

## HEALTH, PHYSICAL EDUCATION, AND RECREATION

Chair: Tommy Thompson\*

Lars Andersson  
Sandra Cross\*\*  
Susan Edkins  
Steve Johnson  
Matt Lundin  
Kyle Savage  
Jason Tinsley

Mary Guy Beaver\*\*\*  
Danny Davis  
Roy Garcia  
Beverly Justice  
Paul O'Neil  
Mike Schaeffer  
Jim Wall\*\*\*\*

Jeff Bolles  
Kapica Davis  
John Haskins  
Dan Kenney  
Larry Rodgers  
P.J. Smith

\*Teacher Education Coordinator & Graduate Program Director

\*\*Health Promotion Coordinator

\*\*\*Recreation Program Coordinator

\*\*\*\*Athletic Training Coordinator

The purposes of the Department of Health, Physical Education and Recreation are: (1) to provide a comprehensive academic program in health, physical education, and recreation for students who plan to pursue one of these fields as a profession; (2) to provide professional preparation for prospective teachers in the area of physical education; (3) to provide a service program which will afford all students the opportunity to learn and participate in a wide range of activities which will benefit them now and in the future; (4) to provide competition for all interested students through a comprehensive program of intramural athletics in both team and individual sports; (5) to provide recreational activities that will enable students and faculty to enjoy their leisure time in a program that will benefit them physically, mentally, and socially; and (6) to educate individuals about risk factors associated with certain lifestyle choices and provide them with the skills to make behavioral changes that will improve their health and the quality of their lives.

### BACHELOR OF SCIENCE DEGREES OFFERED

Health Promotion

Physical Education: Athletic Training (*candidacy for CAAHEP Accreditation pending*\*)

Physical Education: Exercise and Sport Science

Physical Education: Recreation Management/Administration

Physical Education with Licensure by the State for Teaching in the Public Schools (K-12)

\*Details on the Athletic Training Education Program, including admission requirements, technical standards, and program evaluation, are included at the end of this section; see page 273.

### PROFESSIONAL CONCENTRATION OFFERED

Exercise and Sport Science

### MINORS OFFERED

Minor in Athletic Coaching

Minor in Physical Education

Minor in Health Promotion

Minor in Recreation

## BACHELOR OF SCIENCE IN PHYSICAL EDUCATION: EXERCISE AND SPORT SCIENCE

### Requirements for a Bachelor of Science Degree in Physical Education:

Exercise & Sport Science	Sem. Hrs.
Freshman Seminar	1
General Education Requirements (must include SPE 200 or 201)	44
Degree Requirements: ATH 103; ATH 107 or HLTH 377; HLTH 106, 109 PED 101; 204; 206; 207; 312; 340; 348; 349; 402; 411; 412; 415; 424; REC 425; PED 332, 333, 334, or 335; any 4 coaching courses;	46
Electives	29
<b>Total:</b>	<b>120</b>

## RECREATION MANAGEMENT/ADMINISTRATION

### Requirements for a Bachelor of Science Degree in Physical Education:

Recreation Management/Administration	Sem. Hrs.
Freshman Seminar	1
General Education Requirements (must include BIO 210 as Gen Ed Elective)	44
Degree Requirements:	49
PED 106; 109; 138, 204, 207, 230, 340, 349 or 412; REC 300, 327, 332, 400, 416, 425, 440, & 450; Aquatic 2-hr Requirement: PED 134, 332, 333, 334, and/or 335; Art 3-hr Requirement: must take one 3-hr "ART" course from the following list: ART 101, 105, 109, 111, 132, 305, or 306 (cannot take ART 205) Must take seven (7) of the following 1-hr PE courses (not counting the two required above in "Gen Ed") with written permission of the Rec Coordinator or Dept Chair: PED 130, 131, 132, 133, 135, 136, 137, 141, 145, 146, 177, 179, 180, 181, 182, 190, 195, 350, 351, 352, 353, 354, 355, 356, 364, or 366.	
Electives	26
<b>Total:</b>	<b>120</b>

## BACHELOR OF SCIENCE IN PHYSICAL EDUCATION (K-12)

Coordinator: Tommy Thompson

Upon successful completion of the program of study in Physical Education and related requirements, graduates are eligible for an "A" license to teach in the State of North Carolina. For a more detailed description, including the program standards and goals and objectives, turn to Undergraduate Licensure Programs in the School of Education section of this catalog.

Course Requirements	Sem. Hrs.
<b>Freshman Seminar and General Education</b> (should take PED 138 for Gen. Ed.)	45(44)*
<b>Specialty Area</b>	29
PED 101, 106, 109, 138 (meet Gen Ed. Req.)*, 204, 206, 207, 312, 348, 349, 411, 412, 415, 424 2 hours from the following: ATH 102 and/or PED 200 and/or any coaching course(s)	
<b>Professional Studies</b>	15
EDN 302, 310, 350, 419; SED 300	
<b>Content Pedagogy</b>	18
PED 316, 319, 400 EDN 449	
<b>General Electives/Academic or Professional Concentration*</b>	20
<b>Total:</b>	<b>127</b>

\*To complete an Academic or Professional Concentration (required by N.C. for all PE licensure majors), students must plan to overlap with General Education courses (6-9 hours).

NOTE: Students who desire teacher licensure in Physical Education should declare the major as soon as possible in their college career. Consultation with the Program Coordinator or program advisor prior to registering for General Education courses is strongly recommended.

## ATHLETIC TRAINING

### Requirements for a Bachelor of Science Degree in Physical Education:

Athletic Training	Sem. Hrs.
Freshman Seminar	1
General Education ( <i>see specific Gen. Ed. Requirements</i> )	44
Specific General Education Requirements: BIO 100 or 103; CHM 130; MAT 107	
Other Mandated Requirements: CHM 110; MAT 210	
Department Required Courses: ATH 102, 103, 104, 107, 199, 200, 201, 204, 205, 300, 301, 303, 304, 305, 306, 405, 450, 451, 490, 498	
HLTH 106, 109, 206	
PED 207, 340, 348, 349, 411, 412	64
Electives	11
<b>Total:</b>	<b>120</b>

\*Details on the Athletic Training Education Program, including admission requirements, technical standards, and program evaluation, are included at the end of this section; see page 273.

## BACHELOR OF SCIENCE IN HEALTH PROMOTION

### Requirements for Bachelor of Science Degree in Health Promotion

(*also see additional requirements below*)

	Sem. Hrs.
Freshman Seminar	1
General Education	44
Major Requirements ATH 102, 107; HLTH 106, 200, 206, 330, 332, 365, 410, 425, 490; PED 101, 207, 349, 411, 412	42
Related Electives AIS 460; BIO 103, 210; SPE 200, 201; CSC 100; HLTH 225, 377, 420; HLTS 4xx; MGT 306; MKT 312; PRE 220, 270, 345; PSY 220, 316; SOC 280, 360, 373; SWK 245, 270.	33
<b>Total:</b>	<b>120</b>

### Additional Requirements in Health Promotion

Students must maintain a cumulative GPA of 2.0 or higher within the General Education requirements and within their major in order to be eligible for their internship. Any student who fails to maintain a GPA of 2.0 will be expected to take additional course work in order to raise their GPA to the minimum level or be dropped from the program

## PROFESSIONAL CONCENTRATION IN EXERCISE AND SPORT SCIENCE

Required: At least 18 hours of any combination of ATH, HLTH, and/or REC prefixed courses that does not duplicate any present Physical Education (K-12) Licensure requirement.

**Total: 18**

## MINORS

### Requirements for a Minor in Physical Education

ATH 102; HLTH 106; 109; PED 134; 207; 230; 240; 241; 312;  
319; 415; two (2) 1-hr. coaching courses

**Total: 18**

### Requirements for a Minor in Recreation

REC 300, 320, 332, 400, 416, 425, and 440

**Total: 21**

### Requirements for a Minor in Health Promotion

PED 101; HLTH109; 200; 209; 330; 332; 365; 410

**Total: 18**

### Requirements for a Minor in Athletic Coaching

ATH 102; PED 106; 230; 326; 340; 348; 349; 412; 415;  
and four (4) 1-hr. coaching courses

**Total: 23**

## COURSES

### **ATHLETIC TRAINING (ATH)**

#### **ATH 102. Basic Injury Prevention**

Designed to provide athletic trainers, physical educators, and health students with a basic knowledge of the prevention of athletic injuries. Credit, 1 semester hour.

#### **ATH 103. Care and Prevention of Athletic Injuries**

Designed to provide athletic training students with advanced knowledge of injury prevention techniques. Credit, 3 semester hours.

#### **ATH 104. Introduction to Athletic Training**

An introductory course for potential athletic trainers in their first year of clinical experience; topics include the history of athletic training, classification of injuries, common injuries, etc. Credit, 3 semester hours.

#### **ATH 107. Pathology, Pharmacology, and Medical Concerns**

Course will present the student with the information necessary to make sound clinical decisions concerning drugs, medical considerations, and recognition of potential systemic illness/disease that may arise in an athletic training environment, many of which are encountered only rarely but may have dire consequences. Credit, 3 semester hours.

#### **ATH 199. Sports Medicine for the Athletic Trainer**

Course will cover fundamental medial issues as they relate to exercise and participation in sport. Credit, 3 semester hours.

#### **ATH 200. Clinical Education I**

Practical experience in the collegiate athletic training setting; part of a sequential progression. Credit, 1 semester hour.

#### **ATH 201. Clinical Education II**

Continued practical experience in the collegiate athletic training setting; part of a sequential progression. Credit, 1 semester hour.

#### **ATH 204. Lower Extremities Assessment**

A course in athletic injury evaluation of the major joints of the lower body including location of bony and soft tissues landmarks, special tests, assessment techniques, etc. Credit, 4 semester hours.

#### **ATH 205. Upper Extremities Assessment**

A course in athletic injury evaluation of the major joints of the upper body including location of bony and soft tissues landmarks, special tests, assessment techniques, etc. Credit, 4 semester hours.

#### **ATH 300. Clinical Education III**

Continued practical experience in the athletic training setting; more sequential progression. Credit, 1 semester hour.

#### **ATH 301. Clinical Education IV**

Continued practical experience in the athletic training setting. Credit, 1 semester hour.

#### **ATH 303. Therapeutic Modalities Lab**

An advanced course designed to provide the athletic training student with practical experience with the application of modalities to treat athletic injuries. Credit, 1 semester hour.

#### **ATH 304. Therapeutic Modalities**

An advanced course designed to cover the physical basis and physiological effects of agents and modalities commonly used in the treatment of athletic injuries; emphasis will be placed on establishing a foundation for selecting a treatment protocol for an injury. Credit, 3 semester hours.

**ATH 305. Therapeutic Exercise**

An advanced course covering the principles of the rehabilitation of athletic injuries from the time of injury until the athlete returns to competition. Credit, 3 semester hours.

**ATH 306. Therapeutic Exercise Lab**

An advanced course designed to provide the athletic training student with practical application of therapeutic exercise techniques. Credit, 1 semester hour.

**ATH 405. Organization and Administration of Athletic Training**

Designed to provide the advanced athletic training student with organizational skills and an understanding of the management and administrative responsibilities of the certified athletic trainer; also to include resource management, facility design and legal considerations. Credit, 3 semester hours.

**ATH 450. Athletic Training Internship I**

Supervised clinical experience for the advanced athletic training student. Credit, 3 semester hours.

**ATH 451. Athletic Training Internship II**

Supervised clinical experience for the advanced athletic training student. Credit, 3 semester hours.

**ATH 490. Athletic Training Research**

An analysis of athletic training research issues specifically related to the profession of athletic training. Course will address the need for a unique research base, and research will be developed from within the profession to link athletic training skills to underlying theory. Credit, 1 semester hour.

**ATH 498. NATA-BOC Preparation**

Seminar designed to prepare the athletic training student for the entry-level athletic trainer national certification examination. Credit, 1 semester hour.

**HEALTH PROMOTION (HLTH)****HLTH 106. Safety and First Aid (PED 106)**

A certified-based American Red Cross study of safety, first aid, CPR, and emergency procedures. Eight-week course. Credit, 1 semester hour.

**HLTH 109. Healthful Living (PED 109)**

A study of major and contemporary personal and health promotion topics. Eight-week course. Credit, 1 semester hour.

**HLTH 200. Principles of Health and Fitness Promotion**

A generic introduction for students pursuing professional preparation in health promotion. It will discuss the historical and philosophical perspectives of the development of health promotion and examine the delivery of health promotion in a variety of settings. Credit, 3 semester hours.

**HLTH 206. Nutrition (PED 206)**

Designed to investigate topics in nutrition which are most relevant to physical activity, fitness, health, and sports participation. Along with general nutrition information, topics will include the effects foods have on physical performance, eating disorders, and proper body fat control. Half-semester course. Credit, 1 semester hour.

**HLTH 225. Health Psychology (PSY 225)**

The course will cover the psychobiosocial dynamics of stress and wellness. Students will examine methods of managing stress and enhancing health through cognitive-behavioral modification, biofeedback, meditation, hypnosis, psychotherapy, nutrition, and exercise. Credit, 3 semester hours.

**HLTH 330. Health Promotion and Fitness Skills**

This course will acquaint students with various learning theories and teaching methods. The focus will be upon selecting methods, media and techniques best suited for teaching health promotion and fitness content to specific learners. Credit, 3 semester hours.

**HLTH 332. Planning, Administration, and Evaluation of Programs**

This course will provide an in-depth examination of program-planning and evaluation in areas of health, fitness, leisure activity, etc. Emphasis will be placed on the overall planning processes for developing a variety of wellness settings. Credit, 3 semester hours.

**HLTH 365. Human Diseases**

Study of the disease process including causes, effects, and control of selected diseases with emphasis on disease prevention and health promotion. Credit, 3 semester hours.

**HLTH 377. Drugs, Society, and Behavior (SOC 377)**

A study of the types and functions of pharmaceutical treatments. Drug addiction is analyzed as a social, psychological, and biological process. Credit, 3 semester hours. PREREQ: SOC 280 or permission of instructor.

**HLTH 410. Health and Fitness Behavior Changes**

This course provides students with the foundations necessary to develop a theoretical basis for the analysis and interpretation of specific health and fitness behaviors. This foundation will assist them in planning, implementing and evaluating behavioral change program for individuals or groups. Credit, 3 semester hours.

**HLTH 420. Women's Health Issues and Problems (SOC 420)**

The course provides an in-depth analysis of biological, psychological, sociocultural and political issues related to the health and health care of women. Emphasis will be placed upon the diverse health problems of women and the roles and responsibilities of women as health care consumers and providers. Credit, 3 semester hours.

**HLTH 425. Leisure and Wellness for Older Adults (REC 425)**

The study of the physical, social, and emotional characteristics, needs, and interests of middle and older adults related to fitness and leisure activities utilizing a theoretical and practical approach. Credit, 3 semester hours.

**HLTH 490, 491, 492. Internship**

A practical work experience in a health promotion setting, e.g., hospital, public health agency or industry supervised by an on-site supervisor and a UNCP faculty member. Credit, 3 semester hours.

**HLTH 4xx. Selected Health Topics**

Course will include specific health topics that will vary and will be announced in the semester class schedule. Topics will be timely and important to health professionals and other interested students. Health Promotion majors will be allowed to receive a maximum of six credits for the course. Credit, 3 semester hours.

**PHYSICAL EDUCATION (PED)****PED 101. Wellness and Fitness**

Basic, practical concepts concerning health, disease, fitness, exercise, obesity, etc., will be covered as related to personal wellness and fitness. Half-semester course. Credit, 1 semester hour.

**PED 106. Safety and First Aid (HLTH 106)**

A certified-based American Red Cross study of safety, first aid, CPR, and emergency procedures. Eight-week course. Credit, 1 semester hour.

**PED 109. Healthful Living (HLTH 109)**

A study of major and contemporary personal and health promotion topics. Eight-week course. Credit, 1 semester hour.

**PED 130. Fitness Walking**

Half-semester course. Credit, 1 semester hour.

**PED 131. Archery**

Half-semester course. Credit, 1 semester hour.

**PED 132. Badminton**

Half-semester course. Credit, 1 semester hour.

**PED 133. Golf**

Half-semester course. Credit, 1 semester hour.

**PED 134. Swimming**

Half-semester course. Credit, 1 semester hour.

**PED 135. Tennis**

Half-semester course. Credit, 1 semester hour.

**PED 136. Soccer**

Half-semester course. Credit, 1 semester hour.

**PED 137. Bowling**

Half-semester course. \$15 fee. Credit, 1 semester hour.

**PED 138. Rhythms and Dance**

Half-semester course. Aimed at teachers. Credit, 1 semester hour.

**PED 141. Physical Conditioning**

Half-semester course. Credit, 1 semester hour.

**PED 145. Volleyball**

Half-semester course. Credit, 1 semester hour.

**PED 146. Weight Training**

Half-semester course. Credit, 1 semester hour.

**PED 150. Varsity Baseball**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 151. Varsity Men's Basketball**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 152. Varsity Cross Country**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 153. Varsity Golf**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 154. Varsity Soccer**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 157. Varsity Track and Field**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 158. Varsity Wrestling**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 159. Varsity Cheerleading**

Squad members only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 160. Varsity Women's Basketball**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 161. Varsity Women's Tennis**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 162. Varsity Volleyball**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 163. Varsity Softball**

Athletes only; P/F grade only. Can take only one time. Credit, 1 semester hour.

**PED 177. Advanced Physical Conditioning**

Aimed at varsity athletes and/or extremely well-conditioned students; very intense training/conditioning; must have special permission to take. Half-semester course. Credit, 1 semester hour.

**PED 179. Aerobic Dance**

Half-semester course. Credit, 1 semester hour.

**PED 180. Military Physical Training (MSC 180)**

Half-semester course. Must be approved to register for this course. Credit, 1 sem. hr.

**PED 181. Stage Dance I (THE 181)**

Basic dance technique for the stage. Fall of alternate years. Credit, 1 semester hour. PREREQ: Permission of instructor.

**PED 182. Stage Dance II (THE 182)**

Basic dance technique for the stage. Spring of alternate years. Credit, 1 semester hour. PREREQ: PED/THE 181, permission of instructor.

**PED 190. Outdoor Fitness**

A course designed to initiate students to outdoor fitness elements such as hiking, orienteering, climbing, etc. An outside nominal fee may be necessary. Half-semester course. Credit, 1 semester hour.

**PED 195. Water Aerobics**

Half-semester course. Credit, 1 semester hour.

**PED 200. Motor Learning and Development**

Designed to evaluate the execution and competency of a variety of fundamental movements, skills, etc. related to the teaching of physical education, sports, etc. Half-semester course. Credit, 1 semester hour.

**PED 204. Adaptive Physical Education**

Designed especially for teachers of exceptional children as well as for those who work with the handicapped; practical application of physical education activities, equipment, and modification of facilities for adaptive children and adults with adaptive needs; age, grade, and handicap levels will be considered. Half-semester course. Credit, 1 semester hour.

**PED 206. Nutrition (HLTH 206)**

Designed to investigate topics in nutrition which are most relevant to physical activity, fitness, health, and sports participation. Along with general nutrition information, topics will include the effects foods have on physical performance, eating disorders, and proper body fat control. Half-semester course. Credit, 1 semester hour.

**PED 207. Computer Application in HPER**

Basic and thorough on-task development of computer hardware, terminals, operations, software, peripheral systems, recorders, printers, etc. Instruction methods as well as computer-assisted instruction will be discussed and developed in a variety of disciplines. Credit, 1 semester hour.

**PED 230. Officiating Sports (REC 230)**

An overview of the rules and mechanics of officiating sports; practical experience via intramural officiating. Credit, 1 semester hour.

**PED 312. PE and Sport in Contemporary Society (SOC 312)**

A study of the historical and philosophical aspects of PE and sport from sociocultural, psychological, and political perspectives, including the relationship of sport and PE to other social institutions and

schools as well as the changing concepts and evolution of leisure, PE and sports. Literature on past events, current issues, and the sociological foundation of modern PE will be examined. Credit, 3 semester hours.

**PED 316. Physical Education Activities for Grades K-6**

A study of the materials and movement activities of physical education in grades K-6 as it relates to rhythms, fitness, group play, and other physical activities appropriate to these age levels. Credit, 3 semester hours.

**PED 319. Physical Education Activities for Grades 7-12**

A study of the materials and movement activities of physical education in grades 7-12, as it relates to rhythms, fitness, group play, and other physical activities appropriate to these age levels. Credit, 3 semester hours.

**PED 326. Practicum in Athletic Coaching**

Practical field experience in coaching athletic teams. Student can be assigned to either a member of the University coaching staff, a junior or senior high school coaching staff as an assistant, a recreation team, etc. Credit, 1 semester hour.

**PED 332. Teaching Swimming**

Methods, materials, techniques, and skills of teaching swimming. Half-semester course. Credit, 1 semester hour.

**PED 333. Lifeguard Training**

Will include first aid, CPR for professional rescuer, AED, and disease-transmission certification. Credit, 1 semester hour.

**PED 334. Lifeguard Instructor**

Instructor's course leading to Red Cross certification. Half-semester course. Credit, 1 semester hour. Prerequisite: Must be Red Cross certified lifeguard training course (PED 333).

**PED 335. Water Safety Instructor (WSI)**

Instructor's course in teaching swimming and lifesaving techniques leading to Red Cross certification. Credit, 2 semester hours. Prerequisites: PED 333 Lifeguard Training and current First Aid/CPR certification card(s).

**PED 340. Sport and Exercise Psychology**

A study of the psychological theories and techniques that can affect motivation, performance and personal growth as associated with exercise and sport. Credit, 3 semester hour.

**PED 348. Kinesiology**

A structural study of the muscular system of the human body with emphasis on, and biomechanical analysis of, kinetic applications/movements relative to physical education, sport, and human movement. Credit, 3 semester hours.

**PED 349. Anatomy and Physiology**

A study of the anatomical and physiological functions, parts, and processes of the various systems of the human body to include cell, tissue, and organ, and structural study. Credit, 3 semester hours.

**PED 350. Coaching Football**

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

**PED 351. Coaching Basketball (Men or Women)**

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

**PED 352. Coaching Track and Field**

A study of fundamentals, individual techniques, conditioning, maintaining facilities, and staging events. Half-semester course. Credit, 1 semester hour.

**PED 353. Coaching Baseball**

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

**PED 354. Coaching Wrestling**

A study of fundamentals, moves, strategies, and conditioning. Half-semester course. Credit, 1 semester hour.

**PED 355. Coaching Soccer**

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

**PED 356. Coaching Softball**

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

**PED 364. Coaching Volleyball**

A study of offensive and defensive play, strategies, fundamentals, and conditioning. Half-semester course. Credit, 1 semester hour.

**PED 366. Coaching Tennis**

A study of fundamentals, individual techniques, conditioning, drills, and conducting matches. Half-semester course. Credit, 1 semester hour.

**PED 400. Teaching Physical Education in Grades K-12**

Purposes, methods, materials, techniques, and evaluation procedures in the teaching of physical education K-12. Preparation of teaching plans and materials. Credit, 3 semester hours.

**PED 402. Applied Exercise and Sport Science**

Provides students with a comprehensive knowledge of exercise and sport science laboratory techniques, safety concerns, treatment of subjects, modalities, and use and maintenance of lab equipment. The class focuses on research techniques, applied statistical methodology, and the development, practice, and evaluation of laboratory testing of exercise/athletic populations. Credit, 3 semester hours.

**PED 411. Biomechanics**

A qualitative and quantitative study of the mechanical factors related to human movement. The study of biomechanical principles that govern effectiveness of human kinetic movement and skills. Human movement as related to the laws of physics and biomechanics. Human biomechanical movement analysis will be explored as well as kinematic concepts. Credit, 3 semester hours.

**PED 412. Exercise Physiology**

An analytical, practical study of how exercise affects the various physiological systems of the human body both positively and negatively. Sport and athletic physiology will be addressed as well. Credit, 3 semester hours.

**PED 415. Organization and Administration of Physical Education and Athletics**

A study of the organization and administration of physical education and athletics with particular reference to management, logistics, legal issues, budgeting, facilities, etc. Credit, 3 semester hours.

**PED 424. Tests and Measurement in Physical Education**

An analysis of the methods of testing and evaluating in physical education; also an overview of statistics and data interpretation. Credit, 3 semester hours.

**PEDS 4xx. Special Topics in HPER (RECS 4xx; HLTS 4xx)**

Investigations into special topics in health, physical education, or recreation. As announced. Credit, 1-3 semester hours.

**RECREATION (REC)****REC 230. Officiating Sports (PED 230)**

An overview of the rules and mechanics of officiating various sports; practical experience via intramural officiating. Credit, 1 semester hour.

**REC 300. Introduction to Recreation**

An introduction to the basic concepts of organized recreation including its philosophy, history, organizational patterns, programs, facilities, and leadership. Credit, 3 semester hours.

**REC 327. Creating Recreation Funding**

Practical experience in researching and writing grant proposals, fund-raising, etc. as it applies to possible avenues for recreational funding from a variety of potential sources. Credit, 1 semester hour.

**REC 332. Recreation Programming (HLTH 332)**

Explores the purpose and functions of programs, planning principles, objectives, organizational behavior, and evaluation. Translates program plans into practical situations. Credit, 3 semester hours.

**REC 340. Exercise and Sport Psychology (PED 340)**

A study of the psychological theories and techniques that can affect motivation, performance and personal growth as associated with exercise and sport. Credit, 3 semester hour.

**REC 400. Introduction to Therapeutic Recreation**

Course is a survey of the history, philosophy, concepts and trends in therapeutic recreation services; types of individuals served, settings and services provided, and the roll of the therapeutic recreation specialist. The course is designed to provide an overview of therapeutic recreation services as a leisure service delivery system and the impact of a disability on the individual as well as personal and societal responses to people with disabilities. Credit, 3 semester hours.

**REC 416. Outdoor Recreation Services**

Provides basis for understanding the administrative process related to the delivery of leisure services. Explores legal foundations, management systems and principles, organizational behavior, political systems, and evaluation. Credit, 3 semester hours.

**REC 425. Leisure and Wellness for Older Adults (HLTH 425)**

The study of the physical, social, and emotional characteristics, needs, and interests of middle and older adulthood related to fitness and leisure activities utilizing a theoretical and practical approach. Credit, 3 semester hours.

**REC 440. Tourism and Commercial Recreation**

Examines the principles, practices, and philosophy of the travel industry. Explores the diversity of commercial recreation enterprises, general trends, and personal attributes associated with a career in these fields. Credit, 3 semester hours.

**REC 450. Internship in Recreation Management/Administration**

To be supervised by the Recreation Coordinator. The student will be under the supervision of an experienced recreation administrator for experiences related to the operation of some type of recreation service(s). The assignment will be within a municipal, county, state, or private agency which has as one of its primary functions that of providing recreation programs. Plans must be made in advance with the Recreation Coordinator. Credit, 6 semester hours. PREREQ: Senior standing and approval of the Recreation Coordinator.

**RECS 4xx. Special Topics in Recreation (PEDS 4xx; HLTS 4xx)**

Investigations into special topics in health, physical education, or recreation. As announced. Credit, 1-3 semester hours.

## NATA BOC ATHLETIC TRAINING PROGRAM DETAILS

### Program Overview

The UNCP Athletic Training program was an internship program, but is currently actively seeking accreditation by the Committee on Accrediting Allied Health Education Programs (CAAHEP). Candidacy is the first step in the accreditation process and lasts 2-3 years, during which time the program submits a self-study and has site visitors evaluate the program. UNCP is currently in its first year of Candidacy; however, Candidacy is not a guarantee that UNCP will be accredited by the Joint Review Committee on Educational Programs in Athletic Training.

The Athletic Training program provides the educational and clinical foundation to prepare students to successfully challenge the National Athletic Trainers' Association Board of Certification (NATA BOC) and to serve as active leaders in the profession. The program provides students with the cognitive, psychomotor, and affective skills necessary to work with all aspects of athletic injury, illness, and performance. The program is designed for those students who want to meet the course work and clinical hour requirements established by the NATA BOC. In addition to course work, students must complete four semester-length clinical rotations working under the supervision of an NATA BOC certified athletic trainer. Students will begin clinical observation with 40 hours during the fall of the freshman year and 60 hours during the spring semester. At the beginning of their sophomore year, students will be assigned team assignments. Student athletes enrolled in the program need to be aware of the clinical hour requirement and plan accordingly. Students wishing to pursue graduate studies in Athletic Training should maintain a 3.0 GPA or higher.

### Admission Requirements

The number of applicants accepted and enrolled into the Athletic Training is limited by the faculty/student ratio established by CAAHEP. Admission criteria include:

1. Maintenance of a minimum 2.0 (on a 4.0 scale) in the sciences with no grade below a C;
2. Completion of ATH 102 Basic Injury Prevention and ATH 104 Introduction to Athletic Training in the Fall semester;
3. An essay describing the student's interest in becoming an NATA BOC Athletic Trainer;
4. Three character letters of recommendation from former instructors, athletic trainers, coaches, etc.;
5. A formal interview with the Athletic Training Admissions Committee;
6. Completion of a minimum of 40 hours of clinical observation in the UNCP athletic training facilities in the Fall and 60 hours in the Spring;
7. Official transcripts;
8. Validation of the candidate's compliance with the Guideline of the Technical Standards for Athletic Training.

Students who are formally accepted into the program will be notified by mail, and may then enroll in clinical and professional course work and begin official team assignments with clinical supervisors in the Fall of the sophomore year. Students must earn a grade of C or better in all major courses; failure to maintain the minimum GPA and program requirements will subject a student to immediate suspension from clinical rotation by the Program Director. The student will be prohibited from enrolling in clinical courses and completing team assignments. If the student does not achieve a 2.0 or higher after one semester of suspension, he/she will be dismissed from the program. Students have the right to appeal their academic status to the Admissions and Standards Committee.

### Transfer Students

Transfer students will be allowed to formally apply to the program the semester before entering the University. It is the student's responsibility to contact the ATEP Program Director and obtain the necessary forms/documents to complete the application process. Each student will be expected to complete the same requirements as the prospective UNC Pembroke ATEP students. After formal acceptance into the program, the transfer student will be allowed to enroll immediately in clinical and professional

courses and to begin supervised clinical assignments. Any clinical work completed by the transfer student before acceptance into UNCP's ATEP will not be accepted towards course substitution in regards to clinical rotations.

### **Technical Standards for the Athletic Training Education Program**

The UNCP ATEP is a rigorous and intense program that places specific requirements and demands, designed to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. The technical standards set by the ATEP establish the essential qualities considered necessary for program students to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency (CAAHEP). All program students must meet the following abilities, expectations, and technical standards, and in the event they do not, with or without reasonable accommodation, will not be admitted into the program. Compliance with the program's technical standards does not guarantee a student's eligibility for the NATA BOC certification exam.

Candidates for selection must demonstrate:

1. The mental capacity to assimilate, analyze, synthesize, integrate concepts and problem-solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm;
2. Sufficient postural and neuromuscular control, sensory function and coordination to perform appropriate physical exams using accepted techniques, and accurately, safely, and efficiently use equipment and materials during the assessment and treatment of patients;
3. The ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds, to include, but not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively. Students must be able to understand and speak the English language at a level consistent with competent professional practice;
4. The ability to record, clearly and accurately, a physical exam, results, and treatment plan;
5. The capacity to maintain composure, and continue to function well, during periods of high stress;
6. The perseverance, diligence and commitment to complete the ATEP as outlined and sequenced;
7. Flexibility and the ability to adjust to changing situations and uncertainty in clinical situations;
8. Affective skills and appropriate demeanor and report that relate to professional education and quality patient care.

Candidates for selection into the program will be required to verify they understand and meet these technical standards or that they believe that, with certain accommodations, they can meet the standards.

### **Annual Athletic Training Education Program Evaluation**

UNCP's ATEP has an ongoing process for educational effectiveness that includes an annual outcome assessment, administered to serve as a tool by which the program staff can evaluate the comprehensive knowledge, skills, and competencies of its formally enrolled ATEP students. Each year, every ATEP student will take a comprehensive written and practical exam; the practical exam is designed by clinical instructors and will include clinical skills from completed course work. Seniors who will be taking the NATA BOC certification exam will be given this comprehensive exam three weeks before the end of Fall semester. Each comprehensive exam is written to include only knowledge and skills from the completed course work.