

# KINESIOLOGY

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

The School of Kinesiology offers bachelor's degrees in a variety of health professions including biomechanics, exercise science, and sport management. In addition, a 3+2 program in athletic training is offered, which begins at the bachelor's level and leads to a Master of Science in Athletic Training. All program-related courses must be taken for a letter grade and cannot be taken under the credit/no credit grading option.


## Programs

- Athletic Training (3+2) (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/kinesiology/athletic-training-3-2/>)
- Biomechanics, B.S. (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/kinesiology/biomechanics-bs/>)
- Exercise Science, B.S. (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/kinesiology/exercise-science-bs/>)
- Exercise Science, Minor (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/kinesiology/exercise-science-minor/>)
- Health and Wellness, Minor (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/kinesiology/health-wellness-minor/>)

## Courses

 - General Education Course

### Exercise Science and Sport

<b>ESS 123 Phys Ability Motor Skills</b>	<b>1 Credit hour</b>
<b>Attributes:</b> PE Activity	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 124 Fundamentals of Movement</b>	<b>1 Credit hour</b>
<b>Attributes:</b> PE Activity	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 211 Physiology of Fitness</b>	<b>3 Credit hours</b>
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.	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 215 Intro to Exercise Science</b>	<b>3 Credit hours</b>
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.	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 220 Fitness and Wellness</b>	<b>3 Credit hours</b>
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.	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 295 Adult Fitness Prog Indust</b>	<b>2 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 301 Phil Sport &amp; Phys Activity</b>	<b>3 Credit hours</b>
Development of philosophic reasoning skills to better understand the role that philosophy plays in our understanding and conception of physical activity and sport.	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 345 Exercise Physiology</b>	<b>3 Credit hours</b>
Focuses on physiological and functional alterations in response to acute and chronic exercise with emphasis on metabolic, neuroendocrine, neuromuscular, cardiopulmonary, and environmental adaptations.	
<b>Pre-req:</b> BSC 228 with a minimum grade of C.	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 346 Exercise Physiology Lab</b>	<b>2 Credit hours</b>
Laboratory course that demonstrates and reinforces concepts pertaining to the effects of exercise on physiological systems.	
<b>Pre-req:</b> ESS 345 (may be taken concurrently).	
<b>Concurrent PR:</b> ESS 345	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 365 Tests &amp; Measurements PE</b>	<b>3 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 375 Fitness Assess &amp; Exerc Prescr</b>	<b>3 Credit hours</b>
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>Pre-req:</b> ESS 345 with a minimum grade of C.	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 385 Devel Adult Fitness Prog</b>	<b>3 Credit hours</b>
<b>Pre-req:</b> ESS 345.	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 386 Adult Fitness</b>	<b>3 Credit hours</b>
Discuss health risk appraisal and exercise benefits of commonly seen pathophysiology among the U.S. adults.	
<b>Pre-req:</b> ESS 345 with a minimum grade of C.	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 418  Ancient &amp; Medi Sport History</b>	<b>3 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>Attributes:</b> Multicultural	
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 427 Methods Coaching Football</b>	<b>2 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 428 Methods Coaching Baseball</b>	<b>2 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 429 Methods Coaching Golf</b>	<b>2 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 436 Methods Coaching Tennis</b>	<b>2 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 437 Method Coach Volleyball</b>	<b>2 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 442 Princ of Strength &amp; Cond</b>	<b>3 Credit hours</b>
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>Pre-req:</b> HS 365 with a minimum grade of D.	
<b>Grade Mode:</b> Normal Grading Mode	

<b>ESS 443 Prin of Strength Cond Lab</b>	<b>1 Credit hour</b>	<b>HS 212 Practical &amp; Emerging Tech AT</b>	<b>3 Credit hours</b>
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.		This course introduces students to taping, wrapping, and advanced emergency care techniques used in athletic training. (PR: Admission to the Athletic Training Program)	
<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>HS 215 Intro to Athletic Training</b>	<b>3 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		Survey and study of the basic techniques and practices of athletic training.	
<b>ESS 447 Advanced Exercise Physiology</b>	<b>3 Credit hours</b>	<b>Pre-req:</b> 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.	
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> HS 200 or HS 201 or HS 222 or BSC 227 or BSC 332	
<b>Pre-req:</b> ESS 345.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>HS 220 Personal Health</b>	<b>3 Credit hours</b>
<b>ESS 476 Theo Prac Aspect Coaching</b>	<b>3 Credit hours</b>	A survey course that focuses upon wellness promotion and prevention of various health problems.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 478 Exercise Metabolism</b>	<b>3 Credit hours</b>	<b>HS 221 Personal Health II</b>	<b>3 Credit hours</b>
<b>Pre-req:</b> ESS 345 with a minimum grade of C.		An examination of the health content areas of mental/emotional health, substance use/abuse, and human sexuality/family life education.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 480 Special Topics</b>	<b>1-4 Credit hours</b>	<b>HS 222 Hlth Prov First Aid/CPR/AED</b>	<b>3 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		First Aid, CPR, and AED skills for health care providers. Additional topics include musculoskeletal injuries, environmental conditions, and sudden illness.	
<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>HS 230 Orthopedic Skills</b>	<b>3 Credit hours</b>
<b>ESS 482 Special Topics</b>	<b>1-4 Credit hours</b>	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.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>ESS 483 Special Topics</b>	<b>1-4 Credit hours</b>	<b>HS 235 Intro to Worksite Wellness</b>	<b>3 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		An introduction to worksite wellness programming including the basic components of an effective wellness program and how to integrate wellness into corporate culture.	
<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>HS 255 AT Clinical Exp: Level I</b>	<b>2 Credit hours</b>
<b>ESS 486 Independent Study</b>	<b>1-4 Credit hours</b>	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)	
<b>Grade Mode:</b> Normal Grading Mode		<b>Pre-req:</b> HS 215.	
<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>HS 265 Fund Video Analysis Mvmt (CT)</b>	<b>3 Credit hours</b>
<b>ESS 488 Independent Study</b>	<b>1-4 Credit hours</b>	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.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Attributes:</b> Critical Thinking	
<b>ESS 491 Internship Exercise Science</b>	<b>1-12 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
Field internship experience.		<b>HS 280 Special Topics</b>	<b>1-4 Credit hours</b>
<b>Pre-req:</b> ESS 375 with a minimum grade of C.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Attributes:</b> Capstone Course, No Textbook Required		<b>HS 281 Special Topics</b>	<b>1-4 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>Health Science</b>			
<b>HS 122 First Aid Child &amp; Infants</b>	<b>1 Credit hour</b>		
<b>Grade Mode:</b> Normal Grading Mode			
<b>HS 200 Comp Medical Terminology (CT)</b>	<b>3 Credit hours</b>		
This course is designed to introduce students to basic medical terminology and basic pharmacology.			
<b>Attributes:</b> Critical Thinking			
<b>Grade Mode:</b> Normal Grading Mode			
<b>HS 201 Intro Appl Anat &amp; Physiol</b>	<b>3 Credit hours</b>		
Focuses on basic anatomy and physiology as applied to physical activity.			
<b>Grade Mode:</b> Normal Grading Mode			

<b>HS 282 Special Topics</b>	<b>1-4 Credit hours</b>	<b>HS 405 Sport Psychology</b>	<b>3 Credit hours</b>
<b>Grade Mode:</b> Normal Grading Mode		An examination of theory, research, and application of psychological principles related to sport and exercise.	
<b>HS 283 Special Topics</b>	<b>1-4 Credit hours</b>	<b>Pre-req:</b> PSY 201 with a minimum grade of D or PSY 201H with a minimum grade of D.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>HS 321 School Health Program</b>	<b>3 Credit hours</b>	<b>HS 410 Organ Admin in Athletic Trng</b>	<b>3 Credit hours</b>
<b>Pre-req:</b> HS 221 or HE 221 or HS 220 or HE 220.		This is a course that investigates current trends in administration and organization in the field of athletic training.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Pre-req:</b> HS 215.	
<b>HS 335 Worksite Health Assessment</b>	<b>3 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
An investigation into worksite health assessment models and modes.		<b>HS 423 Ortho Assess Upper Extremity</b>	<b>4 Credit hours</b>
<b>Pre-req:</b> HS 235 with a minimum grade of C.		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.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Pre-req:</b> HS 215.	
<b>HS 336 Org &amp; Admin Worksite Wellness</b>	<b>3 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
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.		<b>HS 424 Ortho Assess Lower Extremity</b>	<b>4 Credit hours</b>
<b>Pre-req:</b> HS 235 with a minimum grade of C.		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.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Pre-req:</b> HS 215.	
<b>HS 345 Worksite Wellness Prescription</b>	<b>3 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
This is a course that investigates prescription of worksite wellness programming based on data collection methods and current industry Best Practices for wellness interventions.		<b>HS 430 Health Iss in PE &amp; Ath</b>	<b>3 Credit hours</b>
<b>Pre-req:</b> HS 336 with a minimum grade of C.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>HS 435 Biomech Programs Applications</b>	<b>3 Credit hours</b>
<b>HS 346 Eval Worksite Wellness Program</b>	<b>3 Credit hours</b>	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.	
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.		<b>Pre-req:</b> 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.	
<b>Pre-req:</b> HS 336 with a minimum grade of C.		<b>Concurrent PR:</b> PHY 203 and PHY 204	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>HS 360 AT Clinical Exp: Level II</b>	<b>2 Credit hours</b>	<b>HS 440 Health Eval Ath Trn I</b>	<b>3 Credit hours</b>
To continue developing athletic training evaluation and treatment skills under the direction of a BOC certified Athletic Trainer. Requires 150 clinical hours. (PR: HS255)		<b>Pre-req:</b> HS 423.	
<b>Pre-req:</b> HS 255.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>HS 448 Therapeutic Interventions I</b>	<b>4 Credit hours</b>
<b>HS 361 AT Clinical Exp: Level III</b>	<b>2 Credit hours</b>	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.	
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)		<b>Pre-req:</b> HS 215.	
<b>Pre-req:</b> HS 360.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>HS 449 Therapeutic Interventions II</b>	<b>4 Credit hours</b>
<b>HS 365 Functional Kinesiology</b>	<b>3 Credit hours</b>	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)	
Applied anatomy of the human musculature and biomechanics in relation to physical activity.		<b>Pre-req:</b> HS 448.	
<b>Pre-req:</b> BSC 227 with a minimum grade of D or HS 201 with a minimum grade of D.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>HS 369 Motor Learning</b>	<b>3 Credit hours</b>
<b>HS 369 Motor Learning</b>	<b>3 Credit hours</b>	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.	
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.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode			

<b>HS 460 AT Clinical Exp: Level IV</b>	<b>2 Credit hours</b>	<b>HS 495 Trends in Biomechanics II</b>	<b>3 Credit hours</b>
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)		A final investigation into normal and abnormal human movement patterns in sport, the workplace, and activities of daily living.	
<b>Pre-req:</b> HS 361.		<b>Pre-req:</b> HS 475 with a minimum grade of D.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>HS 464 Pathomechanics</b>	<b>3 Credit hours</b>	<b>Phys Ed Lifetime Activities</b>	
An investigation into normal and abnormal human movement patterns in sport, the workplace, and in activities of daily living.		<b>PEL 100 Beginning Swimming</b>	<b>1 Credit hour</b>
<b>Pre-req:</b> HS 365 with a minimum grade of D and HS 465 with a minimum grade of D.		<b>Attributes:</b> No Textbook Required, PE Activity	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>HS 465 Biomechanical Analy of Mvmt</b>	<b>3 Credit hours</b>	<b>PEL 113 Basketball</b>	<b>1 Credit hour</b>
An investigation into the science of human motion and its relationship to the environment in which it is performed.		<b>Attributes:</b> No Textbook Required, PE Activity	
<b>Pre-req:</b> 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.		<b>Grade Mode:</b> Normal Grading Mode	
<b>Grade Mode:</b> Normal Grading Mode		<b>PEL 114 Beginning Archery</b>	<b>1 Credit hour</b>
<b>HS 475 Trends in Biomechanics</b>	<b>3 Credit hours</b>	<b>Attributes:</b> PE Activity	
<b>Pre-req:</b> HS 465 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>PEL 115 Body Condition W/Weights</b>	<b>1 Credit hour</b>
<b>HS 478 Research Practicum Biomechanic</b>	<b>3-6 Credit hours</b>	<b>Attributes:</b> No Textbook Required, PE Activity	
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>Grade Mode:</b> Normal Grading Mode	
<b>Pre-req:</b> BSC 227 with a minimum grade of D.		<b>PEL 116 Beginning Wrestling</b>	<b>1 Credit hour</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Attributes:</b> PE Activity	
<b>HS 479 Trends Ath Trng</b>	<b>3 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
<b>Pre-req:</b> HS 361.		<b>PEL 117 Riflery</b>	<b>1 Credit hour</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Attributes:</b> PE Activity	
<b>HS 480 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 118 Indoor Cycling</b>	<b>1 Credit hour</b>
<b>HS 481 Special Topics</b>	<b>1-4 Credit hours</b>	Designed to promote fitness through spinning.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Attributes:</b> No Textbook Required	
<b>HS 482 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 119 Total Body Conditioning</b>	<b>1 Credit hour</b>
<b>HS 483 Special Topics</b>	<b>1-4 Credit hours</b>	Designed to help instruct both men and women with a variety of lifetime fitness activities.	
<b>Grade Mode:</b> Normal Grading Mode		<b>Grade Mode:</b> Normal Grading Mode	
<b>HS 485 Independent Study</b>	<b>1-4 Credit hours</b>	<b>PEL 120 Self Defense</b>	<b>1 Credit hour</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Attributes:</b> No Textbook Required, PE Activity	
<b>HS 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>PEL 121 Taekwondo</b>	<b>2 Credit hours</b>
<b>HS 487 Independent Study</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 488 Independent Study</b>	<b>1-4 Credit hours</b>	<b>PEL 125 Beginning Gymnastics</b>	<b>1 Credit hour</b>
<b>Grade Mode:</b> Normal Grading Mode		<b>Attributes:</b> PE Activity	
<b>HS 490 🌱 Internship</b>	<b>1-8 Credit hours</b>	<b>Grade Mode:</b> Normal Grading Mode	
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>PEL 127 Aerobics-Personal Fitness</b>	<b>1 Credit hour</b>
<b>Pre-req:</b> HS 475 with a minimum grade of D.		<b>Attributes:</b> PE Activity	
<b>Attributes:</b> Capstone Course		<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>Attributes:</b> No Textbook Required, PE Activity	
		<b>Grade Mode:</b> Normal Grading Mode	
		<b>PEL 133 Beginning Softball</b>	<b>1 Credit hour</b>
		<b>Attributes:</b> No Textbook Required, PE Activity	
		<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>PEL 141 Beginning Golf</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</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 142 Beginning Badminton</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</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 145 Beginning Bowling</b> <b>Attributes:</b> PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</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 147 Beginning Soccer</b> <b>Attributes:</b> No Textbook Required, PE Activity <b>Grade Mode:</b> Normal Grading Mode	<b>1 Credit hour</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 155 Beginning Folk Dance</b> <b>Attributes:</b> PE Activity <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 156 Beginning Square 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 159 Beginning Social Dance</b> <b>Attributes:</b> 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 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 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 171 Beginning Handball</b> <b>Attributes:</b> 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 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 258 Intermediate Square Dance</b> <b>Attributes:</b> 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 259 Intermediate Social 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 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 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 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 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>

**PEL 290 Intermediate Yoga** **1 Credit hour**

This course is an intermediate yoga class building off of beginning yoga. It will focus on poses, breathing, relaxation, and meditation.

**Pre-req:** PEL 180 with a minimum grade of D.

**Grade Mode:** Normal Grading Mode

**PEL 403 Adv Swim & Life Saving** **1 Credit hour**

**Attributes:** PE Activity

**Grade Mode:** Normal Grading Mode

**PEL 404 Water Safety Instruction** **1 Credit hour**

**Attributes:** PE Activity

**Grade Mode:** Normal Grading Mode

**PEL 405 Lifeguarding** **1 Credit hour**

**Attributes:** No Textbook Required, PE Activity

**Grade Mode:** Normal Grading Mode

## Faculty

### Professors

McIlvain, Konz

### Associate Professors

Garrett, Powell, Toma, Timmons

### Assistant Professors

Leigh, Johnson