Human Movement Sciences

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

Xihe Zhu, Chair

The Department of Human Movement Sciences offers programs leading to a Bachelor of Science degree in four areas. These include a BS in Exercise Science, a BS in Physical Education (PreK-12 teacher preparation), a BS in Park, Recreation and Tourism Studies (concentration areas in Tourism and Hospitality Management, Park and Recreation Management, and Recreational Therapy), and a BS in Sport Management.

Exercise Science

Laura Hill, Undergraduate Program Director

Physical Education (PreK-12 teacher preparation)

Katelyn Makovec, Undergraduate Program Director

Park, Recreation and Tourism Studies (Tourism and Hospitality Management, Park and Recreation Management, and Recreational Therapy)

Lindsay Usher, Undergraduate Program Director

Sport Management

Michelle Redmond, Ph.D., Undergraduate Program Director

Minors

Coaching Education

BiOL 240 or 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 240 or 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

Select one of the following:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXSC 240</td>
<td>Prevention and Care of Injuries Related to Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 369</td>
<td>Practicum in Exercise Science</td>
<td></td>
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<tr>
<td>EXSC 408</td>
<td>Nutrition for Fitness and Sport</td>
<td></td>
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<tr>
<td>EXSC 420</td>
<td>Research Methods in Exercise Science</td>
<td></td>
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<tr>
<td>EXSC 428</td>
<td>Exercise Prescription for Chronic Disease</td>
<td></td>
</tr>
</tbody>
</table>

Total Hours 13

Health Education—Nonteaching Track

BiOL 240 or BiOL 250 and HPE 200 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:

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

Total Hours 12

* Grade of C- or better required.

Physical Education

HPE 200 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:

- HPE 300 Teaching Elementary Physical Education 3
- HPE 317 Human Growth & Motor Development 3
- HPE 400 Management Skills for Teaching Health and Physical Education 3
- HPE 430 Nutrition and Fitness Education 3

Total Hours 12

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:

- SMGT 305 Sport Administrative Theory 12
- SMGT 312 Sport Sales 12
- SMGT 315 Sport Media and Public Relations 12
- SMGT 331 Fiscal Planning and Management in Sport and Recreation 12
- SMGT 369 Practicum 12

Total Hours 12

* Grade of C- or better required.
Course options are as follows:

the society in which they live. Issues affecting and effected by the health and wellness of individuals and gain an awareness of the cultural, psychological, sociological and ethical community and the individual’s role in health policy are examined. Students

Societal health and the factors that impact on the health and wellness of a minor fosters an appreciation for personal responsibility for health and influence the health status of individuals and society. This interdisciplinary involvement in and commitment to health and wellness and the factors that are covered will include physical, emotional, social, financial, intellectual, environmental, spiritual, and occupational. Students will evaluate how health behaviors impact each other and the health and wellness of individuals and the society in which they live.

Recreational Therapy

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 13 hours as follows:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>PRTS 420</td>
<td>Intervention Techniques in Recreational Therapy</td>
<td>4</td>
</tr>
<tr>
<td>PRTS 450</td>
<td>Disability Culture in Recreational Therapy</td>
<td>3</td>
</tr>
<tr>
<td>PRTS 460</td>
<td>Managing Recreational Therapy Services</td>
<td>3</td>
</tr>
<tr>
<td>PRTS 470</td>
<td>Evidence-Based Programming and Practice in Recreational Therapy</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Hours 13

* 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 specified as a requirement 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.

Health and Wellness Interdisciplinary Minor

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:

Select four courses from the following (chosen from at least two disciplines with a maximum of 6 credits from any one discipline):

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>CHP 360</td>
<td>Introduction to Global Health</td>
<td>3</td>
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<tr>
<td>CHP 400</td>
<td>Ethics in Health Administration</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>
</tr>
<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>
</tr>
<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>
</tbody>
</table>

Total Hours 12

* Grade of C- or better is required.

For completion of a minor, a student must have a minimum overall cumulative grade point average of 2.00 in all courses specified as a requirement for the minor exclusive of 100- and 200-level courses and prerequisite courses. At least six hours of upper-level courses must be taken through 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.

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 specified as a requirement 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.

HUMAN MOVEMENT SCIENCES Courses

HMS 200S. Personal Health and Wellness, 3 Credits.

This course will take a holistic approach to discuss and apply the dimensions of wellness as related to personal health. Dimensions of wellness covered will include physical, emotional, social, financial, intellectual, environmental, spiritual, and occupational. Students will evaluate how lifestyle, environment, and heredity impact each dimension of wellness. Emphasis will be placed on identifying how health behaviors impact each dimension of wellness and overall quality of life. In addition, the course will allow students to explore their own personal health and learn how to develop and implement behavioral and environmental strategies to improve their wellness.