Exercise Science Concentration

Laura Hill, Program Coordinator
2022 Student Recreation Center
757 683-4624

This program is designed to prepare students for careers in preventive and rehabilitative exercise and wellness programs in settings such as hospitals, wellness and rehabilitation centers, sports medicine clinics, government agencies, health and fitness centers, and corporate industry. Academic preparation focuses on the scientific aspects of exercise related to asymptomatic and symptomatic populations. The program also serves to prepare students for graduate studies in exercise science, physical therapy, government agencies, health and fitness centers, and corporate industry.

Prerequisites
1. ENGL 110C and ENGL 211C or the equivalent are prerequisites for EXSC 431W.
2. STAT 130M is a prerequisite for EXSC 420.

Continuance
1. Students must achieve a grade of C or better in BIOL 240 or BIOL 250, MATH 102M, MATH 103M or MATH 162M before taking all EXSC courses except EXSC 225.
2. In order to be eligible to register for the Internship course (EXSC 368), a student must have completed all EXSC courses with a GPA of 2.0 overall and in the major.

Exit
1. Maintain an overall grade point average of 2.0 or better.
2. Maintain a grade point average of 2.0 or better in the major.
3. Complete ENGL 110C, ENGL 211C or ENGL 221C or ENGL 231C, and the writing intensive course in the major with a grade of C or better.
4. Complete the University Senior Assessment Survey.
5. Complete the Exercise Science Interview Form and Self-Study Student Questionnaire.

The requirements for the exercise science concentration are the following:

Lower Division General Education

<table>
<thead>
<tr>
<th>Category</th>
<th>Requirement</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written Communication Skills</td>
<td>*</td>
<td>6</td>
</tr>
<tr>
<td>Oral Communication</td>
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<td>3</td>
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<tr>
<td>Mathematical Skills</td>
<td>**</td>
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<table>
<thead>
<tr>
<th>Requirement</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Hours</td>
<td>38-44</td>
</tr>
</tbody>
</table>

* Grade of C or better required in both courses
** Grade of C or better required
*** Satisfied with EXSC 417W in the major

Human Movement Sciences

Web Site: http://www.odu.edu/hms

Lynn L. Ridinger, Chair

The Department of Human Movement Sciences offers programs leading to the Bachelor of Science with a major in Physical Education (concentration areas in Exercise Science and Health and Physical Education PreK-12 teacher preparation), the Bachelor of Science with a major in Park, Recreation and Tourism Studies (concentration areas in Tourism Management, Park and Recreation Management, and Therapeutic Recreation), and Bachelor of Science in Sport Management.

Bachelor of Science—Physical Education Major

Program Requirements

All majors must satisfy the requirements in the appropriate concentration area – exercise science or teacher preparation – as described below in addition to minor requirements, any applicable electives, and General Education requirements.

Exercise Science Concentration

Laura Hill, Program Coordinator
2022 Student Recreation Center
757 683-4624

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Hours</td>
<td>38-44</td>
</tr>
</tbody>
</table>

* Grade of C or better required in both courses
** Grade of C or better required
*** Satisfied with EXSC 417W in the major

Exercise Science Requirements

<table>
<thead>
<tr>
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<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Total Hours</td>
<td>56</td>
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</table>

* Grade of C or better required

Choose One of the Following Options:

Scientific Foundations of Exercise

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Total Hours</td>
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</table>

Preventive/Rehabilitative Exercise

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Hours</td>
<td>12</td>
</tr>
</tbody>
</table>
All EXSC courses will be used to calculate the major grade point average, which must be 2.00 to graduate.

Elective credit may be needed to meet the minimum of 120 credits required for the degree.

**Upper-Division General Education**
- Option A. Disciplinary Minor (a minimum of 12 hours determined by the department or Second Major or Second Degree
- Option B. Interdisciplinary Minor (specifically 12 hours, 3 of which may be in the major)
- Option C. International Business and Regional Courses or an approved Certification Program such as teaching licensure
- Option D. Two Upper-Division Courses from outside the College of Education and not required by the major (6 hours)

**Requirements for Graduation**
Additional free elective hours may be needed to make 120 credits total. A minimum 2.00 grade point average is required in the major, minor and overall to meet graduation requirements. Other requirements include completion of a minimum of both 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University, completion of ENGL 110C, ENGL 211C or ENGL 221C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C or better, and completion of the Senior Survey.

**Health and Physical Education PK-12 Teaching Licensure Concentration**
To be named, Program Coordinator

This program is designed to promote competencies involved in the teaching of health and physical education in pre-kindergarten through grade 12.

**Admission**
All students must apply for and be admitted into the approved Health and Physical Education teacher preparation program. Students must meet the required criteria for admission by passing the Virginia Board of Education Prescribed Entry Assessments and earn the minimum required grade point averages (GPA).

**Prescribed Virginia Board of Education Assessment for Admission to an Approved Teacher Education Program**
Old Dominion University students seeking admission to an approved teacher education program must satisfy the Virginia Board of Education Required Assessment for Admission to an Approved Teacher Education Program. This requirement can be satisfied by meeting a passing score in one of the selected criteria below:

1. Passing Praxis I composite score of 532 by December 31, 2013; or
2. Passing Praxis Core Academic Skills Tests beginning January 1, 2014: Reading Score of 156, Writing Score of 162, and Mathematics Score of 150; or
3. Approved substitute test scores:
   a. SAT score of 1000 with at least 450 verbal and 510 mathematics taken prior to April 1, 1995; or
   b. SAT score of 1100 with at least 530 verbal and 530 mathematics taken after April 1, 1995 and before March 2016; or
   c. ACT composite score of 21 with ACT mathematics score of at least 21, and ACT English plus Reading score of at least 37, taken prior to April 1, 1995; or
   d. ACT composite score of 24 with ACT mathematics score of at least 22, and ACT English plus Reading score of at least 46, taken after April 1, 1995; or
   e. Praxis I Math test score of 178 by December 31, 2013 and a composite Virginia Communication and Literacy Assessment (hereafter referred to as the VCLA) score of 470; or
   f. Praxis Core Academic Skills Mathematics test score of 150 beginning January 1, 2014 and a VCLA score of 470; or
   g. SAT Mathematics test score of at least 510 taken prior to April 1, 1995 and a VCLA score of 470; or
   h. SAT Mathematics test score of at least 530 taken after April 1, 1995 and a composite VCLA score of 470; or
   i. ACT Mathematics test score of at least 21 taken prior to April 1, 1995 and a composite VCLA score of 470; or
   j. ACT Mathematics test score of at least 22 taken after April 1, 1995 and a composite VCLA score of 470.

Note: ACT scores taken prior to 1989 are not valid.

A new SAT test was released in March 2016. Praxis Core substitute scores for the new SAT have not been determined.

For the most current information on the prescribed Virginia Board of Education admission assessment, visit the Teacher Education Services website, http://www.odu.edu/tes and review the Teacher Education Handbook.

**Required grade point averages (GPA):**
- A cumulative GPA of 2.75 is required.
- A major/content GPA of 2.75 is required – HPE 301W must be passed with a grade of C or higher, and all other Health and Physical education courses must be passed with a grade of C- or higher.
- A professional education GPA of 2.75 is required – all professional education courses must be passed with a grade of C- or higher.

Although students may enroll in a limited number of education courses, students must be admitted into the approved Health and Physical Education teacher preparation program prior to enrolling in any instructional strategies practicum education course (HPE 369).

**Continuance**
Students must maintain a cumulative GPA of 2.75, a major/content GPA of 2.75 and a professional education GPA of 2.75. HPE 301W must be passed with a grade of C or higher, and all other health and physical education courses must be passed with a grade of C- or higher. The remaining courses required for the major and in the professional education core must be completed with a grade of C- or higher for continuance. A professional education GPA of 2.75 is required for continuance. Students must take and pass the Virginia Communication and Literacy Assessment (VCLA) and the Praxis Subject Assessment, Health and Physical Education content knowledge (formerly Praxis II) (test code 5857) prior to or while enrolled in the student teaching seminar course. All assessments must be passed prior to start of the Teacher Candidate Internship Orientation session.

**Background Clearance Requirement**
Old Dominion University requires a background clearance check of candidates interested in many of the professional education programs. Professional education programs have several field experiences that are required for continuance and graduation from the program. The background clearance must be successfully completed prior to a field experience placement. Candidates will be provided a field experience placement when the background check process is completed with resolution of any issues. The process to complete the ODU clearance background check is located at: http://www.odu.edu/success/academic/teacher-education/placement/background-checks. The ODU clearance process includes:
- an FBI fingerprint, a child protective service/social service review, and a Virginia State Police sex offender registry review. Candidates interested in the professional education programs are advised to complete this clearance process immediately upon entry into the program since the clearance process takes a minimum of eight weeks to complete.

Human Movement Sciences 2
Virginia Board of Education Prescribed Licensure Assessments:
Virginia Communication and Literacy Assessment (VCLA) – a passing composite score of 470 is required on this reading and writing assessment
Praxis Subject Assessment, Health and Physical Education Content Knowledge (test code: 5857) – passing score of 160 is required

To review more information on the Virginia Board of Education Prescribed Licensure Assessments visit the Teacher Education Services website, www.odu.edu/tes.

Graduation
Requirements for graduation include completion of ENGL 110C, ENGL 211C or ENGL 221C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C or better; completion of the Senior Assessment; a minimum cumulative 2.75 GPA in the major area and in the professional education core, with no grade less than a C- in the major/ content and in the professional education core; successful completion of the Teacher Candidate Internship; and completion of a minimum of 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University.

All PE, HE, HPE, and EXSC courses and BIOL 240 or BIOL 250 will be used to calculate the major content grade point average, which must be 2.75 for admission into the approved teacher education program, for continuance, and for graduation. Additional elective hours may be needed to make 120 total hours.

Due to changing University requirements, national accreditation standards, and the Virginia Board of Education licensure regulations, the programs in the Darden College of Education are under constant revision. Any changes resulting from these factors supersede the program requirements described in this Catalog. Students are encouraged to obtain current program information from their advisors and from the Teacher Education Services website: www.odu.edu/tes.

Lower Division General Education

| Written Communication Skills | 6 |
| Oral Communication Skills | 3 |
| COMM 101R Public Speaking (required) | |
| Mathematical Skills | 3 |
| Language and Culture | 0-6 |
| Information Literacy and Research | 3 |
| Human Creativity | 3 |
| Interpreting the Past | 3 |
| Literature | 3 |
| Philosophy and Ethics | 3 |
| The Nature of Science | 8 |
| Human Behavior | 3 |
| PSYC 201S Introduction to Psychology | |
| Impact of Technology | *** |

Total Hours 38-44

* Grade of C or better required in both courses

** BIOL 117N/BIOL 118N and BIOL 121N/BIOL 122N recommended

*** Satisfied by TLED 430 in the major.

Health and Physical Education Requirements*

| BIOL 240 | Fundamentals of Anatomy and Physiology I | 4 |
| or BIOL 250 | Human Anatomy and Physiology I | |
| EXSC 322 | Anatomical Kinesiology | 3 |
| TLED 408 | Reading and Writing in Content Areas | 3 |
| TLED 430 | PK-12 Instructional Technology | 3 |

HPE 200 Foundations of Education, Physical Education and Health 3
HPE 218 Aquatics and Outdoor Education 2
HPE 220 Teaching of Team Sports 3
HPE 222 Teaching Individual Sports and Dance 3
HPE 224 Personal and Community Health 3
HPE 230 Seminar and Field Experience in Physical Education and Health 2
HPE 301W Methods and Materials in Teaching Physical Education 3
HPE 317 Human Growth & Motor Development 3
HPE 318 Motor Learning 3
HPE 324 Teaching Injury Care for Sports 3
HPE 369 Practicum Experience and Instructional Planning in Health and Physical Education 3
HPE 400 Management Skills for Teaching Health and Physical Education 3
HPE 402 Methods and Materials in Health Education 3
HPE 404 Adapted Physical Education 4
HPE 406 Tests and Measurement in Physical Education and Health 3
HPE 409 Physiology of Exercise 3
HPE 430 Nutrition and Fitness Education 3
HPE 480 Teacher Candidate Seminar 1
HPE 485 Teacher Candidate Internship 12

Total Hours 76

* Grade of C or better required in HPE 301W; grade of C- or better required in all other courses.

Upper-Division General Education

Satisfied by the required minor in health education included in the program (Option A) and completion of professional education courses (Option C).

All PE, HE, HPE, and EXSC courses and BIOL 240 or BIOL 250 will be used to calculate the major grade point average which must be 2.75 to graduate. Additional elective hours may be needed to make 120 total hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University.

Bachelor of Science–Park, Recreation and Tourism Studies Major

Eddie Hill, Program Coordinator
2014 Student Recreation Center
757 683-4481

This program is designed to prepare students to enter the professional fields of park, recreation, and tourism management, and therapeutic recreation. The park, recreation and tourism studies curriculum is accredited by the Council on Accreditation for Parks, Recreation, Tourism and Related Professions.

A minimum of 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University, is required for the park, recreation and tourism studies major.

Admission

Students must:

Have completed 12 semester hours of course work (including ENGL 110C) with a grade point average of 2.00

Have a personal interview with a faculty member in the program.

Complete a background check for courses where students will have contact with youth.
**Continuance**

Students must:

1. Maintain an overall grade point average of 2.00
2. Maintain a grade point average of 2.00 in the major
3. Earn a grade of C or higher in PRTS 482W and PRTS 483W with a grade of C- or higher in the remaining PRTS core courses
4. Earn a Grade of C- or higher in PRTS 251, PRTS 261, or PRTS 271
5. Complete ENGL 110C, ENGL 211C or ENGL 221C or ENGL 231C (preferred), and the writing intensive (W) course in the major with a grade of C or better
6. Complete an internship seminar and all core course work prior to the internship

**Exit**

Students must:

1. Have an overall grade point average of 2.00
2. Have a grade point average of 2.00 in the major
3. Complete ENGL 110C, ENGL 211C or ENGL 221C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C or better
4. Complete an internship
5. Satisfy all course competencies
6. Take the University assessment exam

**Lower Division General Education**

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written Communication Skills*</td>
<td>6</td>
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<tr>
<td>Oral Communication</td>
<td>3</td>
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<tr>
<td>Mathematical Skills</td>
<td>3</td>
</tr>
<tr>
<td>STAT 130M Elementary Statistics</td>
<td>0-6</td>
</tr>
<tr>
<td>Language and Culture</td>
<td>8</td>
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<tr>
<td>Information Literacy and Research</td>
<td>3</td>
</tr>
<tr>
<td>Human Creativity</td>
<td>3</td>
</tr>
<tr>
<td>Interpreting the Past</td>
<td>3</td>
</tr>
<tr>
<td>Literature</td>
<td>3</td>
</tr>
<tr>
<td>Philosophy and Ethics</td>
<td>3</td>
</tr>
<tr>
<td>The Nature of Science</td>
<td>8</td>
</tr>
<tr>
<td>Human Behavior</td>
<td>3</td>
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</tbody>
</table>

Therapeutic recreation concentration must take PSYC 201S - Introduction to Psychology.

Impact of Technology: 3

Total Hours: 41-47

* Grade of C or better required in both courses.

**Park, Recreation and Tourism Studies Core Requirements**

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
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<tr>
<td>PRTS 201</td>
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<tr>
<td>PRTS 211</td>
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<td>PRTS 285</td>
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<td>PRTS 301</td>
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<td>PRTS 303</td>
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<td>PRTS 332</td>
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<td>PRTS 366</td>
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<td>PRTS 368</td>
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<td>PRTS 425</td>
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<tr>
<td>PRTS 482W</td>
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<tr>
<td>PRTS 483W</td>
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<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Applied Research in Recreation &amp; Tourism - Lab (must register jointly with PRTS 482W)</td>
<td>36</td>
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</table>

Total Hours: 36

* Grade of C or better required.

**Select one of the following three concentration areas:**

**Park and Recreation Management**

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
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<tbody>
<tr>
<td>MGMT 325</td>
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<tr>
<td>MKTG 311</td>
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<td>PAS 300</td>
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<tr>
<td>PAS 410</td>
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<td>POLS 300</td>
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<td>PRTS 251</td>
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<td>PRTS 405</td>
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<td>PRTS 406</td>
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<td>PRTS 433</td>
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<td>PRTS 475</td>
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Total Hours: 30

* Grade of C or better required.

**Tourism Management**

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<th>Course</th>
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<tr>
<td>ACCT 201</td>
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<tr>
<td>ACCT 202</td>
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<td>MGMT 325</td>
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<tr>
<td>MKTG 311</td>
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<td>PRTS 271</td>
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<td>PRTS 441</td>
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<td>PRTS 475</td>
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<td>PRTS 490</td>
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<td>PRTS 491</td>
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Total Hours: 30

* Grade of C or better required.

**Therapeutic Recreation**

<table>
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<tr>
<th>Course</th>
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<tr>
<td>BIOL 240</td>
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<td>BIOL 250</td>
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<td>BIOL 251</td>
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<td>PSYC 203S</td>
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<td>PSYC 405</td>
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<td>PRTS 261</td>
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<td>PRTS 410</td>
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<td>PRTS 430</td>
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<tr>
<td>PRTS 450</td>
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</tbody>
</table>

Human Movement Sciences: 4

* Grade of C or better required.
Total Hours 32

* Grade of C or better required.
** Grade of C- or better required.

Electives
Elective credit may be needed to meet the minimum of 120 credit hours required for the degree.

Upper Division General Education
- Option A: Disciplinary Minor (a minimum of 12 hours determined by the department) or Second Major or Second Degree
- Option B: Interdisciplinary Minor (specifically 12 hours, 3 of which may be in the major)
- Option C: International Business and Regional Courses or an approved Certification Program such as teaching licensure.
- Option D: Six hours of elective upper-division courses from outside the College of Education and not required by the student’s major.

Requirements for Graduation
Requirements for graduation include a minimum cumulative grade point average of 2.00 overall, in the major and in the minor, 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University, completion of ENGL 110C, ENGL 211C or ENGL 221C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C or better, and completion of Senior Assessment. Additional elective hours may be needed in order to complete the minimum 120 credits required for the degree.

Bachelor of Science - Sport Management
Aundrea Lyons, Program Coordinator
2020 Student Recreation Center
757 683-3354

This program is designed to prepare students for entry-level positions within sport-oriented organizations. Careers in sport promotion, sport marketing, health and fitness center management, sport event management, sport facility/arena operations and other sport-related businesses are targeted. The requirements for the program are as follows:

Prerequisites
1. MATH 102M, MATH 103M or MATH 162M with a grade of C- or better is a prerequisite for SMGT 214.
2. SMGT 214 is a prerequisite for all other SMGT courses.
3. ENGL 110C and ENGL 211C or the equivalent are prerequisites for SMGT 315 and SMGT 450W.
4. ACCT 201 is a prerequisite for SMGT 331.

Continuance
1. Maintain an overall grade point average of 2.0 or higher.
2. Maintain a grade point average of 2.0 or higher in the major.
3. Earn a grade of C or higher in SMGT 450W and a grade of C- or higher in all other SMGT core courses.
4. Grade of C- or higher in all additional required courses for the major (ACCT 201, ACCT 202, ECON 202S, MKTG 311 and MGMT 325).
5. Complete an internship seminar and all core course work prior to the internship.
6. A total of 9 credit hours of advisor approved electives is required to attain 120 credit hours for graduation.

Exit
1. Have an overall grade point average of 2.0 or higher.
2. Have a grade point average of 2.0 or higher in the major.
3. Complete ENGL 110C, ENGL 211C, or ENGL 221C or ENGL 231C and the writing intensive (W) course in the major SMGT 450W with a grade of C or better.
4. Complete an internship.
5. Satisfy all core competencies.
6. Complete 120 credit hours.
7. Take the University Senior Assessment Survey.

Lower Division General Education
Written Communication Skills * 6
Oral Communication 3
Mathematical Skills ** 3
| MATH 102M | College Algebra |
| MATH 103M | College Algebra with Supplemental Instruction |
| MATH 162M | Precalculus I |
Language and Culture 0-6
Information Literacy and Research 3
Human Creativity 3
Interpreting the Past 3
Literature 3
Philosophy and Ethics *** 3
The Nature of Science 8
Human Behavior 3
| ECON 200S | Basic Economics |
| ECON 201S | Principles of Macroeconomics |
Impact of Technology 3
Total Hours 38-44

* Grade of C or better required in both courses
** Grade of C- or better
*** Satisfied with SMGT 450W in the major.

Sport Management Core Requirements
| SMGT 214 | Introduction to Sport Management 3 |
| SMGT 305 | Sport Administrative Theory 3 |
| SMGT 315 | Sport Media and Public Relations 3 |
| SMGT 331 | Fiscal Planning and Management in Sport and Recreation 3 |
| SMGT 414 | Sport Marketing 3 |
| SMGT 421 | Legal Aspects in Recreation and Sport Management 3 |
| SMGT 450W | Ethics and Morality in Sport 3 |
| SMGT 452 | Sport Facility Management 3 |
| SMGT 453 | Event Management and Sport Sponsorship 3 |
| SMGT 455 | Sport in Contemporary Society 3 |
| SMGT 456 | Sport Psychology 3 |
| SMGT 366 | Internship Seminar 1 |
| SMGT 368 | Internship 12 |

Additional Required Courses
| ACCT 201 | Principles of Financial Accounting 3 |
| ACCT 202 | Principles of Managerial Accounting 3 |
| ECON 202S | Principles of Microeconomics 3 |
| MKTG 311 | Marketing Principles and Problems 3 |
| MGMT 325 | Contemporary Organizations and Management 3 |
Total Hours 61
Upper Division General Education
A minor in Management or Marketing is recommended, but students may select another minor with approval from their advisor. Students must follow the requirements for the selected minor option as outlined in this Catalog.

Requirements for Graduation
Requirements for graduation include a minimum cumulative grade point average of 2.0 overall and in the major, 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University, completion of ENGL 110C, ENGL 211C or ENGL 221C or ENGL 231C and the writing-intensive (W) course in the major with a grade of C or better, and completion of the Senior Assessment.

Minors

Coaching Education
BIOL 250 and HPE 324 are prerequisites for the minor and are not included in the calculation of the grade point average for the minor. Requirements for the minor are:

- HPE 409 Physiology of Exercise 3
- SMGT/PE 415 Principles of Coaching Management 3
- SMGT/PE 456 Sport Psychology 3
- PE 368 Coaching Internship 6
- Total Hours 15

Exercise Science
BIOL 250 and EXSC 225 are prerequisites for the minor and are not included in the calculation of the grade point average for the minor. Requirements for the minor are:

- EXSC 322 Anatomical Kinesiology 3
- HPE 409 Physiology of Exercise 3
- EXSC 415 Exercise Testing for Normal and Special Populations 4
- Select one of the following: 3
  - EXSC 240 Prevention and Care of Injuries Related to Physical Activity
  - EXSC 369 Practicum in Exercise Science
  - EXSC 408 Nutrition for Fitness and Sport
  - EXSC 420 Research Methods in Exercise Science
  - EXSC 428 Exercise Prescription for Chronic Disease
- Total Hours 13

Health Education—Nonteaching Track
BIOL 250 and HPE 230 are prerequisites for the minor and are not included in the calculation of the grade point average for the minor. Requirements for the minor are:

- HPE 317 Human Growth & Motor Development 3
- HPE 324 Teaching Injury Care for Sports 3
- HPE 402 Methods and Materials in Health Education 3
- HPE 430 Nutrition and Fitness Education 3
- Total Hours 12

Park, Recreation and Tourism Management
PRTS 251* or PRTS 271* is a prerequisite for the minor and is not included in the calculation of the grade point average for the minor. Requirements for the minor are completion of 12 hours from the following:

Select four from the following: 12

- PRTS 405 Outdoor Recreation
- PRTS 406 Outdoor Leadership and Environmental Education
- PRTS 433 Camp Administration
- PRTS 441 Marketing of Hospitality Services
- PRTS 461 The Tourism and Hospitality Industry
- PRTS 475 Sustainable Tourism Management
- PRTS 490 Convention and Meeting Services
- PRTS 491 Festival and Event Management
- Total Hours 12

* Grade of C- or better required.

Sport Management
SMGT 214 is a prerequisite for the minor and is not included in the calculation of the grade point average for the minor. Requirements for the minor are completion of 12 hours from the following:

Select four from the following: 12

- SMGT 305 Sport Administrative Theory
- SMGT 315 Sport Media and Public Relations
- SMGT 331 Fiscal Planning and Management in Sport and Recreation
- SMGT 369 Practicum in Physical Education, Recreation, and Athletics
- SMGT 414 Sport Marketing
- SMGT 415 Principles of Coaching Management
- SMGT 421 Legal Aspects in Recreation and Sport Management
- SMGT 450W Ethics and Morality in Sport
- SMGT 452 Sport Facility Management
- SMGT 453 Event Management and Sport Sponsorship
- SMGT 455 Sport in Contemporary Society
- SMGT 456 Sport Psychology
- Total Hours 12

Therapeutic Recreation
PRTS 261* is a prerequisite for the minor and is not included in the calculation of the grade point average for the minor. Requirements for the minor are completion of 12 hours as follows:

- PRTS 410 Clinical Aspects of Therapeutic Recreation 3
- PRTS 420 Intervention Techniques in Therapeutic Recreation 3
- PRTS 450 Disabilities and Aging in Therapeutic Recreation 3
- PRTS 460 Managing Therapeutic Recreation Services 3
- Total Hours 12

* Grade of C- or better required.

For completion of a minor, a student must have a minimum overall cumulative grade point average of 2.00 in all courses required for the minor exclusive of 100- and 200-level courses and prerequisite courses (2.75 for teacher licensure with no less than C- earned in all core courses) and complete a minimum of six hours in upper-level courses in the minor requirement through courses offered by Old Dominion University. To obtain a Virginia teaching license, all teacher education and licensure only students must attain a passing score on the appropriate Praxis II specialty area test.

Interdisciplinary Minor - Health and Wellness
Laura Hill, Department of Human Movement Sciences, Coordinator
The Health and Wellness interdisciplinary minor explores personal involvement in and commitment to health and wellness and the factors that influence the health status of individuals and society. This interdisciplinary minor fosters an appreciation for personal responsibility for health and strategies to enhance and preserve the individual's and the public's health. Societal health and the factors that impact on the health and wellness of a community and the individual's role in health policy are examined. Students gain an awareness of the cultural, psychological, sociological and ethical issues affecting and effected by the health and wellness of individuals and the society in which they live.

Course options are as follows:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CHP 360</td>
<td>Introduction to Global Health</td>
<td>3</td>
</tr>
<tr>
<td>CHP 420</td>
<td>Foundations of Gerontology</td>
<td>3</td>
</tr>
<tr>
<td>CHP 425</td>
<td>Health Aspects of Aging</td>
<td>3</td>
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<tr>
<td>CHP 456</td>
<td>Substance Use and Abuse</td>
<td>3</td>
</tr>
<tr>
<td>CHP 465</td>
<td>Policy and Politics of Health</td>
<td>3</td>
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<tr>
<td>CHP 470</td>
<td>Death, Dying and Survivorship</td>
<td>3</td>
</tr>
<tr>
<td>CRJS 401</td>
<td>Understanding Violence</td>
<td>3</td>
</tr>
<tr>
<td>CRJS/SOC 421</td>
<td>Deviant Behavior</td>
<td>3</td>
</tr>
<tr>
<td>CRJS/SOC 427</td>
<td>Violence Against Women</td>
<td>3</td>
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<tr>
<td>CRJS/SOC 441</td>
<td>Drugs and Society</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 240</td>
<td>Prevention and Care of Injuries Related to Physical Activity</td>
<td>3</td>
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<tr>
<td>EXSC 408</td>
<td>Nutrition for Fitness and Sport</td>
<td>3</td>
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<tr>
<td>EXSC 415</td>
<td>Exercise Testing for Normal and Special Populations</td>
<td>4</td>
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<td>HLSC 405</td>
<td>Interprofessional Study Abroad on Global Health</td>
<td>1-3</td>
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<tr>
<td>HPE 317</td>
<td>Human Growth &amp; Motor Development</td>
<td>3</td>
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<td>HPE 400</td>
<td>Management Skills for Teaching Health and Physical Education</td>
<td>3</td>
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<td>HPE 402</td>
<td>Methods and Materials in Health Education</td>
<td>3</td>
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<td>HPE 409</td>
<td>Physiology of Exercise</td>
<td>3</td>
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<td>HPE 430</td>
<td>Nutrition and Fitness Education</td>
<td>3</td>
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<tr>
<td>HMSV 341</td>
<td>Introduction to Human Services</td>
<td>3</td>
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<td>HMSV 491</td>
<td>Family Guidance</td>
<td>3</td>
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<td>PSYC 306</td>
<td>Health Psychology</td>
<td>3</td>
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<tr>
<td>PSYC 325</td>
<td>Drugs and Behavior</td>
<td>3</td>
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<tr>
<td>PSYC 351</td>
<td>Child Psychology</td>
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<tr>
<td>PSYC 352</td>
<td>Cognitive Development During Childhood</td>
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<tr>
<td>PSYC 353</td>
<td>The Psychology of Adulthood and Aging</td>
<td>3</td>
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<tr>
<td>PSYC 363</td>
<td>Psychology of Sex</td>
<td>3</td>
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<td>PSYC 405</td>
<td>Abnormal Psychology</td>
<td>3</td>
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<td>PSYC 408</td>
<td>Theories of Personality</td>
<td>3</td>
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<td>PSYC 410</td>
<td>Human Cognition</td>
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<td>PSYC 420</td>
<td>Cross-Cultural Psychology</td>
<td>3</td>
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<tr>
<td>PSYC 424</td>
<td>Physiological Psychology</td>
<td>3</td>
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<tr>
<td>PSYC 431</td>
<td>Community Psychology</td>
<td>3</td>
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<tr>
<td>PSYC 460</td>
<td>Psychology of African Americans</td>
<td>3</td>
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<tr>
<td>PSYC 461</td>
<td>Drug Abuse and Dependence</td>
<td>3</td>
</tr>
<tr>
<td>SPED 313</td>
<td>Fundamentals of Human Growth and Development: Birth through Adolescence</td>
<td>3</td>
</tr>
</tbody>
</table>

The interdisciplinary minor in Health and Wellness requires 12 credit hours of 300/400-level courses selected from at least two different disciplines with a maximum of six credits from any one discipline. For completion of the interdisciplinary minor, students must have a minimum overall cumulative grade point average of 2.00 in all courses required for the minor exclusive of lower-level courses and prerequisite courses. At least six hours of upper-level courses must be taken through courses offered by Old Dominion University. Three credit hours may be in the major, if a major course is listed as an option for the interdisciplinary minor. As such, it will be credited toward both the major and the interdisciplinary minor.

Advanced Placement

Departmental examinations for advanced placement are available for selected courses in the undergraduate programs. Please contact the department chair for further details. Refer also to the Policy on Prior Learning Assessment Credit Options at the Undergraduate Level in this Catalog.

EXERCISE SCIENCE Courses

EXSC 225. Introduction to Exercise Science. 3 Credits.

Broad overview of exercise science including the history of the discipline and introduction to the following: Healthy People 2010 goals and objectives related to physical activity and nutrition; basic principles of nutrition, body composition, applied physiology, functional anatomy, and exercise prescription/programming for healthy individuals and those who are high risk/diseased; career opportunities in various allied-health fields such as physical therapy, physician assistant, personal training, community/corporate/hospital-based wellness programs, cardiac rehabilitation; and research areas in exercise science.

EXSC 240. Prevention and Care of Injuries Related to Physical Activity. 3 Credits.

Practice in the skills of injury recognition and evaluation and training in cardiopulmonary resuscitation. Principles and uses of therapeutic modalities are also discussed. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better.

EXSC 250. Strength and Conditioning Leadership. 3 Credits.

This course will provide the student with skills in exercise leadership. The student will learn how to lead resistance training, flexibility training, cardiovascular training involving a variety of exercise modes, and group exercise, such as step aerobics. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better.

EXSC 322. Anatomical Kinesiology. 3 Credits.

Anatomical and mechanical analysis of human musculoskeletal function including skeletal, muscular, and neuromuscular control aspects necessary for movement. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better.

EXSC 326. Exercise Physiology I. 3 Credits.

An investigation into the metabolic adaptations, neuromuscular, endocrinological, and respiratory responses to acute and chronic exercise endeavors. Implications for enhanced health and physical performance are integrated. Prerequisites: BIOL 240 or BIOL 250, BIOL 241 or BIOL 251, CHEM 121N and CHEM 122N with a C or better; MATH 102M or higher with a C or better.

EXSC 327. Exercise Physiology II. 3 Credits.

Focuses on cardiovascular responses to exercise and applied exercise physiology, specifically the effects of different training modes, environmental factors, aging, disease states, nutrition, and ergogenic aids. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better; EXSC 326.

EXSC 366. Exercise Science Seminar. 1 Credit.

Seminar will include resume and cover letter writing skills, internship requirements, agency placement referrals, interviewing techniques, and certification options. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better; EXSC 326.

EXSC 368. Internship. 12 Credits.

Final field placement required for all students with an emphasis in exercise science. Students will be placed in an agency to gain experience in methodologies, administration techniques, and programs specific to their area of emphasis. Minimum of 400 clock hours. (qualifies as a CAP experience) Prerequisites: senior standing, permission of the instructor, and completion of all required courses in appropriate emphasis areas.

EXSC 369. Practicum in Exercise Science. 3-6 Credits.

Field-based experience in a fitness or allied-health setting. Minimum of 200 clock hours. (qualifies as a CAP experience) Prerequisites: EXSC 225.
EXSC 397. Independent Study. 1-3 Credits.
Independent study of special topic under supervision of faculty. Prerequisites: Junior standing and permission of the instructor.

EXSC 403. Lifetime Fitness and Wellness. 3 Credits.
The focus of this course is on a positive healthy lifestyle designed to enhance the current and future quality of life. Topics include: proper exercise programs, healthful nutrition, stress management techniques, and avoidance of high-risk health behaviors in order to reduce disease risk and promote healthful aging. Various laboratory assessments are used to identify health status and recommend remedial approaches. Prerequisites: Junior standing.

EXSC 408/508. Nutrition for Fitness and Sport. 3 Credits.
Emphasizes the role of nutrition as a means to enhance health and performance in sport. Topics covered include energy metabolism and nutrients, regulation of metabolism by vitamins and minerals, and weight control. Prerequisites: BIOL 240 or BIOL 250, BIOL 241 or BIOL 251, CHEM 121N and CHEM 122N with a C or better; MATH 102M or higher with a C or better.

EXSC 415/515. Exercise Testing for Normal and Special Populations. 4 Credits.
The application of different methodologies in the measurement of physiologic responses to exercise. Emphasis is placed on understanding American College of Sports Medicine guidelines, appropriate experimental techniques, and equipment necessary to evaluate changes in body composition and various metabolic, cardiovascular, and respiratory adjustments during exercise. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better; EXSC 326.

EXSC 417W/517. Biomechanics. 4 Credits.
Application of physical laws and mechanical principles to the human musculoskeletal system. (This is a writing intensive course.) Prerequisites: BIOL 240 or BIOL 250, PHYS 111N and MATH 102M or higher with a C or better; ENGL 110C and ENGL 211C or ENGL 221C or ENGL 231C with a grade of C or better.

EXSC 420. Research Methods in Exercise Science. 3 Credits.
Introduction to the scientific method applied to exercise science research including bioethics, review of the literature, research design, data collection, appropriate statistical analysis, research writing, and peer review. Prerequisites: BIOL 240 or BIOL 250 and MATH 102M or higher with a C or better; STAT 130M.

EXSC 428/528. Exercise Prescription for Chronic Disease. 3 Credits.
A study of pathophysiology of common diseases with concentration in the design, implementation and administration of exercise prescription for a variety of chronic diseases. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better; EXSC 326.

EXSC 431W/531. Wellness Programming and Administration. 3 Credits.
This course provides an introduction to the principles of administration and implementation of fitness and wellness programs to individuals, groups, centers, and corporate settings. Prerequisites: BIOL 240 or BIOL 250, MATH 102M or MATH 103M or MATH 162M, and ENGL 211C or ENGL 221C or ENGL 231C with a C or better.

HEALTH AND PHYSICAL EDUCATION Courses
HPE 200. Foundations of Education, Physical Education and Health. 3 Credits.
Teacher candidates gain insight into the techniques, methodology, and philosophy of field-based health and physical education teachers. Teacher candidates will be expected to observe and participate in the teaching of simple lessons.

HPE 218. Aquatics and Outdoor Education. 2 Credits.
Teacher candidates gain insight into the techniques, methodology, and philosophy of field-based health and physical education teachers. Teacher candidates will be expected to observe and participate in the teaching of simple lessons. Prerequisites: open to PE - Teacher Prep majors only.

HPE 220. Teaching of Team Sports. 3 Credits.
This course covers skills and strategies of team sports, where opposing teams interact directly and simultaneously to achieve an objective. The team sports will be broken down into the components of territory, net/wall, and fielding/run scoring games. The student teacher will become familiar with teaching and organizational techniques appropriate for each activity. Emphasis is placed on a tactical approach and knowledge of sport specific skills, game strategy, rules, teaching facilitation, organization, and demonstration of different parts of a lesson. Prerequisites: open to PE-Teacher Preparation majors only.

HPE 222. Teaching Individual Sports and Dance. 3 Credits.
This course is designed as both a laboratory and methods class in which the student learns skills and strategies of pickleball, bowling, badminton, golf, tennis, gymnastics, and dance. It is designed to develop knowledge, understanding, and attitudes of fundamental movements. The student teacher will become familiar with teaching and organizational techniques appropriate for each activity. Emphasis is placed on a tactical approach and knowledge of specific skills, game strategy, rules, teaching facilitation, organization, and demonstration of different parts of a lesson. Prerequisites: open to PE - Teacher Prep majors only.

HPE 224. Personal and Community Health. 3 Credits.
This course is designed to develop knowledge, understanding, attitudes, and desirable practices related to personal and community health.

HPE 230. Seminar and Field Experience in Physical Education and Health. 2 Credits.
Teacher candidates gain insight into the techniques, methodology, and philosophy of field-based health and physical education teachers. Teacher candidates will be expected to observe and participate in the teaching of simple lessons. This course requires a completed ODU clearance/background check prior to entering a school or community agency. Visit: www.odu.edu/TEs for clearance procedures. If students do not have the clearance by the first week of classes, they will be dropped.

HPE 295. Topics in Physical Education. 1-3 Credits.
This course provides an opportunity for in-depth study of selected topics in physical education. Prerequisite: sophomore standing and approval of program advisor.

HPE 301W. Methods and Materials in Teaching Physical Education. 3 Credits.
A course designed to acquaint the teacher candidate with the current theories, techniques, and practices utilized in teaching physical education. Discussions will focus on the various age group characteristics, interests, needs and learning styles as related to a school setting. Observation, analysis, and prescription of motor skills, movement concepts, instructional techniques, and curriculum models are aimed at providing the professional educator with an increased understanding of how these factors directly relate to a process of effective teaching. This is a writing intensive course. Prerequisites: A grade of C or better in ENGL 211C or ENGL 221C or ENGL 231C and HPE 200.

HPE 317. Human Growth & Motor Development. 3 Credits.
This course is an examination of the physical growth and motor development of the human being over the life span. Emphasis is on the assessment of physical and cognitive development, particularly in the K-12 ages. Theory and technique for research are discussed and the use of research findings is incorporated into the assessment materials. Attention is directed toward acquisition of basic skills, perceptual-motor development, and age-related changes. Prerequisites: HPE 200.

HPE 318. Motor Learning. 3 Credits.
This course is designed to provide the student with experiences in the practical application of theory related to motor learning. Feedback, transfer learning, practice, and motor control principles and concepts are addressed. Prerequisites: HPE 200.
HPE 324. Teaching Injury Care for Sports. 3 Credits.
This course presents the knowledge, skills, and teaching techniques essential for proper care in emergency and sport injury situations. Aspects of emergency first aid, sport specific injury recognition and care, and CPR will be covered. Upon satisfactory completion of the course and payment of certification fees, students will receive a two-year certification in first aid and CPR. Students will have the option of taking the sports first aid certification test from ASEP for coaching. Prerequisites: HPE 200 and Junior standing.

HPE 327. Teaching of Health and Physical Education, Pre-K-8. 3 Credits.
This course is designed to prepare classroom teachers in PreK-8 licensure programs for the teaching of health and physical education. Appropriate content, instructional strategies, effective classroom management, and safety issues and requirements will be presented. Prerequisites: junior standing.

HPE 369. Practicum Experience and Instructional Planning in Health and Physical Education. 3 Credits.
A clinical experience that allows the teaching candidate to teach and observe professionals in a field-based setting. Portfolio development, reflective assessment of teaching, and student assessment techniques will be emphasized. This course requires a completed ODU clearance/background check prior to entering a school or community agency. Visit: www.odu.edu/TES for clearance procedures. If students do not have the clearance by the first week of classes, they will be dropped. Prerequisites: HPE 200, passing scores on PRAXIS I or State Board of Education-approved SAT or ACT scores and admission into teacher education.

HPE 400. Management Skills for Teaching Health and Physical Education. 3 Credits.
Foundations in psychological, sociological, and academic needs of students, with specific focus on management skills in open classroom and sport settings. Specialized safety concerns and environmental considerations are also addressed. Lesson planning, goal setting, and movement formations unique to HPER activities are included. Prerequisites: HPE 200 and passing Praxis Core Math score.

HPE 402/502. Methods and Materials in Health Education. 3 Credits.
This course will enable teacher candidates to gain insight into the techniques, methodology, and philosophy of field-based health and physical education. Teacher candidates will be expected to observe and participate in the teaching of simple lessons. Prerequisites: HPE 200 and HPE 224.

HPE 404/504. Adapted Physical Education. 4 Credits.
Students will become acquainted with the practices and researching of different disabilities, the learning modes of the exceptional child, and IDEA (the law that advocates free and appropriate education). The course will also examine how to work within the ecosystem surrounding a child with disabilities. A vital component of the course will be the practical application of theory. Prerequisites: HPE 200.

HPE 406/506. Tests and Measurement in Physical Education and Health. 3 Credits.
This course is designed to acquaint the student with tests and measurement in the fields of health and physical education, test construction, scoring, and methods of using results. Prerequisites: junior standing.

HPE 409/509. Physiology of Exercise. 3 Credits.
An investigation into the physiological adjustments of the human organism to exercise, including systematic and biochemical molecular changes. Major areas of concern include neuromuscular, metabolic, and cardiorespiratory changes during exercise and the influence of such variables as nutrition, drugs, environment, age, sex, training and body weight. Prerequisites: BIOL 240 or BIOL 250.

HPE 430/530. Nutrition and Fitness Education. 3 Credits.
The study of techniques for the teaching of nutrition and health-related fitness. Content to be covered includes nutrition and various aspects of fitness training appropriate for the teaching of PreK-12 physical education and health. Prerequisites: HPE 200 and HPE 402.

HPE 480. Teacher Candidate Seminar. 1 Credit.
Study and group discussion of problems growing out of the student teaching (teacher candidate internship) experience. Prerequisites: acceptance into teacher education and approval of the program advisor.

HPE 485. Teacher Candidate Internship. 12 Credits.
A culminating experience that provides a field-based application of effective techniques in behavior, management, instructional strategies, and the development of professional attributes in K-12 school setting. This course requires a completed ODU clearance/background check prior to entering a school or community agency. Visit: www.odu.edu/TES for clearance procedures. If students do not have the clearance by the first week of classes, they will be dropped. (qualifies as a CAP experience) Prerequisites: acceptance into teacher education, completion of approved program, passing scores on the appropriate PRAXIS II content examination, and an approved application for Teacher Candidate Internship.

HPE 497. Topics in Health and Physical Education. 1-3 Credits.
Prerequisite: permission of the instructor.

HPE 498. Topics in Health and Physical Education. 1-3 Credits.
Prerequisite: permission of the instructor.

PARK, RECREATION AND TOURISM STUDIES Courses

PRTS 200. Backpacking. 2 Credits.
Students will finish this course with the ability to demonstrate competency in and teach fundamental camping skills, including backpacking, cooking, travel techniques, Leave No Trace skills, and associated safety skills. Additionally, students will demonstrate an increased understanding of issues related to the administration of federally-managed public lands, such as those used in this class, as they relate to recreation and other uses. An overnight field trip is required.

PRTS 201. Recreation Programming and Leadership. 3 Credits.
This course is designed to help students understand and develop their activity leadership and programming skills. Theories and techniques in relation to community, therapeutic, commercial, and outdoor recreation leisure service provision are explored. The course will examine the basic principles of recreation programming and leadership including needs assessment, public relations, and evaluation. Prerequisites: sophomore standing.

PRTS 211. Foundations of Parks, Recreation and Tourism. 3 Credits.
An examination of the historical and philosophical bases of the recreation movement in the U.S. To include a review of theories of play and an assessment of the social, economic and cultural determinants of nonwork-time behavioral patterns. The relationship of leisure to education and the involvement of the government at federal, state and local levels will be considered.

PRTS 251. Introduction to Park and Recreation Management. 3 Credits.
This introductory course addresses all of the essential topics that professionals within park and recreation management must know, including: program planning and evaluation, decision making, facility management, human resources, marketing, budgeting and financial planning, and policy making.

PRTS 261. Introduction to Therapeutic Recreation. 3 Credits.
This course is designed to present an overview of therapeutic recreation as a profession. Philosophy, historical development and standards of practice will be discussed. Students will develop an understanding of professional training, credentialing, and the recreation profession's responsibility to provide recreational opportunities for all individuals. Implementation of therapeutic recreation services for a wide variety of special populations will be explored.

PRTS 271. Introduction to Tourism Management. 3 Credits.
This course is designed to present an introduction to the development of the tourism (airline, cruise, rail, and hotel) industry. Emphasis is placed on historical and technological development, the different components of the industry, and career opportunities in tourism.
PRTS 285. Diversity in Parks, Recreation and Tourism Studies. 3 Credits.
This course is designed as an introduction to the responsibilities of public, private, and commercial leisure service delivery systems in relation to their diverse constituents. The objective of the course is to increase students’ understanding of ethnic/racial groups, gays and lesbians, people with disabilities, the elderly, and other diverse groups in park/recreation/tourism settings.

PRTS 301. Youth Development through Recreation - Lecture. 3 Credits.
This class will use the Benefits-Based Programming (BBP) Model to construct an experience that targets the social-emotional needs of youth. Through this service-learning based class students will explore research, theory, practice, and techniques of structuring recreation experiences for youth. This course includes the examination of theories of youth development, behavioral management, motivation, and social skills as they relate to the recreation experience. Prerequisite: PRTS 201.

PRTS 303. Youth Development through Recreation - Lab. 1 Credit.
This course has a mandatory service-learning component that takes place in a Norfolk after-school program. Students will be at a school one day a week for 10 weeks, and will meet once a week in lab (ODU campus) to develop and practice leading activities designed to instill resiliency in youths. Prerequisite: PRTS 201.

PRTS 332. Personnel Management in Recreation. 3 Credits.
This course examines personnel management principles, practices, and policies in the public, private, and commercial recreation delivery systems. The course explores general personnel management as well as personnel management practices unique to the park, recreation, and tourism industry. Prerequisites: Junior standing or permission of the instructor.

PRTS 366. Internship Seminar. 1 Credit.
Agency field placement is required of all students in Park, Recreation and Tourism Studies. Seminar will include resume and cover letter writing skills, internship requirements, agency placement referrals, and interviewing techniques. (cross-listed with SMGT 366) (qualifies as a CAP experience) Prerequisites: Junior standing or permission of the instructor.

PRTS 368. Internship. 12 Credits.
Supervised agency placement is required of all students in the Park, Recreation and Tourism Studies program. Placement must fulfill all professionally appropriate certification standards. Minimum of 400 clock hours. (qualifies as a CAP experience) Prerequisites: completion of all recreation emphasis and core courses including PRTS 366, plus senior standing.

PRTS 369. Practicum in Parks, Recreation and Tourism Studies. 3 Credits.
Selected field-based experiences in a park, recreation and tourism service setting. Minimum of 200 clock hours. (qualifies as a CAP experience) Prerequisites: junior standing.

PRTS 405. Outdoor Recreation. 3 Credits.
This course is designed to increase knowledge, skills, techniques, policies and procedures related to outdoor recreation. Students are required to participate in outdoor recreation experiences through the Outdoor Adventure Program and on their own. Additional weekends and fees will be required for professional certifications (e.g., Professional Climbers Instructors’ Association). Prerequisites: junior standing or permission of the instructor.

PRTS 406. Outdoor Leadership and Environmental Education. 3 Credits.
This course is designed to examine the history, development, and trends in outdoor leadership and environmental education, including the development of curriculum concepts that foster an environmentally literate citizenry. Leadership and teaching techniques for successful utilization of the outdoors as a classroom will be explored. Students are required to participate in outdoor recreation experiences through the Outdoor Adventure Program and on their own. Additional weekends and fees will be required for professional certifications (e.g., Wilderness First Aid). Prerequisites: junior standing or permission of the instructor.

PRTS 410. Clinical Aspects of Therapeutic Recreation. 3 Credits.
This course is designed to provide students with an understanding of treatment centered therapeutic recreation program design. The role of the recreation therapist will be explored. Topics will include patient assessment, activity analysis, documentation, treatment plans and program development. Prerequisites: junior standing or permission of instructor; PRTS 261 with a grade of C- or better.

PRTS 420. Intervention Techniques in Therapeutic Recreation. 3 Credits.
Course is designed to introduce students to various disabling conditions that receive therapeutic recreation services. Therapeutic recreation intervention techniques used while implementing a program will be discussed. Emphasis will be given to the rehabilitative and habilitative goals of intervention techniques. Prerequisites: junior standing or permission of instructor; PRTS 261 with a grade of C- or better.

PRTS 425. Financial Management in Recreation. 3 Credits.
An examination of the principles and practices of facility management in recreation. Focus is geared toward the planning and design of indoor and outdoor recreation facilities as well as how to review and develop effective financial plans. Prerequisites: junior standing or permission of the instructor.

PRTS 430. Assessment and Documentation in Therapeutic Recreation. 3 Credits.
This course will provide students with a detailed examination of assessment and documentation procedures used in therapeutic recreation. Course focus includes the assessment and documentation process, including instrument design, selection, and implementation. Use of assessment data in treatment planning and evaluation will also be examined. Prerequisites: PRTS 261 with a grade of C- or better; junior standing or permission of instructor.

PRTS 433. Camp Administration. 3 Credits.
This course will cover organization and administration of camp programs and facilities including history, trends, staffing, client needs, finance, marketing, accreditation, research and legal issues. Primary emphasis will be on organized camp programs and their impact on youth and society. Prerequisites: junior standing or permission of instructor.

PRTS 441. Marketing of Hospitality Services. 3 Credits.
This course is designed to introduce students to theories and concepts related to successful service-oriented tourism and recreation businesses. It provides a solid foundation in the important aspects of hospitality/tourism operations, including human resources, guest services, psychographics, demographics, marketing and the assessment of industry needs. Prerequisites: junior standing or permission of the instructor.

PRTS 450. Disabilities and Aging in Therapeutic Recreation. 3 Credits.
This course is designed to introduce students to a variety of disabilities and the aging process. The course will examine disabilities with a specific emphasis placed on determining the treatment and recreational needs of mature adults. Projected trends and issues related to disabilities and aging will be discussed. Prerequisites: junior standing or permission of instructor; PRTS 261 with a grade of C- or better.

PRTS 460. Managing Therapeutic Recreation Services. 3 Credits.
This course is designed to address issues related to managing therapeutic recreation services. Topics discussed include reimbursement of services, staff development, written plan of operation, marketing of services, ethical behavior, and service delivery management. Prerequisites: junior standing or permission of instructor; PRTS 261 with a grade of C- or better.

PRTS 461/561. The Tourism and Hospitality Industry. 3 Credits.
This course explores tourism from a social perspective. The focus of the course will be on economic and social dimensions of tourism, tourism development strategies, and current research in hospitality from national and international case studies. Prerequisites: junior standing or permission of instructor.

PRTS 475/575. Sustainable Tourism Management. 3 Credits.
This course examines the principles and practices of planning, marketing, and managing sustainable tourism. Assessment, development, and maintenance of sustainable tourism products are explored. Prerequisites: Junior standing or permission of the instructor.
Instructor Certificate upon successful completion. Prerequisites: must be at water safety and teaching techniques for certification to teach swimming, reasonably safe in the water.

Students will discuss and learn the training process including advantages and disadvantages. Stroke mechanics and improvement benefits of swimming, principles of training, training procedures, evaluation

PHYSICAL EDUCATION Courses

PE 101+. Swim Conditioning. 1 Credit.
Students will discuss and learn the training process including advantages and benefits of swimming, principles of training, training procedures, evaluation and motivation, and minor annoyances. Stroke mechanics and improvement and information for triathletes.

PE 102+. Beginning Swimming. 1 Credit.
Development of the basic water safety skills and knowledge to make one reasonably safe in the water.

PE 103+. Intermediate Swimming. 1 Credit.
Instruction in all strokes will be covered. Prerequisites: must be comfortable in deep water.

PE 104+. Lifeguard Training. 2 Credits.
Development of the skills and knowledge designed to save the life of another in the event of an emergency in the water. Red Cross certification.

PE 105+. Water Safety Instruction. 3 Credits.
This course is designed to provide the student with knowledge and skills in water safety and teaching techniques for certification to teach swimming, lifesaving, rescue and water safety courses. Red Cross Water Safety Instructor Certificate upon successful completion. Prerequisites: must be at least 17, in sound physical condition, and have the ability to perform skills in the level VI ARC swim course.

PE 112+. Yoga. 1-2 Credits.
The 1-credit option of this course focuses on yoga postures and breathing exercises. The 2-credit option provides a foundation for the understanding and practice of Hatha yoga in its complete form. Course covers yoga postures, breathing exercises, philosophy, and meditation.

PE 117+. Disabled and Fit. 1-2 Credits.
Developed for students with a physical disability who wish to participate in an individually designed fitness program.

PE 118+. Weight Training. 1 Credit.
Designed to allow students an individualized weight training program. The program will include use of free weights, universal, and other appropriate tools for the variety of weight training differences.

PE 134+. Beginning Golf. 1 Credit.
The fundamentals of golf, stance, grip, swing, rules, and etiquette are presented. Driving range and golf course may be used. Students pay all fees.

PE 167+. Beginning Judo. 1 Credit.
An introduction to Judo including the techniques of throws, holdings, lockings, and pinnings. Philosophy and cultural aspects of Sport Judo are also covered.

PE 168+. Intermediate Judo. 1 Credit.
An intermediate course in Sport Judo covering intermediate skills and strategies.

PE 171+. Physical Conditioning. 1 Credit.
This course addresses the basic principles of progressive weight training. Objectives of the course include knowledge of various weight-training systems, proper use of weight-training equipment, and effective record-keeping to monitor individual progress.

PE 174+. Aerobics L. 1-2 Credits.
This course is designed to introduce the student to a complete physical fitness program that strengthens the heart and lungs, and tones up the muscles.

PE 175+. Zumba. 1 Credit.
Zumba is a Latin inspired, dance-fitness class that incorporates Latin and International music with dance movements. It is a high calorie-burning fitness class that features fast and slow rhythms. The student will participate in instructor led routines. This class will include discussion of Zumba's history and basic four rhythms. No dance experience necessary.

PE 176+. Pilates. 1 Credit.
Students will understand the basic principles of Pilates and will be able to demonstrate the ability of performing beginning and intermediate Pilates exercises with correct form and technique.

PE 180+. Beginning Aikido. 1 Credit.
Course is designed to introduce the fundamental dynamics of Aikido principle. It contains the fundamental skills in body dynamics, body movements, safety landing, defensive pattern drills, and overall understanding of Aikido as a classical art form. Course provide comprehensive information on the philosophical and aesthetic aspects of Aikido.

PE 184+. Intermediate Aikido. 1 Credit.
Course is designed to introduce the intermediate level of Aikido dynamics. It contains the basics of fundamental skills in body dynamics, body movements, safety landing, intermediate level of defensive pattern drills, and overall understanding of Aikido as a classical art form. Prerequisites: PE 180+.

PE 185+. Advanced Aikido. 1 Credit.
Course is designed to introduce the advanced level of Aikido dynamics. It contains training in advanced skills in body dynamics, body movements, defensive pattern drills, and overall understanding of Aikido theory and application as a classical art form. Prerequisites: PE 184+.

PE 186+. Beginning Karate. 1 Credit.
This course is designed to give the traditional Karate training ("Art of Empty Hand") to the beginning student. It emphasizes the traditional mode of training with mental and physical discipline. Formal Kata, defensive skills, punches, kicks, and blocking techniques are introduced.
PE 187+. Intermediate Karate. 1 Credit.
This course is designed to give the student further instruction and practice in traditional Karate. Prerequisites: PE 186+.

PE 188+. Beginning Self-Defense. 1 Credit.
The student is introduced to the various practical skills and methods of self-defense. Judo, Aikido, Jujitsu, and Karate are combined to explore the most effective means to defend oneself.

PE 189+. Intermediate Self-Defense. 1 Credit.
This course is designed to give the student further instruction and practice in the various practical skills and methods of self-defense. Prerequisites: PE 188+.

PE 190+. Advanced Karate. 1 Credit.
This course is designed to introduce further instruction and practice in traditional martial art aspects of Karate-do. Philosophical understanding and high level of skill proficiency are emphasized. Prerequisites: PE 187+.

PE 195+. Theory of Advanced Aikido. 1 Credit.
This course is designed to provide the theoretical framework of Aikido that embodies the mental and physical dynamics of the martial arts discipline of Aikido. Prerequisites: PE 180+, PE 184+, PE 185+ or equivalent proficiency level.

PE 196+. Topics in Health and Physical Education. 1-3 Credits.
A variety of new and innovative courses in lifetime physical activities are offered such as advanced theory class in martial arts, advanced laido, self defense seminar, yoga, cross country skiing, yacht racing, racquetball, nautilus, swim conditioning, water safety instructor, scuba and aerobic dance.

PE 197+. Theory of Advanced Karate. 1 Credit.
This course is designed to provide the theoretical framework of Karate that embodies the higher principle of physical and mental dynamics and aims to achieve the advanced skills in Karate. Prerequisites: PE 186+, PE 187+, PE 190+ and/or equivalent proficiency level.

PE 198+. Intermediate Self-Defense. 1 Credit.
This course is designed to provide the intermediate level of self-defense skills beyond the basic skill. The course stresses both the application of basic techniques and proper physical and mental discipline. Prerequisites: PE 188+ or equivalent skills.

PE 368. Coaching Internship. 6 Credits.
Final field placement required for all students with an emphasis in a coaching minor. Students will be placed in an athletic coaching environment to gain experience in personal communication, technique instruction, practice organization and administrative duties required of the specific sport of their emphasis. Placement of internship subject to instructor approval. Minimum of 200 clock hours (hours to be arranged). Prerequisites: Senior standing; HPE 409, PE 415, PE 456.

PE 415. Principles of Coaching Management. 3 Credits.
This course is designed to provide students with a basic knowledge of the coaching profession. Special emphasis will be placed on establishing a sound coaching philosophy, selecting a coaching style, desirable qualities of a coach, ethics and the coach, roles of the head coach, planning and organizing for games and practices, coaching pedagogy, off-season planning, final preparations for the season, and issues and problems related to coaching and recruiting athletes. Prerequisites: Junior standing.

PE 419. SCUBA Instructor. 3 Credits.
NAUI instructor certification issued. Practice teaching of beginning SCUBA class required. Students must furnish their own equipment and air. Prerequisites: NAUI assistant instructor or equivalent; one year and 24 hours of open water time after basic SCUBA course certification, and permission of the instructor.

PE 456. Sports Psychology. 3 Credits.
Study of the psychological bases of coaching strategies and methodologies. Emphasis is placed on applying knowledge in field settings. Prerequisites: Junior standing.

PE 497/597. Topics in Health and Physical Education. 1-3 Credits.
This course provides an opportunity for in-depth study of selected topics in health and physical education. Prerequisites: junior standing and approval of program advisor.

SPORT MANAGEMENT Courses
SMGT 214. Introduction to Sport Management. 3 Credits.
Course will introduce students to the sport industry, the wide range of career opportunities involving sport, and the economic impact of sports in America. Prerequisites: A grade of C- or better in MATH 102M or MATH 162M.

SMGT 305. Sport Administrative Theory. 3 Credits.
Principles of organization and administration as they apply to managing sport organizations. Issues related to working with and through individuals to achieve organizational goals and objectives are discussed. Prerequisites: SMGT 214 with a grade of at least C-.

SMGT 312. Sport Sales. 3 Credits.
This course will teach students to learn and navigate the sport sales process. The financial strength of a sport entity is determined by its sales ability, and through lecture, guest speakers, and applied 'real world' exercises, students will have the opportunity to obtain knowledge, skills, and experiences in sport sales that are essential for entry level positions. Prerequisites: A grade of C- or better in SMGT 214, junior standing or permission of the instructor.

SMGT 315. Sport Media and Public Relations. 3 Credits.
An introduction to sport media and public relations. Special emphasis will be placed on the communications process in sport and the various mediums that can be used to convey messages. The internal and external publics involved in sport public relations will be examined along with the steps involved in the process. Prerequisite: SMGT 214 with a grade of at least C- and a grade of C or better in ENGL 110C and ENGL 211C or ENGL 221C or ENGL 231C.

SMGT 331. Fiscal Planning and Management in Sport and Recreation. 3 Credits.
This course is designed to examine the principles and practices of financial management in diverse recreation and sport service settings. Course will explore the basic concepts of financial planning and analysis to effectively manage a successful operation. Prerequisites: SMGT 214 with a grade of C- or higher, ACCT 201, and MATH 102M or higher.

SMGT 366. Internship Seminar. 1 Credit.
Agency field placement is required of all students in Sport Management. Seminar will include resume and cover letter writing skills, internship requirements, agency placement referrals, and interviewing techniques. (qualifies as a CAP experience) Prerequisites: all emphasis core courses and junior standing.

SMGT 368. Internship. 12 Credits.
Final field placement required for all students with an emphasis in sport management. Students will be placed in an agency to gain experience in methodologies, administration techniques, and programs specific to their area of emphasis. Minimum of 400 clock hours. (qualifies as a CAP experience) Prerequisites: A grade of C- or better in SMGT 214; senior standing, permission of the instructor, and completion of all required courses in appropriate emphasis areas.

SMGT 369. Practicum in Physical Education, Recreation, and Athletics. 3 Credits.
Selected off-campus experiences in physical education, leisure activities, and athletics that will enable students to become more actively involved with field-based professionals engaged in skills within their respective discipline. (qualifies as a CAP experience) Prerequisites: permission of the instructor and a grade of C- or better in SMGT 214.

SMGT 414. Sport Marketing. 3 Credits.
Course will examine competitive market strategies as they apply to the sport industry. Emphasis will be placed on the relationship between sport products and sport markets, the communication mix, market research, and the role of strategic planning for business sponsorship. Prerequisites: SMGT 214 with a grade of C- or better and junior standing.
SMGT 415. Principles of Coaching Management. 3 Credits.
This course is designed to provide students with a basic knowledge of the coaching profession. Special emphasis will be placed on establishing a sound coaching philosophy, selecting a coaching style, desirable qualities of a coach, ethics and the coach, roles of the head coach, planning and organizing for games and practices, coaching pedagogy, off-season planning, final preparations for the season, and issues and problems related to coaching and recruiting athletes. Prerequisites: Junior standing.

SMGT 421. Legal Aspects in Recreation and Sport Management. 3 Credits.
This course presents an overview of the increasing effect the law is having on amateur athletics, professional sports and recreation programs. Prerequisites: SMGT 214 with a grade of C- or better and junior standing.

SMGT 432. Sport Facility and Event Management. 3 Credits.
This course provides an examination of the principles and practices of sport facility and event management. Special emphasis will be placed on management functions related to facility planning and supervision, financing, site design, public relations, security, operations, maintenance, programming, box office operations and concessions. This course is designed to introduce students to principles and practices of planning, budgeting, operating, scheduling, managing, and evaluating events in the sport industry. Students will acquire an in-depth knowledge about the specialized field of event management and become familiar with management techniques and strategies required for successful promotion, implementation and evaluation of special events within a sport context. Prerequisites: SMGT 214 with a grade of C- or better and junior standing.

SMGT 450W. Ethics and Morality in Sport. 3 Credits.
This writing intensive course offers an introduction to ethics and morality within the context of sports. It examines the values of sport and the basis for ethical decision making. Readings, case studies and class discussion are used to explore the moral significance of sport. This course is designed to foster critical thinking skills and to improve written and verbal communication skills through analysis of philosophical and ethical issues associated with sport. Prerequisites: SMGT 214 with a grade of C or better in ENGL 110C and ENGL 211C or ENGL 221C or ENGL 231C and Junior standing.

SMGT 452. Sport Facility Management. 3 Credits.
An examination of the principles and practices of sport facility management. Special emphasis will be placed on management functions related to facility supervision, financing, marketing, public relations, risk management, security, operations, maintenance, programming, scheduling, event planning, box office operations and concessions. Prerequisites: A grade of C- or better in SMGT 214 and junior standing.

SMGT 453. Event Management and Sport Sponsorship. 3 Credits.
This course is designed to provide a detailed examination of the relationship between sport and corporate sponsorship. Topics will include sport sponsorship background and history, reasons for sponsorship, benefits of sponsorship, types of sport sponsorship, strategic communication through sponsorship, sponsorship valuation, and evaluation of sponsorship packages. Special emphasis will be placed on the relationship between sport sponsorship development, event planning and fund-raising strategies. Prerequisites: A grade of C- or better in SMGT 214 and junior standing.

SMGT 455. Sport in Contemporary Society. 3 Credits.
Discusses the phenomenon of sport as it represents one of the most pervasive social institutions today. The major theme of this course is to demonstrate how sport reflects and enforces the beliefs, values, and ideologies of society. Emphasis is placed on changing attitudes and current trends in the world of sport. The course will be taught from sociological and philosophical perspectives. Prerequisites: A grade of C- or better in SMGT 214 and junior standing.

SMGT 456/556. Sport Psychology. 3 Credits.
This course examines psychological theories and research related to sport and exercise behavior. The course is designed to introduce students to the field by providing a broad overview of topics associated with sport and exercise psychology. Prerequisites: A grade of C- or better in SMGT 214 and junior standing.

SMGT 495/595. Topics in Sport Management. 3 Credits.
This course provides an opportunity for in-depth study of selected topics in sport management. Prerequisites: Junior standing or permission of the instructor.

SMGT 497. Independent Study in Sport Management. 1-3 Credits.
Individualized instruction to include research, specialized studies, or other scholarly writing. Prerequisites: Permission of the instructor.