

Department of

# Health, Recreation and Human Performance



**Bob Christensen, Department Chair**

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*Judie Hood, Department Secretary (208) 496-4671  
<http://www.byui.edu/health-recreation-human-performance>*

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

**Exercise Physiology (481-109)**

The exercise physiology major is a program that 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.

**Exercise Physiology Program Design and Prescription (481-136)**

Students interested in pursuing careers or graduate work in the areas of fitness, strength and conditioning, coaching, athletic training or wellness coaching will benefit from taking the following classes: Aerobic Fitness Techniques, Sports Conditioning and Strength Training Theory and Application. These applied classes are designed to strengthen a student's preparation toward various national certification exams and provide extensive hands-on experience.

**Health Science Emphasis in Public Health (750-39)**

The Public Health emphasis includes a core set of health and related classes common for all students and additional courses intended to help students develop core competencies; needs assessment; program planning, program implementation, program evaluation, communicating health concerns, and acting as a resource person in the community. This major prepares students to work in the public health sector in promoting, protecting and preserving the health of a population and the government actions to accomplish these tasks. The program prepares students to take the Certified Health Education Specialist (CHES) examination offered through the National Committee on Health Education Credentialing, Inc.

**Health Science Health Promotion Emphasis (750-151)**

This emphasis prepares students for health related career opportunities. These include community health educator, health promotion specialist, worksite wellness specialist, health counseling, wellness coaching, resort wellness, fitness center, lifestyle training specialist, etc. This emphasis is also a great option for students interested in pursuing graduate programs in Physician's Assistant and Occupational Therapy. The program prepares students to take the Certified Health Education Specialist (CHES) examination offered through the National Committee on Health Education Credentialing, Inc.

**Health Science Occupational Safety and Health Emphasis (750-102)**

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.

**Healthcare Administration (752)**

The healthcare administration major prepares students to (a) 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.

**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 leadership management, financial, program development, facilities management, risk management, and activity skills. The recreation profession is very 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)**

Students interested in Therapeutic Recreation should see their advi-

sor to set up their program. Required courses for recreation management majors with an interest in therapy include: RM 370, RM 371, RM 471, RM 472, RM 473, BIO 264, BIO 265, Psych 111, Psych 342, and Psych 201.

#### **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.

#### **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 out-of-town, and it must be approved by the school's Internship Office and the program director.

#### **Bachelor of Science in Paramedicine (477)**

The Bachelor of Emergency Services degree is for those wanting to become paramedics. It is tailored to teach invaluable pre-hospital medical concepts, and hands-on skills and assessments. The students also participate in extensive hospital clinicals and ambulance ride-alongs with local EMS agencies.

The paramedic portion of the program is distinct from the degree in Emergency Services. In fact, the declaration of Emergency Services as a major does not guarantee admission to the paramedic portion of the program and requires separate application. The Paramedic Program portion of the degree is designed to be taken in the senior year and begins each Fall semester. Applications for each cohort are due on June 1st of the prior Spring semester. Students who are accepted into the program start in the fall and continue with three consecutive semesters in that year, followed by a short summer break, culminating in an unpaid, semester-long, internship,(at a location determined by the paramedic program), the following fall.

Student selection for the paramedic portion of the program is based upon successful completion of an EMT course and GPA in the science and mathematics prerequisites; i.e. Biology 264, 265; Chemistry 101 or higher; and Math 108 or higher. Furthermore, owing to the rigorous continuing education requirements of the profession and the perishability of the skills, admission preference to the paramedic portion of the program is given to students with senior, and/or advanced-junior class standing. Students who do not have EMT certification should ideally take Paramedicine 181 for seven credits no sooner than the junior year or within the year prior to application to the program. Prior students are placed and presently working in EMS and Fire services in many of the continental United States and Hawaii. Other prior students have successfully matriculated in Physician's Assistant and Medical schools and are currently working in those professions.

Please see our paramedic home page on the BYU-I web site. Look under future student link for more information.

#### **Applied Associates Degree in Paramedicine (356)**

The Paramedicine degree's intent is to prepare graduates for National Registry of Emergency Medical Technicians Paramedic certification and licensure in most States. Course work follows the U.S. Department of Transportation model. Para 181, Bio 264, Bio 265, FDMAT 108 or higher, and Chem 101 are the prerequisites to admission to the Paramedic program. Concurrent enrollment in the prerequisites at the time of application is allowed. Application deadline is June 1st. Students admitted will attend three consecutive semesters: Fall, Winter and Spring, and will then do their internship.

Please see our paramedic home page on the BYU-I web site. Look under future student link for more information.

#### **BYU-Idaho/Salus University Physician Assistant Program 3-2 Agreement**

The physician assistant program at Salus University in Philadelphia, PA has agreed to accept four BYU-Idaho students into the Salus PA program each year. As part of this program, accepted BYU-Idaho students will enter the Salus University PA program at the end of their junior year. Upon completion of the first year of the Salus University PA program, BYU-Idaho students will be awarded a BYU-Idaho baccalaureate degree. Students will then finish the last year of PA school and be awarded a Masters of Medical Science from the Salus University PA program and will be qualified to take the Physician Assistant National Certification Exam.

**Health, Recreation and Human Performance**

Brigham Young University–Idaho 2013-2014

**AAS in Paramedicine (356)**

Take required Foundations courses (17 credits)

**Major Requirements**

*No Double Counting of Major Courses*

<b>Paramedic Prerequisite Courses</b> <i>Take these courses:</i> BIO 264            3 BIO 264L        1 BIO 265            3 BIO 265L        1 CHEM 101 or higher 4 PARA 181        7 <hr/> 19	<b>Paramedic Module**</b> <b>Fall Semester</b> <i>Take these courses:</i> PARA 250            1 PARA 264            1 PARA 280            3 PARA 291            1 PARA 360            6 <hr/> 12  <b>Winter Semester</b> <i>Take these courses:</i> PARA 256            1 PARA 292            1 PARA 370            3 PARA 378            6 PARA 387            1 <hr/> 12	<b>Spring Semester</b> <i>Take these courses:</i> HS 320                3 PARA 243R           1 PARA 251            1 PARA 257            1 PARA 262            1 PARA 274            1 PARA 386            1 PARA 415            1 <hr/> 10  <b>Internship</b> <i>Take this course:</i> PARA 498            1-6 <hr/> 1	<b>Program Notes:</b>  ** The Paramedic Module must be applied for through the Paramedic Program application process. This module is cohort based.
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**Total Major Credits=54**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

**AAS in Medical Assisting (361)**

Take required Foundations courses (17 credits)

*No Double Counting of Major Courses*

<b>Medical Assisting Introductory Core</b> <i>Take these courses:</i> BIO 264            3 BIO 264L        1 HS 280            2 MA 106            2 PSYCH 111        3 <hr/> 11  <i>Take 1 course:</i> B 220                3 B 370                3 HS 240              2 HS 285              3 HS 320              3 HS 460              3 NUTR 150         3 <hr/> 2	<b>Medical Assisting Core Module*</b> <i>Take these courses:</i> BIO 265            3 BIO 265L        1 COMM 150        3 HS 222            1 MA 105            3 MA 105L          2 MA 107            3 MA 111            4 MA 205            3 MA 205L          1 MA 298            2 <hr/> 26	<b>Program Notes:</b>  Students must achieve a grade of C or higher in all major required courses.  Students must achieve a grade of B- or higher in HS 280  * The Medical Assisting Core Module must be applied for through the Medical Assisting Application Process
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**Total Major Credits=39**

**Additional Elective Credits Required for Graduation=4**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

**Health, Recreation and Human Performance**

Brigham Young University-Idaho 2013-2014

**BS in Paramedicine (477)**

Take required Foundations courses

**Major Requirements**

*No Double Counting of Major Courses*

<b>Paramedicine Prerequisite Courses</b> <i>Take these courses:</i> BIO 264                    3 BIO 264L                1 BIO 265                    3 BIO 265L                1 CHEM 101 & 101L or higher                4 PARA 181                 7 <hr/> 19	<b>Paramedic Module**</b> <b>Fall Semester</b> <i>Take these courses:</i> PARA 250                1 PARA 264                1 PARA 280                3 PARA 291                1 PARA 360                6 <hr/> 12  <b>Winter Semester</b> <i>Take these courses:</i> PARA 256                1 PARA 292                1 PARA 370                3 PARA 378                6 PARA 387                1 <hr/> 12	<b>Spring Semester</b> <i>Take these courses:</i> HS 320                    3 PARA 243R              1 PARA 251                1 PARA 257                1 PARA 262                1 PARA 274                1 PARA 386                1 PARA 415                1 <hr/> 10  <b>Internship</b> <i>Take this course:</i> PARA 498                1-6 <hr/> 1	<b>Program Notes:</b>  ** The Paramedic Module must be applied for through the Paramedic Program application process. This module is cohort based.
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**Total Major Credits=54**

**Additional Elective Credits Required for Graduation=26, 6 of which must be upper division**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

**Health, Recreation and Human Performance**

Brigham Young University-Idaho 2013-2014

<b>BS in Exercise Physiology (481-109)</b> <b>Exercise Physiology Emphasis</b> Major Requirements <i>No Grade Less Than C- in Major Courses</i>					
<b>Module 1</b> <i>Take these courses during your first two semesters:</i> ESS 375           3 HRHP 131       2 NUTR 150        3 <hr style="width: 100%;"/> 8  <i>Take 1 option:</i> BIO 264           3 BIO 264 L       1 OR take this course BIO 460           4 <hr style="width: 100%;"/> 4	<i>Take these courses:</i> ESS 375L           1 ESS 465            3 MATH 221B        3 HRHP 359         3 PH 105 or 121    4-3 <hr style="width: 100%;"/> 13  <i>Take 1 option:</i> BIO 265            3 BIO 265 L         1 OR take this course BIO 461            5 <hr style="width: 100%;"/> 4	<b>Lifetime Courses</b> <i>Take 1 course:</i> ESS 127           1 ESS 131           1 RM 223B           2 RM 223E           2 RM 223F           2 RM 224A           2 RM 224B           2 RM 224C           2 RM 225A           2 RM 225C           3 <hr style="width: 100%;"/> 1	<b>Select and Complete 1 of the Following Modules</b>		
<i>Program Notes:</i>	<b>Research/Internship</b> <i>Take 1 course:</i> ESS 497           3 ESS 498           1-2 <hr style="width: 100%;"/> 1  <b>Fitness Courses</b> <i>Take 1 course:</i> ESS 100           1 ESS 101           1 ESS 102           1 ESS 115           1 ESS 130           1 ESS 160           1 ESS 161           1 ESS 178           1 ESS 179           1 <hr style="width: 100%;"/> 1	<b>Sports Courses</b> <i>Take 1 course:</i> ESS 119           1 ESS 121           1 ESS 124           1 ESS 128           1 ESS 134           1 ESS 141           1 ESS 145           1 ESS 148           1 <hr style="width: 100%;"/> 1	<b>Movement and Rehabilitation Science</b> <i>Take these courses:</i> CHEM 101 & 101L OR CHEM 105           4 HS 349             3 HS 349L            1 HRHP 369          3 HRHP 415          3 <hr style="width: 100%;"/> 14	<b>Exercise Chemistry</b> <i>Take these courses:</i> CHEM 105           4 CHEM 106           4 CHEM 351           4 <hr style="width: 100%;"/> 12  <b>Exercise Nutrition</b> <i>Take these courses:</i> CHEM 101 OR 105   4 NUTR 200            3 NUTR 330            3 NUTR 350 OR 400   3 <hr style="width: 100%;"/> 13	<b>Exercise Physiology Graduate School Preparation</b> <i>Take these courses:</i> BIO 221            3 BIO 222            1 CHEM 105          4 HRHP 415          3 HS 305             3 <hr style="width: 100%;"/> 14
<b>Total Major Credits=47</b> <b>Additional Elective Credits Required for Graduation - 33</b>					
This major is available on the following tracks:					
Fall-Winter---- YES	Winter-Spring---- YES	Spring-Fall---- YES			

**Health, Recreation and Human Performance**

Brigham Young University-Idaho 2013-2014

**BS in Exercise Physiology (481-136)  
Program Design and Prescription Emphasis**

**Major Requirements**

*No Grade Less Than C- in Major Courses*

<p><b>Core Courses</b> <i>Take these courses during your first two semesters:</i></p> <table> <tr><td>ESS 375</td><td>3</td></tr> <tr><td>HRHP 131</td><td>2</td></tr> <tr><td>NUTR 150</td><td>3</td></tr> <tr><td><b>8</b></td><td><b>8</b></td></tr> </table> <p><i>Take 1 option:</i></p> <table> <tr><td>BIO 264</td><td>3</td></tr> <tr><td>BIO 264 L</td><td>1</td></tr> <tr><td>OR take this course</td><td></td></tr> <tr><td>BIO 460</td><td>4</td></tr> <tr><td><b>4</b></td><td><b>4</b></td></tr> </table>	ESS 375	3	HRHP 131	2	NUTR 150	3	<b>8</b>	<b>8</b>	BIO 264	3	BIO 264 L	1	OR take this course		BIO 460	4	<b>4</b>	<b>4</b>	<p><i>Take these courses:</i></p> <table> <tr><td>ESS 204 or 347</td><td>2</td></tr> <tr><td>ESS 375L</td><td>1</td></tr> <tr><td>ESS 381</td><td>4</td></tr> <tr><td>HRHP 359</td><td>3</td></tr> <tr><td>HS 305</td><td>3</td></tr> <tr><td><b>17</b></td><td><b>17</b></td></tr> </table> <p><i>Take 1 option:</i></p> <table> <tr><td>BIO 265</td><td>3</td></tr> <tr><td>BIO 265 L</td><td>1</td></tr> <tr><td>OR take this course</td><td></td></tr> <tr><td>BIO 461</td><td>5</td></tr> <tr><td><b>4</b></td><td><b>4</b></td></tr> </table> <p><b>Research/Internship</b> <i>Take 1 course:</i></p> <table> <tr><td>ESS 497</td><td>3</td></tr> <tr><td>ESS 498</td><td>1-2</td></tr> <tr><td><b>1</b></td><td><b>1</b></td></tr> </table>	ESS 204 or 347	2	ESS 375L	1	ESS 381	4	HRHP 359	3	HS 305	3	<b>17</b>	<b>17</b>	BIO 265	3	BIO 265 L	1	OR take this course		BIO 461	5	<b>4</b>	<b>4</b>	ESS 497	3	ESS 498	1-2	<b>1</b>	<b>1</b>	<p><b>Fitness Courses</b> Take 1 course:</p> <table> <tr><td>ESS 100</td><td>1</td></tr> <tr><td>ESS 101</td><td>1</td></tr> <tr><td>ESS 102</td><td>1</td></tr> <tr><td>ESS 115</td><td>1</td></tr> <tr><td>ESS 130</td><td>1</td></tr> <tr><td>ESS 160</td><td>1</td></tr> <tr><td>ESS 161</td><td>1</td></tr> <tr><td>ESS 178</td><td>1</td></tr> <tr><td>ESS 179</td><td>1</td></tr> <tr><td><b>1</b></td><td><b>1</b></td></tr> </table> <p><b>Lifetime Courses</b> Take 1 course:</p> <table> <tr><td>ESS 127</td><td>1</td></tr> <tr><td>ESS 131</td><td>1</td></tr> <tr><td>RM 223B</td><td>2</td></tr> <tr><td>RM 223E</td><td>2</td></tr> <tr><td>RM 223F</td><td>2</td></tr> <tr><td>RM 224A</td><td>2</td></tr> <tr><td>RM 224B</td><td>2</td></tr> <tr><td>RM 224C</td><td>2</td></tr> <tr><td>RM 225A</td><td>2</td></tr> <tr><td>RM 225C</td><td>3</td></tr> <tr><td><b>1</b></td><td><b>1</b></td></tr> </table> <p><b>Sports Courses</b> Take 1 course:</p> <table> <tr><td>ESS 119</td><td>1</td></tr> <tr><td>ESS 121</td><td>1</td></tr> <tr><td>ESS 124</td><td>1</td></tr> <tr><td>ESS 128</td><td>1</td></tr> <tr><td>ESS 134</td><td>1</td></tr> <tr><td>ESS 141</td><td>1</td></tr> <tr><td>ESS 145</td><td>1</td></tr> <tr><td>ESS 148</td><td>1</td></tr> <tr><td><b>1</b></td><td><b>1</b></td></tr> </table>	ESS 100	1	ESS 101	1	ESS 102	1	ESS 115	1	ESS 130	1	ESS 160	1	ESS 161	1	ESS 178	1	ESS 179	1	<b>1</b>	<b>1</b>	ESS 127	1	ESS 131	1	RM 223B	2	RM 223E	2	RM 223F	2	RM 224A	2	RM 224B	2	RM 224C	2	RM 225A	2	RM 225C	3	<b>1</b>	<b>1</b>	ESS 119	1	ESS 121	1	ESS 124	1	ESS 128	1	ESS 134	1	ESS 141	1	ESS 145	1	ESS 148	1	<b>1</b>	<b>1</b>	<p align="center"><b>Select and Complete 1 of the Following Modules</b></p> <table> <tr> <td style="vertical-align: top;"> <p><b>Advanced Exercise &amp; 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*Program Notes:*

**Total Major Credits=45**

**Additional Elective Credits Required for Graduation - 35**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

**Health, Recreation and Human Performance**

Brigham Young University–Idaho 2013-2014

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

Take required Foundations courses

**Major Requirements**

*No Double Counting of Major Courses*

Core Courses	Skills Courses	Therapeutic Recreation Courses	Required Cluster Courses	<i>Program Notes:</i>
<i>Take these courses during your first 2 semesters:</i>	<i>Take this course:</i>	<i>Take these courses:</i>	<i>Take this required cluster:</i>	
HRHP 131            2	RM 301                3	PSYCH 111           3	BIO 264               3	
RM 100               1	<b>OR</b>	RM 370               3	BIO 264L            1	
RM 123               2	<i>Take 2 credits:</i>	RM 371               3	BIO 265               3	
RM 304               3	ESS 100               1	RM 471               3	BIO 265L            1	
RM 343               3	ESS 101               1	RM 472               3	PSYCH 201           3	
<u>11</u>	ESS 102               1	RM 473               3	PSYCH 342           3	
	ESS 115               1	<u>18</u>	<u>14</u>	
	ESS 121               1			
<i>Take these courses:</i>	ESS 130               1	<b>Internship</b>		
MATH 221C           3	ESS 160               1	<i>Take this course for 3 credits:</i>		
RM 307               3	ESS 178               1	RM 498R              3		
RM 486               3	ESS 179               1			
RM 487               3	RM 223 A-F, K, L    2			
<u>12</u>	RM 223 G             4			
	RM 224 A-F           2			
<b>First Aid Courses</b>	RM 225 A, B, D, E   2			
<i>Take 1 course:</i>	RM 225 C              3			
ESS 264               3	<u>2</u>			
HS 222               1				
HS 223               3				
RM 373               3				
<u>1</u>				

**Total Major Credits=61**

**Additional Elective Credits Required for Graduation - 19**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

**Health, Recreation and Human Performance**

Brigham Young University-Idaho 2013-2014

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

Take required Foundations courses

**Major Requirements**

*No Double Counting of Major Courses*

<p><b>Core Courses</b> <i>Take these courses during your first 2 semesters:</i></p> <table> <tr><td>HRHP 131</td><td align="right">2</td></tr> <tr><td>RM 100</td><td align="right">1</td></tr> <tr><td>RM 123</td><td align="right">2</td></tr> <tr><td>RM 304</td><td align="right">3</td></tr> <tr><td>RM 343</td><td align="right">3</td></tr> <tr><td></td><td align="right"><u>11</u></td></tr> </table> <p><i>Take these courses:</i></p> <table> <tr><td>MATH 221C</td><td align="right">3</td></tr> <tr><td>RM 307</td><td align="right">3</td></tr> <tr><td>RM 320</td><td align="right">3</td></tr> <tr><td>RM 486</td><td align="right">3</td></tr> <tr><td>RM 487</td><td align="right">3</td></tr> <tr><td></td><td align="right"><u>15</u></td></tr> </table> <p><b>First Aid Courses</b> <i>Take 1 course:</i></p> <table> <tr><td>ESS 264</td><td align="right">3</td></tr> <tr><td>HS 222</td><td align="right">1</td></tr> <tr><td>HS 223</td><td align="right">3</td></tr> <tr><td>RM 373</td><td align="right">3</td></tr> <tr><td></td><td align="right"><u>1</u></td></tr> </table>	HRHP 131	2	RM 100	1	RM 123	2	RM 304	3	RM 343	3		<u>11</u>	MATH 221C	3	RM 307	3	RM 320	3	RM 486	3	RM 487	3		<u>15</u>	ESS 264	3	HS 222	1	HS 223	3	RM 373	3		<u>1</u>	<p><b>Skills Courses</b> <i>Take this course:</i></p> <table> <tr><td>RM 301</td><td align="right">3</td></tr> </table> <p><b>OR</b> <i>Take 2 credits:</i></p> <table> <tr><td>ESS 100</td><td align="right">1</td></tr> <tr><td>ESS 101</td><td align="right">1</td></tr> <tr><td>ESS 102</td><td align="right">1</td></tr> <tr><td>ESS 115</td><td align="right">1</td></tr> <tr><td>ESS 121</td><td align="right">1</td></tr> <tr><td>ESS 130</td><td align="right">1</td></tr> <tr><td>ESS 160</td><td align="right">1</td></tr> <tr><td>ESS 161</td><td align="right">1</td></tr> <tr><td>ESS 178</td><td align="right">1</td></tr> <tr><td>ESS 179</td><td align="right">1</td></tr> <tr><td>RM 223 A-F, K, L</td><td align="right">2</td></tr> <tr><td>RM 223 G</td><td align="right">4</td></tr> <tr><td>RM 224 A-F</td><td align="right">2</td></tr> <tr><td>RM 225 A, B, D, E</td><td align="right">2</td></tr> <tr><td>RM 225 C</td><td align="right">2</td></tr> <tr><td>RM 225 C</td><td align="right"><u>3</u></td></tr> <tr><td>RM 225 C</td><td align="right">2</td></tr> </table>	RM 301	3	ESS 100	1	ESS 101	1	ESS 102	1	ESS 115	1	ESS 121	1	ESS 130	1	ESS 160	1	ESS 161	1	ESS 178	1	ESS 179	1	RM 223 A-F, K, L	2	RM 223 G	4	RM 224 A-F	2	RM 225 A, B, D, E	2	RM 225 C	2	RM 225 C	<u>3</u>	RM 225 C	2	<p><b>Skills Courses</b> <i>Take this course:</i></p> <table> <tr><td>RM 200</td><td align="right"><u>3</u></td></tr> <tr><td></td><td align="right">3</td></tr> </table> <p><i>Take 9 credits:</i></p> <table> <tr><td>RM 223 A-F, J, K, L</td><td align="right">2</td></tr> <tr><td>RM 223 G</td><td align="right">4</td></tr> <tr><td>RM 224 A-F</td><td align="right">2</td></tr> <tr><td>RM 225 A, B, D, E</td><td align="right">2</td></tr> <tr><td>RM 225 C</td><td align="right">3</td></tr> <tr><td>RM 342</td><td align="right">3</td></tr> <tr><td>RM 370</td><td align="right">3</td></tr> <tr><td>RM 371</td><td align="right">3</td></tr> <tr><td>RM 380</td><td align="right">4</td></tr> <tr><td>RM 423</td><td align="right">3</td></tr> <tr><td>RM 471</td><td align="right">3</td></tr> <tr><td>RM 472</td><td align="right">3</td></tr> <tr><td>RM 473</td><td align="right">3</td></tr> <tr><td>RM 483</td><td align="right">3</td></tr> <tr><td>RM 497R</td><td align="right">1-3</td></tr> <tr><td>RM 499R</td><td align="right"><u>1-3</u></td></tr> <tr><td></td><td align="right">9</td></tr> </table>	RM 200	<u>3</u>		3	RM 223 A-F, J, K, L	2	RM 223 G	4	RM 224 A-F	2	RM 225 A, B, D, E	2	RM 225 C	3	RM 342	3	RM 370	3	RM 371	3	RM 380	4	RM 423	3	RM 471	3	RM 472	3	RM 473	3	RM 483	3	RM 497R	1-3	RM 499R	<u>1-3</u>		9	<p><b>Internship</b> <i>Take this course for 3 credits:</i></p> <table> <tr><td>RM 498R</td><td align="right"><u>1-3</u></td></tr> <tr><td></td><td align="right">3</td></tr> </table>	RM 498R	<u>1-3</u>		3	<p><i>Program Notes:</i></p>
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**Total Major Credits=44**

**Additional Elective Credits Required for Graduation - 36**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES



**Health, Recreation and Human Performance**

Brigham Young University-Idaho 2013-2014

**BS in Recreation Management  
Community Emphasis - (611-150)**

Take required Foundations courses

**Major Requirements**

*No Double Counting of Major Courses*

Core Courses	Skills Courses	Emphasis Courses	Required Cluster	<i>Program Notes:</i>
<i>Take these courses during your first 2 semesters:</i>	<b>Skills Courses</b>	<i>Take these courses:</i>	<i>Students must complete one mandatory cluster from the following list:</i>	
HRHP 131            2	<i>Take this course:</i>	ACCTG 180            3	Aquatics	
RM 100                1	RM 301                3	ESS 205                2	Inclusion	
RM 123                2	<b>OR</b>	RM 483                3	Outdoor Recreation	
RM 304                3	<i>Take 2 credits:</i>	<u>                              8</u>	Exercise & Sports Science	
RM 343                3	ESS 100                1	<i>Take 1 course:</i>		
<u>                             11</u>	ESS 101                1	B 341                    3		
<i>Take these courses:</i>	ESS 102                1	B 370                    3		
MATH 221B           3	ESS 115                1	<u>                              3</u>		
RM 307                3	ESS 121                1			
RM 320                3	ESS 130                1	<b>Internship Courses</b>		
RM 486                3	ESS 160                1	<i>Take this course for 3 credits:</i>		
RM 487                3	ESS 178                1	RM 498R               1-3		
<u>                             15</u>	ESS 179                1	<u>                              3</u>		
<b>First Aid Courses</b>	RM 223 A-F, K, L    2			
<i>Take 1 course:</i>	RM 223 G              4			
ESS 264                3	RM 224 A-F            2			
HS 222                1	RM 225 A, B, D, E    2			
HS 223                3	RM 225 C              3			
RM 373                3	<u>                              2</u>			
<u>                             1</u>				

**Total Major Credits=55**

**Additional Elective Credits Required for Graduation - 25**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

## Health, Recreation and Human Performance

Brigham Young University-Idaho 2013-2014

### BS in Health Science Emphasis in Public Health (750-39)

Take required Foundations courses

*No Double Counting of Major Courses - No Grade Less Than C-*

Health Science Introductory Module	Science Module	Public Health Module	Public Health Elective/Population	Program Notes:
<i>Take these courses:</i>	<i>Take 12 credits:</i>	<i>Take these courses:</i>	<i>Take these courses:</i>	<p><i>Note to students: It is strongly advised that students complete the Health Science Introductory Module classes before enrolling in other classes that are part of the Public Health Emphasis.</i></p> <p><i>*Students must take Math 221B prior to enrolling in HS 370 or HS 391.</i></p>
BIO 264 3	BIO 221 3	HS 320 3	HS 310 3	
BIO 264L 1	BIO 222 1	HS 370* 3	HS 360 2	
MATH 221B 3	BIO 265 3	HS 390 3	HS 391* 2	
HS 240 2	BIO 265L 1	HS 472 3	HS 401 2	
HS 280 2	CHEM 101 3	12	9	
11	CHEM 101L 1	<b>Internship</b>		
	CHEM 105 4	<i>Take this course:</i>	<i>Take 1 course:</i>	
<i>Take 1 course:</i>	CHEM 106 4	HS 498 1-3	HS 450 3	
HRHP 131 2	CHEM 150 5	1	HS 460 3	
HS 331 3	CHEM 351 4		HS 472 3	
2	CHEM 352 4		HS 480 3	
	PH 101 4		HS 485 3	
	PH 105 4		3	
	PH 106 4		3	
	12			

**Total Major Credits=48**

**Additional Elective Credits Required for Graduation - 32**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

### BS in Health Science Health Promotion Emphasis (750-151)

Take required Foundations courses

*No Double Counting of Major Courses - No Grade Less Than C-*

Health Science Introductory Module*	Health Promotion Core 2 Module	Select and Complete 1 of the Following Modules		Program Notes:
<i>Take these courses:</i>	<i>Take these courses:</i>	<b>Worksite Wellness Coach Module</b>	<b>Pre-Professional Module 1</b>	<p><i>*Note to students: It is strongly advised that students complete the Health Science Introductory Module classes before enrolling in other classes that are part of the Health Promotion Emphasis.</i></p> <p><i>*Students must take Math 221B prior to enrolling in HS 370 or HS 391.</i></p>
BIO 264 3	HS 305 3	<i>Take these courses:</i>	<i>Take these courses:</i>	
BIO 264L 1	HS 391* 2	ESS 204 2	BIO 180 4	
MATH 221B 3	HS 401 2	ESS 375 3	CHEM 105 4	
HS 240 2	HS 472 3	ESS 381 4	CHEM 106 4	
HS 280 2	NUTR 150 3	HRHP 359 3	12	
11	13	12		
<i>Take 1 course:</i>	<b>Internship</b>	<b>Community Health Settings Module</b>	<b>Pre-Professional Module 2</b>	
HRHP 131 2	<i>Take this course:</i>	<i>Take this course:</i>	<i>Take these courses:</i>	
HS 331 3	HS 498 1-3	HS 351 2	BIO 221 3	
2	1	HS 460 3	BIO 222 1	
		HS 480 3	CHEM 351 4	
<b>Health Promotion Core 1 Module</b>		RM 343 3	PSYCH 111 3	
<i>Take these courses:</i>		11	PSYCH 342 3	
BIO 265 3			14	
BIO 265L 1				
HS 320 3				
HS 370* 3				
HS 390 3				
HS 420 2				
15				

**Total Major Credits=53**

**Additional Elective Credits Required for Graduation - 27**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

**Health, Recreation and Human Performance**

Brigham Young University-Idaho 2013-2014

**BS in Health Science  
Occupational Safety & Health Emphasis (750-102)**

Take required Foundations courses

*No Double Counting of Major Courses - No Grade Less Than C-*

<b>Health Science Introductory Module</b> <i>Take these courses:</i> BIO 264           3 BIO 264L        1 MATH 221B       3 HS 280            2 <hr style="width: 50px; margin-left: 0;"/> 9  <i>Take 1 course:</i> HRHP 131         2 HS 331            3 <hr style="width: 50px; margin-left: 0;"/> 2	<b>Science Module</b> <i>Take 12 credits:</i> BIO 221           3 BIO 222           1 BIO 265           3 BIO 265L         1 CHEM 101         3 CHEM 101L        1 CHEM 105         4 CHEM 106         4 CHEM 150         5 CHEM 351         4 CHEM 352         4 PH 101            4 PH 105            4 PH 106            4 <hr style="width: 50px; margin-left: 0;"/> 12	<b>Occupational Safety &amp; Health Core Module</b> <i>Take these courses:</i> HS 310            3 HS 485            3 HS 486            3 HS 487            3 <hr style="width: 50px; margin-left: 0;"/> 12  <b>Occupational Safety &amp; Health Elective Module</b> <i>Take these courses:</i> CONST 320        2 HS 384            2 HS 450            3 HS 484            2 HS 488            2 HS 498            1-3 <hr style="width: 50px; margin-left: 0;"/> 12	<i>Program Notes:</i>
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**Total Major Credits=47**

**Additional Elective Credits Required for Graduation - 33**

This major is available on the following tracks:

Fall-Winter--- YES

Winter-Spring--- YES

Spring-Fall---- YES

**Health, Recreation and Human Performance**

Brigham Young University-Idaho 2013-2014

**BS in Healthcare Administration (752)**

Take required Foundations courses

*No Double Counting of Major Courses*

<b>Introductory Module</b>		<b>Healthcare Administration Core</b>		<i>Program Notes:</i>
<i>Take these courses:</i>				
BIO 264	3	HS 285	3	
BIO 264L	1	HS 345	3	
MATH 221B	3	HS 375	3	
HRHP 131	2	HS 378	3	
HS 280	2			
	<u>11</u>		<u>12</u>	
<b>Business Module</b>		<b>Supplemental Courses</b>		
<i>Take these courses:</i>		<i>Take these courses:</i>		
B 201	3	ECON 150	3	
B 220	3	HS 391	2	
B 361	3	HS 425	3	
B 370	3	HS 465	3	
	<u>12</u>	MA 106	2	
			<u>13</u>	
		<i>Take this course:</i>		
		HS 498	1	
			<u>1</u>	

**Total Major Credits=49**

**Additional Elective Credits Required for Graduation - 31**

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

**Minor in Exercise and Sport Science (110)**

Minor Requirements

<b>Core Classes</b>		<b>Theory Courses</b>		<b>Fitness Courses</b>		<i>Cont. from previous column</i>	<i>Program Notes:</i>
<i>Take these courses:</i>		<i>Take 4 credits:</i>		<i>Take 3 courses:</i>		ESS 141	
BIO 264	3	ESS 341	2	<i>(No Repeats)</i>		ESS 145	
BIO 264L	1	ESS 342	2	ESS 100	1	ESS 148	1
ESS 320	2	ESS 343	2	ESS 101	1	ESS 161	1
ESS 330	2	ESS 344	2	ESS 119	1	ESS 178	1
ESS 347	2	ESS 345	2	ESS 121	1	ESS 179	1
ESS 366	2	ESS 346	2	ESS 127	1		<u>1</u>
ESS 375	3	ESS 381	4	ESS 131	1		<u>3</u>
ESS 375L	1		4	ESS 134	1		
HRHP 131	2			<i>Cont. next column</i>			
	<u>18</u>						

**Total Minor Credits=25**

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

**Health, Recreation and Human Performance**

Brigham Young University-Idaho 2013-2014

**Health Science Minor (123)**

**Minor Requirements**

*No Double Counting of Minor Courses - No Grade Less Than C- for Minor Courses*

<p><b>Health Science Introduction Core</b>  <i>Take these courses:</i>                  BIO 264           3                  BIO 264L        1                  MATH 221B       3                  HS 280            2  <hr style="width: 100px; margin-left: 0;"/>                                   9</p> <p><i>Take 1 course:</i>                  HRHP 131         2                  HS 331            3  <hr style="width: 100px; margin-left: 0;"/>                                   2</p>	<p align="center"><b>Complete 1 Module</b></p> <p><b>Public Health Module</b>  <i>Take these courses</i>                  HS 240            2                  HS 320            3                  HS 370            3                  HS 390            3  <hr style="width: 100px; margin-left: 0;"/>                                   11</p> <p>Community and Worksite                  Wellness Module  <i>Take these courses</i>                  HS 360            2                  HS 391            2                  HS 460            3                  HS 472            3  <hr style="width: 100px; margin-left: 0;"/>                                   10</p> <p>Occupational Safety and                  Health Module  <i>Take these courses</i>                  HS 310            3                  HS 485            3                  HS 486            3                  HS 487            3  <hr style="width: 100px; margin-left: 0;"/>                                   12</p>	<p><i>Program Notes:</i></p>
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**Total Minor Credits=21**

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES



### Minor in Sports Management (196)

#### Minor Requirements

<i>Take these courses</i>	
B 101	3
CIT 110	3
COMM 130	3
COMM 230	3
ENG 316	3
ESS 131	1
ESS 350	2
ESS 483	3
	<hr/> 21

*Program Notes:*

**Total Minor Credits=21**

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

### Minor in Recreation Management (200)

#### Minor Requirements

*No double counting of minor courses*

<i>Core Courses</i>	
<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/> 21

<i>Supplemental Courses</i>	
<i>Take 4 credits:</i>	
RM 123	2
RM 223 A-F, K, L	2
RM 223 G	4
RM 224 A-F	2
RM 225 A, B, D, E	2
RM 225 C	3
	<hr/> 4

*Program Notes:*

**Total Minor Credits=25**

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES





# Health, Recreation and Human Performance

Brigham Young University-Idaho 2013-2014

## Health, Recreation and Human Performance Pre-approved Clusters

Exercise and Sports Science		1201
<i>Take these courses:</i>		
ESS 320	Motor Development	2
ESS 347	Sports Conditioning	2
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
NUTR 150	Nutrition	3
Choose any ESS	100 course	1
<b>Total Credits</b>		<b>12</b>
Coaching (Non-education)		1202
<i>Take these courses:</i>		
ESS 335	Advanced Sports Psychology	3
ESS 350	Evaluation and Administration	2
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
ESS 381	Strength Training Theory and Application	4
<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
<b>Total Credits</b>		<b>15</b>
Professional Health		1203
<i>Take these courses:</i>		
BIO 264	Anatomy & Physiology 1	3
BIO 264L	Anatomy & Physiology 1 Lab	1
ESS 320	Motor Development	2
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
HRHP 359	Introduction to Kinesiology and Biomechanics	3
Choose any ESS	100 course	1
<b>Total Credits</b>		<b>14</b>
Professional Training		1204
<i>Take these courses:</i>		
ESS 204	Aerobic Fitness Techniques	2
ESS 347	Sports Conditioning	2
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
ESS 381	Strength Training Theory and Application	4
HS 305	Health & Fitness Appraisal and Prescription	3
<b>Total Credits</b>		<b>15</b>
Aquatic Management		1205
<i>Take these courses:</i>		
ACCTG 201	Financial Accounting	3
B 101	Principles of Business Management	3
ESS 268	Water Safety Instruction	2
ESS 367	Lifeguarding Instructor	2
ESS 368	Aquatic Management	2
<b>Total Credits</b>		<b>12</b>
Inclusion		1206
<i>Take these courses:</i>		
CHILD 210	Child Development	3
ESS 366	Adaptive Education Special Population	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 102	Footwork, Agilities, Plyometrics	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
ESS 179	Olympic Weight Training	1
<b>Total Credits</b>		<b>12</b>

\*Check for course prerequisites

Outdoor Recreation		1207
<i>Take these courses:</i>		
ACCTG 201	Financial Accounting	3
RM 200	Recreation Leadership	3
<i>Take 4 credits:</i>		
RM 223 A-F,K,L	Skills Classes	2
RM 223G	Skills Classes	4
RM 224 A-F	Skills Classes	2
RM 225 A,B,D,F	Skills Classes	2
RM 225 C	Skills Classes	3
<i>Take 1 course:</i>		
BIO 352	Wildland Ecology and Range Plants	3
COMM 352	Persuasion	3
ESS 375	Exercise Physiology	3
RM 423	Resource Management	3
<b>Total Credits</b>		<b>13</b>
Health and Wellness		1300
<i>Take these courses:</i>		
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 Issues	3
<i>Take 1 course:</i>		
HS 222	Advanced First Aid	1
HS 223	Wilderness First Aid	3
<b>Total Credits</b>		<b>14</b>
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
<b>Total Credits</b>		<b>12</b>
Sports Medicine		1302
<i>Take these courses:</i>		
BIO 265	Anatomy & Physiology 2	3
BIO 265L	Anatomy & Physiology Lab 2	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
<b>Total Credits</b>		<b>12</b>
Public Health		1303
<i>Take 1 course:</i>		
HS 285	Hospital and Health Administration	3
HS 360	Community and Public Health Administration	2
<i>Take these courses:</i>		
HS 310	Environmental Health	3
HS 370	Epidemiology	3
HS 420	Health Behavior Theories/Models	2
MATH 221B	Bio Statistics	3
<b>Total Credits</b>		<b>13</b>
Emergency Care		1304
<i>Take these courses:</i>		
HS 223	Wilderness First Aid	3
HS 349	Sports Medicine	3
HS 349L	Sports Medicine Lab	1
PARA 181	EMT Basic	7
<b>Total Credits</b>		<b>14</b>
General Recreation Management		1305
<i>Take these courses:</i>		
RM 200	Recreation Leadership	3
RM 343	Experiential Education/Adventure Challenge 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	Legal Aspects and Risk Management of Leisure Services	3
<b>Total Credits</b>		<b>12</b>

# Health, Recreation and Human Performance

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<b>Rehabilitative Recreation Therapy (for Recreation Mgmt Majors)</b>		<b>1307</b>
<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
<b>Total Credits</b>		<b>12</b>

<b>Healthcare Administration</b>		<b>1308</b>
<i>Take these courses:</i>		
HS 280	Medical Terminology	2
HS 285	Hospital and Health Services Administration	3
HS 390	Planning, Implementing, and Evaluation	3
MA 106	Medical Law and Ethics	2
<i>Take 1 course:</i>		
HS 360	Community and Public Health Administration	2
HS 378	Healthcare Strategy	3
<b>Total Credits</b>		<b>12</b>

## Course Descriptions

## Credits\*

### ESS 095 Skiing

(0:0:0)

Total Course Fees: Determined prior to registration

This skiing class is for participants of varying abilities who will be provided with skill level fundamentals. Classes and snowboarding will be at Grand Targhee resort. Each student registering for the ski class is required to fill out the information which is posted on-line for students to designate each student's level and day they are registered to ski. This information is sent to Grand Targhee to determine how many instructors they will need to teach in various levels of skiing. Students will not go to Targhee the first day of class. (Winter)

### ESS 096 Snowboarding

(0:0:0)

Total Course Fees: Determined prior to registration

This snowboarding class is for participants of varying abilities who will be provided with skill level fundamentals. Classes and snowboarding will be at Grand Targhee Resort. Each student registering for the ski class is required to fill out the information which is posted on-line for students to designate each student's level and day they are registered to ski. This information is sent to Grand Targhee to determine how many instructors they will need to teach in various levels of snowboarding. Students will not go to Targhee the first day of class. (Winter)

### ESS 100 Aerobic Fitness

(1:0:2)

Total Course Fees: \$4.00

This class is highly recommended to be taken before or concurrently with ESS 204. A course designed to teach students how to improve their cardio-respiratory system, muscular strength and endurance, flexibility, and body composition. Students will learn how to safely perform a variety of cardio, strength, and conditioning exercises that can be applied throughout their lifetime. Nutrition and utilization of the USDA Food Pyramid website will be introduced and students will be required to keep a food diary. A fitness evaluation will be given at the beginning and end of the semester to show improvement. A written exam will be given on the major muscles of the body. Meets the fitness-course requirement for majors. (Fall, Winter, Spring)

### ESS 101 Water Aerobics

(1:0:2)

Total Course Fees: \$4.00

This course is recommended for 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. Students 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 improvement. A written exam on the muscles of the body and water aerobic skills will be given. Meets the fitness-course requirement for majors. (Fall, Winter, Spring)

### ESS 102 Footwork, Agilities, Plyometrics

(1:0:2)

Students will develop an understanding of plyometrics, agility, running, coordination, reaction time, conditioning, flexibility, and foot speed. The goal of the class is to improve students' physical abilities in these areas. Meets the fitness-course requirement for majors. (Fall, Winter, Spring)

### ESS 115 Military Physical Fitness

(1:0:2)

Repeatable Course: may earn maximum of 2 credits

Total Course Fees: \$4.00

A military style fitness program open to all students. (Fall, Winter, Spring)

### ESS 119 Racquetball

(1:0:2)

Total Course Fees: \$4.00

This racquetball course will teach the skills of racquetball and students will develop skills by playing. Students will be instructed with regard to rules, strategy and skill development activities. Intense play is considered part of the learning process and students must be prepared to be matched with opponents who may differ in skill levels. Students provide their own approved goggles prior to participating and while participating. This course meets the sports-course requirement for majors. (Fall, Winter, Spring)

### ESS 121 Softball

(1:0:2)

This course will teach the fundamentals of softball to women students. Students will be instructed with regard to rules, strategy, and skill development activities. Meets the sports-course requirement for majors. (Fall, Spring)

### ESS 124 Badminton

(1:0:2)

Total Course Fees: \$4.00

Focus will be on history, drills, skills, technique, rules, group activities, games, and a mini-tournament. Fundamentals of badminton such as short serve, long serve, clear shots, high and low drop shots, and movement patterns on the court will be taught. Students will be graded on attendance, cooperation, respect of classmates and instructor. A mid-term, final skills test, and a written test will be given. Information will be given on terms, rules, court size, scoring, and strategy. Meets the sports-course requirement for majors. (Fall, Winter, Spring)

### ESS 127 Archery

(1:0:2)

Total Course Fees: \$15.00

Instruction is given in archery using a variety of bows. Proper shooting technique, bow design, bow setup, proper arrow selection, and bow maintenance will be taught. Safe shooting will be taught and emphasized. The students are required to provide a half dozen arrows. The university will provide all other equipment. Testing will consist of written test and shooting. Meets the lifetime-course requirement for majors. (Fall, Winter, Spring)

### ESS 128 Bowling

(1:0:2)

Total Course Fees: \$30.00

Course teaches fundamentals of bowling including 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. Meets the sports-course requirement for majors. (Fall, Winter, Spring)

### ESS 130 Body Weight Management

(1:1:1)

Repeatable Course: may earn maximum of 2 credits

Total Course Fees: \$4.00

This course is highly recommended for students wanting to improve their overall body composition. This class will teach students how to live a healthier life by implementing a fitness and nutrition program. Students will be required to exercise a minimum of four days per week and record their food intake during the semester. They will set and attain personal goals and apply correct principles in exercise and nutrition. (Fall, Winter, Spring)

### ESS 131 Golf

(1:0:2)

Total Course Fees: \$20.00

This course is designed to teach the basic fundamentals of the lifetime sport of golf. Subjects include a history of the game, etiquette, swing components, driving, putting, chipping, and pitching skills. On-course application of these fundamentals is integral to the class. Students will be given a written test and will be required to pay green fees. Meets the lifetime-course requirement for majors. (Fall, Winter, Spring)

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### ESS 134 Tennis

(1:0:2)

Total Course Fees: \$4.00

Focus will be on history, drills, skills, technique, rules, group activities, games, and a mini-tournament. Students will be graded on attendance, cooperation, and respect of classmates and instructor. A mid-term, final skills test, and a written test will be given. Information will be given on the terms, rules, court size, scoring, and doubles and singles strategy. Students will wear BYU-I issue clothing when meeting on inside courts. Meets the sports-course requirements for majors.

(Fall, Winter, Spring)

### ESS 141 Basketball

(1:0:2)

Total Course Fees: \$4.00

This course teaches fundamentals of basketball including passing, shooting, dribbling, offense, defense, and rebound. Students will use those basic fundamentals in drills, in competition drills, and team play. Students will be tested on the rules of basketball. Meets the sports-course requirement for majors.

(Fall, Winter, Spring)

### ESS 145 Volleyball

(1:0:2)

Total Course Fees: \$4.00

This course will teach the skills of volleyball and students will develop skills by playing. Basic rules of the game will be covered. 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 and must be prepared to be matched with opponents who differ in skill levels. This class is a prerequisite for ESS 345 Volleyball Theory class and will help students obtain the necessary skills and knowledge to participate effectively in the Intramural program and at even higher levels of competition. Meets the sports-course requirement for majors.

(Fall, Winter, Spring)

### ESS 148 Soccer

(1:0:2)

Students will be taught the fundamentals of soccer and be expected to exhibit them individually and incorporate them at a team level. Students will participate in the administration of drills. This course is for students who are willing to learn and progress to a competitive level.

(Fall, Spring)

### ESS 160 Swimming Beginning

(1:0:2)

Total Course Fees: \$4.00

This course is designed for beginners or non-swimmers. Instruction will be given in the five basic strokes, three surface dives, and standing front dive from the deck. Students will learn water safety skills such as treading water, simple rescues, safety in and around pools and open bodies of water. Students will become efficient enough for a 15 minute non-stop swim. This course meets the fitness course requirement for majors.

(Fall, Winter, Spring)

### ESS 161 Swimming Intermediate

(1:0:2)

Total Course Fees: \$4.00

This is a course designed for students with some swimming ability. Students will learn the fundamentals of swimming including six different strokes, water polo, snorkeling, springboard 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. This course meets the fitness course requirement for majors.

(Fall, Winter, Spring)

### ESS 175 Adaptive Physical Education

(1:0:2)

Repeatable Course: may earn maximum of 2 credits

This class 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)

Repeatable Course: may earn maximum of 2 credits

Total Course Fees: \$4.00

Students will develop their muscular strength and endurance through resistance exercise. Instruction will be provided regarding the most common weight training exercises and the basic principles of program design such as specificity, progression, overload, and recuperation. Meets the fitness-course requirement for majors.

(Fall, Winter, Spring)

### ESS 179 Olympic Weight Training

(1:0:2)

Students will learn the advanced training techniques of the snatch and the clean and jerk exercises. Instruction involves intensive review of technique videos and daily guided practice. There are no physical strength prerequisites, but students must be able to squat deeply and perform overhead lifting. Females and anyone who is a regular sports participant are strongly encouraged to enroll. Meets the fitness-course requirement for majors.

(Fall, Winter, Spring)

### ESS 204 Aerobic Fitness Techniques

(2:2:1)

Total Course Fees: \$4.00

ESS 100 or concurrent enrollment in ESS 100 is highly recommended. This is a preparatory course for students interested in becoming a certified group fitness instructor, personal trainer, or seeking a career in the fitness industry. The class will prepare students for the Aerobic Fitness Association of America's Group Fitness Instructor Certification. Fundamentals of group fitness will be taught such as learning and applying the industry's basic standards and guidelines. Students will apply learned skills into practical application by teaching in and outside of the classroom. Students will exhibit exercise leadership and obtain the skills needed to safely teach group fitness classes.

(Fall, Winter, Spring)

### ESS 205 Intramurals

(2:2:0)

Total Course Fees: \$4.00

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)

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)

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. Students will be evaluated on their officiating skills.

(Fall, Spring)

### ESS 208 Sports Officiating Soccer

(1:1:0)

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. Students 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)

This is a course designed to teach students to implement the mechanics, rules and signals of volleyball. Students will learn and demonstrate proper mechanics and rules through evaluation, tests, and quizzes and be evaluated on their officiating skills of officiating volleyball as they serve fifteen lab hours.

(Fall, Spring)

### ESS 210 Sports Officiating Basketball

(1:1:0)

Total Course Fees: \$4.00

This course is designed to teach basketball officiating at the high school level. Fifteen lab hours of officiating and evaluating basketball at BYU-Idaho are required. Students will learn the rules, mechanics, and signals of officiating. Students will be tested and evaluated on the skills they learn in this class.

(Fall, Winter, Spring)

# Health, Recreation and Human Performance

## Brigham Young University–Idaho 2013-2014

### ESS 211 Sports Officiating Futsal

(1:1:0)

Total Course Fees: \$4.00

This course teaches the basic requirements of becoming a Futsal referee by demonstrating an understanding of the laws of the game orally through traditional testing methods, through laboratory based on field experience, and through experience hours gained through actual game officiating. The student will be able to identify and define the areas of the court, a properly inflated futsal ball, be able to identify and define the correct number of players, apply the proper substitution procedure and know what a legally equipped player is and the consequences for not being legally equipped. .

(Fall, Winter, Spring)

### ESS 264 Lifeguarding

(3:2:2)

Repeatable Course: may earn maximum of 6 credits

Total Course Fees: \$35.00

This course includes American Red Cross certifications for pool Lifeguards, CPR for the Professional Rescuer, AED, First Aid, and Oxygen Administration.

(Fall, Winter, Spring)

### ESS 268 Water Safety Instruction

(2:1:1)

Total Course Fees: \$35.00

Prerequisites: ESS 264

The Water Safety Instructor course trains students to teach the American Red Cross Learn to Swim program.

(Winter, Spring)

### ESS 299 Professional Experience Seminar

(1:0:2)

Repeatable Course: may earn maximum of 2 credits

This course is designed to offer credit to students ready for hands-on experience in assisting with teaching, coaching, managing, training, and administration of organizational experiences in the classroom or associated with a particular class. By consent of instructor.

(Fall, Winter, Spring)

### ESS 320 Motor Development

(2:2:0)

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. Class is designed to prepare students planning to teach physical education for the Praxis Exam. Class 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)

To analyze and study the mind and movement as it applies to the psychological principles of activity in sports and activity. To expose students to principles and practices of effective coaching. Class 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)

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)

Total Course Fees: \$4.00

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)

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 the student 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)

Total Course Fees: \$4.00

This class will cover offensive, defensive, special team strategies, and the principles of teaching or coaching basketball fundamentals. This course is designed to assist the teacher/prospective coach to explore the concepts, ideas, and principles of teaching or coaching basketball fundamentals. This course will be taught like as basketball clinic in which each student will participate.

(Fall, Winter, Spring)

### ESS 343 Football Theory

(2:2:0)

Total Course Fees: \$4.00

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. This course is designed to assist the teacher/prospective coach to explore the concepts, ideas, and principles of teaching or coaching football fundamentals. The course will be taught like a football clinic in which each student will participate.

(Fall, Winter, Spring)

### ESS 344 Track and Field Theory

(2:2:0)

This is a lecture and practical application theory course. The class 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)

Total Course Fees: \$4.00

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. Other topics that will build strong teachers and coaches will be taught such as history of the sport, great players in the sport, etc. 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)

Total Course Fees: \$4.00

Students will learn to organize and administer a high school wrestling program. Objectives include developing a coaching portfolio that contains a plan for team management, strength and conditioning, event management, program development and a video demonstrating ability to effectively teach appropriate techniques. Students can expect reading assignments and on-line exams and they should be fit to participate in daily wrestling activities, which often include live drills.

(Fall, Winter)

### ESS 347 Sports Conditioning

(2:2:0)

Total Course Fees: \$4.00

Principles of correct conditioning for athletes in many sports are taught through the use of lecture and video. Half of this Sports Conditioning course is lecture and half of the course will be dress-down days where the students experience the skills in the weight rooms that are taught in the classroom. The principle goal of the class is that students design a five-week conditioning program based upon the information and skills learned in class. Students will train an individual using the conditioning program that they design.

(Fall, Winter, Spring)

# Health, Recreation and Human Performance

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## ESS 350 Evaluation and Administration

(2:2:0)

Evaluation and Administration is a lecture course designed to familiarize students with a wide variety of administrative and analytical responsibilities related to physical education with regard to budget, promotion, scheduling, cohesiveness within the coaching staff, problem solving, and a basic understanding of sports law and ethics. Subject matter includes an introduction to statistics, a historical perspective of physical education and sports, management of physical and sports programs, legal liability and risk management, and managing facilities.  
(Fall, Winter, Spring)

## ESS 361 Sports Skills and Secondary Methods 1

(2:2:0)

This is a Sports Skills and Secondary Methods class to provide the prospective teacher with both 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)

This Adaptive Education Special Population class will teach the student to learn 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)

Total Course Fees: \$35.00

Prerequisites: ESS 264

This course will provide students with the necessary skills and knowledge to train lifeguards under the American Red Cross. Course will include complete knowledge of the American Red Cross Lifeguard program which includes rescues, CPR for the Professional Rescuer (CPR-PR), Standard First Aid, use of an AED (automated external defibrillator), Oxygen Administration, and Disease Prevention. Students will know the American Red Cross policies and procedures for all instructors and specifically Lifeguard Instructors. They will be prepared to teach a lifeguard course.  
(Fall, Winter, Spring)

## ESS 368 Aquatics Management

(2:1:3)

Total Course Fees: \$35.00

The Aquatic Management 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. Also included are segments on water activities and programs such as water aerobics, competitive swimming, and snorkeling.  
(Fall, Winter)

## ESS 375 Exercise Physiology

(3:3:0)

The Exercise Physiology 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 out of homeostasis. Topics include metabolism and fuel utilization, muscle function, respiration, and neurophysiology among other topics. 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)

Total Course Fees: \$20.00

Prerequisites: ESS 375 (or concurrent enrollment)

A class to introduce 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)

Total Course Fees: \$4.00

This Strength Training Theory and Application course is designed for students aspiring to be strength and conditioning coaches or personal trainers. Students will learn the physiological adaptations to resistance training and gain an in-depth understanding of the program design variables of specificity, progression, and overload. Specific topics include how endocrine responses influence adaptation, gender and age-dependent responses, advanced program design, and the teaching techniques of Olympic weight lifting. Students will design and administer a semester-long training project. Successful students will be prepared to pass the NSCA's CSCS exam.  
(Fall, Winter, Spring)

## ESS 455 Exercise Science Selected Topics

(1:1:0)

Prerequisites: 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)

Prerequisites: ESS 375

This Advanced Exercise Physiology course builds on knowledge gained from an exercise physiology class primarily at the cellular level and explores the advanced concepts in exercise physiology including metabolic function, muscle movement, human performance, and advanced lab techniques in exercise physiology.  
(Fall, Winter, Spring)

## ESS 483 Sports Law

(3:3:0)

This Sports Law 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 1

(1:0:0)

Student observation of faculty teaching physical skills courses and development of student lesson plans for physical skills courses. Subsequent semesters: Faculty mentoring of student teaching in various physical activity courses.

## ESS 496 Student Pedagogy and Mentoring 2

(1:0:0)

Prerequisites: ESS 495

Course consists of students teaching in one of two areas, and coaching two sports under the university intramural program. Students will develop physical fitness classroom management and leadership skills which will prove useful for future pedagogy experiences.

## ESS 497 Exercise Physiology Research

(3:3:0)

Prerequisites: FDMAT 222; ESS 375 or ESS 381

Students will apply theories from previous coursework and conduct a research project in this course. The seminar requires students to recruit participants, submit appropriate documentation, collect and analyze data, and complete a group research paper and/or a project poster. Students are strongly encouraged to visit with the instructor prior to enrolling to discuss possible topics.  
(Fall, Winter, Spring)

## ESS 498 Internship

(1-2:0:0)

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 class is normally taken during off-track of student's senior year. Shadowing does not qualify as an internship.  
(Fall, Winter, Spring)

## HRHP 131 Personal Health and Fitness

(2:2:0)

The American lifestyle does not provide the human body with sufficient physical activity to enhance or maintain adequate health. Our way of life is such a serious threat to our health that it increases the deterioration rate of the human body and leads to premature illness and mortality. This Personal Health and Fitness class will teach that the benefits of exercise along with healthy lifestyle habits are reaped through action. 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)

# Health, Recreation and Human Performance

Brigham Young University–Idaho 2013-2014

**HRHP 359 Introduction to Kinesiology and Biomechanics (3:3:1)**  
Kinesiology is the study of motion or human movement. Biomechanics is the study of mechanics as it relates to functional and anatomical analysis of biological systems. Both will be studied in this course and knowledge and skills will be applied to every day life and a variety of professional settings. Study will focus on the skeletal, articular, muscular, and nervous systems as they are involved in the science of human movement. Application of these systems and learned principles will consist of the analysis of physical activity and exercise; improvement of athletic performance (muscle strengthening and stretching), the understanding of basic musculoskeletal structural pathologies, bony and soft tissue palpation, methods and strategies for anatomical corrective therapy, and the maintenance and improvement of musculoskeletal health.  
(Fall, Winter, Spring)

**HRHP 369 Applied Kinesiology and Assessment (3:3:0)**  
Prerequisites: HRHP 359; BIO 264; BIO 460  
The Applied Kinesiology and Assessment 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, Spring)

**HRHP 415 Biomechanics of Sports and Exercise (3:3:0)**  
Prerequisites: HRHP 359  
The primary learning objective for this class 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.  
(Winter)

**HS 222R Advanced First Aid (1:0:0)**  
Repeatable Course: may earn maximum of 3 credits  
First Aid is the immediate care given to a person who has been injured or who suddenly becomes ill. It includes self-help and home care if more advanced medical assistance is not needed or is delayed. In Advanced First Aid, the student is awarded 1 credit for having displayed competence in both CPR and First Aid. The only certifications recognized are those of the American Heart Association. These courses do NOT need to be taken on this campus. However, they are offered online and through the University Ticket Office (<http://byui.universitytickets.com>). For the online course, go to <http://www.onlineaha.org/index.cfm?fuseaction=main.courseCatalog> and click on HeartSaver® First Aid CPR AED Online Part 1 under "Workplace Training". Skills tests will need to be arranged after completing online portion of the course. To successfully complete the course, each qualifying student will show their current American Heart Association's First Aid and CPR Certification cards.  
(Fall, Winter, Spring)

**HS 223 Wilderness First Aid (3:3:0)**  
Total Course Fees: \$13.00  
First Aid is the immediate care given to a person who has been injured or suddenly becomes ill. Wilderness First Aid 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)**  
Introduction to agencies, facilities, and programs playing 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)**  
This class is an introduction course into the language of medicine.  
(Fall, Winter, Spring)

**HS 285 Hospital and Health Administration (3:3:0)**  
There are twelve focuses for this course, each 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 (1-3:0:0)**  
This class is designed to offer credit to students ready for "hands-on" experience in helping with teaching, recording, and organizational experiences. 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)**  
Total Course Fees: \$25.00  
Methodologies and techniques for evaluations of health and fitness values including body composition, maximal oxygen consumption, anthropometric measurements, blood values, blood pressure, stress, nutrition, posture, lifestyle habits, etc. Principles of health and fitness program prescription based on individual values and recommended improvements.  
(Fall, Winter, Spring)

**HS 310 Environmental Health (3:3:0)**  
Environmental health comprises those aspects of human health including quality of life that are determined by physical, biological, social, and psychosocial factors in the environment. This course provides a concise knowledge base of how our environment including air, water, food, and environmental agents may affect human health.  
(Fall, Winter, Spring)

**HS 320 Communicable and Non-Communicable Diseases (3:3:0)**  
Introduction to the general principles of disease. Etiology, signs, symptoms, treatment and management of diseases that affect individuals and their various body systems are examined.  
(Fall, Winter, Spring)

**HS 331 Women's Health (3:3:0)**  
This class is designed for the advanced study of women's physical, emotional and social well being in today's society, including healthful practices, at-risk behaviors and learning to maintain a healthy lifestyle. This class will provide a deeper understanding of women's health issues.  
(Fall, Winter, Spring)

**HS 345 Healthcare Finance (3:3:0)**  
Prerequisites: HS 285; ACCTG 180; B 301; ACCTG 201  
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)**  
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 (1:0:2)**  
Total Course Fees: \$35.00  
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)**  
This class 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 (1-3:0:0)**  
Repeatable Course: may earn maximum of 3 credits  
Prerequisites: HS 349L  
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 to be arranged with instructor. 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)

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## **HS 360 Community and Public Health Administration (2:2:0)**

This course is an introduction to the functions of the local public health department and the state and federal public health agencies that provide guidance and funding. Administrative functions such as strategic planning, budgeting, leadership and ethics in public health are introduced. In-depth and real life, information relative to the actual programs and services provided by the local health department are presented in the context of the core functions and essential services of public health.

(Fall, Winter, Spring)

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

Prerequisites: FDMAT 221; FDMAT 222; FDMAT 223

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)**

Prerequisites: 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)**

Prerequisites: HS 285

This course is designed for Healthcare Administration majors and focuses on 1) leadership and 2) 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)**

Industrial Fire Safety 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 enjoy learning in a hand-on fashion as we visit a variety of local businesses in Rexburg and on campus to perform fire code enforcement inspections. Students 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/Implementation (3:3:0)**

Provides the framework for and skill development in organizing, planning, and implementing comprehensive health promotion programs. Key topics include: planning models, needs assessment, intervention theories/models, budgeting, marketing, and implementation practices. 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)**

Total Course Fees: \$20.00

Prerequisites: FDMAT 221; FDMAT 222; FDMAT 223

Introduction to the five section thesis, assessment instruments, data collection, research design, and statistical analysis. Students will develop strategies for evaluating the success of health education programs; implementing data collection and analysis through the use of the SPSS statistical package. Meets some requirements for preparation to take the CHES exam.

(Fall, Winter, Spring)

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

Prerequisites: HS 390

Designed to give students practical hands-on application of health promotion skills that a health promotion educator will use.

(Fall, Winter, Spring)

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

Prerequisites: BIO 264; HS 131; HS 331

Health teaching Methods is a 3.0 credit required course for all secondary health education majors and minors. In addition to secondary health education, this course is also designed to prepare students for the elementary and middle school teaching experience. The class covers the national standard content areas of health education and explores a variety of teaching methodologies for the classroom. This course accomplishes the goals set on the university, college, and department level encouraging students to take an active role in their education and for graduating seniors who wish to gain experience teaching health education prior to their student teaching.

(Fall, Winter)

## **HS 420 Health Behavior Theories/Models (2:2:0)**

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. Meets some requirements for preparation to take the CHES exam.

(Fall, Winter, Spring)

## **HS 425 Managing Technology in Healthcare Provider Organizations (3:3:0)**

Prerequisites: 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)**

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. The class also prepares students for recognizing and dealing with at risk students. Introduction to needs assessment, program development, finances evaluation, and implementation of school health programs will be covered.

(Fall, Winter)

## **HS 450 Sanitation and Water Quality Management (3:3:0)**

Total Course Fees: \$20.00

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 455R Health/Fitness Clinical Experience (1:2:0:0)**

Repeatable Course: may earn maximum of 2 credits

Prerequisites: HS 305

Course Requirements: Instructor Authorization

Practical application of health and fitness assessment protocols. Skills are applied in a clinical setting. May be repeated for a maximum of 2 credits with no more than 1 credit/semester and only 2 credits applied toward graduation.

(Fall, Winter, Spring)

## **HS 460 Drugs of Use and Abuse (3:3:0)**

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)**

Prerequisites: 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 administrate contracts with third-party providers.

(Fall, Spring)

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<p><b>HS 472 Health Communications</b> (3:3:0)                      This course is designed to give students an exposure to different areas of communications and how to most effectively distribute health information and administer programs that an individual will likely encounter 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. We will cover other areas as time permits.                      (Fall, Winter, Spring)</p>	<p><b>MA 105L Clinical Skills in Medical Assisting 1 Lab</b> (2:0:4)                      Total Course Fees: \$120.00                      Prerequisites: BIO 264 and HS 280                      Concurrent: MA 105                      Provides opportunity for a Medical Assisting student to practice and become proficient in the basic procedures learned in MA 105.                      (Fall, Winter, Spring)</p>
<p><b>HS 480 International Health</b> (3:3:0)                      Total Course Fees: \$15.00                      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. Evaluates the many health promotion methods used to create healthy lifestyles and environmental concerns among these cultures.                      (Fall, Winter, Spring)</p>	<p><b>MA 106 Medical Law and Ethics</b> (2:2:0)                      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)</p>
<p><b>HS 484 Accident Investigation and Prevention</b> (2:2:0)                      Theory and function of accident investigations, reporting, documentation, and analysis systems. Form design and utilization and cost-evaluation procedures.                      (Winter)</p>	<p><b>MA 107 Administrative Skills in Medical Assisting</b> (3:3:0)                      Prerequisites: MA 105                      Provides instruction for Medical Assisting students in the fundamentals of medical front office management of an ambulatory facility.                      (Fall, Winter, Spring)</p>
<p><b>HS 485 Toxicology</b> (3:3:0)                      Presents a survey of the impact of toxic chemicals found in the environment and workplace. Discussion of the basic principles of toxicology, toxicokinetics, the environmental and biological impacts of toxic chemicals, and the regulatory guidelines for working with these chemicals.                      (Fall 2013, Spring 2014, Winter 2015)</p>	<p><b>MA 111 Medical Billing and Coding</b> (4:4:0)                      Prerequisites: MA 105                      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)</p>
<p><b>HS 486 Occupational Safety and Risk Management</b> (3:3:0)                      Total Course Fees: \$5.00                      This course is designed to develop an understanding of basic occupational safety and health terminology, principles and practices through education and practical activities.                      (Fall)</p>	<p><b>MA 205 Clinical Skills in Medical Assisting 2</b> (3:3:0)                      Prerequisites: BIO 265 and MA 105 and MA 105L                      Provides instruction in Medical Assisting procedures utilized in medical specialty practices.                      (Fall, Winter, Spring)</p>
<p><b>HS 487 Introduction to Industrial Hygiene</b> (3:3:0)                      Total Course Fees: \$25.00                      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)</p>	<p><b>MA 205L Clinical Skills in Medical Assisting 2 Lab</b> (1:0:2)                      Total Course Fees: \$30.00                      Prerequisites: HS 280; BIO 264; BIO 265; MA 105; MA 105L                      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)</p>
<p><b>HS 488 Hazardous Materials Management</b> (2:2:0)                      This class will introduce you to basic standards for managing hazardous materials and the regulations and regulatory agencies which govern them. We will explore sound practices for managing the generation, control, and disposal of hazardous materials and waste.                      (Spring)</p>	<p><b>MA 298 Medical Assisting Externship</b> (2:0:0)                      Prerequisites: Completion of ALL MA courses                      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)</p>
<p><b>HS 498 Internship</b> (1-3-0:0)                      Students 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 class is normally taken during your off track of your senior year.                      (Fall, Winter, Spring)</p>	<p><b>PARA 171 Fire Fighting 1</b> (5:3:3)                      Total Course Fees: \$150.00                      Classes and hands-on experience in the areas of scene safety, fire behavior, building construction, fire ground search and rescue, fire extinguishment, and fire prevention.                      (Fall, Spring)</p>
<p><b>HS 499R Health Science Practicum</b> (1-3-0:0)                      Repeatable Course: may earn maximum of 3 credits                      Course Requirement: Instructor Authorization                      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)</p>	<p><b>PARA 181 EMT Basic</b> (7:6:4)                      Total Course Fees: \$280.00                      Emergency Medical Technician training designed to qualify students to become ambulance attendants at the Basic Level upon passing the National Registry of Emergency Technicians-Basic written and practical exams. Class includes "hands on" training with practical evaluations of knowledge and skills.                      (Fall, Winter, Spring)</p>
<p><b>MA 105 Clinical Skills in Medical Assisting 1</b> (3:3:0)                      Prerequisites: BIO 264 and HS 280                      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)</p>	<p><b>PARA 241 Professional Seminar 1</b> (1:0:2)                      Prerequisites: PARA 181                      Designed to offer credit in a specialty area where teaching, administrative or organizational experiences are provided for individual students in the area of Paramedicine. Includes local ambulance experience, doctors' seminars and participation in Basic EMT Lab.                      (Fall)</p>



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<p><b>PARA 242 Professional Seminar 2</b> (1:0:2) Prerequisites: PARA 360 Designed to offer credit in a specialty area where teaching, administrative or organizational experiences are provided for individual students in the area of Paramedicine. Includes local ambulance experience, doctors' seminars and participation in Basic EMT Lab. (Winter)</p>	<p><b>PARA 285 EMS Operations 1</b> (1:0:4) Prerequisites: PARA 378 Incident Command, Search and Rescue Awareness. (Spring)</p>
<p><b>PARA 243R Professional Seminar 3</b> (1:0:2) Repeatable Course: may earn maximum of 2 credits Prerequisites: PARA 378 Designed to offer credit in a specialty area where teaching, administrative or organizational experiences are provided for individual students in the area of Paramedicine. Includes local ambulance experience, doctors' seminars and participation in Basic EMT Lab. (Spring)</p>	<p><b>PARA 291 Paramedic Hospital Clinical 1</b> (1:0:7) Prerequisites: PARA 181 Hospital experience: Emergency Department, Operating Room, Intubations, IV Therapy, Labor and Delivery, Pediatrics, ICU/CCU, Cardiac Catheterization Lab, ECG, Post Anesthesia Recovery, Respiratory Therapy, Medical Floor, Geriatrics, Central Supply/Pharmacy, Rehabilitation and Behavioral Health. Must be taken for a minimum of 420 hospital hours. (May be taken more than one semester) (Fall)</p>
<p><b>PARA 250 Assessment Based Management 1</b> (1:1:4) Prerequisites: PARA 181 Ambulance scenarios with assessment based management for trauma and medical patients. Situations move from field to ambulance to Emergency Department. Emphasis is on working with a partner and aggressive treatment and transport. (Fall)</p>	<p><b>PARA 292 Paramedic Hospital Clinical 2</b> (1:0:7) Prerequisites: PARA 360 Hospital experience: Emergency Department, Operating Room, Intubations IV Therapy, Labor and Delivery, Pediatrics, ICU/CCU, Cardiac Catheterization Lab, ECG, Post Anesthesia Recovery, Respiratory Therapy, Medical Floor, Geriatrics, Central Supply/Pharmacy, Rehabilitation and Behavioral Health. Must be taken for a minimum of 420 hospital hours. (May be taken more than one semester) (Winter)</p>
<p><b>PARA 251 Assessment Based Management 2</b> (1:1:4) Prerequisites: PARA 378 Ambulance scenarios with assessment based management for trauma and medical patients - adults, pediatric, and geriatric. Situations move from field to ambulance to Emergency Department. Emphasis is on team leader experience, scene control, use of personnel, aggressive treatment and transport. (Spring)</p>	<p><b>PARA 360 Preparatory</b> (6:4:8) Total Course Fees: \$135.00 Prerequisites: PARA 181 Preparatory fundamentals to include: EMS Systems, Roles and Responsibilities, Well Being, Injury and Illness Prevention, Medical and Legal Issues, Ethics, Pathophysiology, Pharmacology, Venous Access, Medication Administration, Therapeutic Communications, Documentation, Life Span Development, Patient Assessment. Paramedic training in field and hospital pharmacology, medication administration, Intravenous and Fluid Therapy, Endotracheal, Digital, Transilluminated Intubation, Needle and Surgical Cricothyrotomy, Patient Assessment and Management - Trauma and Cardiac, Advanced Cardiac Life Support Practice. (Fall)</p>
<p><b>PARA 256 Patient Assessment 1</b> (1:1:0) Prerequisites: PARA 181 Students will be introduced to patient assessment principles including history taking, physical exam techniques, patient assessment in the field, clinical decision making, medical communications, and documentation with emphasis being placed on the trauma and medical patient. (Fall)</p>	<p><b>PARA 370 Special Considerations</b> (3:3:0) Prerequisites: PARA 360 Assessment and management of neonate, pediatric, geriatric, special patients, challenged patients, and abused and assaulted patients. Includes: Pediatric Advanced Life Support Provider Certification Preparation and Critical Care and Acute Interventions in the home care patient. (Winter)</p>
<p><b>PARA 257 Patient Assessment 2</b> (1:1:0) Prerequisites: PARA 360 Students will continue to learn advanced patient assessment principles including history taking, physical exam techniques, patient assessment in the field, clinical decision making, medical communications, and documentation with emphasis being placed on the trauma and medical patient. (Winter)</p>	<p><b>PARA 378 Medical Emergency</b> (6:4:8) Total Course Fees: \$459.00 Prerequisites: PARA 360 Pathophysiology, assessment and management of patients with medical disorders and emergencies. Areas include: Neurology, Endocrinology, Allergies and Anaphylaxis, Gastroenterology, Renal/Urology, Toxicology, Hematology, Environmental Conditions, Infectious and Communicable Diseases, Behavioral/Psychiatric Disorders, Gynecology and Obstetrics, Lab practice in MEGA-CODES and patient care in trauma, Cardiac and Medical Emergencies, Pediatric, and Geriatric. (Winter)</p>
<p><b>PARA 262 Pharmacology</b> (1:1:0) Prerequisites: PARA 378 At the completion of this unit, the paramedic student will be able to integrate pathophysiological principles of pharmacologic management plan. The paramedic student will be able to safely and precisely access the venous circulation and use mathematical principles to administer medications. (Spring)</p>	<p><b>PARA 386 Airway 2</b> (1:1:0) Prerequisites: PARA 378 Airway anatomy, physiology and management to include endotracheal intubation, combitube, LMA, PTL, EOA, EGTA tracheal suctioning, extubation, respiratory diseases, disorders with pharmacological management and airway techniques with emphasis on pathophysiology of airway interventions. (Spring)</p>
<p><b>PARA 264 Airway 1</b> (1:1:0) Prerequisites: PARA 181 Airway anatomy, physiology and management to include endotracheal intubation, combitube, LMA, PTL, EOA, EGTA tracheal suctioning, extubation, respiratory diseases and disorders with pharmacological management. (Fall)</p>	<p><b>PARA 387 Cardiology 2</b> (1:1:0) Prerequisites: PARA 360 Pathophysiology assessment including 12 lead ECG evaluation and management of cardiac and respiratory emergencies. Includes etiology, signs and symptoms of compromise, clinical implications, treatment protocols, pharmacological and electrical interventions and termination of resuscitation, MEGA-CODE practice and patient assessment and management. (Winter)</p>
<p><b>PARA 274 Trauma 1</b> (1:1:0) Prerequisites: PARA 360 Presentation, discussion and testing of all aspects of traumatic injuries involving pediatric, adult, and geriatric patients. (Winter)</p>	
<p><b>PARA 280 Cardiology 1</b> (3:3:0) Prerequisites: PARA 181 Cardiovascular Anatomy, Pathophysiology, assessment and management of patients with cardiac related problems, ECG monitoring 1-3 lead, Advanced Cardiac Life Support, provider preparation. (Fall)</p>	

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<p><b>PARA 415 Cardiology 3</b> (1:1:0) Prerequisites: PARA 378 Cardiovascular anatomy, Pathophysiology, assessment and management of patients with cardiac related problems, ECG monitoring 1-3 lead, Advanced Cardiac Life Support, provider preparation, diagnosis of 12 leads, hemiblocks, hypertrophy, axis deviation. (Spring)</p>	<p><b>RM 223C Traditional Camping</b> (2:2:2) Total Course Fees: \$85.00 An intermediate course providing 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)</p>
<p><b>PARA 494 Critical Care Preparation</b> (3:3:0) Prerequisites: PARA 378 Course designed to teach the Idaho and National Critical Care curriculum. (Spring)</p>	<p><b>RM 223D Survival</b> (2:2:2) Total Course Fees: \$85.00 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 class prepares students to work with Youth at Risk Programs. (Fall, Spring)</p>
<p><b>PARA 496 Critical Care Lab</b> (2:0:3) Prerequisites: PARA 378 Continued learning in the areas of daily operations in the clinical and ambulance setting. (Spring)</p>	<p><b>RM 223E Mountain Biking</b> (2:2:2) Total Course Fees: \$85.00 This is an introductory course including mountain bike riding techniques, skills, conditioning, and maintenance. The class 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)</p>
<p><b>PARA 497R Critical Care Clinical</b> (1:0:2) Repeatable Course: may earn maximum of 2 credits Prerequisites: PARA 378 Skills discussed in Critical Care Modules 1-3 will be practiced in the hospital setting: OR, ER, ICU, and Cardiac Care Unit. (Spring)</p>	<p><b>RM 223F Rock Climbing</b> (2:2:2) Total Course Fees: \$85.00 The Rock Climbing 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. (Spring)</p>
<p><b>PARA 498 Paramedic Ambulance Internship</b> (1-6:0:0) Total Course Fees: \$100.00 Preceptor internship with 911 ambulance services. Must be approved by the Paramedic Program Committee (480 hours minimum with 100 ALS calls). (Fall, Winter, Spring)</p>	<p><b>RM 223G Mountaineering</b> (4:4:0) Total Course Fees: \$85.00 The Mountaineering course provides students skill development in efficient travel 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, Winter, Spring)</p>
<p><b>RM 100 Recreation Management Orientation</b> (1:1:0) This class is designed to assist all RM majors to successfully make decisions concerning the emphasis areas for their career in recreation services. Academic planning and professional development skills will be the focus of the course curriculum.. (Fall, Winter, Spring)</p>	<p><b>RM 223J Summit Preparation</b> (2:2:2) Total Course Fees: \$85.00 An introductory course for all students preparing for the spring summit experience. Instruction in several land skills activities will be given. (Winter)</p>
<p><b>RM 123 Basic Skills</b> (2:2:6) Total Course Fees: \$85.00 This course 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)</p>	<p><b>RM 223K Outdoor Cooking</b> (2:2:2) Total Course Fees: \$85.00 An introductory course in outdoor cooking techniques including open-fire, pit, camp stove, and dutch oven cooking techniques. Menu planning and food preparation will be taught. An over-night camp trip is required. (Fall, Spring)</p>
<p><b>RM 200 Leadership</b> (3:3:0) 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 class would be beneficial in any other field. (Fall, Winter)</p>	<p><b>RM 223L Canyoneering</b> (2:2:2) Total Course Fees: \$85.00 The Canyoneering 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)</p>
<p><b>RM 223A Orienteering</b> (2:2:0) Total Course Fees: \$85.00 An intermediate course including instruction concerning wilderness navigation involving maps, compass work, and Global Positioning Systems. This course is an appropriate introductory course for emergency health care technicians, outdoor recreation professionals, and youth agency professionals. There is extensive field work during this course. (Fall, Winter, Spring)</p>	<p><b>RM 224A Fly Tying</b> (2:2:0) Repeatable Course: may earn maximum of 4 credits Total Course Fees: \$85.00 An introductory course which includes how to tie flies for different conditions and different species of fish. (Fall, Winter, Spring)</p>
<p><b>RM 223B Backpacking</b> (2:2:2) This course covers advanced skills required for backcountry travel. Equipment selection, equipment use and maintenance, wilderness navigation, camp cooking, and backcountry emergency prevention will be reviewed and further developed. (Fall, Winter, Spring)</p>	

# Health, Recreation and Human Performance

Brigham Young University–Idaho 2013-2014

## RM 224B Fly Fishing

(2:2:2)

Total Course Fees: \$85.00

An introductory course teaching the hands-on fundamentals of flyfishing. Students learn water safety, casting techniques, wading, fish species, ethics, insect life, and river hydraulics. Fee covers textbook, travel, boat use, flies, and equipment, but not the Idaho fishing license. Excellent students 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)

Total Course Fees: \$85.00

The Canoeing course is an introductory course that 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, Winter, Spring)

## RM 224D Rafting

(2:2:2)

Total Course Fees: \$85.00

This introductory course covers the safety aspects and guiding techniques used in white water rafting. Students will learn to read rivers by identifying and working through the risks they encounter. Students will also gain valuable group handling and leadership skills needed for future employment in the river guiding profession. (Fall, Spring)

## RM 224E Kayaking

(2:2:2)

Total Course Fees: \$85.00

Kayaking is an introductory course which presents students with the opportunity to learn and practice different paddling techniques, rolling skills, self-rescue, and river navigation skills. Those proficient in kayaking can expect to find employment in the areas of instruction and adventure guiding. (Fall, Spring)

## RM 224F Whitewater Rescue

(2:2:2)

Total Course Fees: \$85.00

An intensive block course in the skills and dynamics of swift water rescue and is for those who work and play in moving water. This is a beginning class with lecture and skills participation in the water. Time will be spent in developing and practicing water rescue skills. Participants must be in reasonably good physical condition and have basic swim skills. Strong swimming skills are not necessary. (Fall, Spring)

## RM 225A Cross Country Skiing

(2:2:2)

Total Course Fees: \$85.00

Cross Country Skiing is an introductory course covering instruction concerning winter clothing and equipment, avalanche awareness, and basic classic Nordic skiing techniques. Each class session will be on snow, often in a back country setting. Techniques include: diagonal stride, double poling techniques, turning, skating, and beginning Telemark turning. (Fall, Winter, Spring)

## RM 225B Winter Camping

(2:2:2)

Total Course Fees: \$85.00

Skill and leadership development required to camp and enjoy harsh cold weather mountain conditions. Students will learn about proper winter clothing, cooking, travel techniques, safety and environmental awareness. This class 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. A great course for those who desire a profession with Scouting or other youth agencies where camping is part of the program. (Fall, Winter)

## RM 225C Backcountry Skiing

(3:3:0)

Total Course Fees: \$85.00

This Back Country Skiing course is purely experiential in nature. Each week students will spend the day in the winter back country learning safe travel either on Telemark skis or Alpine touring skis. Specific topics covered include group leadership, avalanche awareness, ski in powder snow, route finding, and search and rescue. Students must supply their own skis or rent from the ORC. This class is essential for those who look forward to a career as a backcountry ski guide, ski patrol, or ski instructor. This is not a learn-to-ski-class. Students should be at least intermediate level skiers. (Winter)

## RM 225D Winter Mountaineering

(2:2:2)

Total Course Fees: \$85.00

This course will familiarize students with topics and skills related to safe travel and climbing in winter wilderness environments. Course content includes: Awareness of injuries related to cold weather, clothing and equipment, avalanche awareness, ascending and descending steep snow, ascending ice, glacier travel and rescue, construction of climbing anchors and self-arrests and the development of judgment and leadership skills. (Fall, Winter, Spring)

## RM 225E Avalanche

(2:2:2)

Total Course Fees: \$85.00

The Avalanche course is a study of avalanche mechanics with an emphasis on the relationship between snowpack, weather, terrain, and human triggers. Route finding, travel in avalanche terrain, and group leadership pertaining to avalanche rescue will be presented and practiced. This is an essential class for those pursuing a career in guiding, outdoor instruction, or avalanche forecasting. (Winter)

## RM 298R Introductory Internship

(1-3:0:0)

Repeatable Course: may earn maximum of 3 credits

An introductory course involving 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)

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)

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)

The Accessible Recreation 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)

This Program Management 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)

Total Course Fees: \$10.00

Environmental Interpretation is instruction concerning techniques useful 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)

Total Course Fees: \$25.00

An intermediate course including 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. Students facilitate and explore alternative techniques for facilitation. This class is appropriate for all recreation majors, those in education and the social sciences. (Fall, Winter)

# Health, Recreation and Human Performance

Brigham Young University–Idaho 2013-2014

## RM 366 Adaptive Recreation Skills

(3:3:0)

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 Introduction to Recreation Therapy

(3:3:0)

Total Course Fees: \$10.00

Prerequisites: RM 307

Therapeutic Recreation is an introduction to the field of Therapeutic Recreation and clinical interventions for individuals with special needs or problems. This course is 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 Theories in Recreation Therapy

(3:3:0)

Prerequisites: 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 Recreation Therapy

(3:2:3)

Total Course Fees: \$40.00

This course is designed for Recreation 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, Spring)

## RM 380 Wilderness First Responder

(4:5:3)

Total Course Fees: \$205.00

This Wilderness First Responder course is recommended for students seeking employment in wilderness environments. National Certification as Wilderness First Responder will result from successful completion of the course. Emphasis is on accepted medical protocols for situations requiring extended patient management in the wilderness, extreme environments, and with limited equipment.

(Fall, Winter, Spring)

## RM 423 Resource Management

(3:3:0)

Total Course Fees: \$30.00

Resource Management is an advanced course introducing 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 Assessment in Recreation Therapy

(3:3:0)

Total Course Fees: \$15.00

Prerequisites: RM 307; RM 371; RM 370

The Assessment in Therapeutic Recreation is a course which 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 Program Dynamics in Recreation Therapy

(3:3:0)

Total Course Fees: \$10.00

Prerequisites: RM 370; RM 471

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 Advanced Administration of Recreation Therapy

(3:3:0)

Repeatable Course: may earn maximum of 9 credits

Total Course Fees: \$10.00

Prerequisites: RM 370; RM 471

This Issues in Therapeutic Recreation 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)

Facility Management is a broad survey course of recreation facilities that helps students gain an understanding of recreation facility design, management, and familiarity. 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, Spring)

## RM 486 Risk Management

(3:3:0)

This Risk Management course is an overall study of how to manage risk particularly in outdoor settings. Students will study how accidents happen, how they can be prevented, and what can be learned from them. Students 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)

Prerequisites: FDMAT 222; FDMAT 223; FDMAT 224; FDMAT 221

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

(Fall, Winter, Spring)

## RM 497R Topics and Research

(1-3:0:0)

Repeatable Course: may earn maximum of 6 credits

Independent study of a leisure issue or problem. Study must be approved by the department and conducted under the supervision of an assigned department faculty member.

(Fall, Winter, Spring)

## RM 498R Senior Internship

(1-3:0:0)

Repeatable Course: may earn maximum of 3 credits

The Senior Internship is a professional experience in a departmental approved leisure service program, to be completed near the end of degree after the completion of 24 recreation core credits and 400 hours introducing field trip hours. Students must contact the Internship Coordinator when planning and registering for their internship experience. This course requires professional level experience in a department approved leisure service organization.

(Fall, Winter, Spring)

## RM 499R Leadership Seminar

(1-3:0:0)

Repeatable Course: may earn maximum of 6 credits

This leadership seminar provides special intensive exposure to a selected topic in the recreation profession. Study must be approved by department and conducted under the supervision of an assigned department faculty member.

(Fall, Winter, Spring)