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 major includes a core set of health and related classes common for all students and three different emphasis areas to choose from: Public Health, Occupational Safety and Health and Community and Worksite Wellness. This major prepares students to work in the public health sector in promoting, protecting and preserving the health of a population and the government actions to accomplish these tasks. The program prepares students to take the Certified Health Education Specialist (CHES) examination offered through the National Committee on Health Education Credentialing, Inc.

Health Science Health Promotions Emphasis (750-101)
This major prepares students theoretically and experimentally for health related career opportunities. These include community health educator, health promotion specialist, workplace wellness specialist, health counseling, wellness coaching, resort wellness, fitness center, lifestyle training specialist, etc. This emphasis is also a great option for students interested in pursuing graduate programs in Physical Therapy and Occupational Therapy. Some students may also be eligible to take the CHES exam.

Health Science Occupational Safety and Health Emphasis (750-102)
Students are trained in the practice of anticipation, recognition, evaluation and control of safety and health hazards found in the work environment. They will be prepared to enter business, and industry as safety, industrial hygiene and environmental professionals. Students are also prepared for graduate programs in industrial hygiene and safety.

Healthcare Administration (752)
The healthcare administration major prepares students to (a) directly enter the workforce as administrator/managers of healthcare facilities such as medical group practice, urgent care center, long-term care facilities, department-level positions or (b) to enter graduate level studies in hospitals, ambulatory surgery centers, skilled nursing facilities, health insurance companies, etc. This degree is also a solid path for those seeking to pursue a master’s degree in healthcare administration or business management.

Recreation Management (611-108)
The Recreation Management major prepares students to work professionally in the leisure services industry. Employment opportunities exist in government, private, commercial, industrial, military recreation programs, youth agencies, clinical treatment settings, state and national parks, and educational settings.

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

Therapeutic Recreation Emphasis (611-106)
Students interested in Therapeutic Recreation should see their advisor to set up their program. Required courses for recreation management majors with an interest in therapy include: RM 370, RM 371, RM 471, RM 472, RM 473, BIO 264, BIO 265, Psych 111, Psych 342, and Psych 201.
Community Emphasis (611-150)

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

Medical Assisting Program (361)

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

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

Bachelor of Science in Paramedicine (477)

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

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

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

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

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

The physician assistant program at Salus University in Philadelphia, PA has agreed to accept six 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.
### AAS in Paramedicine (356)

**Take required Foundations courses (17 credits)**

**Major Requirements**

**No Double Counting of Major Courses**

<table>
<thead>
<tr>
<th>First Semester</th>
<th>Third Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take these courses: PARA 241 1 PARA 250 1 PARA 256 1 PARA 264 1 PARA 280 3 PARA 291 1 PARA 360 6</td>
<td>PARA 243R 1 PARA 251 1 PARA 262 1 PARA 285 1 PARA 386 1 PARA 415 1 PARA 498 1</td>
</tr>
<tr>
<td>14</td>
<td>6</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Second Semester</th>
<th>First Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take these courses: PARA 242 1 PARA 257 1 PARA 274 1 PARA 292 1 PARA 370 3 PARA 378 6 PARA 387 1</td>
<td>PARA 241 1 PARA 250 1 PARA 256 1 PARA 264 1 PARA 280 3 PARA 291 1 PARA 360 6</td>
</tr>
<tr>
<td>14</td>
<td>14</td>
</tr>
</tbody>
</table>

**Program Notes:**

- The Paramedicine Module must be applied for through the Paramedic Program application process. This module is cohort based.

**Total Major Credits=35**

**Additional Elective Credits Required for Graduation=8**

This major is available on the following tracks:

<table>
<thead>
<tr>
<th>Fall-Winter</th>
<th>Winter-Spring</th>
<th>Spring-Fall</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
</tbody>
</table>

### AAS in Medical Assisting (361)

**Take required Foundations courses (17 credits)**

**Major Requirements**

**No Double Counting of Major Courses**

<table>
<thead>
<tr>
<th>Medical Assisting Introductory Core</th>
<th>Medical Assisting Core Module*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take these courses: BIO 264 4 MA 106 2 PSYCH 111 3</td>
<td>Take these courses: BIO 265 4 COMM 150 3 HS 222 3 MA 105 3 MA 105L 2 MA 107 3 MA 111 4 MA 205 3 MA 205L 1 MA 298 2</td>
</tr>
<tr>
<td>11</td>
<td>28</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Take 1 course: B 220 3 B 370 3 HFED 100 3 HS 285 3 HS 320 3 HS 340 3 HS 460 3</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

**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

**Total Major Credits=42**

**Additional Elective Credits Required for Graduation=1**

This major is available on the following tracks:

<table>
<thead>
<tr>
<th>Fall-Winter</th>
<th>Winter-Spring</th>
<th>Spring-Fall</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
</tbody>
</table>
BS in Paramedicine (477)

Take required Foundations courses

Major Requirements

No Double Counting of Major Courses

<table>
<thead>
<tr>
<th>Paramedicine Prerequisite Courses</th>
<th>Paramedic Module**</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take these courses:</td>
<td>Take these courses:</td>
<td>Take these courses:</td>
</tr>
<tr>
<td><strong>BIO 264</strong> 4</td>
<td><strong>PARA 250</strong> 1</td>
<td><strong>HS 320</strong> 3</td>
</tr>
<tr>
<td><strong>BIO 265</strong> 4</td>
<td><strong>PARA 264</strong> 1</td>
<td><strong>PARA 243R</strong> 1</td>
</tr>
<tr>
<td><strong>CHEM 101 or higher</strong> 4</td>
<td><strong>PARA 280</strong> 3</td>
<td><strong>PARA 251</strong> 1</td>
</tr>
<tr>
<td><strong>PARA 181</strong> 7</td>
<td><strong>PARA 291</strong> 1</td>
<td><strong>PARA 262</strong> 1</td>
</tr>
<tr>
<td></td>
<td><strong>PARA 360</strong> 6</td>
<td><strong>PARA 274</strong> 1</td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
<td></td>
<td><strong>10</strong></td>
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<td></td>
<td><strong>19</strong></td>
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<tr>
<td>Winter Semester</td>
<td></td>
<td><strong>Internship</strong></td>
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<tr>
<td>Take these courses:</td>
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<td><strong>Take this course:</strong></td>
</tr>
<tr>
<td><strong>PARA 256</strong> 1</td>
<td></td>
<td><strong>PARA 498</strong> 1-6</td>
</tr>
<tr>
<td><strong>PARA 292</strong> 1</td>
<td></td>
<td><strong>1</strong></td>
</tr>
<tr>
<td><strong>PARA 370</strong> 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PARA 378</strong> 6</td>
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</tr>
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<td><strong>PARA 387</strong></td>
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<td><strong>12</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>12</strong></td>
</tr>
</tbody>
</table>

Program Notes:

** The Paramedic Module must be applied for through the Paramedic Program application process. This module is cohort based.

Total Major Credits=54

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

This major is available on the following tracks:

Fall-Winter---- YES  Winter-Spring---- YES  Spring-Fall---- YES
# BS in Exercise Physiology (481-109)
## Exercise Physiology Emphasis

### Major Requirements

**No Grade Less Than C- in Major Courses**

#### Program Notes:

*Note to students: FDMAT 222 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.*

<table>
<thead>
<tr>
<th>Module 1</th>
<th>Take these courses during your first two semesters:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BIO 264 or BIO 461 4</td>
</tr>
<tr>
<td></td>
<td>ESS 375 3</td>
</tr>
<tr>
<td></td>
<td>HRHP 131 2</td>
</tr>
<tr>
<td></td>
<td>NUTR 180 3</td>
</tr>
</tbody>
</table>

| Total Major Credits=47 |

| Additional Elective Credits Required for Graduation - 33 |

| Fall-Winter---- | YES |
| Winter-Spring---- | YES |
| Spring-Fall---- | YES |

## Module 1
### Take these courses during your first two semesters:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIO 264</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ESS 375</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HRHP 131</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NUTR 180</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Total | 12 |

## Module 2
### Take these courses:

<table>
<thead>
<tr>
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<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 265</td>
<td></td>
<td>4-5</td>
</tr>
<tr>
<td>ESS 375L</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>ESS 465</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>FDMAT 222*</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>HRHP 359</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>PH 105 or 121</td>
<td></td>
<td>4-3</td>
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</tbody>
</table>

| Total | 17 |

### Lifetime Courses

#### Take 1 course:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 127</td>
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<tr>
<td>ESS 131</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>RM 223B</td>
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<tr>
<td>RM 223E</td>
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<td>2</td>
</tr>
<tr>
<td>RM 223F</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>RM 224A</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>RM 224B</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>RM 224C</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>RM 225A</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>RM 225C</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

| Total | 11 |

### Research/Internship

#### Take 1 course:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 497</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>ESS 498</td>
<td></td>
<td>1-2</td>
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</table>

| Total | 1-2 |

### Fitness Courses

#### Take 1 course:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
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<tbody>
<tr>
<td>ESS 100</td>
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<td>ESS 101</td>
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<td>ESS 102</td>
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<tr>
<td>ESS 115</td>
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<td>ESS 130</td>
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<td>ESS 160</td>
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<td>ESS 161</td>
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<tr>
<td>ESS 178</td>
<td></td>
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</tr>
<tr>
<td>ESS 179</td>
<td></td>
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</tbody>
</table>

| Total |         |

### Sports Courses

#### Take 1 course:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 119</td>
<td></td>
<td>1</td>
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<tr>
<td>ESS 121</td>
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<td>ESS 124</td>
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<td>ESS 128</td>
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<td>ESS 134</td>
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<tr>
<td>ESS 141</td>
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<td>ESS 145</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>ESS 148</td>
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</tbody>
</table>

| Total |         |

### Exercise Chemistry

#### Take these courses:

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<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
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<tbody>
<tr>
<td>CHED 105</td>
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<td>4</td>
</tr>
<tr>
<td>CHED 106</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>CHEM 351</td>
<td></td>
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</table>

| Total | 12 |

### Exercise Nutrition

#### Take these courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 101 OR 105</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>NUTR 200</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>NUTR 330</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>NUTR 350 OR 400</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

| Total |         |

### No Grade Less Than C- in Major Courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 221</td>
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<tr>
<td>BIO 222</td>
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</tr>
<tr>
<td>CHEM 105</td>
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<td>4</td>
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<tr>
<td>HRHP 415</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>HS 305</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

| Total | 13 |

### Program Notes:

*Note to students: FDMAT 222 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.*
# BS in Exercise Physiology (481-136)

**Program Design and Prescription Emphasis**

## Major Requirements

**No Grade Less Than C- in Major Courses**

### Core Courses

- **Take these courses during your first two semesters:**
  - BIO 264 or 460: 4
  - ESS 375: 3
  - HRHP 131: 2
  - NUTR 150: 3
  - Total Major Credits: 12

- **Take these courses:**
  - BIO 265 or 461: 4-5
  - ESS 375L: 1
  - ESS 381: 4
  - HRHP 359: 3
  - HS 305: 3
  - Total Major Credits: 17

### Sports Courses

- **Take 1 course:**
  - ESS 119: 1
  - ESS 121: 1
  - ESS 124: 1
  - ESS 128: 1
  - ESS 134: 1
  - ESS 141: 1
  - ESS 145: 1
  - ESS 148: 1
  - Total Major Credits: 17

### Fitness Courses

- **Take 1 course:**
  - ESS 100: 1
  - ESS 101: 1
  - ESS 102: 1
  - ESS 115: 1
  - ESS 130: 1
  - ESS 160: 1
  - ESS 161: 1
  - ESS 178: 1
  - ESS 179: 1
  - Total Major Credits: 17

### Research/Internship

- **Take 1 course:**
  - ESS 479: 3
  - ESS 498: 1-2
  - Total Major Credits: 1

### Lifetime Courses

- **Take 1 course:**
  - ESS 127: 1
  - ESS 131: 1
  - RM 223B: 2
  - RM 223E: 2
  - RM 223F: 2
  - RM 224A: 2
  - RM 224B: 2
  - RM 224C: 2
  - RM 225A: 2
  - RM 225C: 2
  - Total Major Credits: 17

- **Take 6 credits:**
  - B 250: 3
  - B 341: 3
  - B 383: 3
  - B 483: 4
  - Total Major Credits: 11

### Select and Complete 1 of the Following Modules

- **Advanced Exercise & Nutrition**
  - **Take these courses:**
    - ESS 465: 3
    - NUTR 200: 3
    - NUTR 330: 3
    - NUTR 350 or 400: 3
    - Total Major Credits: 12

- **Graduate School Preparation**
  - **Take these courses:**
    - CHEM 101 or 105: 4
    - CHEM 150 or 106: 5-4
    - ESS 299: 1
    - Total Major Credits: 12

- **Fitness, Business, Entrepreneurship**
  - **Take these courses:**
    - ACCTG 180: 3
    - B 283: 3
    - ESS 350: 2
    - ESS 483: 3
    - Total Major Credits: 11

- **Sports Leadership**
  - **Take these courses:**
    - ESS 299: 1
    - ESS 335: 3
    - ESS 347: 2
    - ESS 350: 2
    - ESS 483: 3
    - Total Major Credits: 11

### Additional Elective Credits Required for Graduation - 35

This major is available on the following tracks:

- Fall-Winter: YES
- Winter-Spring: YES
- Spring-Fall: YES

Total Major Credits: 45

---

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

Take required Foundations courses

No Double Counting of Major Courses

**Core Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HRHP 131</td>
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<tr>
<td>RM 100</td>
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</tr>
<tr>
<td>RM 123</td>
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<tr>
<td>RM 304</td>
<td>3</td>
</tr>
<tr>
<td>RM 345</td>
<td>3</td>
</tr>
</tbody>
</table>

**Skills Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>RM 301</td>
<td>3</td>
</tr>
<tr>
<td>RM 100 OR</td>
<td>1+1</td>
</tr>
<tr>
<td>RM 123</td>
<td>2</td>
</tr>
<tr>
<td>RM 304</td>
<td>3</td>
</tr>
<tr>
<td>RM 345</td>
<td>3</td>
</tr>
</tbody>
</table>

**Therapeutic Recreation Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYCH 111</td>
<td>3</td>
</tr>
<tr>
<td>RM 370</td>
<td>3</td>
</tr>
<tr>
<td>RM 371</td>
<td>3</td>
</tr>
<tr>
<td>RM 471</td>
<td>3</td>
</tr>
<tr>
<td>RM 472</td>
<td>3</td>
</tr>
<tr>
<td>RM 473</td>
<td>3</td>
</tr>
</tbody>
</table>

**First Aid Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 264</td>
<td>3</td>
</tr>
<tr>
<td>HS 222</td>
<td>3</td>
</tr>
<tr>
<td>HS 223</td>
<td>3</td>
</tr>
<tr>
<td>RM 373</td>
<td>4</td>
</tr>
</tbody>
</table>

**Required Cluster Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 264</td>
<td>4</td>
</tr>
<tr>
<td>BIO 265</td>
<td>4</td>
</tr>
<tr>
<td>PSYCH 201</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 342</td>
<td>3</td>
</tr>
</tbody>
</table>

**Program Notes:**

*Note to students: FDMAT 223 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.

**Total Major Credits=63**

**Additional Elective Credits Required for Graduation - 17**

**This major is available on the following tracks:**

Fall-Winter---- YES  Winter-Spring---- YES  Spring-Fall---- YES
# BS in Recreation Management (611-108)

**Take required Foundations courses**

**Core Courses**

| Take these courses during your first 2 semesters: |
|-----------------|-----------------|-----------------|
| HHP 131         | 2               |
| RM 100          | 1               |
| RM 123          | 2               |
| RM 304          | 3               |
| RM 343          | 3               |

**Skills Courses**

<table>
<thead>
<tr>
<th>Take this course:</th>
</tr>
</thead>
<tbody>
<tr>
<td>RM 301</td>
</tr>
<tr>
<td>OR Take 2 credits:</td>
</tr>
<tr>
<td>ESS 100</td>
</tr>
<tr>
<td>ESS 101</td>
</tr>
<tr>
<td>ESS 102</td>
</tr>
<tr>
<td>ESS 115</td>
</tr>
<tr>
<td>ESS 121</td>
</tr>
<tr>
<td>ESS 130</td>
</tr>
<tr>
<td>ESS 160</td>
</tr>
<tr>
<td>ESS 161</td>
</tr>
<tr>
<td>ESS 178</td>
</tr>
<tr>
<td>ESS 179</td>
</tr>
<tr>
<td>RM 223 A-F, K, L</td>
</tr>
<tr>
<td>RM 223 G</td>
</tr>
<tr>
<td>RM 224 A-F</td>
</tr>
<tr>
<td>RM 225 A, B, D, E</td>
</tr>
</tbody>
</table>

**First Aid Courses**

<table>
<thead>
<tr>
<th>Take 1 course:</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 264</td>
</tr>
<tr>
<td>HS 222</td>
</tr>
<tr>
<td>HS 223</td>
</tr>
<tr>
<td>RM 373</td>
</tr>
</tbody>
</table>

**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

**Program Notes:**

- Note to students: FDMAT 223 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.
# BS in Recreation Management

## Community Emphasis - (611-150)

**Take required Foundations courses**

**No Double Counting of Major Courses**

### Core Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HRHP 131</td>
<td>2</td>
</tr>
<tr>
<td>RM 100</td>
<td>1</td>
</tr>
<tr>
<td>RM 123</td>
<td>2</td>
</tr>
<tr>
<td>RM 304</td>
<td>3</td>
</tr>
<tr>
<td>RM 545</td>
<td>3</td>
</tr>
</tbody>
</table>

Total 11 credits

**Take these courses during your first 2 semesters:**

- RM 301 3 credits
- RM 483 3 credits

**Or, Take 2 credits:**

- ESS 100 1 credit
- ESS 101 1 credit
- ESS 102 1 credit
- ESS 115 1 credit
- ESS 121 1 credit
- ESS 130 1 credit
- ESS 160 1 credit
- ESS 161 1 credit
- ESS 178 1 credit
- ESS 179 1 credit
- RM 223 A-F, K, L 2 credits
- RM 223 G 4 credits
- RM 224 A-F 2 credits
- RM 225 A, B, D, E 2 credits
- RM 225 C 3 credits

**First Aid Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 264</td>
<td>3</td>
</tr>
<tr>
<td>HS 222</td>
<td>3</td>
</tr>
<tr>
<td>HS 223</td>
<td>3</td>
</tr>
<tr>
<td>RM 373</td>
<td>4</td>
</tr>
</tbody>
</table>

Total 3 credits

### Skills Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>FDMAT 223*</td>
<td>3</td>
</tr>
<tr>
<td>RM 307</td>
<td>3</td>
</tr>
<tr>
<td>RM 320</td>
<td>3</td>
</tr>
<tr>
<td>RM 486</td>
<td>3</td>
</tr>
<tr>
<td>RM 487</td>
<td>3</td>
</tr>
</tbody>
</table>

Total 15 credits

**Take these courses:**

- FDMAT 223* 3 credits
- RM 307 3 credits
- RM 320 3 credits
- RM 486 3 credits
- RM 487 3 credits

### Emphasis Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACCTG 180</td>
<td>3</td>
</tr>
<tr>
<td>ESS 205</td>
<td>2</td>
</tr>
<tr>
<td>RM 483</td>
<td>3</td>
</tr>
</tbody>
</table>

### Required Cluster

Students must complete one mandatory cluster from the following list:

- Aquatics
- Inclusion
- Outdoor Recreation
- Exercise & Sports Science

**Take 1 course:**

- B 341 3 credits
- B 370 3 credits

**Internship Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>RM 498</td>
<td>3</td>
</tr>
</tbody>
</table>

Total 3 credits

**Program Notes:**

*Note to students: FDMAT 223 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.*

### Total Major Credits

Total 57 credits

**Additional Elective Credits Required for Graduation - 23**

This major is available on the following tracks:

- Fall-Winter ---- YES
- Winter-Spring ---- YES
- Spring-Fall ---- YES
BS in Health Science

Emphasis in Public Health (750-39)

**Take required Foundations courses**

<table>
<thead>
<tr>
<th>Health Science Introductory Module</th>
<th>Science Module</th>
<th>Public Health Module</th>
<th>Public Health Elective/Population</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Take these courses:</strong></td>
<td><strong>Take 12 credits:</strong></td>
<td><strong>Take these courses:</strong></td>
<td><strong>Take these courses:</strong></td>
</tr>
<tr>
<td>BIO 264</td>
<td>BIO 221 (3)</td>
<td>HS 320 (3)</td>
<td>HS 360 (2)</td>
</tr>
<tr>
<td>FDMAT 222*</td>
<td>BIO 222 (1)</td>
<td>HS 340 (3)</td>
<td>HS 391 (2)</td>
</tr>
<tr>
<td>HS 280</td>
<td>CHEM 101 (4)</td>
<td>HS 370** (3)</td>
<td>HS 401 (2)</td>
</tr>
<tr>
<td></td>
<td>CHEM 105 (4)</td>
<td>HS 390 (3)</td>
<td></td>
</tr>
<tr>
<td>Take 1 course:</td>
<td>CHEM 106 (4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HRHP 131</td>
<td>CHEM 150 (5)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HS 331</td>
<td>CHEM 351 (4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CHEM 352 (4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PH 101 (4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PH 105 (4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PH 106 (12)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Program Notes:**
- *Note to students: FDMat 222 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.*
- **HS 370 and HS 391 have a prerequisite of FDMAT 222.**

**Total Major Credits**=48

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

This major is available on the following tracks:
- Fall-Winter---- **YES**
- Winter-Spring---- **YES**
- Spring-Fall---- **YES**

---

BS in Health Science

Health Promotion Emphasis (750-151)

**Take required Foundations courses**

<table>
<thead>
<tr>
<th>Health Science Introductory Module</th>
<th>Community and Wellness Module</th>
<th>Health Behavior Module</th>
<th>Health Promotion Module</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Take these courses:</strong></td>
<td><strong>Take these courses:</strong></td>
<td><strong>Take these courses:</strong></td>
<td><strong>Take these courses:</strong></td>
</tr>
<tr>
<td>BIO 264</td>
<td>HS 320 (3)</td>
<td>HS 305 (3)</td>
<td>HS 360 (2)</td>
</tr>
<tr>
<td>FDMAT 222*</td>
<td>HS 340 (3)</td>
<td>HS 401 (2)</td>
<td>HS 391** (2)</td>
</tr>
<tr>
<td>HS 280</td>
<td>HS 370** (3)</td>
<td>HS 420 (2)</td>
<td>HS 460 (3)</td>
</tr>
<tr>
<td></td>
<td>HS 390 (3)</td>
<td>SOC 112 (3)</td>
<td>HS 472 (3)</td>
</tr>
<tr>
<td>Take 1 course:</td>
<td></td>
<td>RM 343 (3)</td>
<td></td>
</tr>
<tr>
<td>HRHP 131</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HS 331</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Program Notes:**
- *Note to students: FDMat 222 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.*
- **HS 370 and HS 391 have a prerequisite of FDMAT 222.**

**Total Major Credits**=49

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

This major is available on the following tracks:
- Fall-Winter---- **YES**
- Winter-Spring---- **YES**
- Spring-Fall---- **YES**
BS in Health Science  
Occupational Safety & Health Emphasis (750-102)

Take required Foundations courses

<table>
<thead>
<tr>
<th>Health Science Introductory Module</th>
<th>Science Module</th>
<th>Occupational Safety &amp; Health Core Module</th>
<th>Program Note:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take these courses:</td>
<td></td>
<td></td>
<td>Note to students: FDMat 222 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMat 108T.</td>
</tr>
<tr>
<td>BIO 264</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>FDMAT 222*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HS 280</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Take 12 credits</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BIO 221</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BIO 265</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CHEM 101</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CHEM 105</td>
<td></td>
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</tr>
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<td></td>
<td>CHEM 106</td>
<td></td>
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<tr>
<td></td>
<td>HS 310</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>HS 485</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HS 486</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HS 487</td>
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<tr>
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<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Take these courses:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>HS 331</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HRHP 131</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Take 1 course:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>HRHP 131</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HS 331</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Take required Foundations courses</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td>Total Major Credits=47</td>
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<td></td>
</tr>
</tbody>
</table>

Additional Elective Credits Required for Graduation - 33

Fall-Winter---- YES
Winter-Spring---- YES
Spring-Fall---- YES
### BS in Healthcare Administration (752)

**Introductory Module**  
Take these courses:  
- BIO 264 4  
- FDMAT 222* 3  
- HRHP 131 2  
- HS 280 2  
Total = 11

**Business Module**  
Take these courses:  
- B 201 3  
- B 220 3  
- B 361 3  
- B 370 3  
Total = 12

**Healthcare Administration Core**  
- HS 285 3  
- HS 345 3  
- HS 375 3  
- HS 378 3  
Total = 12

**Supplemental Courses**  
Take these courses:  
- ECON 150 3  
- HS 391 2  
- HS 425 3  
- HS 465 3  
- MA 106 2  
Total = 13

Take this course:  
- HS 498 1-3  
Total = 1

**Program Notes:**  
*Note to students: FDMat 222 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.

---

Total Major Credits=49  
Additional Elective Credits Required for Graduation - 31

This major is available on the following tracks:

- Fall-Winter---- YES  
- Winter-Spring---- YES  
- Spring-Fall---- YES

---

### Pre-Physicians Assistant Concentration (D 117)

**Concentration Requirements**  
No Double Counting of Concentration Courses

Take these courses:  
- BIO 180 4  
- BIO 221 3  
- BIO 222 1  
- BIO 264 4  
- BIO 265 4  
- CHEM 105 4  
- CHEM 106 4  
- FDMAT 222* 3  
- PSYCH 111 3  
- IDS 398R 1-3  
- IDS 499 2  
Total = 33

**Program Notes:**  
*FDMAT 222 needs to be taken to satisfy a major requirement as well as partially satisfying the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.

---

Total Concentration Credits=33  
This Concentration is available on the following tracks:

- Fall-Winter---- YES  
- Winter-Spring---- YES  
- Spring-Fall---- YES
### Minor in Exercise and Sport Science (110)

#### Minor Requirements

<table>
<thead>
<tr>
<th>Core Classes</th>
<th>Theory Courses</th>
<th>Fitness Courses</th>
<th>Cont. from previous column</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take these courses</td>
<td>Take 4 credits:</td>
<td>Take 3 courses:</td>
<td></td>
</tr>
<tr>
<td>BIO 264</td>
<td>ESS 341 2</td>
<td>ESS 100 1</td>
<td>ESS 141 1</td>
</tr>
<tr>
<td>ESS 300</td>
<td>ESS 342 2</td>
<td>ESS 101 1</td>
<td>ESS 145 1</td>
</tr>
<tr>
<td>ESS 330</td>
<td>ESS 343 2</td>
<td>ESS 119 1</td>
<td>ESS 148 1</td>
</tr>
<tr>
<td>ESS 347</td>
<td>ESS 344 2</td>
<td>ESS 121 1</td>
<td>ESS 161 1</td>
</tr>
<tr>
<td>ESS 366</td>
<td>ESS 345 2</td>
<td>ESS 127 1</td>
<td>ESS 178 1</td>
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<td>ESS 375</td>
<td>ESS 346 2</td>
<td>ESS 131 1</td>
<td>ESS 179 3</td>
</tr>
<tr>
<td>ESS 375L</td>
<td>ESS 381 4</td>
<td>ESS 134 1</td>
<td></td>
</tr>
<tr>
<td>HRHP 131</td>
<td></td>
<td>Cont. next column</td>
<td></td>
</tr>
</tbody>
</table>

**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*

<table>
<thead>
<tr>
<th>Health Science Introduction Core</th>
<th>Complete 1 Module</th>
<th>Program Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take these courses:</td>
<td>Public Health Module Take these courses</td>
<td><em>Note to students: FDMAT 222 needs to be taken to satisfy a major requirement as well as partially satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.</em></td>
</tr>
<tr>
<td>BIO 264</td>
<td>HS 320 3</td>
<td><strong>HS 370 and HS 391 have a prerequisite of FDMAT 222.</strong></td>
</tr>
<tr>
<td>FDMAT 222*</td>
<td>HS 340 3</td>
<td></td>
</tr>
<tr>
<td>HS 280</td>
<td>HS 370** 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>HS 390 3</td>
<td></td>
</tr>
<tr>
<td>Take 1 course:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HRHP 131</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HS 331</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Take these courses</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 320</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>ESS 330</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>ESS 350</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>ESS 361</td>
<td>2</td>
<td></td>
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<tr>
<td>ESS 366</td>
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<tr>
<td>ESS 375</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>HRHP 131</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>HRHP 359</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>HS 349L</td>
<td>1</td>
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<tr>
<td><strong>Total credits</strong></td>
<td>19</td>
<td></td>
</tr>
</tbody>
</table>

#### Methods Courses

<table>
<thead>
<tr>
<th>Take 1 course</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 119</td>
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<tr>
<td>ESS 127</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>ESS 131</td>
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</tr>
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<td>ESS 134</td>
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<tr>
<td>ESS 141</td>
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<td>ESS 145</td>
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<td>ESS 148</td>
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<tr>
<td>ESS 160</td>
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</tr>
<tr>
<td>ESS 161</td>
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<tr>
<td><strong>Total credits</strong></td>
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</table>

**Total Minor Credits=20**

This minor is available on the following tracks:

- Fall-Winter---- YES
- Winter-Spring---- YES
- Spring-Fall---- YES

**Program Notes:**

This minor fulfills requirements for a 6-12 teaching certificate. For a K-12 teaching certificate, ED 343 must be added to the curriculum.

### Minor in Health Education (171)

**Minor Requirements**

#### Health Education Minor

<table>
<thead>
<tr>
<th>Introductory Core</th>
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<tbody>
<tr>
<td>BIO 264</td>
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<tr>
<td>NUTR 150</td>
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#### Core Courses

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<thead>
<tr>
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<tbody>
<tr>
<td>ESS 320</td>
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<td>ESS 330</td>
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<td>ESS 366</td>
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<td>ESS 375</td>
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<td>HRHP 131</td>
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<td>HRHP 359</td>
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#### Minor Electives

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<tr>
<td>ESS 130</td>
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<tr>
<td>HS 405</td>
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<tr>
<td>HS 430</td>
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#### Methods Courses

<table>
<thead>
<tr>
<th>Take 1 course</th>
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<tbody>
<tr>
<td>HS 340</td>
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<tr>
<td>HS 349L</td>
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</tbody>
</table>

**Total Minor Credits=20**

This minor is available on the following tracks:

- Fall-Winter---- YES
- Winter-Spring---- YES
- Spring-Fall---- YES

**Program Notes:**

- 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.
## Minor in Sports Management (196)

**Minor Requirements**

<table>
<thead>
<tr>
<th>Take these courses</th>
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</tr>
</thead>
<tbody>
<tr>
<td>E 101</td>
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<tr>
<td>CIT 140</td>
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<tr>
<td>COMM 130</td>
<td>3</td>
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<tr>
<td>COMM 230</td>
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</tr>
<tr>
<td>ENG 316</td>
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<tr>
<td>ESS 131</td>
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<tr>
<td>ESS 350</td>
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<tr>
<td>ESS 483</td>
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<tr>
<td><strong>Total Minor Credits</strong></td>
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This minor is available on the following tracks:

- Fall-Winter---- YES
- Winter-Spring---- YES
- Spring-Fall---- YES

## Minor in Recreation Management (200)

**Minor Requirements**

**Core Courses**

<table>
<thead>
<tr>
<th>Take these courses:</th>
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<tbody>
<tr>
<td>RM 200</td>
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<tr>
<td>RM 301</td>
<td>3</td>
</tr>
<tr>
<td>RM 304</td>
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<tr>
<td>RM 307</td>
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<tr>
<td>RM 320</td>
<td>3</td>
</tr>
<tr>
<td>RM 343</td>
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<tr>
<td>RM 486</td>
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<td><strong>Total Minor Credits</strong></td>
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**Supplemental Courses**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>RM 123</td>
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<tr>
<td>RM 223 A-F, K, L</td>
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<tr>
<td>RM 223 G</td>
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<tr>
<td>RM 224 A-F</td>
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<tr>
<td>RM 225 A, B, D, E</td>
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<tr>
<td>RM 225 C</td>
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<tr>
<td><strong>Total Minor Credits</strong></td>
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</table>

This minor is available on the following tracks:

- Fall-Winter---- YES
- Winter-Spring---- YES
- Spring-Fall---- YES
Minor in Industrial Health (219)

Minor Requirements

<table>
<thead>
<tr>
<th>Core Courses</th>
<th>Supplemental Courses</th>
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</thead>
<tbody>
<tr>
<td>Take these courses:</td>
<td>Take 1 course:</td>
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<tr>
<td>B 370</td>
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<td>COMM 250</td>
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<tr>
<td>HS 310</td>
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<td>HS 450</td>
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<td>HS 485</td>
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<td>12</td>
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</table>

**Program Notes:**

Students must achieve a grade of C- or higher in all required courses.

*Note to students: HS 391 both has a prerequisite of FDMAT 221, FDMAT 222, or FDMAT 223. The course can be taken to satisfy the Foundations Quantitative Reasoning requirement. Full completion of Foundations will also require FDMAT 108T.

<table>
<thead>
<tr>
<th>Minor Electives</th>
<th>Take 4 courses:</th>
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<tbody>
<tr>
<td>ECON 150</td>
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<tr>
<td>HS 391</td>
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<tr>
<td>HS 425</td>
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<td>HS 465</td>
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<tr>
<td>MA 106</td>
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Total Minor Credits=23

This minor is available on the following tracks:

- Fall-Winter---- YES
- Winter-Spring---- YES
- Spring-Fall---- YES

Minor in Healthcare Administration (220)

Minor Requirements

<table>
<thead>
<tr>
<th>Core Courses</th>
<th>Minor Electives</th>
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<tr>
<td>Take these courses:</td>
<td>Take 4 courses:</td>
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<td>HS 285</td>
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<td>HS 345</td>
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<td>HS 375</td>
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<td>HS 378</td>
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</table>

**Program Notes:**

Students must achieve a grade of C- or higher in all required courses.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>ECON 150</td>
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<tr>
<td>HS 391</td>
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<tr>
<td>HS 425</td>
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<tr>
<td>HS 465</td>
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<tr>
<td>MA 106</td>
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</table>

Total Minor Credits=22

This minor is available on the following tracks:

- Fall-Winter---- YES
- Winter-Spring---- YES
- Spring-Fall---- YES
### Exercise and Sports Science

**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 1
- **Total Credits 12**

### Coaching (Non-education)

**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 344 Football Theory 2
- ESS 344 Track & Field Theory 2
- ESS 345 Volleyball Theory 2
- ESS 346 Wrestling Theory 2
- **Total Credits 15**

### Professional Health

**Take these courses:**
- BIO 264 Anatomy & Physiology 4
- ESS 320 Motor Development 2
- ESS 375 Exercise Physiology 3
- ESS 375L Exercise Physiology Lab 1
- HRHP 359 Introduction to Kinesiology and Biomechanics 3
- Choose any ESS 100 course 1
- **Total Credits 14**

### Professional Training

**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 3
- **Total Credits 15**

### Aquatic Management

**Take these courses:**
- ACCTG 201 Financial Accounting 3
- BI 101 Principles of Business Management 3
- ESS 268 Water Safety Instruction 2
- ESS 367 Lifeguarding Instructor 2
- ESS 368 Aquatic Management 2
- **Total Credits 12**

### Inclusion

**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
- **Total 1 course:**
- ESS 100 Aerobic Fitness 1
- ESS 101 Water Aerobics 1
- ESS 102 Footwork, Agilities, Plyometrics 1
- ESS 115 Military Physical Fitness 1
- ESS 121 Softball 1
- ESS 130 Body Weight Management 1
- ESS 160 Swimming Beginning 1
- ESS 161 Swimming Intermediate 1
- ESS 178 Weight Training 1
- ESS 179 Olympic Weight Training 1
- **Total Credits 12**

*Check for course prerequisites

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

### Exercise and Sports Science

**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 1
- **Total Credits 12**

### Coaching (Non-education)

**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 344 Football Theory 2
- ESS 344 Track & Field Theory 2
- ESS 345 Volleyball Theory 2
- ESS 346 Wrestling Theory 2
- **Total Credits 15**

### Professional Health

**Take these courses:**
- BIO 264 Anatomy & Physiology 4
- ESS 320 Motor Development 2
- ESS 375 Exercise Physiology 3
- ESS 375L Exercise Physiology Lab 1
- HRHP 359 Introduction to Kinesiology and Biomechanics 3
- Choose any ESS 100 course 1
- **Total Credits 14**

### Professional Training

**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 3
- **Total Credits 15**

### Aquatic Management

**Take these courses:**
- ACCTG 201 Financial Accounting 3
- BI 101 Principles of Business Management 3
- ESS 268 Water Safety Instruction 2
- ESS 367 Lifeguarding Instructor 2
- ESS 368 Aquatic Management 2
- **Total Credits 12**

### Inclusion

**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
- **Total 1 course:**
- ESS 100 Aerobic Fitness 1
- ESS 101 Water Aerobics 1
- ESS 102 Footwork, Agilities, Plyometrics 1
- ESS 115 Military Physical Fitness 1
- ESS 121 Softball 1
- ESS 130 Body Weight Management 1
- ESS 160 Swimming Beginning 1
- ESS 161 Swimming Intermediate 1
- ESS 178 Weight Training 1
- ESS 179 Olympic Weight Training 1
- **Total Credits 12**

*Check for course prerequisites

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### Outdoor Recreation

**Take these courses:**
- ACCTG 201 Financial Accounting 3
- RM 200 Recreation Leadership 3
- RM 223 A,F,K,L Skills Classes 2
- RM 223G Skills Classes 4
- RM 224 A-F Skills Classes 2
- RM 225 A,B,D,F Skills Classes 2
- RM 225 C Skills Classes 3
- **Take 1 course:**
- BIO 352 Wildland Ecology and Range Plants 3
- COMM 352 Persuasion 3
- ESS 375 Exercise Physiology 3
- RM 423 Resource Management 3
- **Total Credits 13**

### Health and Wellness

**Take these courses:**
- 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 3
- **Take 1 course:**
- HS 222 Advanced First Aid 3
- HS 223 Wilderness First Aid 3
- **Total Credits 13**

### Industrial Health

**Take these courses:**
- HS 310 Environmental Health 3
- HS 370 Toxicology 3
- HS 486 Occupational Safety and Risk Management 3
- HS 487 Introduction to Industrial Hygiene 3
- **Total Credits 12**

### Sports Medicine

**Take these courses:**
- BIO 265 Anatomy & Physiology 2 4
- HS 349 Sports Medicine 3
- HS 349L Sports Medicine Lab 1
- HS 355R Athletic Training Clinical Experience 1-3
- HRHP 359 Introduction to Kinesiology and Biomechanics 3
- **Total Credits 15**

### Public Health

**Take these courses:**
- HS 285 Hospital and Health Administration 3
- HS 360 Community and Public Health Administration 2
- **Take 1 course:**
- HS 310 Environmental Health 3
- HS 370 Epidemiology 3
- HS 420 Health Behavior Theories/Models 2
- FDMAT 222 Bio Statistics 3
- **Total Credits 13**

### Emergency Care

**Take these courses:**
- HS 223 Wilderness First Aid 3
- HS 349 Sports Medicine 3
- HS 349L Sports Medicine Lab 1
- PARA 181 EMT Basic 2
- **Total Credits 14**

### General Recreation Management

**Take these courses:**
- RM 200 Recreation Leadership 3
- RM 343 Experiential Education/Adventure Challenge 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 3
- **Total Credits 12**
Course Descriptions

ESS 095 - Skiling
Course Fee: Will be announced prior to registration
This course provides participants of varying abilities of skiing the opportunity to learn and progress during the ten weeks of the course is offered during the winter semester. Sections are formed on the basis of ability with instruction suited to varying skill levels in fundamentals of skiing. Instruction will be provided at Grand Targhee Resort in a safe and supervised environment. The fee includes ten round trips on a bus the day the student is registered for, a season pass that can also be used any day the resort is open, and eight lessons on the mountain.

ESS 096 - Snowboarding
Course Fee: Will be announced prior to registration
This course provides participants of varying abilities of snowboarding the opportunity to learn and progress during the ten weeks the course is offered during the winter semester. Sections are formed on the basis of ability with instruction suited to varying skill levels in fundamentals of snowboarding. Instruction will be provided at Grand Targhee Resort in a safe and supervised environment. The fee includes ten round trips on a bus the day the student is registered for, a season pass that can also be used any day the resort is open, and eight lessons on the mountain. Fee will be announced prior to registration.

ESS 100 Aerobic Fitness
Total Course Fees: $4.00  
A course designed to teach students how to improve their cardio-respiratory system, muscular strength and endurance, flexibility and body composition. Students will learn how to safely perform a variety of cardio, strength and conditioning exercises that can be applied throughout their lifetime. Some information on nutrition will be taught using the USDA Food Pyramid. Students will be required to keep a food diary. A fitness evaluation will be given at the beginning and end of the semester to show improvement. A written exam will be given on the major muscles of the body. This class is highly recommended to be taken before or concurrently with ESS 204. Meets the fitness-course requirements for majors.  
(Fall, Winter, Spring)

ESS 101 Water Aerobics
Total Course Fees: $4.00  
A course designed to teach students who require 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 each be required to teach a segment of what they have learned during an assigned 15 minute period. A fitness evaluation will be given at the beginning and end of the semester to show improvement. A written exam on the muscles of the body and water aerobic skills will be given. Meets the fitness-course requirement for majors.  
(Fall, Winter, Spring)

ESS 102 Footwork, Agilities, Plyometrics
Total Course Fees: $4.00  
Students will develop an understanding of plyometrics, agility, running, coordination, reaction time, conditioning, flexibility and foot speed. The goal of the class is to improve the student’s physical abilities in these areas. Meets the fitness-course requirement for majors.  
(Fall, Winter, Spring)

ESS 110 Fencing
To introduce the student to the sport of fencing through experience with the French foil. Skills, drills, knowledge of judging and directing are included.  
(Fall, Winter, Spring)

ESS 115 Military Physical Fitness
A military style fitness program open to all students. Course meets the fitness-course requirement for majors.  
(Fall, Winter, Spring)

ESS 119 Racquetball
Total Course Fees: $4.00  
Class will teach the skills of racquetball and students will develop skills by playing. 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 must provide their own approved goggles prior to participating.  
(Fall, Winter, Spring)

ESS 121 Softball
Total Course Fees: $4.00  
Class will teach the fundamentals of softball to women students. Students will be instructed with regard to rules, strategy, and skill development activities. Meets the sports-course requirement for majors.  
(Fall, Winter, Spring)

ESS 124 Badminton
Total Course Fees: $4.00  
Designed to teach strategies beyond the beginning fundamentals of badminton to a more advanced student.  
(Fall, Winter, Spring)

ESS 127 Archery
Total Course Fees: $15.00  
Instruction is given in archery using a variety of bows. Proper shooting technique, bow design, bow setup, proper arrow selection, and bow maintenance will be taught. Safe shooting will be taught and emphasized. The students are required to provide a half dozen arrows. The school will provide all other equipment. Testing will consist of written test and shooting. Meets the lifetime-course requirement for majors.  
(Fall, Winter, Spring)

ESS 128 Beginning Bowling
Total Course Fees: $30.00  
Course teaches fundamentals including equipment selection, spot bowling, adjustment, and etiquette. Special emphasis will be given to developing a proper approach, arm swing, and recovery after ball release. Students will establish their average and be placed on teams to further increase their skills. Tests will be given to assess knowledge of scoring and bowling terms. Meets the sports-course requirement for majors.  
(Fall, Winter, Spring)

ESS 130 Body Weight Management
Total Course Fees: $4.00  
This course is highly recommended for students wanting to improve their overall body composition. This class will teach students how to live a healthier life by implementing a fitness and nutrition program. Students will be required to exercise a minimum of four days a week and record their food intake during the semester. They will set and attain personal goals and apply correct principles in exercise and nutrition. Meets the fitness-course requirement for majors.  
(Fall, Winter, Spring)

ESS 131 Golf
Total Course Fees: $20.00  
This course is designed to teach the basic fundamentals of the lifetime sport of golf. Subjects include a history of the game, etiquette, swing components, driving, putting, chipping, and pitching skills. On-course application of these fundamentals is integral to the class. Students will be given a written test and will be required to pay green fees. Meets the lifetime-course requirement for majors.  
(Fall, Spring)
ESS 134 Tennis
Total Course Fees: $4.00
Focus will be on history, drills, skills, technique, rules, group activities, games and a mini-
tournament. Students will be graded on attendance, cooperation, respect of classmates
and teacher. 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 double and singles strategy. Students
will wear BYU-I issue clothing when meeting on inside courts. Meets the sports-course
requirement for majors.
(Fall, Winter, Spring)

ESS 141 Basketball
Total Course Fees: $4.00
Course teaches fundamentals of basketball including passing, shooting, dribbling, defense
and rebound. Students will use those basic fundamentals in drills and in competition
team play. Students will be tested on the rules of basketball. Meets the sports-course
requirement for majors.
(Fall, Winter, Spring)

ESS 145 Volleyball
Total Course Fees: $4.00
Students will learn the skills of volleyball and students will develop skills by playing. Basic
rules of the game will be covered. Skills include serving, setting, serve/receive, forearm
pass, overhead pass, spiking, blocking and diggig. Students will have the opportunity
to play and improve and must be prepared to be matched with opponents who differ
in skill levels. This class is a prerequisite for ESS 345 Volleyball Theory class and will
help students obtain the necessary skills and knowledge to participate effectively in the
Intramural Program and at even higher levels of competition. Meets the sports-course
requirement for majors.
(Fall, Winter, Spring)

ESS 148 Soccer
Total Course Fees: $4.00
Students will be taught the fundamentals of soccer and be expected to exhibit them
individually and incorporate them at a team level. Students will participate in the
administration of drills. The learning of strategy and rules will be demonstrated through
skills testing and written exams. Meets the sports-course requirement for majors.
(Fall, Spring)

ESS 160 Swimming Beginning
Total Course Fees: $4.00
This course is designed for beginners or non-swimmers. Instruction will be given in the
five basic strokes, three surface dives and 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 sports-course requirement for majors.
(Fall, Winter, Spring)

ESS 161 Swimming Intermediate
Total Course Fees: $4.00
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 sports-course
requirement.
(Fall, Winter, Spring)

ESS 175 Adaptive Physical Education
Total Course Fees: $4.00
This course is designed to allow students with a physical disability or a health-related
disability to participate in an individually prescribed physical education program.
(Fall, Winter, Spring)

ESS 178 Weight Training
Total Course Fees: $4.00
Students will develop their muscular strength and endurance through resistance exercise.
Instruction provided regarding the most common weight training exercises and the basic
principles of program design such as specificity, progression, overload, and recuperation.
Course meets the fitness-class requirement.
(Fall, Winter, Spring)

ESS 179 Olympic Weight Training
Total Course Fees: $4.00
Students will learn the advanced training techniques of the snatch and the clean and
jerk exercises. Instruction involves intensive review of technique videos and daily guided
practice. There are no physical strength prerequisites, but students must be able to
squat deeply and perform overhead lifting. Females and anyone who is a regular sports
participant are strongly encouraged to enroll. Course meets the fitness-class requirement.
(Fall, Winter, Spring)

ESS 204 Aerobic Fitness Techniques
Total Course Fees: $4.00
Prerequisite ESS 100 is highly recommended or can be taken concurrently with ESS 100.
This preparatory course for students interested in becoming a certified group fitness
instructor or a personal trainer. The class will prepare students for the Aerobic Fitness
Association of America's Group Fitness Instructor certification. Fundamentals of group
fitness will be taught such as learning and applying the industry's basic standards and
guidelines set forth by the American College of Sports Medicine. Students will apply
material from lecture into practical application and will be required to teach in and
outside of class. Students will be able to provide exercise leadership and obtain the skills
needed to safely teach the BYU-I Activities Program group fitness classes.
(Fall, Winter, Spring)

ESS 205 Intramurals
Total Course Fees: $4.00
This course covers the history, philosophy, administration, and leadership of a campus
Intramural program. Students will have lab hours working in the RecSports (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/
oficiating skill, written tests, and quizzes on the rules and signals of officiating football.
(Fall, Winter, Spring)

ESS 206 Sports Officiating Football
Total Course Fees: $4.00
This course has two parts of officiating. Students will officiate BYU-I flag football and high
school football by implementing mechanics, rules, and signals of the game. Fifteen lab
hours of officiating and observation are required. Students will be evaluated on officiating
skill, written tests, and quizzes on the rules and signals of officiating football.
(Fall, Spring)

ESS 207 Sports Officiating Softball
Total Course Fees: $4.00
This class is designed to teach the proper techniques in umpiring softball. Fifteen
lab hours of officiating co-ed softball at BYU-I are required. Students will learn and
demonstrate proper mechanics and rules through evaluation, tests, and quizzes.
Students will be evaluated on their officiating skills.
(Fall, Spring)

ESS 208 Sports Officiating Soccer
Total Course Fees: $4.00
Students will learn the elementary aspects of being a soccer referee through the FIFA
Laws of the Game in a combination of classroom theory and on-field practical experience.
Students will be tested on field assessments and through a series of fitness tests
approved by FIFA and the United States Soccer Federation. Students will be challenged
physically, technically, and emotionally as they participate in the role of a soccer referee.
(Fall, Spring)

ESS 209 Sports Officiating Volleyball
Total Course Fees: $4.00
A course designed to teach students to implement 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.
(Fall, Spring)

ESS 210 Sports Officiating Basketball
Total Course Fees: $4.00
This course is designed to teach basketball officiating at the high school level. Fifteen lab
hours of officiating and evaluating basketball at BYU-I are required. Students will learn
the rules, mechanics, and signals of officiating. Students will be tested and evaluated on
the skills they learn in this class.
(Fall, Winter, Spring)
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Description</th>
<th>Fees</th>
</tr>
</thead>
</table>
| ESS 211           | Sports Officiating Futsal                              | (1:1:0) | Total Course Fees: $4.00  
A course designed to learn 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. The student will identify and define all the direct and indirect free kick fouls and misconduct violations according to the laws of the game and apply them in a match. The student will learn and apply the finer points of conflict management as it applies to sports officials and sports officiating in the context of refereeing futsal.  
(Fall, Winter) |
| ESS 264           | Lifeguarding                                           | (3:2:2) | This course includes American Red Cross certifications for pool and waterfront lifeguards, CPR for the Professional Rescuer, AED, First Aid, and Oxygen administration. There are four written tests, two skills tests, and some "check off" skills. Half of the classes are in water and half of the classes are lecture.  
(Fall, Winter, Spring) |
| ESS 268           | Water Safety Instruction                               | (3:2:2) | Prerequisites: ESS 264  
The Water Safety Instructor course trains students to teach the American Red Cross Learn to Swim program. Students perfect all six strokes, learn the scientific principles that govern those strokes, teaching skills, time management, professionalism, safety, simple rescues, and other water skills. Students will be given skills tests, written tests, and teaching scenarios.  
(Winter) |
| ESS 299           | Professional Experience Seminar                        | (1:0:0) | This course is designed to offer credit to students ready for hands-on experience in assisting with teaching, coaching, managing, training, and administrative or organizational experiences in the classroom or associated with a particular class. By consent of instructor.  
(Fall, Winter, Spring) |
| ESS 320           | Motor Development                                      | (2:2:0) | Course investigates lifespan changes in movement abilities. Topics include perceptual awareness, development of reflexes and voluntary movements, and analysis of fundamental and object control skills. Class is designed to prepare students planning to teach physical education for the Praxis Exam.  
(Fall, Winter, Spring) |
| ESS 330           | Fundamentals in Coaching and Sports Psychology         | (2:2:0) | This is a course taught to analyze and study the mind and movement as it applies to the psychological principles of activity in sports and activity and to expose students to principles and practices of effective coaching.  
(Fall, Winter) |
| 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.  
(Fall, Winter, Spring) |
| ESS 340           | Tennis Theory                                          | (2:2:0) | Total Course Fees: $4.00  
Prerequisite: Interest in coaching a high school varsity sport and 3.0 NTTRP rating or higher.  
This course is to teach 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 BYU-I graduate the tools necessary to teach the basics of tennis, identify basic striking problems, and provide appropriate remediation, implement an appropriate conditioning program, and organize an effective team practice that promotes a positive competitive environment. program, and organize an effective practice that promotes a positive competitive environment.  
(Fall, Winter, Spring) |
| ESS 341           | Baseball Theory                                        | (2:2:0) | Prerequisite: Must have knowledge of the basics of the game of baseball.  
This class will explore the concepts, competencies, ideas, ideals, and principles of teaching or coaching baseball fundamentals.  
(Fall, Spring) |
| ESS 342           | Basketball Theory                                      | (2:2:0) | Total Course Fees: $4.00  
Prerequisite: ESS 141, high school interscholastic play, or equivalent skill participation levels of play.  
Course will cover offensive, defensive, special team strategies, and principles of teaching or coaching basketball fundamentals.  
(Fall, Winter, Spring) |
| ESS 343           | Football Theory                                        | (2:2:0) | Total Course Fees: $4.00  
Prerequisite: Must have knowledge of the basics of the game of football.  
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.  
(Fall, Winter, Spring) |
| ESS 344           | Track and Field Theory                                 | (2:2:0) | Prerequisite: Experience at a high school level of interscholastic participation or above.  
A lecture and practical application theory course that covers most of the track and field events. Rules of each event are also discussed. Students will learn techniques involved in each track and field event. Dress-down days allow students to learn drills and skills of each event.  
(Fall, Spring) |
| ESS 345           | Volleyball Theory                                      | (2:2:0) | Total Course Fees: $4.00  
Prerequisite: ESS 145, high school interscholastic play or equivalent skill participation levels of play required.  
Course covers the current rules; basic skills; offenses; defenses; transition; player selection guidelines; condition of the sport; keeping statistics; running team by-outs and camps; working with players, parents, administration, and other sports media personnel effectively. Other topics will be taught that will build strong teachers and coaches 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.  
(Fall, Winter, Spring) |
| ESS 346           | Wrestling Theory                                       | (2:2:0) | Total Course Fees: $4.00  
Students will learn to organize and administer a high school wrestling program. Objectives include developing a coaching portfolio that contains a plan for team management, strength and conditioning, event management, program development, and a video demonstrating ability to effectively teach appropriate techniques. Students can expect reading assignments and online exams and they should be fit to participate in daily wrestling activities, which often include live drills. Females are welcome and encouraged.  
(Fall, Winter) |
| ESS 347           | Sports Conditioning                                    | (2:2:0) | Total Course Fees: $4.00  
Principles of correct conditioning for athletes in many sports are taught through the use of lecture and video. Half of the course is lecture and half of the course dress-down days where the students experience the skills that are taught in the classroom. The principle goal of the class is that students design a five-week conditioning program based on the information and skills learned in class. Students will train an individual using the conditioning program that they design.  
(Fall, Winter) |
| ESS 350           | Evaluation and Administration                          | (2:2:0) | This course is designed to familiarize students with a wide variety of administrative and analytical responsibilities related to physical education. Subject matter includes an introduction to statistics, a historical perspective of physical education and sports, management of physical and sports program, legal liability and risk management, and managing facilities.  
(Fall, Winter, Spring - Rotational) |
| ESS 361           | Skills and Secondary Methods 1                        | (2:2:0) | Focus will be on the methods and technique for teaching secondary education. Fundamentals of basketball and golf will be emphasized. Students will learn to lead warm-ups, skills, drills, and games. Each student will be expected to know the terms, rules and where to locate related material for teaching these topics to secondary level students. Students will develop lesson plans in the respective areas.  
(Fall) |
ESS 366 Adaptive Education Special Population (2:2:1)  
The student will learn to develop and adapt 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. Course work will include writing lesson plans, class presentations of investigation of physical disabilities, portfolios, and exams. A lab will be required to include hands-on experience teaching and working with individuals with physical disabilities.  
(Fall, Winter, Spring)

ESS 367 Lifeguard Instructor (2:1:3)  
Total Course Fees: $35.00  
Prerequisite: ESS 264  
This course will provide students with the necessary skills and knowledge to train lifeguards under the American Red Cross. Course will include complete knowledge of the American Red Cross Lifeguard program which includes rescues, CPR for the Professional Rescuer (CPR-PR), Standard First Aid, use of an AED (automated external defibrillator), Oxygen Administration, and Disease Prevention. Students will know the American Red Cross policies and procedures for all instructors and specifically Lifeguard Instructors. They will be prepared to teach a lifeguard course.  
(Fall, Winter, Spring)

ESS 368 Aquatics Management (2:1:3)  
Total Course Fees: $35.00  
The Aquatic Management course will provide students with the basic knowledge and skills to manage an aquatic facility. Coursework will include such topics as pool chemistry, filtration, health codes, lifeguard selection, injury prevention, and risk management. Also included are segments on water activities and programs such as water aerobics, competitive swimming, and snorkeling.  
(Fall, Winter, Spring)

ESS 375 Exercise Physiology (3:3:0)  
Prerequisite: Strongly recommended BIO 264 and 265 or B10 461.  
This course teaches a branch of physiology that deals with the functioning of the human body during exercise and movement. Exercise will be used to better understand physiology and the body functioning out of homeostasis. Topics include metabolism and fuel utilization, muscle function, respiration, and neurophysiology among other topics. In addition, physiology is used to explain concepts and trends in exercise and human performance.  
(Fall, Winter, Spring)

ESS 375L Exercise Physiology Lab (1:0:2)  
Total Course Fees: $20.00  
Prerequisite: ESS 375 or taken concurrently with ESS 375L  
This course introduces some of the fundamental techniques used in the field of exercise physiology including metabolic function, lactate testing, oxygen consumption, and measurement of work and power among other topics.  
(Fall, Winter, Spring)

ESS 381 Strength Training Theory and Application (4:3:2)  
Total Course Fees: $4.00  
This course is designed for students aspiring to be strength and conditioning coaches or personal trainers. Students will learn the physiological adaptations to resistance training and gain an in-depth understanding of the program design variables of specificity, progression and overload. Specific topics include how endocrine responses influence adaptation, gender and age-dependent responses, advanced program design and the teaching techniques of Olympic weight lifting. Students will design and administer a semester-long training project. Successful student will be prepared to pass the CSCS exam.  
(Fall, Winter, Spring)

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

ESS 465 Advanced Exercise Physiology (3:3:0)  
Prerequisites: ESS 375  
This class builds on knowledge gained from exercise physiology class and explores the advanced concepts in exercise physiology including, metabolic function, muscle movement, human performance and advanced lab techniques in exercise physiology.  
(Fall, Spring)

ESS 483 Sports Law (3:3:0)  
This course is for anyone interested in sports and its relationship to the law and courts. Provides an introduction to the U.S. legal system and basic liability issues of agency, antitrust, contract, labor, criminal, tort, Title IX, intellectual property, and constitutional law as they apply to amateur sports and the professional sports industry. Students will brief cases, engage in the Socratic method, and actively participate in mock trials while developing a familiarity with legal terminology and an awareness of legal issues in the context of the managed sports industry. Successful participants will demonstrate ability to identify, discuss, and correctly analyze and apply legal issues which are relevant to the multi-billion dollar sport and recreation industry.  
(Fall, Winter)

ESS 495 Student Pedagogy and Mentoring 1 (1:0:0)  
Student observation of faculty teaching physical skills courses and development of student lesson plans for physical skills courses. Subsequent semesters: Faculty mentoring of student teaching in various physical activity courses.

ESS 496 Student Pedagogy and Mentoring 2 (1:0:0)  
Prerequisites: ESS 495  
Course consists of students teaching in one of two areas, and coaching two sports under the university intramural program. Students will develop physical fitness classroom management and leadership skills which will prove useful for future pedagogy experiences.

ESS 497 Exercise Science Seminar (3:3:0)  
Prerequisites: FDMAT 222 and ESS 375 or ESS 381 or consent of instructor  
Students will apply theories from previous coursework and conduct a research project. Course requires students to recruit participants, submit appropriate documentation, collect and analyze data and complete a research paper and/or a project poster. Students are strongly encouraged to visit with the instructor prior to enrolling to discuss possible topics.  
(Fall, Winter, Spring)

ESS 498 Internship (1:2:0)  
Prerequisites: ESS 375; ESS 375L; HRHP 131  
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 your off-track of senior year. Shadowing does not qualify as an internship  
(Fall, Winter, Spring)

HRHP 131 Health and Fitness (2:2:0)  
This course is designed to empower students with knowledge to take a proactive approach to wellness, fitness, and health. Students will learn and apply principles to approve in six dimensions of wellness: physical, social, emotional, spiritual, environmental, and intellectual. Students will be required to assess their levels of health, fitness, and wellness and design a program that will promote a lifelong commitment to improved health and wellness.  
(Fall, Winter, Spring)

HRHP 359 Introduction to Kinesiology and Biomechanics (3:3:0)  
An introduction to the muscular, anatomical, and nerve processes in the human body and their involvement with activity and movement including pathological movement. The class also introduces biomechanical processes of human movement including lever systems and basic laws of motion.  
(Fall, Winter, Spring)

HRHP 369 Applied Kinesiology and Assessment (3:3:0)  
Prerequisites: BIO 264; HRHP 359  
This class covers advanced anatomy of the musculoskeletal system, nervous system, osteokinematics and arthrokinematics. The class will include emphasis on clinical skills including palpation, manual muscle testing, goniometry, gait analysis, and other special testing.  
(Fall, Winter, Spring)
HS 331 Women’s Health  
This class is designed for the advanced study of women’s physical, emotional and social well-being in today’s society, including healthful practices, at risk behaviors and learning to maintain a healthy lifestyle.  
(Fall, Winter, Spring)

HS 340 Introduction to Community Health  
Introduction to the functions of the local public health department and the state and federal public health agencies that provide guidance and funding. Administrative functions such as strategic planning, budgeting, leadership and ethics in public health are introduced. In-depth and real life, information relative to the actual programs and services provided by the local health department are presented in the context of the core functions and essential services of public health.  
(Fall, Winter, Spring)

HS 345 Healthcare Finance  
Prerequisites: ACCTG 180 or ACCTG 201; HS 285; B 301  
Introduction to Healthcare Finance for Healthcare Administration majors who contemplate careers in administration - hospitals, ambulatory surgical centers, specialty hospitals, integrated health systems, long-term care facilities and medical group practices.  
(Fall, Winter)

HS 349 Sports Medicine  
Designed for health professional students i.e. athletic trainers, coaches, health and physical educators, physical therapists, EMT’s and premedical students as an introduction to sports medicine professional development and responsibilities, injury prevention and risk management, and injury management.  
(Fall, Winter, Spring)

HS 349L Sports Medicine Lab  
Total Course Fee: $35.00  
Injury prevention, examination, and treatment techniques will be presented i.e. taping/bracing, tests and measures, and use of therapeutic modalities.  
(Fall, Winter, Spring)

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

HS 355R Athletic Training Clinical Experience  
Prerequisites: HS 349L  
May be repeated for a maximum total of 5 credits with no more than 3 credits per semester. Thirty contact hours are required for each credit. The contact hours per week to be arranged with instructor. Practical application and clinical experience in health skills and use of therapeutic modalities. A maximum of 3 credits will apply toward graduation.  
(Fall, Winter, Spring)

HS 360 Community and Public Health Administration  
This course is an introduction to the functions of the local public health department and the state and federal public health agencies that provide guidance and funding. Administrative functions such as strategic planning, budgeting, leadership and ethics in public health are introduced. In-depth and real life, information relative to the actual programs and services provided by the local health department are presented in the context of the core functions and essential services of public health.  
(Fall, Winter)

HS 370 Epidemiology  
Prerequisites: FDMAT 221; FDMAT 222; FDMAT 223  
The study of the distribution of diseases and pathophysiological conditions of humans and of factors which influence their occurrence. The course requires an understanding of statistical principles.  
(Fall, Winter, Spring)

HS 375 Managing Healthcare Provider Organizations  
Prerequisites: HS 285  
This class is designed to introduce Healthcare Administration majors to the specific issues and body of knowledge pertaining to the management of: hospitals, specialty hospitals, ambulatory surgery centers, medical group practices, and long-term care facilities. Emphasis is placed on guest lectures by professionals from each of these types of provider organizations.  
(Fall, Winter, Spring)
HS 378 Healthcare Strategy (3:3:0)
Prerequisites: HS 285
This course is designed for Healthcare Administration majors and focuses on 1) leadership and 2) management methods and strategies. Part 2 utilizes case studies to illustrate important skills and methods.
(Fall, Winter, Spring)

HS 384 Industrial Fire Safety (2:2:0)
This class will introduce you to basic standards for managing fire protection and life safety systems for different occupancies. We will explore sound practices for managing fire protection, prevention and life safety systems and the code requirements that govern them.
(Fall)

HS 390 Program Planning/Implementation (3:3:0)
Provides both a theoretical framework for and skill development in organizing, planning, implementing, and evaluation of health promotion programs. Key topics include: assessing needs of target populations, planning models, rationales, program goals and objectives, health behavior change models/theories, interventions, implementations practices, health communication, marketing strategies, and budgeting. Meets some requirements for preparation to take the CHES exam.
(Fall, Winter, Spring)

HS 391 Research Methods and Program Evaluation (2:2:0)
Total Course Fees: $20.00
Prerequisites: FDMAT 221; FDMAT 222; FDMAT 223
Introduction to the five section thesis, assessment instruments, data collection, research design, and statistical analysis. Students will develop strategies for evaluating the success of health education programs; implementing data collection and analysis through the use of the SPSS statistical package. Meets some requirements for preparation to take the CHES exam.
(Fall, Winter, Spring)

HS 401 Health Promotion Methods (2:2:0)
Prerequisites: HS 390
Designed to give students practical experience and application of skills in the health promotion field. Key topics include: health promotion methods/interventions, personal philosophy development, understanding populations, self-concept, and careers in health promotion.
(Fall, Winter, Spring)

HS 405 Health Teaching Methods (4:3:3)
Prerequisites: BIO 264; HS 131 or HS 331
This class is designed to prepare a student for the junior/senior high school teaching experience. The class covers all aspects of health education and teaching methodologies for the classroom.
(Fall, Winter)

HS 420 Health Behavior Theories/Models (2:2:0)
Using the ecological perspective to understand population behavior and how to develop effective health promotion interventions using the behavior change models/theories. Provides the theoretical understanding to identify practical strategies and barriers to behavior. Meets some requirements for preparation to take the CHES exam.
(Fall, Winter, Spring)

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

HS 430 School Health Programs (3:3:0)
This class is designed to inform the Health Education majors and minors about the comprehensive health education environment including both the school and the community health programs and procedures. The class also prepares students for recognizing and dealing with "at risk" students. Introduction to needs assessment, program development, finances evaluation, and implementation of school health programs will be covered.
(Fall, Winter)

HS 450 Sanitation and Water Quality Management (3:3:0)
Total Course Fees: $20.00
Comprehensive study of the environmental health and safety practices, procedures and laws as applied to food establishments, recreation sites, housing facilities, medical institutions and industrial sites throughout the United States. Field trips will be required to local facilities. Additionally, there will be hands-on experience where students will learn how to sample and test water and other environmental agents.
(Fall, Spring)

HS 455R Health/Fitness Clinical Experience (1:2:0)
Prerequisites: HS 305
Practical application of health and fitness assessment protocols. Skills are applied in a clinical setting. May be repeated for a maximum of 2 credits with no more than 1 credit/semester and only 2 credits applied toward graduation.
(Fall, Winter, Spring)

HS 460 Drugs of Use and Abuse (3:3:0)
The nature, history and effects of legal and illicit drugs. Current and changing information covering physiological, psychological, and sociological viewpoints as well as effective treatments.
(Fall, Winter, Spring)

HS 465 Healthcare Insurance Industry (3:3:0)
Prerequisites: HS 285
This course is for Healthcare Administration majors. It focuses on third-party reimbursement and payment methodologies, beginning with CMS (Medicare and Medicaid), Traditional Indemnity Insurance and Managed Care. It also analyzes the business office functions that permit a healthcare organization to maximize reimbursement and to negotiate and administrate contracts with third-party providers.
(Fall, Winter, Spring)

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.
(Fall, Winter, Spring)

HS 480 International Health (3:3:0)
Total Course Fees: $15.00
Explores meaning of "health" as it applies to people of many different cultures throughout the world. Provides an international evaluation of the health status of these many different cultures, including their morbidity and mortality rates. Evaluates the many health promotion methods used to create healthy lifestyles and environmental concerns among these cultures.
(Fall, Winter, Spring)

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)
Prerequisites: Chem 101 or Chem 105 (Chem 105 is preferred)
Presents a survey of the impact of toxic chemicals found in the environment and workplace. Discussion of the basic principles of toxicology, toxicokinetics, the environmental and biological impacts of toxic chemicals, and the regulatory guidelines for working with these chemicals.
(Spring)

HS 486 Occupational Safety and Risk Management (3:3:0)
Total Course Fees: $5.00
This course is designed to develop an understanding of basic occupational safety and health terminology, principles and practices through education and practical activities.
(Fall)

HS 487 Introduction to Industrial Hygiene (3:3:0)
Total Course Fees: $25.00
An introduction to the basics of industrial hygiene, specifically the anticipation, recognition, evaluation, and control of workplace environmental factors that may affect the health, comfort, or productivity of the worker.
(Winter)
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
<th>Lecture Hours per week</th>
<th>Lab Hours per week</th>
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<tbody>
<tr>
<td>HS 488</td>
<td>Hazardous Materials Management</td>
<td>(2:2:0)</td>
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<td>HS 498</td>
<td>Internship</td>
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<td>MA 105</td>
<td>Clinical Skills in Medical Assisting 1</td>
<td>(3:3:0)</td>
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<td>Clinical Skills in Medical Assisting 1 Lab</td>
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<td>Medical Law and Ethics</td>
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<td>Administrative Skills in Medical Assisting</td>
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<td>Medical Billing and Coding</td>
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<td>Fire Fighting 1</td>
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<td>PARA 181</td>
<td>EMT Basic</td>
<td>(7:6:4)</td>
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Prerequisites: HS 280; BIO 264; BIO 265; MA 105; MA 105L

Total Course Fees: $120.00

Emergency Medical Technician training designed to qualify students to become ambulance attendants at the Basic Level upon passing the National Registry of Emergency Technicians-Basic written and practical exams. Class includes "hands on" training with practical evaluations of knowledge and skills.

(Fall, Winter, Spring)

PARA 241 Professional Seminar 1

Prerequisite: Instructor Approval

Emergency Medical Technician training designed to qualify students to become ambulance attendants at the Basic Level upon passing the National Registry of Emergency Technicians-Basic written and practical exams. Class includes "hands on" training with practical evaluations of knowledge and skills.

(Fall)

PARA 242 Professional Seminar 2

Prerequisite: PARA 360

Designed to offer credit in a specialty area where teaching, administrative or organization- al experiences are provided for individual students in the area of Paramedicine. Includes local ambulance experience, doctors' seminars and participation in Basic EMT Lab.

(Winter)

PARA 243R Professional Seminar 3

Prerequisite: PARA 378

Designed to offer credit in a specialty area where teaching, administrative or organization- al 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 1

Prerequisite: Instructor Approval

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 2

Prerequisite: PARA 378

Ambulance scenarios with assessment based management for trauma and medical patients - adults, pediatric, & 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 1

Prerequisite: Instructor Approval

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 257 Patient Assessment 1

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.

(Spring)

PARA 262 Pharmacology

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 1 (1:1:0)
Prerequisite: Instructor Approval
Airway anatomy, physiology and management to include endotracheal intubation, combitube, LMA, PTL, EDA, ETTA tracheal suctioning, extubation, respiratory diseases and disorders with pharmacological management.
(Fall)

PARA 274 Trauma 1 (1:1:0)
Prerequisite: PARA 360
Presentation, discussion and testing of all aspects of traumatic injuries involving pediatric, adult, and geriatric patients.
(Spring)

PARA 280 Cardiology 1 (3:3:0)
Prerequisite: Instructor Approval
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 285 EMS Operations 1 (1:0:4)
Prerequisite: Para 378
Incident Command, Search and Rescue Awareness.
(Spring)

PARA 291 Paramedic Hospital Clinical 1 (1:0:7)
Prerequisite: Instructor Approval
Hospital experience: Emergency Department, Operating Room, Intubations IV Therapy, Labor and Delivery, Pediatrics, ICU/CIU, 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 2 (1:0:7)
Prerequisite: PARA 360
Hospital experience: Emergency Department, Operating Room, Intubations IV Therapy, Labor and Delivery, Pediatrics, ICU/CIU, 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)

PARA 360 Preparatory (6:4:8)
Total Course Fees: $135.00
Prerequisite: FDMAT 108 or higher, Instructor Approval
Preparatory fundamentals to include: EMS Systems, Roles & Responsibilities, Well Being, Injury & Illness Prevention, Medical & 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)

PARA 370 Special Consideration (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)

PARA 378 Medical Emergency (6:4:8)
Total 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)

PARA 386 Airway 2 (1:1:0)
Prerequisite: Para 378
Airway anatomy, physiology and management to include endotracheal intubation, combitube, LMA, PTL, EDA, ETTA tracheal suctioning, extubation, respiratory diseases, disorders with pharmacological management and airway techniques with emphasis on pathophysiology of airway interventions.
(Spring)

PARA 387 Cardiology 2 (1:1:0)
Prerequisite: PARA 360
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)

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.
(Winter)

PARA 494 Critical Care Preparation (2:2:3)
Prerequisite: Para 378
Course designed to teach the Idaho and National Critical Care curriculum.
(Spring)

PARA 496 Critical Care Lab (2:0:3)
Prerequisite: Para 378
Continued learning in the areas of daily operations in the clinical and ambulance setting.
(Spring)

PARA 497R Critical Care Hospital Clinic (1:1:0)
Preceptor internship with 911 ambulance services. Must be approved by the Paramedic
(Spring)

PARA 498 Critical Care Hospital Clinic (1:6:9)
Total Course Fees: $100.00
Preceptor internships with 911 ambulance services. Must be approved by the Paramedic Program Committee (480 hours minimum with 100 ALS calls).
(Fall, Winter, Spring)

RM 100 Recreation Management Orientation (1:1:0)
This class is designed to assist all Recreation Management majors in successfully completing a Bachelor of Science Degree at BYU Idaho. Students will hear from different professionals in the field and will complete assignments designed to prepare them for future employment.
(Fall, Winter, Spring)

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

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

Brigham Young University-Idaho 2012-2013

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credit Hours</th>
<th>Lecture Hours per week</th>
<th>Lab Hours per week</th>
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<tbody>
<tr>
<td>RM 223A</td>
<td>Orienteering</td>
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<td>RM 223B</td>
<td>Backpacking</td>
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<td>RM 223C</td>
<td>Traditional Camping</td>
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<td>RM 223D</td>
<td>Survival</td>
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<td>RM 223E</td>
<td>Mountain Biking</td>
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<td>RM 223F</td>
<td>Rock Climbing</td>
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<td>RM 223G</td>
<td>Mountaineering</td>
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<td>RM 223H</td>
<td>Summit Preparation</td>
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<tr>
<td>RM 223I</td>
<td>Outdoor Cooking</td>
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<td>RM 223J</td>
<td>Canyoneering</td>
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<tr>
<td>RM 224A</td>
<td>Fly Tying</td>
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<td>RM 224B</td>
<td>Fly Fishing</td>
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<td>RM 224C</td>
<td>Canoeing</td>
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<td>RM 224D</td>
<td>Rafting</td>
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<tr>
<td>RM 224E</td>
<td>Kayaking</td>
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<td>RM 224F</td>
<td>Whitewater Rescue</td>
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<tr>
<td>RM 225A</td>
<td>Cross Country Skiing</td>
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<td>RM 225B</td>
<td>Winter Camping</td>
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<tr>
<td>RM 225C</td>
<td>Backcountry Skiing</td>
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**Description**

- **RM 223A Orienteering** (2:2:2)
  - Total Course Fees: $85.00
  - An intermediate course including instruction concerning wilderness navigation involving maps, compass work, and Global Positioning Systems. There is extensive field work during this course which is an appropriate introductory course for the emergency health care technicians, outdoor recreation professionals, and youth agency professionals.
  - (Fall, Winter, Spring)

- **RM 223B Backpacking** (2:2:2)
  - Total Course Fees: $85.00
  - This is an intermediate course including instruction in clothing, equipment, leave no trace, leadership, orientation, and safety in backpacking.
  - (Fall, Winter, Spring)

- **RM 223C Traditional Camping** (2:2:2)
  - Total Course Fees: $85.00
  - An intermediate course providing skills, training, and theory of historical traditional camping. A three-day trip is required where students will be expected to use the skills learned.
  - (Fall, Winter, Spring)

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

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

- **RM 223F Rock Climbing** (2:2:2)
  - Total Course Fees: $80.00
  - 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 additionally will increase their teaching skills.
  - (Spring)

- **RM 223G Mountaineering** (4:4:0)
  - Total Course Fees: $85.00
  - The Mountaineering course provides students skill development in efficient travel through third and fourth class terrain, navigation and route finding, pace management, small team rescue, self-arrests, and snow anchor techniques. Students will also refine rock climbing, protection and skills, and apply these techniques to mountain settings. Emphasis will be placed on student leadership and teaching development.
  - (Fall, Winter, Spring)

- **RM 223H Summit Preparation** (2:2:2)
  - Total Course Fees: $85.00
  - An introductory course for all students preparing for the spring summit experience.
  - Instruction in several land skills activities will be given.
  - (Winter)

- **RM 223I Outdoor Cooking** (2:2:2)
  - Total Course Fees: $85.00
  - An introductory course including instruction in several outdoor cooking techniques.
  - (Fall, Spring)

- **RM 223J Canyoneering** (2:2:2)
  - Total Course Fees: $85.00
  - The Canyoneering course provides students skill development in safe canyon navigation, equipment selection and use, appropriate situation specific belay technique, knot tying, anchor evaluation and construction, canyon rescue, and leadership and instruction of groups.
  - (Fall, Spring)

- **RM 224A Fly Tying** (2:2:2)
  - Total Course Fees: $85.00
  - Skill and leadership development for fly tying.
  - (Fall, Winter, Spring)

- **RM 224B Fly Fishing** (2:2:2)
  - Total Course Fees: $85.00
  - Skill and leadership development for fly fishing.
  - (Fall, Winter, Spring)

- **RM 224C Canoeing** (2:2:2)
  - Total Course Fees: $85.00
  - The Canoeing course is an introductory course that includes instruction on flat and moving water (Class I & 2). Students will learn the various paddle strokes, rescue techniques, canoe packing, trip management skills, and equipment selection and use.
  - (Fall, Winter, Spring)

- **RM 224D Rafting** (2:0:0)
  - Total Course Fees: $85.00
  - This introductory course covers the safety aspects and guiding techniques used in white water rafting. Students will learn to read rivers by identifying and working through the risks they encounter. Students will also gain valuable group handling and leadership skills needed for future employment in the river guiding profession.
  - (Fall, Spring)

- **RM 224E Kayaking** (2:0:0)
  - Total Course Fees: $85.00
  - An introductory course which presents students with the opportunity to learn and practice different paddling techniques, rolling skills, self-rescue and river navigation skills. Those proficient in kayaking can expect to find employment in the areas of instruction and adventure guiding.
  - (Fall, Spring)

- **RM 224F Whitewater Rescue** (2:0:0)
  - Total Course Fees: $85.00
  - This is an intensive block course in the skills and dynamics of swift water rescue for those who work and play in moving water. This is a beginning class with lecture and skills preparation in the water. We will spend time in developing and practicing water rescue skills. Participants must be in reasonable good physical condition. Basic swim skills are necessary, but strong swimming skills are not.
  - (Fall, Spring)

- **RM 225A Cross Country Skiing** (2:2:2)
  - Total Course Fees: $85.00
  - An introductory course including instruction concerning winter clothing and equipment, avalanche awareness, and basic Nordic skiing techniques.
  - (Fall, Winter, Spring)

- **RM 225B Winter Camping** (2:2:2)
  - Total Course Fees: $85.00
  - Skill and leadership development are required to camp and enjoy harsh cold weather mountain conditions. Students will learn about proper winter clothing, cooking, travel techniques, safety, and environmental awareness. The class involves a three-day trip requiring the use of show shoes or skis for travel. They will stay in either tents or show 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.
  - (Fall, Winter, Spring)

- **RM 225C Backcountry Skiing** (3:3:0)
  - Total Course Fees: $85.00
  - This 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. Students can also use split board snowboards. Specific topics covered include group leadership, avalanche awareness, ski and snowboard skills in powder snow, route finding and search and rescue. Students must supply their own skis or snowboard or rent from the ORC. This class is essential for those who look forward to a career as a Back Country Ski Guide, Ski Patrolman, or Ski Instructor. Previous ski experience is essential.
  - (Fall, Winter, Spring)
Health, Recreation and Human Performance  
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**RM 225D Winter Mountaineering**  
(2:2:2)  
Total Course Fees: $85.00  
This course will familiarize students with topics and skills related to safe travel and climbing in winter wilderness environments. Course content includes: Awareness of injuries related to cold weather, clothing and equipment, avalanche awareness, ascending and descending steep snow, glacier travel and rescue, construction of climbing anchors and self-arrests and the development of judgment and leadership skills.  
(Fall, Winter, Spring)

**RM 225E Avalanche**  
(2:2:2)  
Total Course Fees: $85.00  
A study of avalanche awareness skills which include an examination of the relationship of snowpack, weather, terrain, and triggers. Route-finding in avalanche terrain and search and rescue techniques will be presented and practiced.  
(Fall, Winter, Spring)

**RM 298R Introductory Internship**  
(1-3:0:0)  
Prerequisite: Must have completed 12 credits of Recreation Leadership core classes.  
An introductory course involving 400 hours of experience in a department approved leisure service program. Students must register through the department internship coordinator.  
(Fall, Winter, Spring)

**RM 301 Family Recreation**  
(3:2:2)  
This course will address the issues related to recreation as it applies to the LDS family environment and will develop within the student the tools needed to implement the principles for success set forth by the Prophets.  
(Fall, Winter, Spring)

**RM 304 Leisure in Society**  
(3:3:0)  
This is an introduction to the foundational theories, philosophies, concepts, and history in the recreation Management profession. Topics include challenges associated with leisure, leisure values, and the impact leisure has on the individual, the family, and society.  
(Fall, Winter, Spring)

**RM 307 Accessible Recreation**  
(3:3:0)  
The Accessible Recreation course is designed as a professional foundations course in inclusive and Special Recreation. The three primary goals of the course are to give the student (1) an understanding of special Populations individuals and their disabilities; (2) an understanding of the role of recreation and leisure in the life of Special Populations, and (3) an introduction to the field of therapeutic recreation services.  
(Fall, Winter, Spring)

**RM 320 Program Management**  
(3:3:0)  
Organization and administration skills necessary for the planning and development of recreation programs in commercial, public, and development of recreation programs in commercial, public, and non-profit settings. Theoretical concepts with a practical application emphasis. This course is appropriate for entry level professionals in any field of recreation.  
(Fall, Winter)

**RM 342 Environmental Interpretation**  
(3:3:0)  
Total Course Fees: $10.00  
An intermediate course including instruction concerning techniques useful for education in the outdoors. Topics include visitor information services, environmental education programs, and the enhancement of outdoor experiences through nature awareness activities.  
(Winter)

**RM 343 Experiential Education**  
(3:3:0)  
Total Course Fees: $25.00  
This is 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 alternate techniques for facilities. This class is appropriate for all recreation majors and those in education and the social sciences.  
(Fall, Winter, Spring)

**RM 347 Program Dynamics in Therapeutic Recreation**  
(3:3:0)  
Total Course Fees: $10.00  
Prerequisites: RM 370  
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 various impairments. Students will be required to apply these skills from the Therapeutic Recreation process in a variety of settings. This is a required course for all students with an emphasis in Therapeutic Recreation.  
(Fall, Winter, Spring - Rotational)

**RM 370 Therapeutic Recreation**  
(3:3:0)  
Total Course Fees: $10.00  
Prerequisites: RM 307  
This course is an introduction to the field of Therapeutic recreation and includes clinical interventions for individuals with special needs or problems. It is an in depth exploration of different impairments and the application of therapeutic recreation and is required for students emphasizing in Therapeutic Recreation and professionals who wish to work with individuals with special needs.  
(Fall, Winter, Spring - Rotational)

**RM 373 Applied Therapeutic Recreation**  
(3:2:3)  
Total Course Fees: $85.00  
This course is designed for Recreation Management Majors who are emphasizing in Therapeutic Recreation to give students experience in the work force with those of special populations, as well as learning how to implement the TR Process, Assessment, Planning, Implementation, Evaluation, and discharge in diverse settings.  
(Fall, Winter, Spring - Rotational)

**RM 380 Wilderness First Responder**  
(4:0:0)  
Fee: $205  
Prerequisite: Be in good physical condition. Any concerns - please contact instructor.  
This class is recommended for students seeking employment in wilderness environments and offers 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.  
(Fall, Winter, Spring)

**RM 423 Resource Management**  
(3:3:0)  
Total Course Fees: $30.00  
This is an advanced course involving an introduction to the theory, history, management processes, and techniques useful for natural resource managers. It is for students interested in careers with resource management agencies such as the National Park Service, US Forest Service, Bureau of Land Management, etc.  
(Winter)

**RM 471 Assessment in Therapeutic Recreation**  
(3:3:0)  
Total Course Fees: $15.00  
Prerequisites: RM 370; RM 371  
This course focuses on patient assessment, including quantitative and qualitative data, treatment plan development, and evaluation. Students will be required to apply these skills from the Therapeutic Recreation process in a variety of settings. This is a required course for all students with an emphasis in Therapeutic recreation.  
(Fall, Winter, Spring - Rotational)

**RM 472 Program Dynamics in Therapeutic Recreation**  
(3:3:0)  
Total Course Fees: $10.00  
Prerequisites: RM 370; RM 371; 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 various impairments. Students will be required to apply these skills from the Therapeutic Recreation process in a variety of settings. This is a required course for all students with an emphasis in Therapeutic Recreation.  
(Fall, Winter, Spring - Rotational)

**RM 473 Issues in Therapeutic Recreation**  
(3:3:0)  
Total Course Fees: $10.00  
Prerequisites: RM 370; RM 371; RM 471  
This course presents the foundation for issues relating to professional competence, financial management, supervisory communication, and management in the field of therapeutic recreation. This is a required course for all students with an emphasis in Therapeutic Recreation.  
(Fall, Winter, Spring - Rotational)
RM 483 Facility Management (3:3:0)
This is a broad survey course of recreation facilities from outdoor environmental learning centers and caps to skate parks to fitness centers to stadiums and arenas. Theories and concepts that apply to the management and design of all types of recreation facilities will be explored.
(Fall, Winter, Spring)

RM 486 Risk Management (3:3:0)
This course is a study of laws affecting recreation service and professional responsibility for the development of risk management protocols and procedures.
(Fall, Winter)

RM 487 Research and Evaluation (3:3:0)
Prerequisites: FDMAT 222; FDMAT 223; FDMAT 224; FDMAT 221
This is a senior level course including instruction concerning how to design, collect, analyze, interpret, and report information for organization and program needs assessment and evaluation.
(Fall, Winter, Spring)

RM 497R Topics and Research (1-3:0:0)
Independent study of a leisure issue or problem. Study must be approved by department and conducted under the supervision of an assigned department faculty member.
(Fall, Winter, Spring)

RM 498R Senior Internship (1-3:0:0)
Prerequisites: Senior Internship should be taken after 24 credits of recreation core courses have been completed. Students must contact the Internship Director when planning their internship experience.
This course requires professional experience in a department approved leisure service program. To be completed near the end of degree.
(Fall, Winter, Spring)

RM 499R Leadership Seminar (1-3:3:0)
Prerequisite: Must be a Recreation Leadership Major.
Special intensive exposure to a selected topic in the recreation profession. Study must be approved by department and conducted under the supervision of an assigned department faculty member.
(Fall, Winter, Spring)