

Department of

Health, Recreation and Human Performance



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

Therapeutic Recreation Emphasis (611-106)

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

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

Community Emphasis (611-150)

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

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 internship at an ambulatory medical facility. The purpose is to practice and perfect the skills learned in class. The student is strongly encouraged to do externship off-track, and it must be approved by the school's Internship Office and the program director.

Physical Therapist Assistant Program (366)

If candidacy status is granted, we plan to start the PTA program Fall 2014. For current accreditation status please visit the PTA program website. The Associate Degree of Applied Science in Physical Therapy prepares students to be employed as a Physical Therapist Assistant. The program includes two academic and two clinical education semesters after prerequisites are met. For prerequisite courses and program course schedule please visit the program website. Application deadline for the program will be one week after Spring graduation for the upcoming academic year.

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 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 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.

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

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

AAS in Paramedicine (356)

Take required Foundations courses (17 credits)

Major Requirements

No Double Counting of Major Courses

Paramedicine Prerequisite Courses <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	Paramedic Module** Fall Semester <i>Take these courses:</i> PARA 250 1 PARA 264 1 PARA 280 3 PARA 291 1 PARA 360 6 <hr/> 12 Winter Semester <i>Take these courses:</i> PARA 256 1 PARA 292 1 PARA 370 3 PARA 378 6 PARA 387 1 <hr/> 12	Spring Semester <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 Internship <i>Take this course:</i> PARA 498 1-6 <hr/> 1	Program Notes: ** 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

Medical Assisting Introductory Core <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	Medical Assisting Core Module* <i>Take these courses:</i> BIO 265 3 BIO 265L 1 COMM 150 3 HS 223 3 MA 105 3 MA 105L 2 MA 107 3 MA 111 4 MA 205 3 MA 205L 1 MA 298 2 <hr/> 28	Program Notes: 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=41

Additional Elective Credits Required for Graduation=2

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

BS in Exercise Physiology (481-109)

Exercise Physiology Emphasis

Major Requirements

No Grade Less Than C- in Major Courses

Module 1		Module 2		Lifetime Courses		Select and Complete 1 of the Following Modules	
<i>Take these courses during your first two semesters:</i>		<i>Take these courses:</i>		<i>Take 1 course:</i>		Movement and Rehabilitation Science	
HRHP 131	2	ESS 375	3	ESS 127	1	<i>Take these courses:</i>	
NUTR 150	<u>3</u>	ESS 375L	1	ESS 131	1	CHEM 101 & 101L OR	
	8	ESS 465	3	RM 223B	2	CHEM 105	4
		MATH 221B	3	RM 223E	2	HS 349	3
<i>Take 1 option:</i>		HRHP 359	3	RM 223F	2	HS 349L	1
BIO 264	3	PH 105 or 121	<u>4-3</u>	RM 224A	2	HRHP 369	3
BIO 264 L	1		13	RM 224B	2	HRHP 415	<u>3</u>
OR take this course		Research/Internship		RM 224C	2		14
BIO 460	<u>4</u>	<i>Take 1 course:</i>		RM 225A	2		
	4	ESS 497	3	RM 225C	<u>3</u>		
<i>Take 1 option:</i>		ESS 498	<u>1-2</u>		1	Exercise Physiology Graduate School Preparation	
BIO 265	3		1	Sports Courses		<i>Take these courses:</i>	
BIO 265 L	1	Fitness Courses		ESS 119	1	BIO 221	3
OR take this course		<i>Take 1 course:</i>		ESS 121	1	BIO 222	1
BIO 461	<u>5</u>	ESS 100	1	ESS 124	1	CHEM 105	4
	4	ESS 101	1	ESS 128	1	HRHP 415	3
		ESS 115	1	ESS 134	1	HS 305	<u>3</u>
<i>Program Notes:</i>		ESS 130	1	ESS 141	1		14
		ESS 160	1	ESS 145	1		
		ESS 161	1	ESS 148	<u>1</u>		
		ESS 178	<u>1</u>		1		
			1				

Total Major Credits=46

Additional Elective Credits Required for Graduation - 34

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

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	Program Notes:
<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	OR	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>3</u>	ESS 115 1	RM 473 3	PSYCH 342 3	
11	ESS 121 1	<u>3</u>	<u>14</u>	
	ESS 127 1	18		
<i>Take these courses:</i>	ESS 130 1	Internship		
MATH 221C 3	ESS 160 1	<i>Take this course for 3 credits:</i>		
RM 307 3	ESS 161 1	RM 498R <u>1-3</u>		
RM 486 3	ESS 178 1	<u>3</u>		
RM 487 3	ESS 179 1			
<u>3</u>	RM 223 A-F, K, L 2			
12	RM 223 G 4			
	RM 224 A-F 2			
First Aid Courses	RM 225 A, B, D, E 2			
<i>Take 1 course:</i>	RM 225 C <u>3</u>			
HS 223 3	2			
RM 380 <u>4</u>				
<u>3</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

BS in Recreation Management (611-108)

Recreation Management Emphasis

Take required Foundations courses

Major Requirements

No Double Counting of Major Courses

Core Courses	Skills Courses	Enrichment Courses	Internship	Program Notes:
<i>Take these courses during your first 2 semesters:</i>	<i>Take this course:</i>	<i>Take this course:</i>	<i>Take this course for 3 credits:</i>	<i>Courses from other disciplines may be substituted as approved.</i>
HRHP 131 2	RM 301 3	RM 200 3	RM 498R <u>1-3</u>	
RM 100 1	OR		<u>3</u>	
RM 123 2	<i>Take 2 credits:</i>	<i>Take 9 credits:</i>		
RM 304 3	ESS 100 1	RM 223 A-F, J, K, L 2		
RM 343 3	ESS 101 1	RM 223 G 4		
<u>3</u>	ESS 115 1	RM 224 A-F 2		
11	ESS 121 1	RM 225 A, B, D, E 2		
	ESS 127 1	RM 225 C 3		
<i>Take these courses:</i>	ESS 130 1	RM 342 3		
MATH 221C 3	ESS 160 1	RM 370 3		
RM 307 3	ESS 161 1	RM 371 3		
RM 320 3	ESS 178 1	RM 380 4		
RM 486 3	RM 223 A-F, K, L 2	RM 423 3		
RM 487 3	RM 223 G 4	RM 471 3		
<u>3</u>	RM 224 A-F 2	RM 472 3		
15	RM 225 A, B, D, E 2	RM 473 3		
	RM 225 C <u>3</u>	RM 483 3		
First Aid Courses	2	RM 497R 1-3		
<i>Take 1 course:</i>		RM 499R <u>1-3</u>		
HS 223 3		9		
RM 380 <u>4</u>				
<u>3</u>				

Total Major Credits=46

Additional Elective Credits Required for Graduation - 34

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

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BS in Healthcare Administration (752)

Take required Foundations courses

No Double Counting of Major Courses

Introductory Module <i>Take these courses:</i> BIO 230 4 HS 280 2 HS 370 3 MATH 221B 3 <hr/> 12	Business Module <i>Take these courses:</i> B 201 3 B 220 3 B 361 3 B 370 3 CIT 380 3 <hr/> 15	Healthcare Administration Core <i>Take these courses:</i> HS 285 3 HS 345 3 HS 375 3 HS 378 3 <hr/> 12	Supplemental Courses <i>Take these courses:</i> ECON 150 3 HS 391 2 HS 425 3 HS 465 3 MA 106 2 <hr/> 13 <i>Take this course:</i> HS 498 1-3 <hr/> 1	Program Notes:
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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

Salus/BYU-Idaho 3-2 Program Map

Semester 1 <i>Take these courses:</i> FDREL 121 2 FDENG 101 3 MATH 110 3 FDAMF 101 3 HRHP 131** 2 FDSCI 101 2 <hr/> 15	Semester 2 <i>Take these courses:</i> FDREL 122 2 BIO 264 and BIO 264L* 4 HS 320** 3 HS 370** 3 <hr/> 12 <i>Take 1 course:</i> FDWLD 101 2 FDCA 101 3 <hr/> 2	Semester 3 <i>Take these courses:</i> FDREL 200 2 BIO 265 and BIO 265L* 4 CHEM 105* 4 HS 390** 3 <hr/> 13 <i>Take 1 course:</i> FDWLD 201 3 Any FDCA 200 level course <hr/> 2	Program Notes: Students from all majors are considered. It is recommended you complete BIO 264, BIO 265, CHEM 105, and CHEM 106 prior to application regardless of major. If you are accepted into the program by Salus University, you are required to change your major to Health Science and complete the Health Science core prior to leaving BYU-I. *If all of these courses are completed, the Foundations of Science requirement is met. **These courses are required for this program. If a student is another major (Exercise Science, Biology, etc.) these courses are considered electives in your major. If considering this program consult with the Agriculture and Life Sciences Academic Advising Center.
Semester 4 <i>Take these courses:</i> FDREL 2 CHEM 106* 4 FDENG 201 3 PSYCH 111 3 MATH 222 3 <hr/> 15	Semester 5 <i>Take these courses:</i> FDREL 2 BIO 221 3 BIO 222 1 FDCNC 350 2 HS 472** 3 HS 305 3 <hr/> 14	Semester 6 <i>Take these courses:</i> FDREL 2 BIO 180 4 FDMAT 108 3 HS 391 2 HS 280 2 Elective Course 3 <hr/> 16	

Minor in Exercise and Sport Science (110)

Minor Requirements

Core Classes <i>Take these courses</i> BIO 264 3 BIO 264L 1 ESS 320 2 ESS 330 2 ESS 347 2 ESS 366 2 ESS 375 3 ESS 375L 1 HRHP 131 2 <hr/> 18	Theory Courses <i>Take 4 credits:</i> ESS 341 2 ESS 342 2 ESS 343 2 ESS 344 2 ESS 345 2 ESS 346 2 ESS 381 4 <hr/> 4	Fitness Courses <i>Take 3 courses: (No Repeats)</i> ESS 100 1 ESS 101 1 ESS 119 1 ESS 121 1 ESS 127 1 ESS 131 1 ESS 134 1 Cont. next column	Cont. from previous column ESS 141 1 ESS 145 1 ESS 148 1 ESS 161 1 ESS 178 1 <hr/> 3	Program Notes:
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Total Minor Credits=25

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

Health Science Minor (123)

Minor Requirements

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

Health Science Introduction Core <i>Take these courses:</i> BIO 264 3 BIO 264L 1 MATH 221B 3 HS 280 2 <hr/> 9 <i>Take 1 course:</i> HRHP 131 2 HS 331 3 <hr/> 2	Select and Complete 1 of the Following Modules			<i>Program Notes:</i>
	Public Health Module <i>Take these courses</i> HS 240 2 HS 320 3 HS 370 3 HS 390 3 <hr/> 11	Community and Worksite Wellness Module <i>Take these courses</i> HS 285 3 HS 391 2 HS 460 3 HS 472 3 <hr/> 11	Occupational Safety and Health Module <i>Take these courses</i> HS 310 3 HS 485 3 HS 486 3 HS 487 3 <hr/> 12	

Total Minor Credits=21

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

Minor in Physical Education Teaching (163)

Minor Requirements

Core Courses <i>Take these courses</i> ESS 320 2 ESS 330 2 ESS 350 2 ESS 361 2 ESS 366 2 ESS 375 3 HRHP 131 2 HRHP 359 3 HS 349L 1 <hr/> 19	Methods Courses <i>Take 1 course:</i> ESS 119 1 ESS 127 1 ESS 131 1 ESS 134 1 ESS 141 1 ESS 145 1 ESS 148 1 ESS 160 1 ESS 161 1 <hr/> 1	<i>Program Notes:</i> This minor fulfills requirements for a 6-12 teaching certificate. For a K-12 teaching certificate HRHP 343 must be added to the curriculum.
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Total Minor Credits=20

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

Minor in Health Education (171)

Minor Requirements

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

Health Education Minor Introductory Core <i>Take these courses:</i> BIO 230 4 NUTR 150 3 <hr/> 7 <i>Take 1 course:</i> HRHP 131 2 HS 331 3 <hr/> 2	Minor Electives <i>Take these courses:</i> ESS 130 1 HS 405 3 HS 430 3 HS 460 3 <hr/> 10 <i>Take 1 course:</i> HS 240 2 HS 349L 1 <hr/> 1	<i>Program Notes:</i> Students must achieve a grade of C- or higher in all required courses. Students must achieve a grade of B- or higher in HS 405. Students must maintain an overall GPA of 2.5 or higher to graduate.
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Total Minor Credits=20

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

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Health, Recreation and Human Performance Pre-approved Clusters

Exercise and Sports Science 1201

Take these courses:

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		<u>1</u>
Total Credits		12

Coaching (Non-education) 1202

Take these courses:

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

Take 1 course:

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	<u>2</u>
Total Credits		15

Professional Health 1203

Take these courses:

BIO 264	Anatomy & Physiology I	3
BIO 264L	Anatomy & Physiology I 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		<u>1</u>
Total Credits		14

Professional Training 1204

Take these courses:

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	<u>3</u>
Total Credits		15

Aquatic Management 1205

Take these courses:

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	<u>2</u>
Total Credits		12

Inclusion 1206

Take these courses:

CHILD 210	Child Development	3
ESS 366	Adaptive Education Special Population	2
RM 366	Adaptive Recreation Skills	3
RM 370*	Therapeutic Recreation	3

Take 1 course:

ESS 100	Aerobic Fitness	1
ESS 101	Water Aerobics	1
ESS 115	Military Physical Fitness	1
ESS 121	Softball	1
ESS 130	Body Weight Management	1
ESS 160	Swimming Beginning	1
ESS 161	Swimming Intermediate	1
ESS 178	Weight Training	<u>1</u>
Total Credits		12

*Check for course prerequisites

Outdoor Recreation 1207

Take these courses:

ACCTG 201	Financial Accounting	3
RM 200	Recreation Leadership	3

Take 4 credits:

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,E	Skills Classes	2
RM 225 C	Skills Classes	3

Take 1 course:

BIO 352	Wildland Ecology and Range Plants	3
COMM 352	Persuasion	3
ESS 375	Exercise Physiology	3
RM 423	Resource Management	<u>3</u>
Total Credits		13

Health and Wellness 1300

Take these courses:

HS 223	Wilderness First Aid	3
HS 320	Introduction to Communicable and Non-Communicable Diseases	3
HS 420	Health Behavior Modules and Theories	2
HS 472	Health Communications	3
NUTR 150	Essentials of Human Nutrition	3

Take 1 course:

HRHP 131	Personal Health and Fitness	2
HS 331	Women's Health Issues	<u>3</u>
Total Credits		16

Industrial Health 1301

Take these courses:

HS 310	Environmental Health	3
HS 485	Toxicology	3
HS 486	Occupational Safety and Risk Management	3
HS 487	Introduction to Industrial Hygiene	<u>3</u>
Total Credits		12

Sports Medicine 1302

Take these courses:

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	<u>3</u>
Total Credits		12

Public Health 1303

Take these courses:

HS 285	Hospital and Health Administration	3
HS 310	Environmental Health	3
HS 370	Epidemiology	3
HS 420	Health Behavior Theories/Models	2
MATH 221B	Bio Statistics	<u>3</u>
Total Credits		14

Emergency Care 1304

Take these courses:

HS 223	Wilderness First Aid	3
HS 349	Sports Medicine	3
HS 349L	Sports Medicine Lab	1
PARA 181	EMT Basic	<u>7</u>
Total Credits		14

General Recreation Management 1305

Take these courses:

RM 200	Recreation Leadership	3
RM 343	Experiential Education/Adventure Challenge Leadership	3

Take 2 courses:

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	<u>3</u>
Total Credits		12

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Rehabilitative Recreation Therapy (for Recreation Mgmt Majors)		1307
<i>Take these courses:</i>		
BIO 240	Neurobiology	4
HS 280	Medical Terminology	2
HS 349	Sports Medicine	3
HS 349L	Sports Medicine Lab	1
HS 351	Gerontology	2
Total Credits		12

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

Course Descriptions

Credits*

ESS 095 Skiing

(0:0:0)

Course Fees: \$499.00

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)

Course Fees: \$499.00

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)

Course Fees: \$4.00

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

ESS 101 Water Aerobics

(1:0:2)

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. Students will describe how the pursuit and maintenance of physical fitness enhances the vibrancy of an individual's spirit and fosters communication with the Holy Ghost. Students will apply concepts from physiology, kinesiology, and nutrition to develop personal exercise routines. (Winter, Spring, Fall)

ESS 115 Military Physical Fitness

(1:0:3)

Repeatable Course: may earn maximum of 2 credits

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

ESS 119 Racquetball

(1:0:2)

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. Students will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies. (Winter, Spring, Fall)

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. Students will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies. (Spring and Fall)

ESS 124 Badminton

(1:0:2)

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. Students will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies. (Winter, Spring, Fall)

ESS 127 Archery

(1:0:2)

Course Fees: \$15.00

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

ESS 128 Bowling

(1:0:2)

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. Students will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies. (Winter, Spring, Fall)

ESS 130 Body Weight Management

(1:1:1)

Repeatable Course: may earn maximum of 2 credits

Students will describe how the pursuit and maintenance of physical fitness enhances the vibrancy of an individual's spirit and fosters communication with the Holy Ghost. Students will apply concepts from physiology, kinesiology, and nutrition to develop personal exercise routines. (Winter, Spring, Fall)

ESS 131 Golf

(1:0:2)

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. (Winter, Spring, Fall)

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ESS 134 Tennis

(1:0:2)

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. Students will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies.
(Winter, Spring, Fall)

ESS 141 Basketball

(1:0:2)

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. Students will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies.
(Winter, Spring, Fall)

ESS 145 Volleyball

(1:0:2)

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. Students will teach one another, demonstrate skills learned, and correctly apply rules and participation strategies.
(Winter, Spring, Fall)

ESS 148 Soccer

(1:0:2)

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

ESS 160 Swimming Beginning

(1:0:2)

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

ESS 161 Swimming Intermediate

(1:0:2)

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, 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. Meets the fitness-course requirement. Students will describe how the pursuit and maintenance of physical fitness enhances the vibrancy of an individual's spirit and fosters communication with the Holy Ghost. Students will apply concepts from physiology, kinesiology, and nutrition to develop personal exercise routines.
(Winter, Spring, Fall)

ESS 175 Adaptive Physical Education

(1:02)

Repeatable Course: may earn maximum of 2 credits

This class is for 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.
(Winter, Spring, Fall)

ESS 178 Weight Training

(1:0:2)

Repeatable Course: may earn maximum of 2 credits

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. Students will describe how the pursuit and maintenance of physical fitness enhances the vibrancy of an individual's spirit and fosters communication with the Holy Ghost. Students will apply concepts from physiology, kinesiology, and nutrition to develop personal exercise routines.
(Winter, Spring, Fall)

ESS 204 Aerobic Fitness Techniques

(2:2:1)

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

ESS 205 Intramurals

(2:2:0)

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.
(Winter, Spring, Fall)

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.
(Spring Fall)

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..
(Spring and Fall)

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.
(Spring and Fall)

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.
(Spring and Fall)

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ESS 210 Sports Officiating Basketball

(1:1:0)

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.

(Winter, Spring, Fall)

ESS 211 Sports Officiating Futsal

(1:1:0)

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.

(Winter, Spring, Fall)

ESS 264 Lifeguarding

(3:2:2)

Repeatable Course: may earn maximum of 6 credits

Course Fees: \$35.00

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

(Winter, Spring, Fall)

ESS 268 Water Safety Instruction

(2:1:2)

Course Fees: \$35.00

Prerequisite: ESS 264

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

(Winter and Spring)

ESS 299 Professional Experience Seminar

(1:0:2)

Repeatable Course: may earn maximum of 2 credits

Outcomes for each situation will vary based on the objective. Some students act in the role of a grader; in other situations the goal is for students to learn to teach others in 100-level coursework. Students will demonstrate leadership skills and ability to cooperate with others and apply concepts from upper-division coursework to manage risk, lead activities, and teach course-specific skills and concepts.

(Winter, Spring, Fall)

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.

(Winter, Spring, Fall)

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.

(Winter, Spring, Fall)

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.

(Winter, Spring, Fall)

ESS 340 Tennis Theory

(2:2:0)

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

(Winter, Spring, Fall)

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.

(Spring and Fall)

ESS 342 Basketball Theory

(2:2:0)

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.

(Winter, Spring, Fall)

ESS 343 Football Theory

(2:2:0)

This course will cover offensive, defensive, special team strategies, innovations, and historical trends in coaching football. The goal of the class is that students have the knowledge to become a better football coach. 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.

(Winter, Spring, Fall)

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.

(Spring and Fall)

ESS 345 Volleyball Theory

(2:2:0)

This Volleyball Theory course covers the current rules, basic skills, offenses, defenses, transition, player selection guidelines, condition of the sport, keeping statistics, running team try-outs and camps, and effectively working with players, parents, administration, and other sports media personnel. 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.

(Winter, Spring, Fall)

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ESS 346 Wrestling Theory (2:2:0)
Students value what they learn in this course and will apply class principles in leadership roles in the Student Activities wrestling program by continually using technology to learn and teach wrestling skills. They will creatively consider new ideas about program management, fundraising, team building, and leadership. Students will write professionally and concisely articulate a plan for the administration of a high school wrestling program with regard to all aspects of program management as well as demonstrate effective teaching and critically evaluate and provide feedback on the teaching of others. Each will articulate how their coaching and participation in wrestling leads them to live better lives and how they instill these values on those for whom they are responsible.
(Winter and Fall)

ESS 347 Sports Conditioning (2:2:0)
Students will design a movement-oriented program to enhance an athlete's speed, quickness, and cardiovascular fitness and will describe the differences between appropriate training workouts for athletes in various sports as well as demonstrate effective teaching and communication skills.
(Winter, Spring, Fall)

ESS 350 Evaluation and Administration (2:2:0)
Students will develop and demonstrate competency in the basic statistics used to evaluate physical education and sports performance with an understanding of their foundations and management from a historical perspective. They will also learn and discuss legal liability and risk management. The instructor will evaluate the strengths and weaknesses of the student's professional preparation, to include student-led discussions on ethics.
(Winter, Spring, Fall)

ESS 361 Sports Skills and Secondary Methods I (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.
(Winter, Spring, Fall)

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.
(Winter, Spring, Fall)

ESS 367 Lifeguard Instructor (2:1:3)
Course Fees: \$35.00
Prerequisite: ESS 264
Students will produce and deliver three 15-minute lessons covering lifeguarding knowledge and skill session and will achieve a minimum of 16/20 points for each lesson. They will also set up and run an out-of-class practice session for students in the Lifeguard Training course. The practice session must be a minimum of one hour in length. They will also identify, match, and recall the knowledge and ethical obligation they should incorporate into a position as an instructor.
(Winter, Spring, Fall)

ESS 368 Aquatics Management (2:1:3)
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.
(Winter and Fall)

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.
(Winter, Spring, Fall)

ESS 375L Exercise Physiology Lab (1:0:2)
Course Fees: \$20.00
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.
(Winter, Spring, Fall)

ESS 381 Strength Training Theory and Application (4:3:2)
Students will teach members of their community principles learned in class. Students will recognize and explain strengths and weaknesses in various content areas of the course. They will evaluate the work and ideas of other individuals and offer insight, feedback, and fresh ideas as well as synthesize relevant concepts from physiology, kinesiology, biomechanics, and nutrition. They will also write in a structured, professional manner. Students will teach physical strength exercises correctly, recognize incorrect execution of the same exercises in other learners, and continually ponder material learned in this course as they apply principles learned about exercise while maintaining physical fitness.
(Winter, Spring, Fall)

ESS 455 Exercise Science Selected Topics (1:1:0)
Prerequisite: ESS 375
This course will help students understand various topics regarding Exercise Science/Physiology and how these topics are related to the physical body.
(Winter and Fall)

ESS 465 Advanced Exercise Physiology (3:3:0)
Prerequisite: ESS 375 and MATH 221B
Students will be able to read a scientific paper, understand the basic concepts, describe in intricate detail the make-up and workings of human skeletal muscle and put this knowledge to application. They will also understand current disease implications associated with inactivity and correct exercise prescription and demonstrate a knowledge of the cardiovascular responses to exercise.
(Winter and Fall)

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.
(Winter and Fall)

ESS 495 Student Pedagogy and Mentoring I (1:1:0)
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 II (1:1:0)
Prerequisite: 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: MATH 221B; and ESS 375 or ESS 381
Students will demonstrate how to properly set up a hypothesis for research testing, be able to orally present research in a comprehensible manner, and will successfully complete a research project as a group that is worthy of presentation.
(Winter, Spring, Fall)

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.
(Winter, Spring, Fall)

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.
(Winter, Spring, Fall)

HRHP 343 Health/PE Methods Elementary Teachers

(2:0:4)

Prerequisites: ED 200

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

HRHP 359 Introduction to Kinesiology and Biomechanics

(3:3:1)

Students will effectively communicate with and teach one another using correct anatomical and directional terminology. They will analyze and identify physical activity movements from a kinesiological and biomechanical basis. They will explain the guidelines and demonstrate the basic skills of muscle stretching and strengthening, correctly demonstrate between normal and pathological posture and gait pattern and then apply appropriate corrective interventions (primarily muscle stretching and strengthening) to selected anatomical deviations.
(Winter, Spring, Fall)

HRHP 369 Applied Kinesiology and Assessment

(3:3:0)

Prerequisites: HRHP 359; and BIO 264 or 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.
(Winter, Spring, Fall)

HRHP 415 Biomechanics of Sport and Exercise

(3:3:0)

Prerequisites: HRHP 359 and PH 105

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. The student will explain how physical laws (Newton's laws of motion) affect human motion during activities of daily living, and describe the mechanisms by which cartilage, bone, ligament, muscle and tendon change to accommodate the internal and external forces experienced with such activities as walking, running, jumping, lifting and throwing. Students will discuss the pathological consequences of stressing tissue beyond its tolerance, obtain, critically examine and present current scientific literature, and demonstrate an ability to write technically.
(Winter, Spring, Fall)

HS 223 Wilderness First Aid

(3:3:0)

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.
(Winter, Spring, Fall)

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.
(Winter, Spring, Fall)

HS 280 Medical Terminology

(2:2:0)

This class is an introduction course into the language of medicine.
(Winter, Spring, Fall)

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.
(Winter, Spring, Fall)

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.
(Winter, Spring, Fall)

HS 305 Health Appraisal and Prescription

(3:3:0)

Course Fees: \$25.00

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

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.
(Winter, Spring, Fall)

HS 320 Communicable and Non-Communicable Diseases

(3:3:0)

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

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HS 331 Women's Health (3:3:0)
Students will be able to take an active role in the advocacy of women's health and rights and will be able to describe the benefits and practices of intelligent consumer choices. Students will understand the importance of improving their eating habits, increasing the amount of physical activity, and analyzing the benefits of making positive behavior changes. They will be able to determine the risk factors for heart disease and other chronic conditions and design some strategies for preventing the spread of infectious disease. Students will be able to demonstrate assertive communication and effective listening skills and describe the activities for enhancing self-image and self-worth as well as build healthier relationships with spouses and children. They will be able to improve their knowledge and understanding of the female reproductive cycle and be able to prepare their own reproductive life span by learning about the different options of types of healthcare providers and the standard of care.
(Winter, Spring, Fall)

HS 345 Healthcare Finance (3:3:0)
Prerequisites: HS 285; and ACCTG 180 or ACCTG 201; and B 301 or B 302
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.
(Winter and Fall)

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.
(Winter, Spring, Fall)

HS 349L Sports Medicine Lab (1:0:2)
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.
(Winter, Spring, Fall)

HS 351 Gerontology (2:2:0)
This class is designed to include the scientific study of the biological, psychological, and social aspects of aging.
(Winter, Spring, Fall)

HS 355R Athletic Training Clinical Experience (1-3:0:0)
Repeatable Course: may earn maximum of 3 credits
Prerequisite: 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.
(Winter, Spring, Fall)

HS 370 Epidemiology (3:3:0)
Prerequisites: MATH 221A, MATH 221B, or MATH 221C
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.
(Winter, Spring, Fall)

HS 375 Managing Healthcare Provider Organizations (3:3:0)
Prerequisite: HS 285
This course is designed to introduce Healthcare Administration majors to the specific issues and body of knowledge pertaining to the management of: hospitals, specialty hospitals, ambulatory surgery centers, medical group practices, and long-term care facilities. Emphasis is placed on guest lectures by professionals from each of these types of provider organizations.
(Winter, Spring, Fall)

HS 378 Healthcare Strategy (3:3:0)
Prerequisite: 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.
(Winter, Spring, Fall)

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.
(Winter, Spring, Fall)

HS 391 Research Methods and Program Evaluation (2:2:0)
Course Fees: \$20.00
Prerequisites: MATH 221A, MATH 221B, or MATH 221C

Introduction to scientific writing, assessment instruments, data collection, research design, and statistical analysis. Meets some requirements for preparation to take the CHES exam. Students will be able to define plagiarism and recognize when it is present in their own writing and in the writing of others. They will also be able to propose, design and conduct a small research project, work collaboratively and effectively with other people to meet a common goal and present their research findings through written and oral communication. Students will understand their relationship between scientific and spiritual inquiry, the strengths and limitations of each, and the role of each in the pursuit of truth.
(Winter, Spring, Fall)

HS 401 Community Health Methods (2:2:0)
Prerequisite: HS 390
Designed to give students practical hands-on application of health promotion skills that a health promotion educator will use.
(Winter, Spring, Fall)

HS 405 Health Teaching Methods (3:3:0)
Prerequisites: BIO 264; and HRHP 131 or HS 331
Students will demonstrate a complete knowledge of all ten components of comprehensive health education and will know and demonstrate forms of evaluating student performance and setting grading norms. They will practice strategies for maintaining classroom control and classroom management skills as well as demonstrate a wide variety of teaching strategies for health education to help enhance their future students' decision making and problem solving skills. Students will begin a workable portfolio that will accompany him or her into his or her profession. They will know and demonstrate appropriate role modeling in health related habits and demonstrate effective teaching and while being evaluated by the professor and peers.
(Winter and Fall)

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.
(Winter, Spring, Fall)

HS 425 Manage Technology in Health Care Provider Organizations (3:3:0)
Prerequisite: HS 285
This course is designed to provide information and skills for managing technology in provider organizations. Emphasis is placed on department-by-department technologies, manufacturers, group purchasing organizations, analytical tools and methods, the fixed asset file, depreciation of capital assets, and capital budgeting.
(Winter and Spring)

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

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

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. (Spring and Fall)

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. (Winter, Spring, Fall)

HS 465 Healthcare Insurance Industry (3:3:0)

Prerequisite: HS 285

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

HS 472 Health Communications (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. (Winter, Spring, Fall)

HS 480 International Health (3:3:0)

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. (Winter, Spring, Fall)

HS 484 Accident Investigation and Prevention (2:2:0)

Theory and function of accident investigations, reporting, documentation, and analysis systems. Form design and utilization and cost-evaluation procedures. (Winter)

HS 485 Toxicology (3:3:0)

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

HS 486 Occupational Safety and Risk Management (3:3:0)

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)

HS 487 Introduction to Industrial Hygiene (3:3:0)

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)

HS 488 Hazardous Materials Management (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)

HS 498 Internship (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. (Winter, Spring, Fall)

HS 499R Health Science Practicum (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. (Winter, Spring, Fall)

MA 105 Clinical Skills in Medical Assisting I (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. (Winter, Spring, Fall)

MA 105L Clinical Skills in Medical Assisting I Lab (2:0:4)

Course Fees: \$120.00

Prerequisites: BIO 264 and HS 280

Concurrent requisite: MA 105

Provides opportunity for a Medical Assisting student to practice and become proficient in the basic procedures learned in MA 105. (Winter, Spring, Fall)

MA 106 Medical Law and Ethics (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. (Winter, Spring, Fall)

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MA 107 Administrative Skills in Medical Assisting	(3:3:0)
Co-requisite: MA 105	
Provides instruction for Medical Assisting students in the fundamentals of medical front office management of an ambulatory facility. (Winter, Spring, Fall)	
MA 111 Medical Billing and Coding	(4:4:1)
Co-requisite: 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. (Winter, Spring, Fall)	
MA 205 Clinical Skills in Medical Assisting II	(3:3:0)
Prerequisites: BIO 265, MA 105, and MA 105L	
Provides instruction in Medical Assisting procedures utilized in medical specialty practices. (Winter, Spring, Fall)	
MA 205L Clinical Skills in Medical Assisting II Lab	(1:0:2)
Course Fees: \$30.00	
Prerequisites: HS 280, BIO 264, BIO 265, MA 105, and 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. (Winter, Spring, Fall)	
MA 298 Medical Assisting Externship	(2:0:0)
Prerequisites: MA 105, MA 105L, MA 106, MA 107, MA 111, MA 205, and MA 205L	
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. (Winter, Spring, Fall)	
PARA 171 Fire Fighting I	(5:3:3)
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. (Spring and Fall)	
PARA 181 EMT Basic	(7:6:4)
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. (Winter, Spring, Fall)	
PARA 243R Professional Seminar 3	(1:0:2)
Repeatable Course: may earn maximum of 2 credits	
Prerequisite: 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)	
PARA 250 Assessment Based Management I	(1:1:4)
Prerequisite: 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)	
PARA 251 Assessment Based Management II	(1:2:8)
Prerequisite: 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)	

PARA 256 Patient Assessment I	(1:1:0)
Prerequisite: 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)	
PARA 257 Patient Assessment II	(1:1:0)
Prerequisite: 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)	
PARA 262 Pharmacology	(1:1:0)
Prerequisite: 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)	
PARA 264 Airway I	(1:1:0)
Prerequisite: 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)	
PARA 274 Trauma I	(1:1:0)
Prerequisite: PARA 360	
Presentation, discussion and testing of all aspects of traumatic injuries involving pediatric, adult, and geriatric patients. (Winter)	
PARA 280 Cardiology I	(3:3:0)
Prerequisite: 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)	
PARA 291 Paramedic Hospital Clinical I	(1:0:7)
Prerequisite: 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)	
PARA 292 Paramedic Hospital Clinical II	(1:0:7)
Prerequisite: 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)	

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PARA 360 Preparatory (6:4:8) Course Fees: \$135.00 Prerequisite: 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)	PTA 105 Therapeutic Procedures I (5:4:3) Course Fees: \$130.00 The Therapeutic Procedures 1 course is designed to introduce students to the skill, knowledge and performance of basic physical therapy principles and procedures including wheelchair transfers, preambulation activities, assistive devices, and ambulation training. (Fall)
PARA 370 Special Considerations (3:3:0) Prerequisite: 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)	PTA 198 Clinical Externship I (3:3:0) Course Fees: \$130.00 Prerequisites: BIO 264, BIO 264L, BIO 265, BIO 265L, HS 280, PTA 100, PTA 105, PTA 369, HRHP 359, and HRHP 369 This seven week full-time clinical internship provides the student with the opportunity to observe and apply appropriate clinical skills in a healthcare setting. Students will be under the direct supervision of a licensed physical therapist or licensed physical therapist assistant during the entire internship experience. A legal contract must be established between the clinical site and BYU-Idaho before the student can begin practicum at the desired site. (Winter)
PARA 378 Medical Emergency (6:4:8) Course Fees: \$459.00 Prerequisite: 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)	PTA 205 Therapeutic Procedures 2 (5:4:3) Course Fees: \$130.00 Prerequisite: PTA 198 Clinical procedures related to patient care as identified in the plan of care established by the physical therapist including: functional training for gait, locomotion training, wheelchair management skills, infection control procedures, manual therapy techniques, wound management, data collection, and documentation for carrying out the plan of care. (Fall)
PARA 386 Airway 2 (1:1:0) Prerequisite: PARA 378 Airway anatomy, physiology and management to include endotracheal intubation, combi-tube, LMA, PTL, EOA, EGTA tracheal suctioning, extubation, respiratory diseases, disorders with pharmacological management and airway techniques with emphasis on pathophysiology of airway interventions. (Spring)	PTA 210 Clinical Pathology (3:3:0) Prerequisite: PTA 198 Introduction to common pathologies of each system of the human body. Students in this course will understand the signs and symptoms of each of these diseases as well as diagnosis, etiology, prevention, prognosis, and physical therapy treatment of each condition. (Spring)
PARA 387 Cardiology II (1:1:0) Prerequisite: 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)	PTA 215 Therapeutic Exercise (4:4:1) This Therapeutic Exercise course introduces the principles of exercise training and progression. Specific responses of various physiological systems to exercise are presented. Benefits of physical activity and indications for specific exercises are discussed. Laboratory sessions will reinforce lecture material and allow for skill development. (Fall)
PARA 415 Cardiology 3 (1:1:0) Prerequisite: 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)	PTA 220 Principles of Rehabilitation (3:3:0) Prerequisite: PTA 198 This course provides an overview of the neuroanatomy of the CNS and PNS as it relates to the treatment for patients with related dysfunctions. Emphasis includes the structure and function of the nervous system, neurophysiology, human growth and development, and neurological dysfunctions. (Spring)
PARA 498 Paramedic Ambulance Internship (1-6:0:0) 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). (Winter, Spring, Fall)	PTA 298 Clinical Externship II (3:3:0) Course Fees: \$130.00 This seven week fulltime clinical internship provides the student with the opportunity to observe and apply appropriate clinical skills in a healthcare setting. This clinical internship must be in a different physical therapy setting than Clinical Practicum I. Students will be under the direct supervision of a licensed physical therapist or licensed physical therapist assistant during the entire internship experience. A legal contract must be established between the clinical site and BYU-Idaho before the student can begin this practicum at the desired site. (Fall)
PTA 100 Introduction to PTA (2:2:0) The physical therapist assistant works with physical therapists, physicians, and other members of the rehabilitation team to improve an individual's mobility and overall physical function. They aid in reducing pain and inflammation, increasing muscle strength, and restoring joint functions. The PTA will work under the direction supervision of a licensed physical therapist while teaching patients corrective exercises and how to properly use canes, crutches, and wheelchairs. The assistants work in a variety of settings including pediatric, orthopedic, neurologic, cardiopulmonary, and sports rehabilitation clinics and hospitals. (Fall)	PTA 299 Seminar (1:1:0) Prerequisite: PTA 198 This senior seminar serves as a review preparatory to the student taking the NPAT exam which is necessary for licensure of a Physical Therapist Assistant. This course will include a variety of educational techniques, including group work, study skills and techniques, and exam preparation strategy. Mock exams will be used as a learning tool. (Spring)

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PTA 369 Clinical Kinesiology (3:3:0)
 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.
 (Winter, Spring, Fall)

PTA 369L Clinical Kinesiology Lab (1:0:2)
 Prerequisite: HRHP 359
 Concurrent requisites: HRHP 369 or PTA 369
 Competence and safety in clinical skills required for off-campus clinical experiences including: palpation, goniometry & ROM, manual muscle testing, functional and special testing. In addition, this course adheres to the BYU-Idaho PTA Program Student Handbook. Students are expected to understand the policies and procedures in this handbook. Students in this course must continue to meet the essential functions and performance expectations described in the handbook.
 (Fall)

RM 100 Recreation Management Orientation (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..
 (Winter, Spring, Fall)

RM 123 Basic Skills (2:1:3)
 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.
 (Winter, Spring, Fall)

RM 200 Leadership (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.
 (Winter and Fall)

RM 223A Orienteering (2:2:2)
 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.
 (Winter, Spring, Fall)

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

RM 223C Traditional Camping (2:2:2)
 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.
 (Winter, Spring, Fall)

RM 223D Survival (2:2:2)
 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.
 (Spring and Fall)

RM 223E Mountain Biking (2:2:2)
 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.
 (Spring and Fall)

RM 223F Rock Climbing (2:2:2)
 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)

RM 223G Mountaineering (4:4:1)
 Course Fee: \$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.
 (Winter, Spring, Fall)

RM 223K Outdoor Cooking (2:2:2)
 Course Fees: \$85.00
 An introductory course in outdoor cooking techniques. Menu planning and food preparation will be taught. An over-night camp trip is required.
 (Spring and Fall)

RM 223L Canyoneering (2:2:2)
 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.
 (Winter, Spring, Fall)

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

RM 224B Fly Fishing (2:2:2)
 Course Fees: \$85.00
 An introductory course teaching the hands-on fundamentals of fly fishing. 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.
 (Winter, Spring, Fall)

RM 224C Canoeing (2:2:2)
 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.
 (Winter, Spring, Fall)

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RM 224D Rafting 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. (Spring and Fall)	(2:2:2)
RM 224E Kayaking 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. (Spring and Fall)	(2:2:2)
RM 224F Whitewater Rescue Course fee: \$85.00 Students will identify river gear essential to kayaking, identify and name kayak hull shapes, types and parts, and identify, practice and master one type of kayak roll; identify common river hazards and learn how to avoid them. They will also demonstrate and practice fundamental paddle strokes and kayak tilt and volume control. Students will complete the above paddle and boat skills on flat and moving water and discuss and practice river rescue techniques common to kayakers. This is a block class. (Spring and Fall)	(2:2:2)
RM 225A Cross Country Skiing 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 polling techniques, turning, skating, and beginning Telemark turning. (Winter, Spring, Fall)	(2:2:2)
RM 225B Winter Camping 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 curriculum. (Winter and Fall)	(2:2:2)
RM 225C Backcountry Skiing Course Fees: \$85.00 This Backcountry 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 skills 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 back country ski guide, ski patrol, or ski instructor. (Winter and Fall)	(3:3:0)
RM 225D Winter Mountaineering 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, glacier travel and rescue, construction of climbing anchors and self-arrests and the development of judgment and leadership skills. (Winter, Spring, Fall)	(2:2:2)
RM 225E Avalanche Course Fees: \$85.00 The Avalanche Awareness is a study of avalanche mechanics with an emphasis on the relationship between snow pack, weather, terrain, and human triggers. Route finding, travel in avalanche terrain, and group leadership pertaining to avalanche rescue will be presented and practiced. Two all day field trips are required. This is an essential class for those pursuing a career in guiding, outdoor instruction, or avalanche forecasting. (Winter)	(2:2:2)

RM 298R Introductory Internship 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. (Winter, Spring, Fall)	(1-3:0:0)
RM 301 Family Recreation 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. (Winter, Spring, Fall)	(3:3:0)
RM 304 Leisure in Society 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. (Winter and Fall)	(3:3:0)
RM 307 Accessible Recreation 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. (Winter, Spring, Fall)	(3:3:0)
RM 320 Program Management 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. (Winter and Fall)	(3:3:0)
RM 342 Environmental Interpretation 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)	(3:3:0)
RM 343 Experiential Education 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. (Winter and Fall)	(3:3:0)
RM 366 Adaptive Recreation Skills 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. (Winter, Spring, Fall)	(3:3:0)

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RM 370 Introduction to Recreation Therapy (3:3:0)

Course Fees: \$10.00

Prerequisite: 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.
(Winter, Spring, Fall)

RM 371 Theories in Recreation Therapy (3:3:0)

Prerequisite: RM 307

This course identifies and explains definitions of therapeutic recreation and different therapeutic recreation practice models. Students will understand and apply interdisciplinary theories employed in therapeutic recreation programming and describe the process and procedures for developing specific programs. This is a required course for all students with an emphasis in Therapeutic Recreation.
(Winter, Spring, Fall)

RM 373R Applied Recreation Therapy (3:2:3)

Repeatable Course: may earn maximum of 9 credits

Course Fees: \$40.00

This course is designed for Recreational Management majors who are emphasizing in Therapeutic Recreation to give students experience in the work force with those of special populations, as well as learning how to implement the TR Process, Assessment, Planning, Implementation, Evaluation, and discharge in diverse settings.
(Winter, Spring, Fall)

RM 380 Wilderness First Responder (4:5:3)

Course Fee: \$205.00

This Wilderness First Responder course is recommended for students seeking employment in wilderness environments. National Certification as Wilderness First Responder. Emphasis is on accepted medical protocols for situations requiring extended patient management in the wilderness, extreme environments, and with limited equipment.
(Winter, Spring, Fall)

RM 423 Resource Management (3:3:0)

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)

Course Fees: \$15.00

Prerequisites: RM 307, RM 371, and 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.
(Winter and Fall)

RM 472 Program Dynamics in Recreation Therapy (3:3:0)

Course Fees: \$10.00

Prerequisites: RM 370 and 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.
(Winter and Fall)

RM 473 Advanced Administration of Recreation Therapy (3:3:0)

Course Fees: \$10.00

Prerequisites: RM 370 and 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.
(Winter, Spring, Fall)

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.
(Winter, Fall)

RM 486 Risk Management (3:3:0)

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

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

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

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.
(Winter, Spring, Fall)

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.
(Winter, Spring, Fall)

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. Prerequisites include the completion of 24 recreation core credits and 400 hours of professional field experience (can be successful completion of RM 298RF, Introductory Internship. 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.
(Winter, Spring, Fall)

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.
(Winter, Spring, Fall)