

# SCHOOL OF HEALTH AND MOVEMENT SCIENCES

**Contacts:** Dr. Gary McIlvain, Chair

The mission of the Marshall University School of Health and Movement Sciences is to advance the scientific study, understanding, and application of human physical activity, health, and wellness. Recognizing these as complex human phenomena, the holistic health and movement sciences disciplines integrate an interdisciplinary approach to examine them comprehensively.

The School of Health and Movement Sciences is committed to rigorous scientific, theoretical, and practical inquiry into physical activity, health, and wellness. This multidisciplinary perspective enables the members of the School of Health and Movement Sciences—both faculty and students—to engage in diverse fields such as athletic training, biomechanics, disease prevention, exercise science, strength and conditioning, fitness, wellness, rehabilitation (cardiac rehabilitation, pulmonary rehabilitation, diabetes exercise, physical therapy, & occupational therapy), medicine, chiropractic, physician's assistant, health promotion and other health-related fields.

Each student must choose a minimum of one major from the following:

1. Athletic Training
2. Biomechanics
3. Exercise Science
4. Kinesiology
5. Strength and Conditioning

Students can simultaneously pursue more than one major in the Degree of Human and Movement Sciences. They will receive one diploma for the multiple majors.

If a student graduates from this degree program and wishes to come back and complete a second major in this degree program they will not be able to complete this at the undergraduate degree level but are welcome to apply to a graduate major of their choice.

Students will complete the 120 hour graduation requirements by choosing one of the following Areas of Emphasis or restricted electives.

1. Pre-Physical Therapy Area of Emphasis
2. Pre-Physician Assistant Area of Emphasis
3. Pre-Med Area of Emphasis
4. Restricted Electives

Students must have a cumulative GPA of 2.5 in all courses that count towards the major to be eligible for graduation.

## Programs

- Athletic Training, B.S. (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/athletic-training-bs/>)

- Biomechanics, B.S. (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/biomechanics-bs/>)
- Exercise Science, B.S. (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/exercise-science-bs/>)
- Exercise Science, Minor (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/exercise-science-minor/>)
- Health and Wellness, Minor (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/health-wellness-minor/>)
- Kinesiology, B.S. (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/kinesiology-bs/>)
- Strength and Conditioning, B.S. (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/strength-conditioning-bs/>)

## Courses

 - General Education Course

### Exercise Science and Sport

**ESS 123 Phys Ability Motor Skills** **1 Credit hour**

**Attributes:** PE Activity

**Grade Mode:** Normal Grading Mode

**ESS 124 Fundamentals of Movement** **1 Credit hour**

**Attributes:** PE Activity

**Grade Mode:** Normal Grading Mode

**ESS 211 Physiology of Fitness** **3 Credit hours**

The student will gain knowledge of behavior change, components of exercise sessions, cardinal principles of conditioning, basics of fitness programming, and instructing individual and group exercise sessions.

**Grade Mode:** Normal Grading Mode

**ESS 215 Intro to Exercise Science** **3 Credit hours**

Introductory overview of the current trends and theories in exercise science. Preview the body systems, exercise training, and preparation for professional certification and careers in exercise science.

**Grade Mode:** Normal Grading Mode

**ESS 220 Fitness and Wellness** **3 Credit hours**

Course addresses fitness and weight control and modes of change. Primary focus is on goals in nutrition, label identification, nutrient assessment, weight control, and fitness and how to reach them safely.

**Grade Mode:** Normal Grading Mode

**ESS 295 Adult Fitness Prog Indust** **2 Credit hours**

**Grade Mode:** Normal Grading Mode

**ESS 301 Phil Sport & Phys Activity** **3 Credit hours**

Development of philosophic reasoning skills to better understand the role that philosophy plays in our understanding and conception of physical activity and sport.

**Grade Mode:** Normal Grading Mode

<b>ESS 345 Exercise Physiology</b>	<b>3 Credit hours</b>	<b>ESS 443 Prin of Strength Cond Lab</b>	<b>1 Credit hour</b>
Focuses on physiological and functional alterations in response to acute and chronic exercise with emphasis on metabolic, neuroendocrine, neuromuscular, cardiopulmonary, and environmental adaptations.		Laboratory course that demonstrates strength and conditioning skills. Practical application of strength and conditioning principles with emphasis on the teaching of flexibility, powerlifting, Olympic weightlifting, and speed and agility programs.	
<b>Pre-req:</b> BSC 228 with a minimum grade of C.		<b>Pre-req:</b> HS 365 with a minimum grade of D.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Co-req:</b> ESS 442	
<b>ESS 346 Exercise Physiology Lab</b>	<b>2 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
Laboratory course that demonstrates and reinforces concepts pertaining to the effects of exercise on physiological systems.		<b>ESS 447 Advanced Exercise Physiology</b>	<b>3 Credit hours</b>
<b>Pre-req:</b> ESS 345 (may be taken concurrently).		The course in Advanced Exercise Physiology will focus on the detailed study of the cardiovascular, endocrine, immune, neuromuscular, and respiratory systems in response to acute and chronic exercise.	
<b>Concurrent PR:</b> ESS 345		<b>Pre-req:</b> ESS 345.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 365 Tests &amp; Measurements PE</b>	<b>3 Credit hours</b>	<b>ESS 450 Drug and Sport</b>	<b>3 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		Examines the physiological mechanisms behind supplements and drugs used for exercise and athletic performance.	
<b>ESS 375 Fitness Assess &amp; Exerc Prescr</b>	<b>3 Credit hours</b>	<b>Pre-req:</b> ESS 345 with a minimum grade of C.	
Focuses on the processes and procedures of physical fitness evaluation and prescription. Emphasis is placed on the design of individual and group exercise programs.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Pre-req:</b> ESS 345 with a minimum grade of C.		<b>ESS 476 Theo Prac Aspect Coaching</b>	<b>3 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 385 Devel Adult Fitness Prog</b>	<b>3 Credit hours</b>	<b>ESS 478 Exercise Metabolism</b>	<b>3 Credit hours</b>
<b>Pre-req:</b> ESS 345.		<b>Pre-req:</b> ESS 345 with a minimum grade of C.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 386 Adult Fitness</b>	<b>3 Credit hours</b>	<b>ESS 480 Special Topics</b>	<b>1-4 Credit hours</b>
Discuss health risk appraisal and exercise benefits of commonly seen pathophysiology among the U.S. adults.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Pre-req:</b> ESS 345 with a minimum grade of C.		<b>ESS 481 Special Topics</b>	<b>1-4 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 418 🦒 Ancient &amp; Medi Sport History</b>	<b>3 Credit hours</b>	<b>ESS 482 Special Topics</b>	<b>1-4 Credit hours</b>
An in-depth investigation of the role of sport in ancient and medieval societies. The course focuses on ancient Greece, Rome, and medieval Europe, but will also briefly cover non-Western cultures.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Attributes:</b> Multicultural		<b>ESS 483 Special Topics</b>	<b>1-4 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 427 Methods Coaching Football</b>	<b>2 Credit hours</b>	<b>ESS 485 Independent Study</b>	<b>1-4 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 428 Methods Coaching Baseball</b>	<b>2 Credit hours</b>	<b>ESS 486 Independent Study</b>	<b>1-4 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 429 Methods Coaching Golf</b>	<b>2 Credit hours</b>	<b>ESS 487 Independent Study</b>	<b>1-4 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 436 Methods Coaching Tennis</b>	<b>2 Credit hours</b>	<b>ESS 488 Independent Study</b>	<b>1-4 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 437 Method Coach Volleyball</b>	<b>2 Credit hours</b>	<b>ESS 491 🦒 Internship Exercise Science</b>	<b>1-12 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		Field internship experience.	
<b>ESS 442 Princ of Strength &amp; Cond</b>	<b>3 Credit hours</b>	<b>Pre-req:</b> ESS 375 with a minimum grade of C.	
Application of strength and conditioning principles in the development and administration of sport-based exercise programs. Emphasis on the teaching of flexibility, powerlifting, Olympic weightlifting, and speed and agility programs.		<b>Attributes:</b> Capstone Course, No Textbook Required	
<b>Pre-req:</b> HS 365 with a minimum grade of D.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>ESS 492 Strength &amp; Condit Clin Fld Exp</b>	<b>3 Credit hours</b>
		The application and development of Strength and Conditioning Specialist skills in real-world settings.	
		<b>Pre-req:</b> ESS 215 with a minimum grade of C and ESS 345 with a minimum grade of C and ESS 375 with a minimum grade of C and ESS 442 with a minimum grade of C and ESS 443 with a minimum grade of C and ESS 478 with a minimum grade of C and HS 410 (may be taken concurrently) with a minimum grade of C.	
		<b>Concurrent PR:</b> HS 410	
		<b>Grade Mode:</b> Normal Grading Mode	

## Health Science

### HS 122 First Aid Child & Infants 1 Credit hour

**Grade Mode:** Normal Grading Mode

### HS 200 🐹 Comp Medical Terminology (CT) 3 Credit hours

This course is designed to introduce students to basic medical terminology and basic pharmacology.

**Attributes:** Critical Thinking

**Grade Mode:** Normal Grading Mode

### HS 201 Intro Appl Anat & Physiol 3 Credit hours

Focuses on basic anatomy and physiology as applied to physical activity.

**Grade Mode:** Normal Grading Mode

### HS 212 Practical & Emerging Tech AT 3 Credit hours

This course introduces students to taping, wrapping, and advanced emergency care techniques used in athletic training. (PR: Admission to the Athletic Training Program)

**Grade Mode:** Normal Grading Mode

### HS 215 Intro to Athletic Training 3 Credit hours

Survey and study of the basic techniques and practices of athletic training.

**Pre-req:** HS 200 (may be taken concurrently) with a minimum grade of D or HS 201 (may be taken concurrently) with a minimum grade of D or HS 222 (may be taken concurrently) with a minimum grade of D or BSC 227 (may be taken concurrently) with a minimum grade of D or BSC 332 (may be taken concurrently) with a minimum grade of D.

**Concurrent PR:** HS 200 or HS 201 or HS 222 or BSC 227 or BSC 332

**Grade Mode:** Normal Grading Mode

### HS 220 Personal Health 3 Credit hours

A survey course that focuses upon wellness promotion and prevention of various health problems.

**Grade Mode:** Normal Grading Mode

### HS 221 Personal Health II 3 Credit hours

An examination of the health content areas of mental/emotional health, substance use/abuse, and human sexuality/family life education.

**Grade Mode:** Normal Grading Mode

### HS 222 Hlth Prov First Aid/CPR/AED 3 Credit hours

First Aid, CPR, and AED skills for health care providers. Additional topics include musculoskeletal injuries, environmental conditions, and sudden illness.

**Grade Mode:** Normal Grading Mode

### HS 230 Orthopedic Skills 3 Credit hours

An intensive hands-on course for allied health majors that introduces the orthopedic assessment and testing skills needed to perform effective evaluations on the field and in the clinical setting.

**Grade Mode:** Normal Grading Mode

### HS 235 Intro to Worksite Wellness 3 Credit hours

An introduction to worksite wellness programming including the basic components of an effective wellness program and how to integrate wellness into corporate culture.

**Grade Mode:** Normal Grading Mode

### HS 255 AT Clinical Exp: Level I 2 Credit hours

To begin developing athletic training evaluation and treatment skills under the direction of a BOC certified Athletic Trainer. Requires 150 clinical hours. (CR: Admission to the Athletic Training Program)

**Pre-req:** HS 215.

**Grade Mode:** Normal Grading Mode

### HS 265 🐹 Fund Video Analysis Mvmt (CT) 3 Credit hours

Fundamental concepts and techniques for analyzing human movement during sport, exercise, and occupation. Students will develop qualitative and video-based analysis skills as used in sports science labs and rehabilitation clinics.

**Attributes:** Critical Thinking

**Grade Mode:** Normal Grading Mode

### HS 280 Special Topics 1-4 Credit hours

**Grade Mode:** Normal Grading Mode

### HS 281 Special Topics 1-4 Credit hours

**Grade Mode:** Normal Grading Mode

### HS 282 Special Topics 1-4 Credit hours

**Grade Mode:** Normal Grading Mode

### HS 283 Special Topics 1-4 Credit hours

**Grade Mode:** Normal Grading Mode

### HS 321 School Health Program 3 Credit hours

**Pre-req:** HS 221 or HE 221 or HS 220 or HE 220.

**Grade Mode:** Normal Grading Mode

### HS 335 Worksite Health Assessment 3 Credit hours

An investigation into worksite health assessment models and modes.

**Pre-req:** HS 235 with a minimum grade of C.

**Grade Mode:** Normal Grading Mode

### HS 336 Org & Admin Worksite Wellness 3 Credit hours

This is a course that investigates current trends in worksite wellness organization & administration and provides instruction of wellness and prevention interventions into corporate culture and business plans.

**Pre-req:** HS 235 with a minimum grade of C.

**Grade Mode:** Normal Grading Mode

### HS 345 Worksite Wellness Prescription 3 Credit hours

This is a course that investigates prescription of worksite wellness programming based on data collection methods and current industry Best Practices for wellness interventions.

**Pre-req:** HS 336 with a minimum grade of C.

**Grade Mode:** Normal Grading Mode

### HS 346 Eval Worksite Wellness Program 3 Credit hours

This course investigates the effectiveness of worksite wellness programming. Students will understand what components of a program should be evaluated and how to calculate return on investment for intervention.

**Pre-req:** HS 336 with a minimum grade of C.

**Grade Mode:** Normal Grading Mode

### HS 360 AT Clinical Exp: Level II 2 Credit hours

To continue developing athletic training evaluation and treatment skills under the direction of a BOC certified Athletic Trainer. Requires 150 clinical hours. (PR: HS255)

**Pre-req:** HS 255.

**Grade Mode:** Normal Grading Mode

### HS 361 AT Clinical Exp: Level III 2 Credit hours

To continue developing athletic training evaluation and treatment skills under the direction of a BOC certified Athletic Trainer and/or other qualified allied health professionals. Requires 150 clinical hours. (PR: HS360)

**Pre-req:** HS 360.

**Grade Mode:** Normal Grading Mode

**HS 365 Functional Kinesiology****3 Credit hours**

Applied anatomy of the human musculature and biomechanics in relation to physical activity.

**Pre-req:** BSC 227 with a minimum grade of D or HS 201 with a minimum grade of D or BSC 332 with a minimum grade of D.

**Grade Mode:** Normal Grading Mode

**HS 365L Functional Kinesiology Lab****1 Credit hour**

The analysis of human movement based on anatomical and mechanical principles. Emphasis is given to the application of these principles to the understanding of human movement and athletic performance.

**Pre-req:** BSC 227 with a minimum grade of D.

**Grade Mode:** Normal Grading Mode

**HS 369 Motor Learning****3 Credit hours**

A study of the factors contributing to the acquisition, improvement and retention of gross motor skills. Stages of motor development and learning will be examined from a behavioral approach.

**Grade Mode:** Normal Grading Mode

**HS 375 Biomech Testing & Interpret****3 Credit hours**

Experiential learning of the procedures and processes of human movement testing and reporting using biomechanical equipment.

**Pre-req:** HS 365 with a minimum grade of D.

**Grade Mode:** Normal Grading Mode

**HS 405 Sport Psychology****3 Credit hours**

An examination of theory, research, and application of psychological principles related to sport and exercise.

**Pre-req:** PSY 201 with a minimum grade of D or PSY 201H with a minimum grade of D.

**Grade Mode:** Normal Grading Mode

**HS 410 Organ Admin in Kines****3 Credit hours**

This course investigates current trends in administration and organization in Kinesiology. Areas considered include but are not limited to policy planning, leadership, ethics, management and current organizational trends in Kinesiology.

**Grade Mode:** Normal Grading Mode

**HS 423 Ortho Assess Upper Extremity****4 Credit hours**

Orthopedic evaluation techniques of the thoracic and cervical spines and the upper extremities. Anatomy, injury recognition, stress and special testing, treatment protocols, and preventative measure will be examined.

**Pre-req:** HS 215.

**Grade Mode:** Normal Grading Mode

**HS 424 Ortho Assess Lower Extremity****4 Credit hours**

Orthopedic evaluation techniques of the lumbar spine and the lower extremities. Anatomy, injury recognition, stress and special testing, treatment protocols, and preventative measures will be examined.

**Pre-req:** HS 215.

**Grade Mode:** Normal Grading Mode

**HS 430 Health Iss in PE & Ath****3 Credit hours**

**Grade Mode:** Normal Grading Mode

**HS 435 Biomech Programs Applications****3 Credit hours**

Students will develop computer programming skills by designing and writing code to process and analyze the biomechanical data they collect. Students will transfer the functions they write to various applications.

**Pre-req:** HS 365 with a minimum grade of D and PHY 203 (may be taken concurrently) with a minimum grade of D and PHY 204 (may be taken concurrently) with a minimum grade of D.

**Concurrent PR:** PHY 203 and PHY 204

**Grade Mode:** Normal Grading Mode

**HS 440 Health Eval Ath Trn I****3 Credit hours**

**Pre-req:** HS 423.

**Grade Mode:** Normal Grading Mode

**HS 448 Therapeutic Interventions I****4 Credit hours**

Therapeutic modality application in the initial stages of injury, and modality and therapeutic exercise selection and prescription based upon patient responses for injuries to the lower extremity and lumbar spine.

**Pre-req:** HS 215.

**Grade Mode:** Normal Grading Mode

**HS 449 Therapeutic Interventions II****4 Credit hours**

Instruction of electrical stimulation modalities and therapeutic exercise rehabilitation of the upper extremity and cervical spine, including post-surgical rehabilitation. Strategies for psychosocial intervention will also be addressed. (PR: HS 448)

**Pre-req:** HS 448.

**Grade Mode:** Normal Grading Mode

**HS 460 AT Clinical Exp: Level IV****2 Credit hours**

To continue developing athletic training evaluation and treatment skills under the direction of a BOC certified Athletic Trainer and/or other qualified allied health professionals. Requires 150 clinical hours. (PR: HS361)

**Pre-req:** HS 361.

**Grade Mode:** Normal Grading Mode

**HS 464 Pathomechanics****3 Credit hours**

An investigation into normal and abnormal human movement patterns in sport, the workplace, and in activities of daily living.

**Pre-req:** HS 365 with a minimum grade of D and HS 465 with a minimum grade of D.

**Grade Mode:** Normal Grading Mode

**HS 465 Biomechanical Analy of Mvmt****3 Credit hours**

An investigation into the science of human motion and its relationship to the environment in which it is performed.

**Pre-req:** HS 365 with a minimum grade of D and PHY 201 with a minimum grade of D and PHY 202 with a minimum grade of D.

**Grade Mode:** Normal Grading Mode

**HS 475 Trends in Biomechanics****3 Credit hours**

**Pre-req:** HS 465 with a minimum grade of D and HS 365 with a minimum grade of D.

**Grade Mode:** Normal Grading Mode

**HS 476 Seminar in Sports Science****3 Credit hours**

This course examines concepts related to acquiring, analyzing, and interpreting data relevant to human performance outcomes within sport, exercise, tactical operations and medical return to play.

**Grade Mode:** Normal Grading Mode



<b>HS 478 Research Practicum Biomechanic</b>	<b>3-6 Credit hours</b>	<b>PEL 117 Riflery</b>	<b>1 Credit hour</b>
This course offers "hands-on" work within the biomechanics lab. The student will assist with current research. This experience that allows students to gain practical experience within a lab setting.		<b>Attributes:</b> PE Activity	
<b>Pre-req:</b> BSC 227 with a minimum grade of D and HS 365 with a minimum grade of D.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode			
<b>HS 479 Trends Ath Trng</b>	<b>3 Credit hours</b>	<b>PEL 118 Indoor Cycling</b>	<b>1 Credit hour</b>
<b>Pre-req:</b> HS 361.		Designed to promote fitness through spinning.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Attributes:</b> No Textbook Required	
		<b>Grade Mode:</b> Normal Grading Mode	
<b>HS 480 Special Topics</b>	<b>1-4 Credit hours</b>	<b>PEL 119 Total Body Conditioning</b>	<b>1 Credit hour</b>
<b>Grade Mode:</b> Normal Grading Mode		Designed to help instruct both men and women with a variety of lifetime fitness activities.	
<b>HS 481 Special Topics</b>	<b>1-4 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 120 Self Defense</b>	<b>1 Credit hour</b>
<b>HS 482 Special Topics</b>	<b>1-4 Credit hours</b>	<b>Attributes:</b> No Textbook Required, PE Activity	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>HS 483 Special Topics</b>	<b>1-4 Credit hours</b>	<b>PEL 121 Taekwondo</b>	<b>2 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Attributes:</b> No Textbook Required, PE Activity	
<b>HS 485 Independent Study</b>	<b>1-4 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 125 Beginning Gymnastics</b>	<b>1 Credit hour</b>
<b>HS 486 Independent Study</b>	<b>1-4 Credit hours</b>	<b>Attributes:</b> PE Activity	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>HS 487 Independent Study</b>	<b>1-4 Credit hours</b>	<b>PEL 127 Aerobics-Personal Fitness</b>	<b>1 Credit hour</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Attributes:</b> PE Activity	
<b>HS 488 Independent Study</b>	<b>1-4 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 132 Beginning Volleyball</b>	<b>1 Credit hour</b>
<b>HS 490 🌱 Internship</b>	<b>1-8 Credit hours</b>	<b>Attributes:</b> No Textbook Required, PE Activity	
Supervised clinical experience in an approved setting. Can be repeated for a total of 8hrs. Capstone experience requires 3hrs minimum in one term. (PR: program permission)		<b>Grade Mode:</b> Normal Grading Mode	
<b>Pre-req:</b> HS 475 with a minimum grade of D.		<b>PEL 133 Beginning Softball</b>	<b>1 Credit hour</b>
<b>Attributes:</b> Capstone Course		<b>Attributes:</b> No Textbook Required, PE Activity	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>HS 495 Trends in Biomechanics II</b>	<b>3 Credit hours</b>	<b>PEL 136 Pickle Ball</b>	<b>1 Credit hour</b>
A final investigation into normal and abnormal human movement patterns in sport, the workplace, and activities of daily living.		Learn the fundamentals of pickleball, from rules to techniques, in this engaging PEL course. Develop skills in serving, volleying, and strategy for all levels.	
<b>Pre-req:</b> PHY 101 with a minimum grade of D or PHY 201 with a minimum grade of D.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 140 Beginning Tennis</b>	<b>1 Credit hour</b>
		<b>Attributes:</b> No Textbook Required, PE Activity	
		<b>Grade Mode:</b> Normal Grading Mode	
<b>Phys Ed Lifetime Activities</b>		<b>PEL 141 Beginning Golf</b>	<b>1 Credit hour</b>
<b>PEL 100 Beginning Swimming</b>	<b>1 Credit hour</b>	<b>Attributes:</b> PE Activity	
<b>Attributes:</b> No Textbook Required, PE Activity		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 142 Beginning Badminton</b>	<b>1 Credit hour</b>
<b>PEL 113 Basketball</b>	<b>1 Credit hour</b>	<b>Attributes:</b> No Textbook Required, PE Activity	
<b>Attributes:</b> No Textbook Required, PE Activity		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 145 Beginning Bowling</b>	<b>1 Credit hour</b>
<b>PEL 114 Beginning Archery</b>	<b>1 Credit hour</b>	<b>Attributes:</b> PE Activity	
<b>Attributes:</b> PE Activity		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 147 Beginning Soccer</b>	<b>1 Credit hour</b>
<b>PEL 115 Body Condition W/Weights</b>	<b>1 Credit hour</b>	<b>Attributes:</b> No Textbook Required, PE Activity	
<b>Attributes:</b> No Textbook Required, PE Activity		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 155 Beginning Folk Dance</b>	<b>1 Credit hour</b>
<b>PEL 116 Beginning Wrestling</b>	<b>1 Credit hour</b>	<b>Attributes:</b> PE Activity	
<b>Attributes:</b> PE Activity		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 156 Beginning Square Dance</b>	<b>1 Credit hour</b>
		<b>Attributes:</b> PE Activity	
		<b>Grade Mode:</b> Normal Grading Mode	

<b>PEL 159 Beginning Social Dance</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 243 Intermediate Basketball</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
<b>PEL 170 Beginning Racquetball</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 245 Intermediate Bowling</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
<b>PEL 171 Beginning Handball</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 251 Intermediate Soccer</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
<b>PEL 173 Rock Climbing</b> Through activity, the students will learn the fundamentals and techniques of rock climbing. <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 252 Touch Football</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
<b>PEL 175 Core Conditioning</b> Designed to help instruct both men and women on numerous activities to help strengthen the abdominal region of the body which can then be incorporated into their workout program. <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 258 Intermediate Square Dance</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
<b>PEL 180 Yoga</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 259 Intermediate Social Dance</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
<b>PEL 185 Mindfulness and Yoga</b> Discover the transformative power of yoga and mindfulness. Cultivate inner peace, flexibility, and resilience through movement. <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 270 Intermediate Racquetball</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
<b>PEL 205 Intermediate Swimming</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 271 Intermediate Handball</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
<b>PEL 220 Advanced Self Defense</b> Builds on techniques and strategies from PEL 120, adds defenses against the edged weapon and firearm. Course covers more prone defense strategies, multiple subject encounters and low and diffused light simulation. <b>Pre-req:</b> PEL 120 with a minimum grade of D. <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 275 Scuba Diving</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>2 Credit hours</b>
<b>PEL 232 Intermediate Volleyball</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 280 Special Topics</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1-4 Credit hours</b>
<b>PEL 233 Intermediate Gymnastics</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 281 Special Topics</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1-4 Credit hours</b>
<b>PEL 234 Intermediate Wrestling</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 282 Special Topics</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1-4 Credit hours</b>
<b>PEL 235 Intermediate Softball</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 283 Special Topics</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1-4 Credit hours</b>
<b>PEL 240 Intermediate Tennis</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 290 Intermediate Yoga</b> This course is an intermediate yoga class building off of beginning yoga. It will focus on poses, breathing, relaxation, and meditation. <b>Pre-req:</b> PEL 180 with a minimum grade of D. <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
<b>PEL 242 Intermediate Badminton</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>	<b>PEL 403 Adv Swim &amp; Life Saving</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
		<b>PEL 404 Water Safety Instruction</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>
		<b>PEL 405 Lifeguarding</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</b>