Administration and are planning to pursue graduate-level studies, are encouraged to take the following elective courses: Comm 273; ECON 300; ECON 365; (Required for ASU Expedited Degree Program – see Instructor)
HS 280 2	CIT 380 3	B 301 3	ACCTG 201 <u>3</u>	
HS 285 3	ECON 365 3	B 361 3		
HS 370 3	HS 345 3	B 370 <u>3</u>	<i>Take 1 course:</i>	
MA 106 2	HS 375 3		HS 498 <u>1-3</u>	
MATH 221B 3	HS 378 3		1	
ECON 150 <u>3</u>	HS 391 2			
20	HS 425 3			
	HS 465 <u>3</u>			
	26			
Credit Requirements:			Tracks Available:	
Foundations	40		Fall-Winter	Yes
Major	62		Winter-Spring	Yes
Elective	<u>18</u>		Spring-Fall	Yes
Total	120		Online	Yes

BS in Occupational Safety & Health (755)				
Core Courses <i>Take these courses:</i>	<i>Complete 1 Option:</i>			Program Notes:
B 370 3	Option 1	Option 2		<ul style="list-style-type: none"> •No Double Counting of Minor Courses •No Grade Less Than C- in Minor Courses
CHEM 101 or 105 3-4	<i>Take these courses:</i>	<i>Take these courses:</i>		
CONST 320 2	PH 105 4	BIO 221 3	CHEM 105 4	
HS 310 3	<i>Take either:</i>	BIO 222 1	CHEM 106 4	
HS 384 2	CHEM 150 and 5	HS 370 3		
HS 450 3	CHEM 153 1	MATH 221B 3	<i>Take 12 credits:</i>	
HS 484 2	or	<i>Take 1 course:</i>	CHEM 220 5	
HS 485 3	CHEM 106 and 4	MATH 325 3	CHEM 351 4	
HS 486 3	CHEM 351 4	GEOG 230 3	CHEM 352 4	
HS 487 3	<i>Take either:</i>	HS 391 <u>2</u>	CHEM 461 or 468 3	
HS 488 <u>2</u>	FDMAT 110 and 2		CHEM 462 3	
29	MATH 111 3		CHEM 464 2	
Interdisciplinary Courses	or		CHEM 470 3	
<i>Take these courses:</i>	FDMAT 112 <u>4</u>		CHEM 471 2	
HS 498 or IDS 398R 1-3	14		CHEM 481 3	
IDS 499 <u>2</u>			CHEM 482 <u>3</u>	
3			20	
Credit Requirements:			Tracks Available:	
Foundations	40		Fall-Winter	Yes
Major	52		Winter-Spring	Yes
Elective	<u>28</u>		Spring-Fall	Yes
Total	120			

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

Public Health Minor (255)					
Health Science Introduction Core <i>Take these courses:</i> BIO 264 3 BIO 264L 1 MATH 221B 3 HS 280 2 <hr/> 9 <i>Take 1 course:</i> HRHP 131 2 HS 331 3 <hr/> 2	Select and Complete 1 of the Following Modules				
	Public Health Module <i>Take these courses</i> HS 240 2 HS 320 3 HS 370 3 HS 390 3 <hr/> 11	Community and Worksite Wellness Module <i>Take these courses</i> HS 285 3 HS 391 2 HS 460 3 HS 472 3 <hr/> 11	Occupational Safety and Health Module <i>Take these courses</i> HS 310 3 HS 485 3 HS 486 3 HS 487 3 <hr/> 12		
	Credit Requirements:		Tracks Available:		
	Total 22		Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes		

Minor in Health Education (171)				
Health Education Minor Introductory Core <i>Take these courses:</i> BIO 230 4 NUTR 150 3 <hr/> 7	<i>Take 1 course:</i> HRHP 131 2 HS 331 3 <hr/> 2	Minor Electives <i>Take these courses:</i> ESS 130 1 HS 405 3 HS 430 3 HS 460 3 <hr/> 10	<i>Take 1 course:</i> HS 240 2 HS 349L 1 <hr/> 1	Program Notes: • No Double Counting of Minor Courses • No Grade Less Than C- for Minor Courses • Students must achieve a grade of B- or higher in HS 405. • Students must maintain an overall GPA of 2.5 or higher to graduate.
Credit Requirements:		Tracks Available:		
Total 20		Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes		

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

Minor in Recreation Management (200)		
Core Courses <i>Take these courses:</i> RM 200 3 RM 301 3 RM 304 3 RM 307 3 RM 320 3 RM 343 3 RM 486 3 <hr style="width: 100%;"/> 21	Supplemental Courses <i>Take 4 credits:</i> RM 123 2 RM 223 B-F, K, L 2 RM 223 G 4 RM 224 A-C,E-F 2 RM 225 A, B 2 RM 225 C 3 <hr style="width: 100%;"/> 4	Program Notes: •No double counting of minor courses
Credit Requirements:		Tracks Available:
Total 25		Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes

Minor in Industrial Health (219)		
Core Courses <i>Take these courses:</i> B 370 3 COMM 150 3 COMM 250 3 HS 310 3 HS 450 3 HS 486 3 HS 487 3 <hr style="width: 100%;"/> 21	Supplemental Courses <i>Take 1 course:</i> HS 390 3 HS 391* 2 HS 401* 2 HS 485 3 PSYCH 390R* 3 <hr style="width: 100%;"/> 2	Program Notes: •No Double Counting of Minor Courses •No Grade Less Than C- for Minor Courses *Courses require prerequisites that are not in core courses. See course description for more detail.
Credit Requirements:		Tracks Available:
Total 23		Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes

Minor in Fitness Prescription and Program Design (253)		
Core Courses <i>Take these courses:</i> BIO 264 3 BIO 264L 1 ESS 375 3 ESS 381 4 HRHP 359 3 HS 305 3 NUTR 150 3 NUTR 350 3 <hr style="width: 100%;"/> 23	Electives <i>Take 2 credits:</i> ESS 204 2 ESS 268 2 ESS 340 2 ESS 341 2 ESS 342 2 ESS 343 2 ESS 344 2 ESS 345 2 ESS 346 2 ESS 347 2 ESS 495 1 ESS 498 1 <hr style="width: 100%;"/> 2	Program Notes: •No Double Counting of Minor Courses •No Grade Less Than C- for Minor Courses *Courses require prerequisites that are not in core courses. See course description for more detail.
Credit Requirements:		Tracks Available:
Total 25		Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

Pre-Physician Assistant Concentration (D 117)			
Core Courses <i>Take these courses:</i> BIO 180 4 BIO 221 3 BIO 222 1 BIO 264 3 BIO 264L 1 <i>cont. in next column</i>	<i>cont. from previous column</i> BIO 265 3 BIO 265L 1 CHEM 105 4 CHEM 106 4 MATH 221B 3 PSYCH 111 3 <hr/> 30	Interdisciplinary Courses <i>Take these courses:</i> IDS 398R 1-3 IDS 499 2 <hr/> 3	Program Notes: <ul style="list-style-type: none"> • No Double Counting of Concentration Courses • No Grade Less Than C- in Minor Courses
Credit Requirements: Total 33		Tracks Available: Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes	

Health Promotion Concentration (D 141)				
Core Courses <i>Take these courses:</i> BIO 264 3 BIO 264L 1 MATH 221B 3 HS 240 2 HS 280 2 <hr/> 11 <i>Take 1 course:</i> HRHP 131 2 HS 331 3 <hr/> 2	<i>Take these courses:</i> BIO 265 3 BIO 265L 1 HS 320 3 HS 370 3 HS 390 3 HS 391 2 HS 420 2 <hr/> 17	<i>Take 1 course:</i> HS 401 2 NUTR 150 3 HS 351 2 HS 460 3 HS 480 3 <hr/> 2	Interdisciplinary Courses <i>Take 3 credits:</i> IDS 398R 1-3 IDS 499 2 <hr/> 3	Program Notes: <ul style="list-style-type: none"> • No Double Counting of Concentration Courses • No Grade Less Than C- for Concentration Courses
Credit Requirements: Total 35			Tracks Available: Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes	

Occupational Safety & Health Concentration (D 149)			
Core Courses <i>Take these courses:</i> HS 310 3 HS 384 2 HS 450 3 HS 484 2 HS 485 3 HS 486 3 HS 487 3 HS 488 2 CONST 320 2 B 370 3 <hr/> 26	<i>Take 1 course:</i> CHEM 101 3 CHEM 105 4 <hr/> 3	Core Courses <i>Take 1 course:</i> HS 498 1-3 IDS 398R 1-3 <hr/> 1 <i>Take this course:</i> IDS 499 2 <hr/> 2	Program Notes: <ul style="list-style-type: none"> • No Double Counting of Concentration Courses • No Grade Less Than C- for Concentration Courses
Credit Requirements: Total 32			Tracks Available: Fall-Winter Yes Winter-Spring Yes Spring-Fall Yes

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

Healthcare Administration Concentration (D 154)

Core Courses	<i>Take 1 course:</i>	Core Courses	<i>Program Notes:</i>
<i>Take these courses:</i>	ACCTG 180 3	<i>Take 1 course:</i>	<i>No Double Counting of Concentration Courses</i> <i>•No Grade Less Than C- for Concentration Courses</i>
B 301 3	ACCTG 201 <u>3</u>	HS 498 1-3	
HS 285 3	3	IDS 398R <u>1-3</u>	
HS 345 3		1	
HS 375 3	<i>Take 4 courses:</i>		
HS 378 3	ECON 150 3	<i>Take this course:</i>	
MATH 221B <u>3</u>	HS 391 2	IDS 499 <u>2</u>	
18	HS 425 3	2	
	HS 465 3		
	MA 106 <u>2</u>		
	10		
Credit Requirements:		Tracks Available:	
Total	34	Fall-Winter	Yes
		Winter-Spring	Yes
		Spring-Fall	Yes

Occupational Safety and Health Certificate (C 119)

Core Courses	<i>Program Notes:</i>
<i>Take these courses:</i>	<i>•Grade of C- or higher required in all Certificate Courses</i> <i>*CONST 320 has prerequisites that are not in core courses. See course description for more detail.</i>
HS 310 3	
HS 486 3	
HS 487 <u>3</u>	
9	
<i>Take 3 courses:</i>	
CONST 320* 2	
HS 384 2	
HS 484 2	
HS 485 3	
HE 488 <u>2</u>	
6	
Credit Requirements:	
Total	15

Health, Recreation and Human Performance Predefined Clusters

Coaching (Non-education) 1202		
<i>Take these courses:</i>		
ESS 335	Advanced Sports Psychology	3
ESS 347	Aerobic Training Theory & Application	2
ESS 381	Strength Training Theory and Application	4
<i>Take 1 course:</i>		
ESS 299	Professional Experience Seminar	1
ESS 495	Student Pedagogy & Mentoring I	1
<i>Take 1 course:</i>		
ESS 341	Baseball Theory	2
ESS 342	Basketball Theory	2
ESS 343	Football Theory	2
ESS 344	Track & Field Theory	2
ESS 345	Volleyball Theory	2
ESS 346	Wrestling Theory	2
	Total Credits	12
Personal Training 1204		
<i>Take these courses:</i>		
ESS 204	Aerobic Fitness Techniques	2
ESS 299 OR	Professional Experience Seminar	1
ESS 495	Student Pedagogy & Mentoring	1
ESS 347	Aerobic Training Theory & Application	2
ESS 381	Strength Training Theory and Application	4
HS 305	Health & Fitness Appraisal and Prescription	3
	Total Credits	12
Aquatic Management 1205		
<i>Take these courses:</i>		
ACCTG 201	Financial Accounting	3
B 101	Introduction to Business	3
ESS 268	Water Safety Instruction	2
ESS 367	Lifeguarding Instructor	2
ESS 368	Aquatics Management	2
	Total Credits	12
Inclusion 1206		
<i>Take these courses:</i>		
CHILD 210	Child Development	3
RM 307	Accessible Recreation	2
RM 366	Adaptive Recreation Skills	3
RM 370	Therapeutic Recreation	3
<i>Take 1 course:</i>		
ESS 100	Aerobic Fitness	1
ESS 101	Water Aerobics	1
ESS 115	Military Physical Fitness	1
ESS 121	Softball	1
ESS 130	Body Weight Management	1
ESS 160	Swimming Beginning	1
ESS 161	Swimming Intermediate	1
ESS 178	Weight Training	1
	Total Credits	12
Outdoor Recreation 1207		
<i>Take these courses:</i>		
ACCTG 201	Financial Accounting	3
RM 200	Leadership	3
<i>Take 4 credits:</i>		
RM 223 G	Mountianeering	4
RM 223 K	Outdoor Cooking	2
RM 223 L	Canyoneering	2
RM 224 A	Fly Tying	2
RM 224 B	Fly Fishing	2
RM 224 C	Canoeing	2
RM 224 E	Kayaking	2
RM 224 F	Whitewater Rescue	2
RM 225 A	Cross Country	2
RM 225 B	Winter Camping	2
RM 225 C	Back Country Skiing	3
<i>Take 1 course:</i>		
BIO 352	Rangelands and Range Plants	3
COMM 352*	Persuasion	3
ESS 375*	Exercise Physiology	3
RM 423	Resource Management	3
	Total Credits	13

Cluster Note:

*Courses require prerequisites that are not in core courses. See course description for more detail.

Sports Medicine 1208		
<i>Take these courses:</i>		
BIO 264	Anatomy & Physiology I	3
BIO 264L	Anatomy & Physiology I Lab	1
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
HRHP 359	Introduction to Kinesiology and Biomechanics	3
HS 349	Sports Medicine	3
HS 349L	Sports Medicine Lab	1
	Total Credits	15
Exercise Physiology 1209		
<i>Take these courses:</i>		
BIO 264	Anatomy and Physiology I	3
BIO 264L	Anatomy and Physiology I Lab	1
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
NUTR 150	Essentials of Human Nutrition	3
<i>Take any ESS 100 course</i>		
	Total Credits	12
Health and Wellness 1300		
<i>Take these courses:</i>		
HS 223	Wilderness First Aid	3
HS 320	Introduction to Communicable and Non-Communicable Diseases	3
HS 420	Health Behavior Modules and Theories	2
HS 472	Health Communications	3
NUTR 150	Essentials of Human Nutrition	3
<i>Take 1 course:</i>		
HRHP 131	Personal Health and Fitness	2
HS 331	Women's Health	3
	Total Credits	16
Industrial Health 1301		
<i>Take these courses:</i>		
HS 310	Environmental Health	3
HS 485	Toxicology	3
HS 486	Occupational Safety and Risk Management	3
HS 487	Introduction to Industrial Hygiene	3
	Total Credits	12
Sports Medicine 1302		
<i>Take these courses:</i>		
BIO 264	Anatomy & Physiology I	3
BIO 264L	Anatomy & Physiology Lab I	1
HS 349	Sports Medicine	3
HS 349L	Sports Medicine Lab	1
HS 355R	Athletic Training Clinical Experience	1-3
HRHP 359	Introduction to Kinesiology and Biomechanics	3
	Total Credits	12
Public Health 1303		
<i>Take these courses:</i>		
HS 285	Hospital and Health Administration	3
HS 310	Environmental Health	3
HS 370	Epidemiology	3
HS 390	Program Planning/Implementation	3
MATH 221B	Biostatistics	3
	Total Credits	15
General Recreation Management 1305		
<i>Take these courses:</i>		
RM 200	Leadership	3
RM 343	Experiential Education Leadership	3
<i>Take 2 courses:</i>		
RM 301	Family Recreation	3
RM 304	Leisure in Society	3
RM 320	Program Management	3
RM 486	Risk Management	3
	Total Credits	12
Rehabilitative Recreation Therapy (for Recreation Mgmt Majors) 1307		
<i>Take these courses:</i>		
BIO 240	Neurobiology	4
HS 280	Medical Terminology	2
HS 349	Sports Medicine	3
HS 349L	Sports Medicine Lab	1
HS 351	Gerontology	2
	Total Credits	12

Health, Recreation and Human Performance Predefined Clusters cont.

Healthcare Administration		1308
<i>Take these courses:</i>		
HS 280	Medical Terminology	2
HS 285	Hospital and Health Services Administration	3
HS 378	Healthcare Strategy	3
HS 390	Planning, Implementing, and Evaluation	3
MA 106	Medical Law and Ethics	2
	Total Credits	13

Epidemiology		1309
<i>Take these courses:</i>		
BIO 221	General Microbiology	3
BIO 222	General Microbiology Lab	1
HS 370	Epidemiology	3
MATH 221B	Biostatistics	3
<i>Take 1 course:</i>		
MATH 325	Intermediate Statistics	3
GEOG 230	Introduction to GIS	3
HS 391	Research Methods and Program Evaluation	2
	Total Credits	12

Environmental, Health, and Safety		1310
<i>Take these courses:</i>		
HS 310	Environmental Health	3
HS 486	Occupational Safety and Risk Management	3
<i>Take 6 credits:</i>		
CONST 320	Construction Safety	2
HS 384	Industrial Fire Safety	2
HS 450	Environmental Sanitation & Water Quality Management	3
HS 484	Accident Investigation and Prevention	2
HS 485	Toxicology	3
HS 487	Introduction to Industrial Hygiene	3
HS 488	Hazardous Materials Management	2
	Total Credits	12

Course Descriptions

Credits*

ESS 095 Skiing

(0:0:0:0)

Grading Method: Audit Only
 Repeatable Course
 Total Course Fees: \$499.00

The skiing course is for participants of varying skill levels who will be taught fundamentals according to their current skill set. Classes and instruction will be held at Grand Targhee Resort. The class fee includes 10 trips to the mountain, 8 lessons from the Grand Targhee Ski School, and a Season Pass. The class fee does NOT include ski equipment. Additional information regarding the course will be distributed after registration. Participants will not go to the mountain the first day of class. Off track and continuing education students are welcome to register for the class, however they should register under section 4 of either skiing or snowboarding. Students are required to attend a mandatory 90-minute meeting the first week of class at 12:00 noon in the Hart main gym. Students are expected to follow the rules and instructions of Grand Targhee and BYU-Idaho.
 (Winter)

ESS 096 Snowboarding

(0:0:0:0)

Grading Method: Audit Only
 Repeatable
 Total Course Fees: \$499.00

This snowboarding course is for participants of varying skill levels who will be taught fundamentals according to their current skill set. Classes and instruction will be at Grand Targhee Resort. The class fee covers 10 round trip bus rides to Grand Targhee, 8 lessons on the mountain, and a season pass, but not include equipment rental. Off track and continuing education students are welcome to register for the class, however they should register under section 4 of either skiing or snowboarding. Students are required to attend a mandatory 90-minute meeting the first week of class at 12:00 noon in the Hart main gym. Students are expected to follow the rules and instructions of Grand Targhee and BYU-Idaho.
 (Winter)

ESS 100 Aerobic Fitness

(1:0:2:0)

This course is highly recommended to be taken before or concurrently with ESS 204. Students will describe how the pursuit and maintenance of physical fitness enhances the vibrancy of an individual's spirit and fosters communication with the Holy Ghost. Students will apply concepts from physiology, kinesiology, and nutrition to develop personal exercise routines.
 (Fall, Winter, Spring)

ESS 101 Water Aerobics

(1:0:2:0)

This meets the fitness course requirement for Exercise Physiology students who would like to participate in a non-weight bearing, cardio-conditioning class. Students will use the resistance of the water to improve their cardio-respiratory system, muscular strength and endurance, flexibility, and body composition with a low and minimal impact to joints and muscles. They will learn water aerobic skills and will be required to teach what they have learned. A fitness evaluation will be given at the beginning and end of the semester to show the improvement a student has made. A written exam on the muscles of the body and water aerobic skills will be administered. Using a background of physiology, kinesiology, and nutrition students will develop personal exercise routines. Students will describe how the pursuit and maintenance of physical fitness enhances the vibrancy of an individual's spirit and fosters communication with the Holy Ghost.
 (Fall, Winter, Spring)

ESS 115 Military Physical Fitness

(1:0:2:0)

Repeatable Course: May earn maximum of 2 credits
 This is a military style fitness program open to all students.
 (Fall, Winter, Spring)

ESS 119 Racquetball

(1:0:2:0)

This meets the sports requirement for Exercise Physiology students and will teach them the skills needed for racquetball. Students will be instructed with regard to rules, strategy, and skill development activities. This course requires students to provide their own approved goggles. To enhance the learning process of a student, they will be matched with opponents of varying skill levels. Students will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies.
 (Fall, Winter, Spring)

ESS 121 Softball

(1:0:2:0)

Course Requirement: Women Only
 This meets the sports requirement for female Exercise Physiology students and will teach the fundamentals of softball. Students will be instructed with regard to rules, strategy, and skill development activities. They will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies.
 (Fall, Spring)

ESS 127 Archery

(1:0:2:0)

Total Course Fees: \$15.00
 In this course students will demonstrate proficiency with compound and recurve bows as well as identify differences between styles and makes of bows. Students will demonstrate knowledge of proper form and how to improve shooting technique and each will understand basic mechanics of the bow along with proper maintenance of equipment, including bows and arrows. This knowledge will allow them to continue the sport outside of class.
 (Fall, Winter, Spring)

Health, Recreation and Human Performance

Brigham Young University-Idaho 2016-2017

ESS 128 Bowling

(1:0:2:0)

This course meets the sports course requirement for Exercise Physiology students and teaches the fundamentals of bowling such as equipment selection, spot bowling, adjustment, and etiquette. Special emphasis will be given to developing a proper approach, arm swing, and recovery after ball release. Students will establish their average and be placed on teams to further increase their skills. Tests will be given to assess knowledge of scoring and bowling terms. Students will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies.
(Fall, Winter, Spring)

ESS 130 Body Weight Management

(1:1:1:0)

Repeatable Course: May earn maximum of 2 credits

This course is designed to teach students a comprehensive approach to weight loss. While anyone is welcome in the course, the format will be of greatest benefit to individuals trying to lose weight. Each day students will engage in a variety of physical activities including running, calisthenics, resistance training, and other exercise. Students enrolled in the class must be able to exercise. As part of the curriculum, students will have an outside-of-class exercise requirement. Students will also be taught the principles of health eating and how to calculate caloric requirements as well as develop comprehensive programs for themselves as part of class requirements. Course meets the fitness class requirement for exercise physiology majors.
(Fall, Winter, Spring)

ESS 131 Golf

(1:0:2:0)

Total Course Fees: \$20.00

This course is designed to teach students a comprehensive approach to weight loss. While anyone is welcome in the course, the format will be of greatest benefit to individuals trying to lose weight. Each day students will engage in a variety of physical activities including running, calisthenics, resistance training, and other exercise. Students enrolled in the class must be able to exercise. As part of the curriculum, students will have an outside-of-class exercise requirement. Students will also be taught the principles of health eating and how to calculate caloric requirements as well as develop comprehensive programs for themselves as part of class requirements. Course meets the fitness class requirement for exercise physiology majors.
(Fall, Winter, Spring)

ESS 134 Tennis

(1:0:2:0)

This course meets the sports course requirement for Exercise Physiology students. Focal points of this tennis course include history, drills, skills, technique, rules, group activities, games, and a mini-tournament. Students will be graded on attendance, cooperation, and respect for classmates and the instructor. A mid-term, final skills test, and a written test will be administered. Information will be given on the terms, rules, court size, scoring, and doubles and singles strategy. Students will wear BYU-I issued clothing when meeting on inside courts. They will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies.
(Fall, Winter, Spring)

ESS 141 Basketball

(1:0:2:0)

This course meets the sports course requirement for Exercise Physiology majors and teaches the fundamentals of basketball such as passing, shooting, dribbling, offense, defense, and rebounds. Students will use these basic fundamentals in drills and team play. In this course students will teach one another, demonstrate skills learned, correctly apply rules and participation strategies, and will be tested on the rules of basketball.
(Fall, Winter, Spring)

ESS 145 Volleyball

(1:0:2:0)

Course Requirement: Junior & Senior Standing Only

This course meets the sports course requirement for Exercise Physiology majors. The course is a prerequisite for ESS 345 Volleyball Theory class and will help students obtain the necessary skills and knowledge to effectively participate in the Intramural Program and at even higher levels of competition. Students will learn the skills of volleyball and the rules of the game by playing. Basic skills will be taught which will include transition, net play, game strategies, doubles play, offense and defense and will move on to serving, setting, serve/receive, forearm pass, and overhead pass. Spiking, blocking, and digging will be demonstrated and taught. Students will have the opportunity to play and improve by playing against classmates of varying skill levels. They will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies throughout the course.
(Fall, Winter, Spring)

ESS 148 Soccer

(1:0:2:0)

In this course students will teach one another and demonstrate skills learned by running daily drills ranging from ball control and handling to proper procedure for corner kicks, throw-ins, etc. Students will correctly apply rules and participation strategies from scrimmaging together. The instructor will teach this through a daily lecture on one aspect of the rules of the game. Each day a new concept is covered and the scrimmage will be officiated with rules/concept added. Each student will rotate as an official or linesman and will also pick a topic relevant to soccer's history by presenting a 20-minute overview and introduction to create an opportunity for students to gain a better understanding of the sport and its relevance in the context of fitness.
(Fall, Spring)

ESS 160 Swimming Beginning

(1:0:2:0)

This course meets the fitness course requirement for Exercise Physiology majors and is designed for beginners or non-swimmers. Instruction will be given in the five basic strokes, three surface dives, and basic spring board diving from the one meter board. Students will learn water safety skills such as treading water, simple rescues, and safety in/around pools and open bodies of water. Students will become efficient enough for a 15 minute non-stop swim and will be able to describe how the pursuit and maintenance of physical fitness enhances the vibrancy of an individual's spirit and fosters communication with the Holy Ghost. Students will apply concepts from physiology, kinesiology, and nutrition to develop personal exercise routines.
(Fall, Winter, Spring)

ESS 161 Swimming Intermediate

(1:0:2:0)

This is course meets the fitness course requirement for Exercise Physiology majors and is designed for students with some swimming ability. Students will learn the fundamentals of swimming including six different strokes, water polo, snorkeling, diving, and competitive skills. A 12-minute swim test will be administered for distance at the beginning and the end of the semester to show improvement. Students will describe how the pursuit and maintenance of physical fitness enhances the vibrancy of an individual's spirit and fosters communication with the Holy Ghost. They will apply concepts from physiology, kinesiology, and nutrition to develop personal exercise routines.
(Fall, Winter, Spring)

ESS 175 Adaptive Physical Education

(1:0:2:0)

Repeatable Course: May earn maximum of 2 credits

This course is designed to allow students with a physical disability or health related problems who are unable to participate in regular physical education skills to participate in an individually prescribed physical education program.
(Fall, Winter, Spring)

ESS 178 Weight Training

(1:0:2:0)

Repeatable Course: May earn maximum of 2 credits

This course is designed to teach the basics of resistance training. Instruction will include how to safely perform traditional resistance exercises. Students will also learn how to apply the training principles of overload, progression, periodization and the basics of program design. Specific assignments will assess a student's ability to design a basic individualized program based on principles taught in class. Students will train with weight equipment each day and a portion of the grade is based on participation. This class meets the fitness class requirement for Exercise Physiology majors.
(Fall, Winter, Spring)

ESS 204 Aerobic Fitness Techniques

(2:2:1:0)

Upon completion of this course, students will be prepared for a national group fitness instructor certification, specifically the Primary Group Fitness Instructor Certification from the Aerobic Fitness Association of America (AFAA). They will learn the basic exercise standards and guideline methods for safely teaching a variety of group fitness classes for the general health adult population. Students will be trained and qualified, upon completion of the course, to teach classmates and the Activities Program group fitness classes. They will also have skills to volunteer in their local communities. With their certifications, students will have knowledge and experience to gain immediate employment in the fitness industry.
(Fall, Winter, Spring)

Health, Recreation and Human Performance
Brigham Young University-Idaho 2016-2017

ESS 205 Intramurals

(2:2:0:0)

Total Course Fees: \$100.00

This course covers the history, philosophy, administration, and leadership of a campus Intramural Program. Students will be required to work lab hours in the rec Sports (Intramural) Activities Program and learn how to administer to injuries, misconducts, and day-to-day operations such as games management, scheduling, score keeping, and event/tournament management. Students will also play every sport to learn rules, proper field/court set up, and scenario training.
(Fall, Winter, Spring)

ESS 206 Sports Officiating Football

(1:1:0:0)

This course has two parts of officiating. Students will officiate BYU-I flag football and high school football by implementing mechanics, rules, and signals of the game. Fifteen lab hours of officiating and observation are required. Students will be evaluated on officiating skill, written tests, and quizzes on the rules and signals of officiating football.
(Fall, Spring)

ESS 207 Sports Officiating Softball

(1:1:0:0)

This class is designed to teach the proper techniques in umpiring. Fifteen lab hours of officiating co-ed softball at BYU-Idaho are required. Students will learn and demonstrate proper mechanics and rules through evaluation, tests, and quizzes. They will be evaluated on their officiating skills.
(Fall, Spring)

ESS 208 Sports Officiating Soccer

(1:1:0:0)

In this course students will learn the elementary aspects of a soccer referee through the FIFA Laws of the Game in a combination of classroom theory and on-field practical experience. Students will be tested on field assessments and through a series of fitness tests approved by FIFA and the United States Soccer Federation. They will be challenged physically, technically, and emotionally as they participate in the role of a soccer referee.
(Fall, Spring)

ESS 209 Sports Officiating Volleyball

(1:1:0:0)

This course is designed to teach students to implement the mechanics, rules, and signals of volleyball. Students will be evaluated through tests and quizzes on their ability to demonstrate proper mechanics and rules while serving as officiator for 15 volleyball lab hours.
(Fall, Spring)

ESS 210 Sports Officiating Basketball

(1:1:0:0)

This course is designed to teach students how to officiate basketball at the high school level. Fifteen lab hours of officiating and evaluating basketball at BYU-Idaho are required. Students will learn and be tested on the rules, mechanics, and signals of officiating.
(Fall, Winter, Spring)

ESS 264 Lifeguarding

(3:2:2:0)

Repeatable Course: May earn maximum of 6 credits

Total Course Fees: \$35.00

This course includes American Red Cross certifications for pool and waterfront lifeguards, CPR for the professional Rescuer, AED, First Aid, and Oxygen administration. Students will achieve a minimum score of 32/40 by correctly demonstrating and performing rescues for victims of all categories as well as achieve a minimum score of 32/40 by correctly demonstrating and performing CPR, First Aid, use of an Automated External Defibrillator (AED), and Oxygen Administration. Each will identify, match, and recall the knowledge and ethical obligation they should incorporate into the status of an American Red Cross Lifeguard.
(Fall, Winter, Spring)

ESS 268 Water Safety Instruction

(2:1:1:0)

Total Course Fees: \$35.00

In this course students will produce and deliver three 15-minute lessons covering aquatic knowledge and skill session and achieve a minimum of 16/20 points for each of their lessons, and achieve a minimum of 32/40 on correctly demonstrating and performing skills such as swimming strokes, diving, and basic water safety which they will be required to teach as Red Cross instructors. Students will also identify, match, and recall the knowledge and ethical obligation they should incorporate into a position as an instructor. Lifeguard certification is required before enrolling in this class.
(Fall, Spring)

ESS 299 Professional Experience Seminar

(1:0:2:0)

Repeatable Course: May earn maximum of 2 credits

Course Requirement: Instructor Approval Required

In this course students will demonstrate leadership skills and an ability to cooperate with others by applying concepts from upper-division coursework to manage risk, lead activities, and teach course-specific skills and concepts. The outcomes for each situation will vary based on the objective. While some students will act in the role of a grader, others will learn to teach classmates in labs.
(Fall, Winter, Spring)

ESS 320 Motor Development

(2:2:0:0)

This course investigates lifespan changes in movement abilities. Topics include perceptual awareness, development of reflexes and voluntary movements, and analysis of fundamental and object control skills. This course is designed to prepare students planning to teach physical education for the Praxis Exam. Course work will include the research in growth and motor development, motor learning, and fundamental movements which have been developed to provide answers and refine theories related to sport, physical education, and fitness. Emphasis will also be placed on professions in sport, fitness, and physical education which share a common interest in motor-skill performance and learning.
(Fall, Winter, Spring)

ESS 330 Fundamentals in Coaching and Sports Psychology

(2:2:0:0)

This course will have students analyze and study the mind and movement as it applies to the psychological principles of activity in sports and activity while exposing students to principles and practices of effective coaching. The course will include coaching philosophy, sport psychology, motivational technique, and an examination of different coaching styles.
(Fall, Winter, Spring)

ESS 335 Advanced Sports Psychology

(3:3:0:0)

The object of this class is to present, discuss, learn and apply the various mind-sets, mental approaches, and techniques of successful athletes and coaches at all levels. This class is the branch of psychology that deals with the mental approach of successful athletes at all levels. It analyzes the proper positive psychological preparation in pre-season, practice, game, and pressure situations as well as teach the perspective coach how best to help his/her athletes attain this mental edge.
(Fall, Winter, Spring)

ESS 340 Tennis Theory

(2:2:0:0)

The tennis theory course teaches students the basic requirements of becoming a high school tennis coach with playing tactics necessary for athletes to excel. The successful completion of this course will provide the university graduate the tools necessary to teach the basics of tennis, identify basic stroking problems and provide appropriate remediation, implement an appropriate conditioning program, and organize an effective team practice that promotes a positive competitive environment.
(Fall, Winter, Spring)

ESS 341 Baseball Theory

(2:2:0:0)

This course is designed to assist the teacher/prospective coach to explore the concepts, competencies, ideas, ideals, and principles of teaching or coaching baseball fundamentals. The focus will be to give students the tools needed to teach/coach the techniques and fundamentals of baseball including batting, fielding, base running, etc. Upon completion of this course, students should be able to contribute positively to a coaching staff.
(Fall, Spring)

ESS 342 Basketball Theory

(2:2:0:0)

This course will cover offensive, defensive, special team strategies, and the principles of teaching or coaching basketball fundamentals. It is designed to assist the teacher/prospective coach to explore the concepts, ideas, and principles of teaching or coaching basketball fundamentals. Students will participate in a basketball clinic.
(Fall, Winter, Spring)

ESS 343 Football Theory

(2:2:0:0)

This course will cover offensive, defensive, special team strategies, innovations, and historical trends in coaching football. The goal of the class is that students have the knowledge to become a better football coach. It is designed to assist the teacher/prospective coach to explore the concepts, ideas, and principles of teaching or coaching football fundamentals. Students will participate in a football clinic.
(Fall, Winter, Spring)

Health, Recreation and Human Performance

Brigham Young University-Idaho 2016-2017

ESS 344 Track and Field Theory

(2:2:0:0)

This is a lecture and practical application theory course. The course covers most of the track and field events where rules of each event are also discussed. Students will learn techniques involved in each track and field event. This course is designed to assist the teacher/prospective coach to explore the concepts, ideas, and principles of teaching or coaching track and field fundamentals.
(Fall, Spring)

ESS 345 Volleyball Theory

(2:2:0:0)

This Volleyball Theory course covers the current rules, basic skills, offenses, defenses, transition, player selection guidelines, condition of the sport, keeping statistics, running team try-outs and camps, and effectively working with players, parents, administration, and other sports media personnel. Students will be taught topics designed to build strong coaches and teachers such as the history surrounding the sport and its players. Class time will be spent in classroom lectures, learning teaching drills, and guidance in playing the game well on court as well.
(Fall, Winter, Spring)

ESS 346 Wrestling Theory

(2:2:0:0)

Students will value what they learn in this course and apply class principles in leadership roles in the Student Activities wrestling program by continually using technology to learn and teach wrestling skills. They will creatively consider new ideas about program management, fundraising, team building, and leadership. Students will write professionally and concisely articulate a plan for the administration of a high school wrestling program with regard to all aspects of program management as well as demonstrate effective teaching and critically evaluate and provide feedback on the teaching of others. Each will articulate how their coaching and participation in wrestling leads them to live better lives and how they instill these values on those for whom they are responsible.
(Fall, Winter)

ESS 347 Aerobic Training Theory and Application

(2:2:0:0)

Students will design a movement-oriented program to enhance an individual's cardiovascular fitness and will describe the differences between appropriate training workouts for athletes in various endurance sports as well as demonstrate effective teaching and communication skills.
(Fall, Winter, Spring)

ESS 350 Evaluation and Administration

(2:2:0:0)

In this course students will develop and demonstrate competency in the basic statistics used to evaluate physical education and sports performance with an understanding of their foundations and management from a historical perspective. They will also learn and discuss legal liability and risk management. The instructor will evaluate the strengths and weaknesses of the student's professional preparation to include student-led discussions on ethics.
(Fall, Winter, Spring)

ESS 361 Sports Skills and Secondary Methods I

(2:2:0:0)

Course Requirement: Instructor Approval Required

This is a Sports Skills and Secondary Methods course that provides the prospective teacher with the curricular knowledge and pedagogical skills necessary to teach physical education at the secondary school level. Fundamentals of assigned sports will be emphasized. Students will develop lesson plans.
(Fall, Winter, Spring)

ESS 366 Adaptive Education Special Population

(2:2:1:0)

This course will teach students to develop and adapt a physical education program for individuals with disabilities. All students will be given a practical experience to teach physical education classes to a population of individuals with disabilities in a lab. Course work will include writing lesson plans, class presentations of investigation of physical disabilities, portfolios, and exams.
(Fall, Winter, Spring)

ESS 367 Lifeguard Instructor

(2:1:3:0)

Total Course Fees: \$35.00

In this course students will prepare and teach three 15 minute lessons that cover an array of skills and lifeguarding knowledge. Each lesson will be graded on a scale of 20 possible points where a minimum of 16 points are required to pass. They will also set up and run an out-of-class practice session for students in the Lifeguard Training course. The practice session must be a minimum of one hour in length. They will also identify, match, and recall the knowledge and ethical obligation they should incorporate into a position as an instructor. Lifeguard certification is required before enrolling in this class.
(Fall, Winter, Spring)

ESS 368 Aquatics Management

(2:1:3:0)

Total Course Fees: \$35.00

This course will provide students with the basic knowledge and skills to manage an aquatic facility. Coursework will include such topics as pool chemistry, filtration, health codes, lifeguard selection, injury prevention, and risk management. Segments on water activities and programs including water aerobics, competitive swimming, and snorkeling will be explored.
(Fall, Winter)

ESS 375 Exercise Physiology

(3:3:0:0)

Prerequisites: (BIO 264 and BIO 264L) or BIO 460

This course teaches a branch of physiology that deals with the functioning of the human body during exercise and movement. Exercise will be used to better understand physiology and the body functioning during homeostasis. Students will gain an in-depth learning of metabolism and fuel utilization, muscle function, respiration, and neurophysiology. In addition, physiology is used to explain concepts and trends in exercise and human performance.
(Fall, Winter, Spring)

ESS 375L Exercise Physiology Lab

(1:0:2:0)

Total Course Fees: \$20.00

Prerequisites: (BIO 264 and BIO 264L) or BIO 460

Course Requirement: Junior & Seniors Only

This course introduces some of the fundamental laboratory techniques used for the field of Exercise Physiology including metabolic function, lactate testing, oxygen consumption, and measurement of work and power, among other topics.
(Fall, Winter, Spring)

ESS 381 Strength Training Theory and Application

(4:3:2:0)

This course has specific application for individuals pursuing personal training, strength and conditioning, or coaching careers. Aspiring physical therapists may benefit from this course as well. Students will learn the theories and methods of anaerobic conditioning with specific emphasis on resistance training and apply these concepts as they develop programs for males and females. Specific course outcomes include effectively demonstrating an ability to lead individuals and groups in resistance training sessions, developing a comprehensive six-week training program, mastering and teaching the Olympic lifts, and identifying personal strengths and weaknesses on a simulated certification exam.
(Fall, Winter, Spring)

ESS 455 Exercise Science Selected Topics

(1:1:0:0)

Prerequisite: ESS 375

This course will help students understand various topics regarding Exercise Science/Physiology and how these topics are related to the physical body.
(Fall, Winter)

ESS 465 Advanced Exercise Physiology

(3:3:0:0)

Prerequisites: ESS 375 and MATH 221B

This course will help students be able to read and understand the basic concepts of a scientific paper and describe the make-up and workings of human skeletal muscle in intricate detail. They will gain an understanding of current disease implications associated with inactivity and correct exercise prescription. Students will demonstrate knowledge of the cardiovascular responses to exercise.
(Fall, Winter)

ESS 483 Sports Law

(3:3:0:0)

This course is for anyone interested in sports and its relationship to the law and courts. It provides an introduction to the U.S. legal system and basic liability issues of agency, antitrust, contract, labor, criminal, tort, Title IX, intellectual property, and constitutional law as they apply to amateur sports and the professional sports industry. Students will brief cases, engage in the Socratic method, and actively participate in mock trials while developing a familiarity with legal terminology and an awareness of legal issues in the context of the managed sports industry. Successful participants will demonstrate ability to identify, discuss and correctly analyze, and apply legal issues which are relevant to the multi-billion dollar sport and recreation industry.
(Fall, Winter)

ESS 495 Student Pedagogy and Mentoring I

(1:1:0:0)

Course Requirement: Exercise Physiology Majors Only

Students will observe faculty members as they plan lessons and teach physical skills courses. During subsequent semesters faculty members will mentor students during various physical activity courses.

Health, Recreation and Human Performance

Brigham Young University-Idaho 2016-2017

ESS 496 Student Pedagogy and Mentoring II

(1:1:0:0)

Prerequisite: ESS 495

During this course students will teach in one of two areas and coach two sports under the university intramural program. They will develop physical fitness classroom management and leadership skills which will be useful in future pedagogy experiences.

ESS 497 Exercise Physiology Research

(3:3:0:0)

Prerequisites: MATH 221B and (ESS 375 or ESS 381)

In this course students will demonstrate how to properly set up a hypothesis for research testing, be able to orally present research in a comprehensible manner, and will successfully complete a research project as a group that is worthy of presentation.

(Fall, Winter, Spring)

ESS 498 Internship

(1-2:0:0:0)

Internship Fees: \$81.50 (LDS) \$163 (non-LDS) per credit

Exempt from tuition, but charged this independent course fee

In this course students will complete a job-related experience pertinent to their major and career aspiration. Likely fields for internship opportunities include but are not limited to physical therapy, chiropractic, fitness centers, sports medicine, high school strength and conditioning, and research positions. This course is normally taken during off-track of student's senior year. Shadowing does NOT qualify as an internship. For specific guidelines and requirements, please visit the BYU-I Internship Office web page.

(Fall, Winter, Spring)

HRHP 131 Personal Health and Fitness

(2:2:0:0)

This course will teach that the benefits of exercise along with healthy lifestyle habits are reaped through action. The American lifestyle does not provide the human body with sufficient physical activity to enhance or maintain adequate health. The way of life has become a serious threat from an increased deterioration rate of the human body that it can lead to premature illness and mortality. Along with the most up-to-date health, fitness, and nutrition guidelines, the information in this course will provide extensive behavior modification strategies to help the individual abandon negative habits and adopt and maintain healthy behaviors. However, the information taught will be of little value if individuals are unable to abandon an unhealthy lifestyle pattern and adopt and maintain positive behaviors.

(Fall, Winter, Spring)

HRHP 343 Health/PE Methods Elementary Teachers

(2:0:4:0)

Prerequisite: ED 200 or ED 202

In this course students will develop an awareness of current issues, research, and curriculum related to physical education for midterm and final exams. They will demonstrate an understanding of different phases of children's physical development by designing lesson plans with activities appropriate for different age groups. Students will demonstrate knowledge of essential elements of instruction through application and transfer of such knowledge into a teaching setting. They will demonstrate knowledge of the four parts of a physical education lesson and identify objectives for each through lesson plans. Students will show the poise, confidence, communication, and interpersonal skills necessary for effective teaching. They will exhibit an understanding of individual/group motivation and behavior and an ability to structure a positive learning environment. The actual teaching rubric is evaluated by an instructor and three peers. They will demonstrate an appreciation of the human body as a gift of God through reflective written work. Students will also create a curriculum map for a physical education program and observe two PE classes in a regular public school setting. Observation forms will be completed with reflection.

(Fall, Winter, Spring)

HRHP 359 Introduction to Kinesiology and Biomechanics

(3:3:1:0)

In this course students will effectively communicate with and teach one another using correct anatomical and directional terminology. They will analyze and identify physical activity movements from a kinesiological and bio-mechanical basis. Students will explain the guidelines and demonstrate the basic skills of muscle stretching and strengthening, correctly demonstrate between normal and pathological posture and gait pattern, and then apply appropriate corrective interventions to selected anatomical deviations.

(Fall, Winter, Spring)

HRHP 369 Applied Kinesiology and Assessment

(3:3:0:0)

Prerequisites: HRHP 359 and (BIO 264 or BIO 460)

Concurrent Requisite: PTA 369L

This course will help students understand and apply advanced kinesiological principles and orthopedic musculoskeletal assessment techniques for manual muscle testing, joint special tests, sensation, reflexes, balance, coordination, postural, and gait assessment to progress musculoskeletal rehabilitation in a safe and effective manner.

(Fall, Winter, Spring)

HRHP 415 Biomechanics of Sport and Exercise

(3:3:0:0)

Prerequisites: HRHP 359 and PH 105

The primary learning objective for this course is for students to develop a greater awareness and understanding of how physical laws influence human motion every day. Primary topics will include force, torque, linear and angular motion, fluid mechanics, and tissue mechanics. These topics will be applied to various issues, including exercise technique, physical training, injury, and physical rehabilitation. Students will explain how physical laws (Newton's laws of motion) affect human motion during activities of daily living, and describe the mechanisms by which cartilage, bone, ligament, muscle and tendon change to accommodate the internal and external forces experienced with such activities as walking, running, jumping, lifting, and throwing. They will discuss the pathological consequences of stressing tissue beyond its tolerance, obtain, critically examine and present current scientific literature, and demonstrate an ability to write technically.

(Fall, Winter, Spring)

HS 223 Wilderness First Aid

(3:3:0:0)

Total Course Fees: \$13.00

First aid is the immediate care given to a person who has been injured or suddenly becomes ill. This course teaches protocols followed if a person is more than one hour from advanced medical support. This does not always have to be in a wilderness setting. Many times natural disasters will place individuals in situations where accessibility to advanced medical support is greatly limited or non-existent. At the completion of this course, the student will receive national certification in Wilderness First Aid CPR. There will be one overnight or late night field trip during the semester to engage in a mock First Aid activity.

(Fall, Winter, Spring)

HS 240 Introduction to Community Health

(2:2:0:0)

This course introduces agencies, facilities, and programs that play a role in the prevention of disease and the promotion of health in the community. Special emphasis is placed on the competencies needed for community health professionals and health educators to function in a variety of community and teaching settings.

(Fall, Winter, Spring)

HS 280 Medical Terminology

(2:2:0:0)

This is an introduction course into the language of medicine.

(Fall, Winter, Spring)

HS 285 Hospital and Health Administration

(3:3:0:0)

Each of the twelve focuses for this course are listed in the course outline. They are designed to introduce students to the possibility of pursuing a career in healthcare administration. Materials for the course are drawn from a variety of publications and electronic sources. The course materials and syllabus will be available via Brain Honey.

(Fall, Winter, Spring)

HS 299 Professional Experience Seminar

(1-3:1:0:0)

Course Requirement: Instructor Approval Required

This course is designed to offer credit to students ready for hands-on experience in helping with teaching, recording, and organizing. Credit is to be determined according to the workload arranged by the student and the supervising professor.

(Fall, Winter, Spring)

HS 305 Health Appraisal and Prescription

(3:3:0:0)

Total Course Fees: \$25.00

This course teaches students how nutrition, fitness, lifestyle behaviors, and other factors impact disease processes, performance, quality of life, goal achievement, and weight management efforts. Students will demonstrate competence in their skills to administer selected health and fitness assessment protocols and properly interpret the result. They will design effective and appropriate nutrition, fitness, and weight management intervention programs and strategies for an individual client. They will recognize and present their perceived strengths and weaknesses in the area of mentor-client interaction and group teamwork toward program implementation and serve the campus community by administering the assessment protocols and designing intervention programs through the university's Wellness Center.

(Fall, Winter, Spring)

HS 310 Environmental Health

(3:3:0:0)

This course teaches aspects of human health that impact the quality of life as determined by physical, biological, social, and psycho-social factors in the environment. Students are provided with a concise knowledge base of how air, water, food, and environmental agents may affect overall health.

(Fall, Winter, Spring)

Health, Recreation and Human Performance
Brigham Young University–Idaho 2016-2017

HS 320 Communicable and Non-Communicable Diseases (3:3:0:0)

In this course students will be able to clearly describe and communicate important aspects of the disease process including the physiology of inflammation, the chain of infection, six groups of micro-organisms, and differentiate between four types of acquired immunity. They will be able to define, identify, compare, and contrast over 200 specific diseases/disorders. Students will then be able to explain, differentiate, and compare the etiology and common signs and symptoms, diagnostic procedures, treatment, prognosis affecting major body systems including the cardiovascular, pulmonary, endocrine, nervous, musculoskeletal, reproductive, renal, urinary and integumentary systems. They will be able to critically analyze a patient's clinical presentation and be able to identify a potential diagnosis based on the patient's history, pertinent symptoms and exam findings, and diagnostic procedure. Students will also be able to analyze and employ different resources available to maintain and/or increase the skills and information needed to remain current in the field.

(Fall, Winter, Spring)

HS 331 Women's Health (3:3:0:0)

Course Requirement: Women Only

In this course students will be able to take an active role in the advocacy of women's health and rights and will be able to describe the benefits and practices of intelligent consumer choices. Students will understand the importance of improving their eating habits, increasing the amount of physical activity, and analyzing the benefits of making positive behavior changes. They will be able to determine the risk factors for heart disease and other chronic conditions and design some strategies for preventing the spread of infectious diseases. Students will be able to demonstrate assertive communication and effective listening skills and describe the activities for enhancing self-image and self-worth as well as build healthier relationships with spouses and children. They will be able to improve their knowledge and understanding of the female reproductive cycle and be able to prepare their own reproductive life span by learning about the different options of types of healthcare providers and the standard of care.

(Fall, Winter, Spring)

HS 345 Healthcare Finance (3:3:0:0)

Prerequisites: HS 285 and B 301 and (ACCTG 180 or ACCTG 201)

This course is an introduction to Healthcare Finance for Healthcare Administration majors who contemplate careers in administration - hospitals, ambulatory surgical centers, specialty hospitals, integrated health systems, long-term care facilities and medical group practices.

(Fall, Winter)

HS 349 Sports Medicine (3:3:0:0)

This course is designed for health professional students, i.e. athletic trainers, coaches, health and physical educators, physical therapists, EMT's and premedical students as an introduction to sports medicine professional development and responsibilities, injury prevention and risk management, and injury management.

(Fall, Winter, Spring)

HS 349L Sports Medicine Lab (1:1:0:0)

Total Course Fees: \$35.00

In this course injury prevention, examination, and treatment techniques will be presented, i.e. taping/bracing, tests and measures, and use of therapeutic modalities.

(Fall, Winter, Spring)

HS 351 Gerontology (2:2:0:0)

This course is designed to include the scientific study of the biological, psychological, and social aspects of aging.

(Fall, Winter, Spring)

HS 355R Athletic Training Clinical Experience (1-3:1:0:0)

Repeatable Course: May earn maximum of 3 credits

Prerequisite: HS 349L

This course may be repeated for a maximum total of 5 credits with no more than 3 credits per semester. Thirty contact hours are required for each credit. The contact hours per week are to be arranged with an instructor. This course will cover the practical application and clinical experience in health skills and use of therapeutic modalities. A maximum of 3 credits will apply toward graduation.

(Fall, Winter, Spring)

HS 370 Epidemiology (3:3:0:0)

Prerequisites: MATH 221A or MATH 221B or MATH 221C

This course is the study of the distribution of diseases and pathophysiological conditions of humans and of factors which influence their occurrence. The course requires an understanding of statistical principles.

(Fall, Winter, Spring)

HS 375 Managing Healthcare Provider Organizations (3:3:0:0)

Prerequisite: HS 285

This course is designed to introduce Healthcare Administration majors to the specific issues and body of knowledge pertaining to the management of: hospitals, specialty hospitals, ambulatory surgery centers, medical group practices, and long-term care facilities. Emphasis is placed on guest lectures by professionals from each of these types of provider organizations.

(Fall, Winter, Spring)

HS 378 Healthcare Strategy (3:3:0:0)

Prerequisite: HS 285

This course is designed for Healthcare Administration majors and focuses on leadership and management methods and strategies. Part 2 utilizes case studies to illustrate important skills and methods.

(Fall, Winter, Spring)

HS 384 Industrial Fire Safety (2:2:0:0)

This course introduces students to the International Fire Code orienting them to the basics of understanding of how to read code, interpret code, and apply modern codes in various situations. Students will have the opportunity of hands on training by visiting local facilities to conduct mock inspections and to evaluate the fire hazards. They will learn to develop and write reports and inspection forms to use in their enforcement inspections. Students seeking work in fields related to Occupational Health and Safety, Firefighting, Public Safety, Insurance, Corporate Safety, etc. should take this course.

(Fall)

HS 390 Program Planning and Implementation (3:3:0:0)

This course provides the framework for skill development in organization, planning, and implementing comprehensive health promotion programs. Key topics include: planning models, needs assessment, intervention theories/models, budgeting, marketing, and implementation practices. This course meets some requirements for taking the Certified Health Education Specialist (CHES) exam.

(Fall, Winter, Spring)

HS 391 Research Methods and Program Evaluation (2:2:0:0)

Total Course Fees: \$20.00

Prerequisites: MATH 221A or MATH 221B or MATH 221C

This course is an introduction to scientific writing, assessment instruments, data collection, research design, and statistical analysis. This will help prepare students to take the CHES exam. Students will be able to define plagiarism and recognize when it is present in their own writing and in the writing of others. They will also be able to propose, design and conduct a small research project, work collaboratively and effectively with other people to meet a common goal, and present their research findings through written and oral communication. Students will understand their relationship between scientific and spiritual inquiry, the strengths and limitations of each, and the role of each in the pursuit of truth.

(Fall, Winter, Spring)

HS 401 Community Health Methods (2:2:0:0)

Prerequisite: HS 390

This course is designed to give students practical hands-on experience of health promotion skills that a health promotion educator will use.

(Fall, Winter, Spring)

HS 405 Health Teaching Methods (3:3:0:0)

Prerequisites: (BIO 230 or BIO 264) and (HRHP 131 or HS 331)

In this course students will demonstrate a complete knowledge of all ten components of comprehensive health education and will know and demonstrate forms of evaluating student performance and setting grading norms. They will practice strategies for maintaining classroom control and classroom management skills as well as demonstrate a wide variety of teaching strategies for health education to help enhance their future students' decision making and problem solving skills. Students will begin a workable portfolio that will accompany him or her into his or her profession. They will know and demonstrate appropriate role modeling in health related habits and demonstrate effective teaching while being evaluated by the professor and peers.

(Fall, Winter)

Health, Recreation and Human Performance

Brigham Young University–Idaho 2016-2017

HS 420 Health Behavior Theories and Models

(2:2:0:0)

This course provides a basic and theoretical understanding of the social, emotional/mental, physical, and lifestyle factors related to human behavior. Practical strategies are used to identify barriers to behavior and to enhance and improve health. This course will prepare students to take the CHES exam.

(Fall, Winter, Spring)

HS 425 Manage Technology in Health Care Provider Organizations

(3:3:0:0)

Prerequisite: HS 285

This course is designed to provide information and skills for managing technology in provider organizations. Emphasis is placed on department-by-department technologies, manufacturers, group purchasing organizations, analytical tools and methods, the fixed asset file, depreciation of capital assets, and capital budgeting.

(Winter, Spring)

HS 430 School Health Programs

(3:3:0:0)

Course Requirement: Juniors and Seniors Only

This class is designed to inform the Health Education majors and minors about the comprehensive health education environment including both the school and the community health programs and procedures. Introduction to needs assessment, program development, finances evaluation, and implementation of school health programs will be covered. Each student will understand the aspects of a Comprehensive Health Education program and how it affects the school environment. Each will know and demonstrate a plan for enhancing all areas of a Coordinated School Health program K through 12 and understand the purpose and process of keeping records of health concerns throughout the school years. Each will know how to recognize "At Risk" behaviors in students and will develop knowledge of programs to meet the health needs of faculty and staff. Students will learn and demonstrate the technique for working in groups for educational outcomes and will also demonstrate his or her ability to produce and deliver a professional presentation.

(Fall, Winter)

HS 450 Environmental Sanitation and Water Quality Management

(3:3:0:0)

Total Course Fees: \$20.00

This course involves a comprehensive study of the environmental health and safety practices, procedures, and laws as applied to food establishments, recreation sites, housing facilities, medical institutions, and industrial sites throughout the United States. Field trips will be required to local facilities. Additionally, there will be hands-on experience where students will learn how to sample and test water and other environmental agents.

(Fall, Spring)

HS 460 Drugs of Use and Abuse

(3:3:0:0)

This course is designed to give students the nature and effects of specific drugs from all major classes on human beings from the physiological, psychological, and sociological viewpoints.

(Fall, Winter, Spring)

HS 465 Healthcare Insurance Industry

(3:3:0:0)

Prerequisite: HS 285

This course is for Healthcare Administration majors. It focuses on third-party reimbursement and payment methodologies, beginning with CMS (Medicare and Medicaid), Traditional Indemnity Insurance, and Managed Care. It also analyzes the business office functions that permit a healthcare organization to maximize reimbursement and to negotiate and administer contracts with third-party providers.

(Fall, Spring)

HS 472 Health Communications

(3:3:0:0)

This course is designed to give students an exposure to different areas of communication and instructs them on how to most effectively distribute health information. Programs will be administered according to what an individual will most likely encounter while working in the field of Health Promotion or Worksite Wellness. There will be specific assignments that will be completed in the course of the semester. This course will cover other areas as time permits.

(Fall, Winter, Spring)

HS 480 International Health

(3:3:0:0)

Total Course Fees: \$15.00

This course explores meaning of "health" as it applies to people of many different cultures throughout the world. Provides an international evaluation of the health status of these many different cultures, including their morbidity and mortality rates. This course also evaluates the many health promotion methods used to create healthy lifestyles and environmental concerns among these cultures.

(Fall, Winter, Spring)

HS 484 Accident Investigation and Prevention

(2:2:0:0)

This course covers the theory and function of accident investigations, reporting, documentation, and analysis systems. Form design, utilization, and cost-evaluation procedures will be discussed.

(Winter)

HS 485 Toxicology

(3:3:0:0)

In this course each student will possess a working professional vocabulary in environmental toxicology and risk assessment, understand the history and underpinnings of toxicology, understand the relationship between toxicology and other disciplines (e.g. epidemiology), understand various types of toxic substances and their effects on biological systems, and understand the basic principles of toxicokinetics. Each will be able to describe the EPA risk assessment process/model and explain each step in that model as well as describe how approaches to determining risks differ between environmental and occupational exposures. Students will be able to find, evaluate, and use toxicological data to conduct a risk assessment as they understand the spectrum of current thought attitudes regarding toxic substances and be able to identify where their own attitude is within that spectrum. Each will be able to identify/recognize some of the toxic substances to which they are personally exposed [to] and explore strategies to minimize those exposures while understanding how the fields of toxicology, exposure assessment, and risk assessment are analogous to spiritually harmful thoughts, attitudes and practices and how this applies in their own lives.

(Winter, Spring)

HS 486 Occupational Safety and Risk Management

(3:3:0:0)

This course is designed to develop an understanding of basic occupational safety and health terminology, principles, and practices through education and practical activities.

(Fall, Spring)

HS 487 Introduction to Industrial Hygiene

(3:3:0:0)

Total Course Fees: \$20.00

This course is an introduction to the basics of industrial hygiene, specifically the anticipation, recognition, evaluation, and control of workplace environmental factors that may affect the health, comfort, or productivity of the worker.

(Winter)

HS 488 Hazardous Materials Management

(2:2:0:0)

This course will introduce students to basic standards for managing hazardous materials and the regulations and regulatory agencies which govern them. They will explore sound practices for managing the generation, control, and disposal of hazardous materials and waste.

(Spring)

HS 498 Internship

(1-3:0:0:0)

Internship Fees: \$81.50 (LDS) \$163 (non-LDS) per credit

Exempt from tuition, but charged this independent course fee

In this course students will seek a job-related experience with various settings (e.g.) hospital, doctor's office, medical clinic, state health department, industrial/corporation, nursing home, etc. This course is normally taken during one's off track of their senior year.

(Fall, Winter, Spring)

HS 499R Health Science Practicum

(1-3:0:0:1)

Repeatable Course: May earn maximum of 3 credits

Course Requirement: Instructor Authorization and must be Junior or Senior Standing

This practicum course is based in experiential learning and doing and provides opportunities for students to implement the principles, concepts, and skills they have learned throughout their educational experiences in a wide variety of health related activities. Must receive faculty approval to enroll.

(Fall, Winter, Spring)

MA 105 Clinical Skills in Medical Assisting I

(3:3:0:0)

Prerequisites: BIO 264 and HS 280

Course Requirement: Instructor Approval Required

This course provides instruction in the basic purposes, techniques, and documentation of procedures used to care for the ambulatory patient in a physician's office, clinic, or outpatient facility.

(Fall, Winter, Spring)

Health, Recreation and Human Performance

Brigham Young University–Idaho 2016-2017

MA 105L Clinical Skills in Medical Assisting I Lab (3:0:6:0)

Total Course Fees: \$60.00

Prerequisites: BIO 264 and HS 280

Concurrent Requisite: MA 105

Course Requirement: Instructor Approval Required

This course provides opportunity for a Medical Assisting student to practice and become proficient in the basic procedures learned in MA 105.

(Fall, Winter, Spring)

MA 106 Medical Law and Ethics (2:2:0:0)

This course is an introduction to the legal aspects of medical care including fundamental statutes of the common laws that govern the physician-patient relationship, medical ethics, and federal and state regulatory agencies. Current issues involving medical ethics are discussed.

(Fall, Winter, Spring)

MA 107 Administrative Skills in Medical Assisting (3:3:0:0)

Corequisite: MA 105

This course provides instruction for Medical Assisting students in the fundamentals of medical front office management of an ambulatory facility.

(Fall, Winter, Spring)

MA 111 Medical Billing and Coding (3:3:0:0)

Corequisite: MA 105

This course provides basic introduction to Medical Assisting students about health care insurance, HIPAA, and instructions to complete and process simple billing records and insurance forms for an ambulatory medical facility.

(Fall, Winter, Spring)

MA 205 Clinical Skills in Medical Assisting II (3:3:0:0)

Prerequisites: BIO 265 and MA 105 and MA 105L

This course provides instruction in Medical Assisting procedures utilized in medical specialty practices.

(Fall, Winter, Spring)

MA 205L Clinical Skills in Medical Assisting II Lab (3:0:6:0)

Total Course Fees: \$60.00

Prerequisites: BIO 265 and MA 105 and MA 105L

This course provides opportunity for a Medical Assisting student to practice and become proficient in the procedures utilized in specialty medical practices as learned in MA 205.

(Fall, Winter, Spring)

MA 298 Medical Assisting Externship (2:2:0:0)

Prerequisites: MA 105 and MA 105L and MA 106 and MA 107 and MA 111 and MA 205 and MA 205L

This course provides a minimum of 200 hours of directed work experience in an ambulatory facility. Students, under supervision and with an on-going evaluation of performance, exhibit skills and perform procedures relative to the responsibilities of a Medical Assistant. Students shall not receive pay for the externship hours as mandated by the criteria for AAMA/CAAHEP accreditation.

(Fall, Winter, Spring)

PTA 100 Introduction to PTA (2:2:0:0)

This course introduces students to the practice of physical therapy. Rules, regulations and policies that govern the physical therapy profession are discussed. The role of a physical therapist assistant on the rehabilitation team is explored. Documentation, communication, and professionalism in physical therapy practice is explained. The course also examines the many specialty areas in which a physical therapist or physical therapist assistant may practice.

(Fall)

PTA 105 Therapeutic Procedures I (5:4:3:0)

Total Course Fees: \$130.00

This course is designed to introduce students to the skill, knowledge, and performance of basic physical therapy principles and procedures including wheelchair transfers, preambulation activities, assistive devices, and ambulation training.

(Fall)

PTA 198 Clinical Externship I (3:0:0:0)

Total Course Fees: \$130.00

Prerequisites: PTA 100 and PTA 105 and PTA 215 and PTA 369

This seven week full-time clinical internship provides the student with the opportunity to observe and apply appropriate clinical skills in a healthcare setting. Students will be under the direct supervision of a licensed physical therapist or licensed physical therapist assistant during the entire internship experience. A legal contract must be established between the clinical site and BYU-Idaho before the student can begin practicum at the desired site.

(Winter)

PTA 205 Therapeutic Procedures II (5:4:3:0)

Total Course Fees: \$130.00

Prerequisite: PTA 198

Course Requirement: 24 Credits Required

This course involves clinical procedures that are related to patient care as identified in the plan of care established by the physical therapist including: functional training for gait, locomotion training, wheelchair management skills, infection control procedures, manual therapy techniques, wound management, data collection, and documentation for carrying out the plan of care.

(Spring)

PTA 210 Clinical Pathology (3:3:0:0)

Prerequisite: PTA 198

Course Requirement: 24 Credits Required

This course is an introduction to common pathologies of each system of the human body. Students in this course will understand the signs and symptoms of each of these diseases as well as diagnosis, etiology, prevention, prognosis, and physical therapy treatment of each condition.

(Spring)

PTA 215 Therapeutic Exercise (4:4:0:0)

This course introduces the principles of exercise training and progression. Specific responses of various physiological systems to exercise are presented. Benefits of physical activity and indications for specific exercises are discussed. Laboratory sessions will reinforce lecture material and allow for skill development.

(Fall)

PTA 220 Principles of Rehabilitation (3:3:0:0)

Prerequisite: PTA 198

Course Requirement: 24 Credits Required

This course provides an overview of the neuroanatomy of the CNS and PNS as it relates to the treatment for patients with related dysfunctions. Emphasis includes the structure and function of the nervous system, neurophysiology, human growth and development, and neurological dysfunctions.

(Spring)

PTA 298 Clinical Externship II (3:0:0:0)

Total Course Fees: \$130.00

Internship Fees: \$81.50 (LDS) \$163 (non-LDS) per credit

Exempt from tuition, but charged this independent course fee

Course Requirement: 24 Credits Required

This seven week fulltime clinical internship provides the student with the opportunity to observe and apply appropriate clinical skills in a healthcare setting. This clinical internship must be in a different physical therapy setting than Clinical Practicum I. Students will be under the direct supervision of a licensed physical therapist or licensed physical therapist assistant during the entire internship experience. A legal contract must be established between the clinical site and BYU-Idaho before the student can begin this practicum at the desired site.

(Fall)

PTA 299 Seminar (1:1:0:0)

Prerequisite: PTA 198

Course Requirement: 24 Credits Required

This course will help students prepare for the NPAT exam which is required for licensed Physical Therapist Assistants. A variety of education techniques will be taught including group work, study skills, and exam preparation. Mock exams will be used as a learning tool.

(Spring)

Health, Recreation and Human Performance
Brigham Young University–Idaho 2016-2017

PTA 369 Clinical Kinesiology (3:3:0:0)
 Concurrent Requisites: PTA 369L
 This course will help students understand and apply advanced kinesiological principles and orthopedic musculoskeletal assessment techniques for manual muscle testing, joint special tests, sensation, reflexes, balance, coordination, postural and gait assessment to progress musculoskeletal rehabilitation in a safe and effective manner.
 (Fall, Winter)

PTA 369L Clinical Kinesiology Lab (1:0:2:0)
 Concurrent Requisites: HRHP 369 or PTA 369
 This course will focus on clinical competence and safety skills that are necessary for students to gain off-campus clinical experiences such as palpation, goniometry & ROM, manual muscle testing, and functional and special testing. In addition, this course adheres to the BYU-Idaho PTA Program Student Handbook. Students are expected to understand the policies and procedures in this handbook and must continue to meet the essential functions and performance expectations described in the handbook.
 (Fall, Winter)

RM 100 Rec Management Orientation (1:1:0:0)
 This course is designed to assist all RM majors to successfully make decisions concerning the emphasis areas for their career in recreation services. Course work will assist students in gaining both planning and professional development skills.
 (Fall, Winter, Spring)

RM 123 Basic Skills (2:1:3:0)
 Total Course Fees: \$85.00
 This is a beginning level outdoor course dealing with clothing, equipment, wilderness navigation, outdoor cooking, safety, and minimal impact camping techniques. Students are expected to work together to plan and carry out either two overnight backpacking trips or one three day backpacking trip.
 (Fall, Winter, Spring)

RM 200 Leadership (3:3:0:0)
 This course deals with the application of different leadership theories and principles in outdoor recreational settings. Students study the lives of exemplary leaders and present to one another the different concepts learned. The concepts and skills learned in this course would be beneficial in any other field.
 (Fall, Winter, Spring)

RM 223B Backpacking (2:2:2:0)
 This course covers advanced skills used to upgrade the back country experience. Equipment selection, equipment use and maintenance, wilderness navigation, camp cooking, and back country emergency prevention will be reviewed and advanced to a higher level.
 (Fall, Spring)

RM 223C Traditional Camping (2:2:2:0)
 Total Course Fees: \$85.00
 This intermediate course provides skills, training, and theory of historical traditional camping as well as leadership development through the medium of traditional camping skills and ideals. This course focuses on simple, minimum impact technology and mastery of technique. Skills will be land-based and relate directly to the environment in which they are taught. The course also has a strong academic component requiring reading, writing, and critical thinking skills as needed to address case studies and contemporary issues in the field of Outdoor/Adventure Education. A three-day trip is required where students will use the skills learned.
 (Fall, Winter, Spring)

RM 223D Survival (2:2:2:0)
 Total Course Fees: \$85.00
 This is an introductory course in basic earth skills and survival philosophy. Instruction will include, but is not limited to, finding water, primitive fire building, shelter construction, use of natural fibers, fishing, primitive tool weapons, and stone working. A three-day trip is required. This course prepares students to work with Youth at Risk Programs.
 (Fall, Spring)

RM 223E Mountain Biking (2:2:2:0)
 Total Course Fees: \$85.00
 This introductory course includes mountain bike riding techniques, skills, conditioning, and maintenance. The course involves weekly 10 to 20 mile rides with different levels of difficulty. Students must provide or rent their own bikes. Skills acquired in this class can aid students who desire to work as guides or Outdoor Recreation Specialists.
 (Fall, Spring)

RM 223F Rock Climbing (2:2:2:0)
 Total Course Fees: \$90.00
 This course is designed to introduce students to movement on rock, equipment, knots and hitches, belaying technique, and protection and anchoring. Students will develop proficiencies in safe climbing site management and will increase their teaching skills.
 (Fall, Spring)

RM 223G Mountaineering (4:4:0:0)
 Total Course Fees: \$100.00
 This course provides students with the skills needed for traveling through third and fourth class terrain, navigation and route finding, pace management, small team rescue, self-arrests, and snow anchor techniques. Students will also refine rock climbing, protection and anchoring skills, and apply these techniques to mountain settings. Emphasis will be placed on student leadership and teaching development.
 (Fall)

RM 223K Outdoor Cooking (2:2:2:0)
 Total Course Fees: \$90.00
 This introductory course in outdoor cooking techniques requires students to conduct menu planning, food preparation, and participate in an over-night camp trip.
 (Fall, Spring)

RM 223L Canyoneering (2:2:0:0)
 Total Course Fees: \$100.00
 This course provides students with skill development in safe canyon navigation, equipment selection and use, appropriate situation specific belay technique, knot tying, anchor evaluation and construction, canyon rescue, and leadership and instruction of groups.
 (Fall, Winter, Spring)

RM 224A Fly Tying (2:2:0:0)
 Repeatable Course: May earn maximum of 4 credits
 Total Course Fees: \$85.00
 This introductory course teaches students how to tie flies for different conditions and different species of fish.
 (Fall, Winter, Spring)

RM 224B Fly Fishing (2:2:2:0)
 Total Course Fees: \$85.00
 This introductory course teaches the hands-on fundamentals of fly fishing. Students learn water safety, casting techniques, wading, fish species, ethics, insect life, and river hydraulics. The fee covers textbook, travel, boat use, flies, and equipment, but not the Idaho fishing license. Students who excel in this course may serve as teaching assistants in a later semester. A number of teaching assistants have become professional fly fishing guides and shop managers.
 (Fall, Winter, Spring)

RM 224C Canoeing (2:2:2:0)
 Total Course Fees: \$85.00
 This introductory course includes instruction on flat and moving water (Class 1 and 2). Students will learn the various paddle strokes, rescue techniques, canoe packing, trip management skills, and equipment selection and use.
 (Fall, Spring)

RM 224E Kayaking (2:2:2:0)
 Total Course Fees: \$164.00
 This course is an introduction to whitewater kayaking covering fundamental paddle and boat handling skills, river reading and hydrology, kayak nomenclature, self-rescue, safety, and group management. This is an essential course for those preparing to work and manage groups on rivers.
 (Fall, Spring)

RM 224F Whitewater Rescue (2:2:2:0)
 Total Course Fees: \$105.00
 This block course is an introduction to whitewater hazards, safety, and rescue skills necessary to manage self and groups in a whitewater environment. Additionally, this course will cover the following material gear essential to whitewater rescue, common river hazards, swimming in rapids, throw bag rescue, mechanical advantages and river hydrology. These are essential skills and knowledge for those preparing to work on or around whitewater.
 (Fall, Spring)

Health, Recreation and Human Performance

Brigham Young University-Idaho 2016-2017

- RM 225A Cross Country (2:2:2:0)**
Total Course Fees: \$85.00
This introductory course includes instruction on winter clothing and equipment, avalanche awareness, and basic classic Nordic skiing techniques. Each class session will be in snow, often in a back country setting. Techniques include diagonal stride, double polling techniques, turning, skating, and beginning Telemark turning.
(Fall, Spring)
- RM 225B Winter Camping (2:2:2:0)**
Total Course Fees: \$85.00
This course will require students to develop leadership and skill to camp in harsh cold weather conditions. Students will learn about proper winter clothing, cooking, travel techniques, safety, and environmental awareness. This course involves a three-day trip requiring the use of snowshoes or skis for travel. Students will stay in either tents or snow shelters of their own making. This is a great course for those who desire a profession with Scouting or other youth agencies where camping is part of the curriculum.
(Fall, Winter)
- RM 225C Backcountry Skiing (3:3:0:0)**
Total Course Fees: \$95.00
This course is purely experiential in nature by having students spend the day in the winter back country learning safe travel either on Telemark skis, Alpine touring skis, or split board snowboards. Specific topics covered include group leadership, avalanche awareness, ski and snowboard skills in powder snow, route finding, and search and rescue. Students must supply their own skis or snowboard, or rent from the ORC. This course is essential for those who look forward to a career as a back country ski guide, ski patrol, or ski instructor.
(Winter)
- RM 298R Introductory Internship (1-3:0:0:0)**
Repeatable Course: May earn maximum of 3 credits
Internship Fees: \$78 (LDS) \$156 (non-LDS) per credit
Exempt from tuition, but charged this independent course fee
This introductory course involves experience in a department approved leisure service program. Students must first complete 12 credits of Recreation Management core courses before registering for this course. Students must register through the department Internship Coordinator.
(Fall, Winter, Spring)
- RM 301 Family Recreation (3:3:0:0)**
Total Course Fees: \$20.00
This Family Recreation course will address the issues related to recreation as it applies to the family environment and develop within the student the tools needed to implement the principles for successful and ethical practice of wholesome recreation principles set forth by the Prophets. This course is appropriate for students entering family life, recreation, and social sciences professions.
(Fall, Winter, Spring)
- RM 304 Leisure in Society (3:3:0:0)**
This course is an introduction to the foundational theories, philosophies, concepts, and history of the Recreation Management profession. Topics include challenges associated with leisure, leisure values, and the impact leisure has on the individual, the family, and society.
(Fall, Winter, Spring)
- RM 307 Accessible Recreation (3:3:0:0)**
This course is designed as a professional foundations course in Inclusive and Special Recreation. The three primary goals of the course are to give the student (1) an understanding of Special Populations individuals and their disabilities; (2) an understanding of the role of recreation and leisure in the life of Special Populations; and (3) an introduction to the field of therapeutic recreation services.
(Fall, Winter, Spring)
- RM 320 Program Management (3:3:0:0)**
This course teaches organization and administrative skills necessary for the planning and development of recreation programs in commercial, public, and non-profit settings and theoretical concepts with a practical application emphasis. This course is appropriate for entry level professionals in any field of recreation.
(Fall, Winter, Spring)

- RM 342 Environmental Interpretation (3:3:0:0)**
Total Course Fees: \$30.00
In this course students are taught useful techniques for environmental education. Topics include visitor information services, environmental education programs, and the enhancement of outdoor experiences through nature awareness activities. Students will become certified as an Idaho Master Naturalist. This course requires 20 hours of volunteer experience with a natural resource management agency.
(Winter)
- RM 343 Experiential Education (3:3:0:0)**
This intermediate course includes instruction concerning the design and facilitation of experiential learning activities. Students will be required to apply these leadership and team building skills in a variety of settings. They will facilitate and explore alternative techniques for facilitation. This course is appropriate for all recreation majors, those in education and the social sciences.
(Fall, Winter, Spring)
- RM 366 Adaptive Recreation Skills (3:3:0:0)**
Repeatable Course: May earn maximum of 6 credits
This course provides students with knowledge and skills needed to meet the unique fitness and physical activity needs of individuals with various disabilities. Through class discussions, course assignments, and a service learning experience, students will learn to design and implement disability sports/recreation programs for individuals with disabilities based on assessments of health-related strengths and needs.
(Fall, Winter, Spring)
- RM 370 Therapeutic Recreation: Introduction (3:3:0:0)**
Corequisite: RM 307
This course is an introduction to the field of Therapeutic Recreation and clinical interventions for individuals with special needs or problems. Students will participate in an in-depth exploration of different impairments and the application of therapeutic recreation and is required for students emphasizing in Therapeutic Recreation and professionals who wish to work with individuals with special needs.
(Fall, Winter, Spring)
- RM 371 Therapeutic Recreation: Evidence Practice (3:3:0:0)**
Total Course Fees: \$20.00
Prerequisite: RM 307
This course identifies and explains definitions of therapeutic recreation and different therapeutic recreation practice models. Students will understand and apply interdisciplinary theories employed in therapeutic recreation programming and describe the process and procedures for developing specific programs. This is a required course for all students with an emphasis in Therapeutic Recreation.
(Fall, Winter, Spring)
- RM 373R Applied Therapeutic Recreation (3:2:3:0)**
Repeatable Course: May earn maximum of 9 credits
This course is designed for Recreational Management majors who are emphasizing in Therapeutic Recreation to give students experience in the work force with those of special populations, as well as learning how to implement the TR Process, Assessment, Planning, Implementation, Evaluation, and discharge in diverse settings.
(Fall, Winter, Spring)
- RM 423 Resource Management (3:3:0:0)**
Total Course Fees: \$25.00
This advanced course introduces students to the theory, history, management processes, and techniques useful for natural resource managers. This course is for students interested in careers with resource management agencies such as the National Park Service, US Forest Service, Bureau of Land Management, State Parks, etc. Students will be required to fulfill volunteer hours with a natural resource management agency.
(Winter)
- RM 471 Therapeutic Recreation: Assessment and Evaluation (3:3:0:0)**
Prerequisites: RM 370 and RM 371
This course focuses on patient assessment including quantitative and qualitative data, treatment plan development, and evaluation. Students will be required to apply these skills from the Therapeutic Recreation Process in a variety of settings. This is a required course for all students with an emphasis in Therapeutic Recreation.
(Fall, Winter, Spring)

RM 472 Therapeutic Recreation: Program Dynamics (3:3:0:0)

Total Course Fees: \$20.00

Prerequisites: RM 370 and RM 371

This course is designed to provide the Therapeutic Recreation student with practical exposure to a broad range of therapeutic techniques and to assist in gaining clinical skills and competencies needed to plan and implement programs for people with impairments. Students will be required to apply these skills from the Therapeutic Recreation process in a variety of settings. This is a required course for all students with an emphasis in Therapeutic Recreation.

(Fall, Winter, Spring)

RM 473 Therapeutic Recreation: Advancement of the Profession (3:3:0:0)

Total Course Fees: \$20.00

Prerequisites: RM 370 and RM 371

This course presents the foundation for issues relating to professional competence, financial management, supervisory communication and management in the field of therapeutic recreation. This is a required course for all students with an emphasis in Therapeutic Recreation.

(Fall, Winter, Spring)

RM 483 Facility Management (3:3:0:0)

This is a broad survey course of recreation facilities that helps students gain an understanding of recreation facility design and management. A broad selection of facilities will be explored such as community centers, athletic centers, stadiums, outdoor facilities, spas, arenas, etc. Theories and concepts that apply to the management and design of recreation facilities will be explored.

(Fall, Winter)

RM 486 Risk Management (3:3:0:0)

This course is an overall study of how to manage risk in the recreation profession. Students will study how accidents happen, how they can be prevented, and what can be learned from them. They will also discuss how laws affect recreation within the industry and professional responsibility for the development of risk management protocols and procedures.

(Fall, Winter, Spring)

RM 487 Research and Evaluation (3:3:0:0)

Prerequisites: MATH 221A or MATH 221B or MATH 221C or MATH 325

This senior level course teaches students how to design, collect, analyze, interpret, and report information for organization/program needs assessment and evaluation. Students must complete Social Statistics (Math 221) before or while taking this course. A semester long individual research project will be required.

(Fall, Winter, Spring)

RM 498B Therapeutic Recreation Senior Internship (1-3:0:0:0)

As required by the National Council on Therapeutic Recreation Certification (NCTRC), the student needs to complete a 560 hour (14 consecutive week) internship in therapeutic recreation services that uses the therapeutic recreation process as defined by the current NCTRC Job Analysis Study under the supervision of both academic and agency field placement supervisors who are NCTRC CTRS certified. The student must work at least 20 hours per week during the internship, but no more than 45 hours per week. The student's primary supervisor must be employed full time and work a minimum of 32 hours per week at the agency with at least 50% of that person's duties being in TR services.

(Fall, Winter, Spring)

RM 498R Recreation Management Senior Internship (1-3:0:0:0)

Repeatable Course: May earn maximum of 3 credits

Internship Fees: \$81.50 (LDS) \$163 (non-LDS) per credit

Exempt from tuition, but charged this independent course fee

This course requires professional level experience in a department approved leisure service organization and is completed near the end of the degree. Prerequisites include the completion of 24 recreation core credits and 400 hours of professional field experience (can be successful completion of RM 298R). Students must contact the Internship Coordinator when planning and registering for their internship experience.

(Fall, Winter, Spring)

RM 499R Research and Leadership Seminar (1-3:1:0:0)

Repeatable Course: May earn maximum of 6 credits

Course Requirement: Recreation Management Majors and Instructor Approval Required

This course provides special intensive exposure to a selected topic in the recreation profession. The approved topic must be supervised by an assigned department faculty member.

(Fall, Winter, Spring)