444 Wordimagebookscreen (4) (W) (A)
   Prerequisites: ENG 101 and 102. Cross-listed with COM 444. Drawing on various disciplines, this course focuses on methods for “reading” culture and contemporary consciousness, concentrating on word and image in the formation of attitudes, ideologies and myths. Introduces cultural analysis and a metalanguage through which students can understand the competing sign systems and discourses of culture.

450-454 Topics in English (1-4)
   Prerequisites: ENG 101 and 102. Deals with different subjects each time course is offered and may be repeated for credit.

460-465 English Studies: Career Internship for English Majors (1-8)
   Prerequisites: junior or senior standing and a 3.0 or higher grade point average. An internship program to acquaint English majors with the business world and to show them how their special skills can be used in that environment. May not count toward the requirements for the major.

495-499 Directed Reading (1-4)
   Prerequisites: ENG 101 and 102, and consent of instructor and department chairperson. A program of directed readings and related writing assignments agreed upon by individual students and professors. May be repeated if content varies.

Exercise Science and Sport Studies (ESC)

105 Biokinetics and Conditioning (2)
   Involves testing, designing, and implementing a personal physical fitness program. Emphasis is on developing and implementing personal fitness programs that include cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition. (*fall and spring semesters)

110 Introduction to Exercise Science and Sport Studies (2)
   An introduction to the exercise science profession, including the objectives, structure, history, philosophy and biological aspects of physical education and their field applications. (*fall and spring semesters)

150 First Aid (2)
   A standard course leading to Red Cross certification in first aid and in personal safety and cardiopulmonary resuscitation (CPR). This course prepares students to act as citizen responders (*fall and spring semesters)

151 Swimming (1)
   Develops fundamental skills and methods for teaching swimming and water safety. (*fall and spring semesters)

200 Methods of Teaching Tennis (1)
   Covers methods and procedures for teaching tennis. May be used toward professional activities requirement of adult fitness concentration. (*spring semester)

202 Outdoor Education (4)
   An interdisciplinary approach to education in the outdoors, combining lectures, observations, field investigations and practical experiences in camping, canoeing, fish and wildlife management, environmental control and other concomitants of the outdoors. Two hours may be used toward professional activities requirement of adult fitness concentration (*summer sessions)

240 Lifetime Sports (2)
   Covers methods of teaching the recreational sports of archery, badminton and golf. May be used toward professional activities requirement of adult fitness concentration. (*fall and spring semesters)
252 Gymnastics (3)
Prepares students for teaching educational gymnastics, tumbling and apparatus. May be used toward professional activities requirement of adult fitness concentration. (*spring semester)

270 Prevention and Care of Sports Injuries (3)
Prerequisites: HSC 100, HSC 230 and ESC 150 or HSC 150. Familiarization with the field of athletic training and the basic techniques, principles and theories underlying the prevention and care of a variety of athletic injuries and conditions. (*fall and spring semesters)

280 Adult Fitness (3)
A comprehensive discussion of corporate fitness that stresses fitness testing, prescriptive fitness programs and the role of fitness centers in the corporate/community structure. (*fall and spring semesters)

307 Movement Education/Games and Sports (3)
Prerequisite: EDU 200. A comprehensive discussion of movement education, stressing an individual approach to teaching basic movement skills, games and sports. (*spring semester)

312 Dance/Rhythms (3)(A)
Prepares students for teaching creative rhythmics, folk and square dancing, and aerobic dancing. (*spring semester)

320 Coaching and Teaching of Football and Wrestling (2)
Focusing on developing and testing skills in participants, as well as officiating in football and wrestling and examining the psychology of coaching. May be used toward professional activities requirement of adult fitness concentration. (*fall semester)

321 Coaching and Teaching of Baseball, Basketball and Softball (2)
Focusing on developing and testing skills in participants, as well as officiating in baseball, basketball and softball and examining the psychology of coaching. May be used toward professional activities requirement of adult fitness concentration. (*spring semester)

322 Coaching and Teaching of Volleyball and Track and Field (2)
Focusing on developing and testing skills in participants of volleyball and track and field and examining the psychology of coaching. May be used toward professional activities requirement of adult fitness concentration. (*fall semester)

323 Coaching and Teaching of Soccer and Field Hockey (2)
Focusing on developing and testing skills in participants of soccer and field hockey and examining the psychology of coaching. May be used toward professional activities requirement of adult fitness concentration. (*spring semester)

329 Coaching Team and Individual Sports (3)
A comprehensive approach to coaching athletics, including planning, values, psychology, roles and goals. (*fall and spring semesters)

330 Motor Development and Skill Acquisition (3)
Prerequisites: HSC 230. A study of motor development through the life cycle, with emphasis on physical growth, the effects of exercise, fundamental motor patterns and developmental skill acquisition. (*fall and spring semesters)

340 Applied Kinesiology (3) (W)
Prerequisite: HSC 230. A study of the bone-muscle relationships and problems of analysis in human motion as related to the muscular skills in body mechanics and athletics. (*fall and spring semesters)

372 Principles of Exercise Leadership (2)
Prerequisites: ESC 105, HSC 100, HSC 230. In addition, EDU 200 or equivalent EDU course for teaching majors and ESC 280 for adult fitness majors. This course will provide ESC adult fitness and teaching majors with the proper form, mechanics and cues to perform
and present fundamental movement skills safely. In addition, majors will learn proper execution, identify and analyze movement errors, and develop appropriate correction and cueing. The basics of assessment, presentation, observation and correction will be applied as students work with individuals and lead groups with the intent of developing motor and fitness skills and routines.

380 Exercise Testing and Prescription (3)
Prerequisite: HSC 230 (ESC 340 recommended). Studies trends in exercise habits, exercise evaluations and the process for clients developing a total wellness approach to living. Students will learn to apply principles of developing a fitness program. Lab fees for NASM certification and subscription required. Current First Aid/CPR certification required to take NASM Certification examination. (*spring semester)

400 Physical Education and Fitness for Special Populations (3) (W)
Examines the special physical education and physical fitness needs of individuals with chronic or functional handicaps. (*fall and spring semesters)

411 Recreation Leadership and Administration (2)
A study of the organizational patterns and administrative processes involved in leisure-oriented organizations. (*fall and spring semesters)

412 Principles of Administration for Sport and Physical Education (3) (W)
Prerequisite: ESC 110 for non-sport management majors. Cross-listed with SPM 412. Studies the procedures for organizing and managing physical education, fitness and sports programs, and analyzes the administrative concepts. (*fall and spring semesters)

414 Sports and Society (3)
An analysis of sports from a sociological perspective. Investigates sport theory from historical to modern contexts. Includes a critical appraisal of the expanding literature on the origins, functions and effects of sports in society.

450 Tests and Measurement (3)
Prerequisites: ESC 105 and 110 or HSC 120. Open only to junior and senior exercise science majors whose concentration is teaching physical education, and exercise science students whose concentration is adult fitness. A study of the available tests, measurement and assessment procedures for the physical education or fitness instructor. (*fall semester)

460 Physiology of Exercise (3) (W)
Prerequisite: HSC 230. Develops knowledge and understanding of the function and limitations of the organism during exercise. (*fall and spring semesters)

470 Field Work in Recreation (4-6)
Prerequisite: completion of six semester hours of professional courses, and departmental approval. An instructional program that includes supervised pre-professional practice in approved recreational service agencies. Involves observation and participation in planning, conducting and evaluating at the face-to-face supervisory and executive levels of leadership. Graded on a pass-fail basis. (*fall and spring semesters)

480 Internship in Adult Fitness Programs (2-12)
Prerequisite: senior academic status and departmental approval. Offers practical experience in health and fitness center programming. Admission by application to the department chair. Students must provide proof of current CPR certification, and may be required to provide individual liability insurance. Graded on a pass-fail basis. May be repeated for credit. (*fall and spring semesters)

499 Special Topics in Physical Education (1-4)
Prerequisite: junior standing. A seminar and/or independent study incorporating special issues in the field of physical education. May be repeated for credit. (*fall and spring semesters)