

# Health, Physical Education, Recreation & Coaching Courses

(PEPROF, HEALTHED, RECREATN, COACHING, PEGNRL)

## PEPROF 527

### **Motor Programming for Early Childhood 2 u**

This course is designed for those who plan to work with children in any type of preschool program. Emphasis will be placed on providing ideas for developmental motor activities that will aid children with their 1) physical coordination, 2) emotional reactions to various experiences, 3) social interactions, and 4) mental development.

## PEPROF 672

### **Advanced Physiology of Exercise 3 u**

Theoretical considerations and laboratory experiences in physiology of exercise at an advanced level. Includes exercise biochemistry, biochemical analysis, environmental considerations, exercise histochemistry, cardiorespiratory considerations, animal experimentation, electromyography and aids to performance.

Prerequisite: PEPROF 471/671.

## PEPROF 675

### **Adapted Physical Education 3 u**

A study of the problems of the atypical child in relation to the physical education activity program. Emphasis is placed on the atypical child in the public school. Areas studied include postural deviations, orthopedic and neurological disabilities, sensory handicaps, the mentally handicapped and the behaviorally deviant child.

## PEPROF 678

### **Physical Education for the Exceptional Child 3 u**

The course emphasis is on exploring physical education programs for the self-contained classroom teacher and for recreational leaders in institutional settings and day care centers who deal with exceptional children who are handicapped in physical activities.

## PEPROF 680

### **Health Promotion Management 3 u**

Theoretical considerations and practical applications of management, operations and programs for health promotion organizations. Begins with the planning, design, financing and construction of health promotion facilities. Includes the hiring and organization of staff members, the development and marketing of special programs, and the administration and finance of health promotion organizations.

## PEPROF 690

**Workshop .5-6 u**

PEPROF 691

**Travel Study 1-3 u**

PEPROF 694

**Seminar 1-3 u**

PEPROF 696

**Special Studies .5-3 u**

PEPROF 710

**Trends in Physical Education 3 u**

Designed to improve instruction through an analysis of current objectives, new materials, revised curriculum and methods, current literature, current legislation, and organization of physical education within school and related learning laboratories.

PEPROF 712

**Curriculum in Physical Education 3 u**

This course will assist the teacher with the process of curriculum development through an analysis of influences that effect curriculum change. Identification of aims, objectives, methods, materials and evaluation which are instrumental in development of efficient and effective programs in physical education.

PEPROF 714

**Best Practices for Teaching Physical Education 3 u**

Designed to improve teaching skills and instruction through an analysis of current effective teaching literature, including the knowledge base for becoming an effective physical education teacher, concepts of preventative management behaviors and discipline strategies, curriculum, assessment and planning for effective instruction, and skills and strategies for delivering effective physical education programs.

PEPROF 725

**Cardiorespiratory Physiology 3 u**

An advanced course in the anatomy and physiology of the cardiac, vascular, and pulmonary with an emphasis on the impact and adaptations during exercise to these systems.

PEPROF 752

**New Dimensions in Teaching Lifetime Sports 3 u**

The course is designed to explore new curriculum ideas, skills, and teaching techniques used in Lifetime Sports. Utilization will be made of lectures, field trips, and participation and discussion of new techniques and activities.

PEPROF/COACHING 779

**Career and Professional Development Strategies 3 u**

Students will apply career and professional development theories to practice to inform professional advancement. Students will develop an understanding of networking and branding strategies for personal career advancement as well as methods to facilitate continuing education for employees within an organization.

## PEPROF/COACHING 781

### **Capstone Portfolio and Career Application 3 u**

Students will make connections between research and practice appropriate to a capstone experience as the culminating requirement for graduate education resulting in a portfolio that includes a written product(s) along with reflection and/or other materials associated with the capstone experience.

## PEPROF 790

### **Workshop 1-3 u**

## PEPROF 793

### **Practicum 1-12 u**

Prerequisite: Graduate status, application and interview, completion of 9 credits at UW-Whitewater, and designated curriculum check sheet requirements. (Not to be used for first-time certification.)

## PEPROF 794

### **Seminar 1-3 u**

## PEPROF 796

### **Special Studies 1-3 u**

## PEPROF 798

### **Individual Studies 1-3 u**

## PEPROF 799

### **Thesis Research 1-6 u**

Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course.

## **HEALTH (HEALTHED)**

## HEALTHED 540

### **Secondary Health Education 3 u**

An introduction to various health belief models and philosophies with particular emphasis on health education content at the secondary level.

## HEALTHED 541

### **Yoga/Stress Reduction 2 u**

A course designed to help students and professionals learn to effectively handle stress through specific Yoga training and mind/body connections.

## HEALTHED 544

### **PreK-12 Sexuality Education 3 u**

This course will explore current practices associated with teaching sexuality education to preK-12 students. This pedagogy class will explore various sexuality education paradigms as well as address the complexities of teaching this area of study, with the goal of increasing the competency and comfort level of future teachers.

## HEALTHED 560

### **Current Topics in Health and Wellness 3 u**

The course examines characteristics, behaviors, and conditions necessary for the development of optimal health and wellness in all dimension of wellness: physical and mental. Students are provided opportunities for personal health/wellness enhancement through individualized assessment, research and study.

## HEALTHED 562

### **Stress Management 3 u**

Students in this course will learn to recognize and anticipate internal and external sources of stress and situations of stress; how to develop stress hardiness through application of a variety of stress management skills and coping techniques; learn which skills and techniques work best for them as individuals; and how to create relationships and environments that are supportive of the elements necessary for successful management.

## HEALTHED 582

### **Elementary Health Education 2 u**

Teaching and learning experiences in selected content areas of health education. Designed for the elementary teacher.

## HEALTHED 591

### **Nutrition for Health 3 u**

The course helps students plan, evaluate, and analyze dietary intake based on sound nutritional guidelines, principles, and knowledge for the purpose of health enhancement, improved mental and physical performance, and decreasing risk of disease.

## HEALTHED 640

### **Advanced Stress Management 3 u**

The class emphasis is on 1) facilitating stress management in others, 2) coping with “deep” stress such as trauma and low self-esteem, and 3) alternative avenues for coping such as Tai Chi, yoga, art therapy, and meditation. This course is appropriate for anyone in the helping professions.

Prerequisite: HEALTHED 362/562 or SOCWORK 303 or consent of instructor.

## HEALTHED 645

### **Teaching Health Education 3 u**

A study of philosophy, trends and teaching-learning strategies. Emphasis will be placed on developing and utilizing models and strategies in health education.

## HEALTHED 665

### **Health Promotion Strategies 3 u**

This course will focus on: 1) the development, implementation and evaluation of worksite health promotion programs, and 2) examination of the relationship of these programs to the organization as a whole and to the benefits for both the employee and employer.

## HEALTHED 670

### **Facilitating Health Behavior 3 u**

This course is designed as a capstone experience for non-teaching health minor students who have had at least 12 credits of course work in the health minor. This course offers opportunities to gain the skills necessary for helping others with health behavior changes, while creating healthier environments in the home, workplace, and community.

Prerequisite: HEALTHED 360/560 and consent of instructor

## HEALTHED 671

### **Research in Health and Physical Activity 3 u**

The content of this course is from a psychophysiological perspective. Emphasis will be placed on research involving the effects of physical activity on psychological states and traits as well as how affect influences performance. Topics will include research design, motivation and adherence, attention, arousal, overtraining, behavior change, personality dynamics, and mental health.

Prerequisite: Consent of instructor.

## HEALTHED 690

### **Workshop in Health 1-6 u**

## HEALTHED 694

### **Seminar 1-3 u**

## HEALTHED 696

### **Special Studies 1-3 u**

## HEALTHED 745

### **Exercise and Health 3 u**

A course designed to introduce how exercise relates to an individual's health, specifically cardiovascular endurance, relaxation and nutrition. It will include background information regarding holistic health, exercise prescription, nutrition and relaxation. Application of this background information will also be a part of the course through evaluation of present levels and participation in individually designed programs.

## HEALTHED 790

### **Workshop 1-3 u**

## HEALTHED 793

### **Practicum 1-12 u**

Prerequisite: Graduate status, application and interview, completion of 9 credits at UW-Whitewater, and designated curriculum check sheet requirements. (Not to be used for first-time certification.)

## HEALTHED 794

**Seminar 1-3 u**

## HEALTHED 796

**Special Studies 1-3 u**

## HEALTHED 798

**Individual Studies 1-3 u**

## HEALTHED 799

**Thesis Research 1-6 u**

Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course.

## RECREATION (RECREATN)

### RECREATN 520

**Leadership and Facilitation of Recreational Games 3 u**

This course will assist students to develop their knowledge, skills, and abilities as facilitators and leaders of recreational activities. Readings, assignments, and lecture will focus on leadership and facilitation theories and techniques. A variety of recreational activities will be introduced in class.

### RECREATN 561

**Recreation and Leisure for Special Populations 3 u**

This course introduces concepts of therapeutic recreation practice, including the history of the profession, current trends, and an overview of various disabilities and disorders across the lifespan. Students will have opportunities to develop the skills and abilities necessary to work with persons with disabilities through field-based activities.

### RECREATN 582

**Adventure and Sport Tourism 3 u**

The nature of sport and adventure program areas will be examined in relation to tourism, perhaps the largest segment of the for profit sector of the recreation profession. This course introduces students to knowledge, skills, and considerations relevant to tourism professionals operating in adventure and sport tourism settings. Participant motivation, global tourist destinations, and management concerns will be considered through readings and case studies.

### RECREATN 591

**Outdoor Recreation Leadership 3 u**

This course provides the fundamental knowledge, skills, and experience necessary to lead people in outdoor recreational activities. The course includes topics on trip planning, safety procedures, equipment

and food logistics, leadership methods and expedition behavior for a variety of outdoor trip activities. The course also includes a 3 day outdoor trip experience.

## RECREATN 623

### **Research and Evaluation in Recreation and Leisure Services 3 u**

This course places emphasis on research involving recreation and leisure service provision, evaluation of leisure service programs, and research methodology. Topics will include: review of existing literature, research design, data collection, and data analysis.

## RECREATN 640

### **Commercial and Entrepreneurial Recreation 3 u**

Students in this class will explore commercial recreation, entrepreneurialism, and basics of travel and tourism. Topics include an overview of entrepreneurial recreation, economics, marketing and financing commercial recreation endeavors, and exploring various opportunities available in the commercial and private sector.

## RECREATN 650

### **Planning, Design, and Management of Recreation Facilities 3 u**

This course will introduce management theories and provide practical experience in the design, development, operation, maintenance, and administration of various recreation facilities.

## RECREATN 680

### **Legal Aspects of Sport and Recreation Activities 3 u**

This course will examine the complexities of sport and recreation litigation, primarily focused on educational institutions. Students will use this knowledge to aid their professional growth in the fields of sport and recreation activity. Topics such as risk management, contracts, liability, and policy development will provide a better understanding of the law with respect to challenges encountered by sport and recreation professionals.

Prerequisite: Instructor consent.

## RECREATN 689

### **Managing Recreational Sports and Programs 3 u**

A study of recreational management concepts in the areas of human resources, facility operations, budget development, marketing, public relations, policy development, and program service design.

Prerequisite: Enrolled in the recreation minor, or instructor consent.

## RECREATN 690

### **Workshop in Recreation/Leisure Studies 1-3 u**

## RECREATN 696

### **Special Studies 1-3 u**

## RECREATN 715 (COACHING 715)

### **Organization and Administration of Sport and Recreation 3 u**

Students will develop and apply organizational and leadership theories to specific career interests in sport and recreation. Particular emphasis will be placed on merging theory and practice through differentiated learning activities to promote a holistic understanding of administrative leadership in complex organizations.

## RECREATN 790

**Workshop 1-3 u**

## RECREATN 793

**Practicum 1-12u**

Prerequisite: Graduate status, application and interview, completion of 9 units at UW-Whitewater, and designated curriculum check sheet requirements. (Not to be used for first-time certification.)

## RECREATN 794

**Seminar 1-3 u**

## RECREATN 796

**Special Studies 1-3 u**

## RECREATN 798

**Individual Studies 1-3 u**

## RECREATN 799

**Thesis Research 1-6 u**

Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course.

## **COACHING (COACHING)**

### COACHING 660

**Organization & Administration of Interscholastic Athletics 2 u**

This course is designed for those individuals who wish to become athletic coaches or administrators. The place of athletics education and the organization and administration of an athletic program will be covered. A research paper dealing with an appropriate topic will be required.

### COACHING 661

**Prevention and Care of Athletic Injuries 2 u**

Principles governing the prevention and treatment of common athletic injuries. A research paper dealing with a mutually agreed upon topic will be required.

Prerequisite: COACHING 250.

### COACHING 663

**Children and Sports 3 u**

Explores the historical perspective and the present controversy surrounding children in competitive sports. Future directions of competitive sport for children will be a major focus.



## COACHING 680

### **Legal Aspects of Sport and Recreation Activities 3 u**

This course will examine the complexities of sport and recreation litigation, primarily focused on educational institutions. Students will use this knowledge to aid their professional growth in the fields of sport and recreation activity. Topics such as risk management, contracts, liability, and policy development will provide a better understanding of the law with respect to challenges encountered by sport and recreation professionals.

Prerequisite: Instructor consent.

## COACHING 690

### **Workshop in Intercollegiate or Interscholastic Athletics 3 u**

## COACHING 696

### **Special Studies 1-4 u**

## COACHING 705

### **Principles of Psychology Applied to Coaching 3 u**

The course will include an in-depth examination of the psychological factors that impact individuals and their performance in the athletic setting. Theoretical and applied parameters will be extensively studied from a coaching perspective. The coach will develop intervention strategies, techniques and skills to enhance their psychological effectiveness in the athletic domain.

Prerequisite: 3 credits of psychology as an undergraduate student and at least one-year of coaching experience or consent of the instructor.

## COACHING 706

### **Sport and Society 3 u**

This course provides students with an in-depth study of the social dimensions of sport in a modern industrialized society. The course will allow students to engage in an in-depth study of social factors that impact sport from both a theoretical and applied perspective.

Prerequisite: Three credits in sociology as an undergraduate student or consent of the instructor.

## COACHING 710

### **Current Trends and Issues in Athletics 3 u**

This course will examine the current trends and issues in athletics. The concepts will be explored from a theoretical and applied perspective.

Prerequisite: At least one year of coaching experience or consent of instructor.

## COACHING 715 (RECREATN 715)

### **Organization and Administration of Sport and Recreation 3 u**

Students will develop and apply organizational and leadership theories to specific career interests in sport and recreation. Particular emphasis will be placed on merging theory and practice through differentiated learning activities to promote a holistic understanding of administrative leadership in complex organizations.

## COACHING/PEPROF 779

### **Career and Professional Development Strategies 3 u**

Students will apply career and professional development theories to practice to inform professional advancement. Students will develop an understanding of networking and branding strategies for personal career advancement as well as methods to facilitate continuing education for employees within an organization.

## COACHING/PEPROF 781

### **Capstone Portfolio and Career Application 3 u**

Students will make connections between research and practice appropriate to a capstone experience as the culminating requirement for graduate education resulting in a portfolio that includes a written product(s) along with reflection and/or other materials associated with the capstone experience.

## COACHING 790

### **Workshop 1-4 u**

## COACHING 793

### **Practicum 1-6 u**

## COACHING 794

### **Seminar 1-3 u**

## COACHING 798

### **Individual Studies 1-3 u**

## COACHING 799

### **Thesis Research 1-6 u**

Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course