

## HEALTH, PHYSICAL EDUCATION, AND RECREATION

Chair: Tommy Thompson\*,†

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\*\*Health Promotion Coordinator

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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

Athletic Training\* (CAATE Accredited)

Exercise and Sport Science

Health Promotion

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.

### PROFESSIONAL CONCENTRATION OFFERED

Exercise and Sport Science

### MINORS OFFERED

Athletic Coaching

Health Promotion

Physical Education

Recreation

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

<b>Requirements for a Bachelor of Science Degree in Physical Education: Exercise &amp; Sport Science</b>	<b>Sem. Hrs.</b>
Freshman Seminar	1
General Education Requirements (must include SPE 2000 or 2010)	44
Degree Requirements: ATH 1040; ATH 3070 or HLTH 3770; HLTH 1060, 1090; PED 1010, 2040, 2060, 2070, 3120, 3400, 3480, 3490, 4020, 4110, 4120, 4150, 4240; REC 4250; PED 3320, 3330, 3340, or 3350; any 4 coaching courses	46
Electives	29
	<b>Total: 120</b>

### **RECREATION MANAGEMENT/ADMINISTRATION**

<b>Requirements for a Bachelor of Science Degree in Physical Education: Recreation Management/Administration</b>	<b>Sem. Hrs.</b>
Freshman Seminar	1
General Education Requirements (must include BIO 2100 as Gen Ed Elective)	44
Degree Requirements:	49
PED 1060; 1090; 1380, 2040, 2070, 2300, 3400, 3490 or 4120; REC 3000, 3270, 3320, 4000, 4160, 4250, 4400, & 4500; Aquatic 2-hr Requirement: PED 1340, 3320, 3330, 3340, and/or 3350; Art 3-hr Requirement: must take one 3-hr "ART" course from the following list: ART 1010, 1050, 1090, 1110, 1320, 3050, or 3060 (cannot take ART 2050)	
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 1300, 1310, 1320, 1330, 1350, 1360, 1370, 1410, 1450, 1460, 1770, 1790, 1800, 1810, 1820, 1900, 1950, 3500, 3510, 3520, 3530, 3540, 3550, 3560, 3640, or 3660.	
Electives	26
	<b>Total: 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 a Standard Professional I 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.

<b>Course Requirements</b>	<b>Sem. Hrs.</b>
<b>Freshman Seminar and General Education</b> (should take PED 1380 for Gen. Ed.)	45(44)*
<b>Specialty Area</b>	29
PED 1010, 1060, 1090, 1380 (meet Gen Ed. Req.)*, 2040, 2060, 207, 312, 348, 349, 411, 412, 415, 424 2 hours from the following: PED 2000 and/or any coaching course(s).	

<b>Professional Studies</b>	12
EDN 3020, 3100, 3500, 4190	
<b>Content Pedagogy</b>	18
PED 3160, 3190, 4000	
EDN 4490	
<b>General Electives/Academic or Professional Concentration*</b> (overlaps with Gen. Ed. Requirements)	20

**Total: 124**

\*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.

### BACHELOR OF SCIENCE IN ATHLETIC TRAINING

Requirements for a Bachelor of Science Degree in Athletic Training	Sem. Hrs.
Freshman Seminar	1
General Education Requirements ( <i>see specific Gen. Ed. Requirements</i> )	44
Specific General Education Requirements:	
BIO 1000 or 1030; CHM 1400 and 1120 or 1300 and 1100;	
MAT 1070	
Other Mandated Requirements:	
MAT 2100	
Department Required Courses:	
ATH 1040, 2000, 2010, 2040, 2050, 3000, 3010, 3040, 3050,	
3070, 3100, 4000, 4050, 4900, 4980	
ATHL 2040, 2050, 3040, 3050	
HLTH 1060, 1090, 2060	63
PED 2070, 3480, 3490, 4110, 4120	
Electives	12
<b>Total: 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.

### BACHELOR OF SCIENCE IN HEALTH PROMOTION

Requirements for a Bachelor of Science Degree in Health Promotion (also see additional requirements below)	Sem. Hrs.
Freshman Seminar	1
General Education Requirements	44
Major Requirements	42
ATH 1020, 1070; HLTH 1060, 2000, 2060, 3300, 3650, 4100,	
4250, 4700, 4900; PED 1010, 2070, 3490, 4110, 4120	
Related Electives	33
AIS 4600; BIO 1030, 2100; SPE 2000, 2010; CSC 1000; HLTH	
2250, 3770; HLTS 4xx0; MGT 3060; MKT 3120; PRE 2200,	
2700, 3450; PSY 2200, 3160; SOC 2800, 3600, 3730; SWK 2450,	
2700	
<b>Total: 120</b>	

#### Additional Requirements in Health Promotion

Students must maintain a cumulative QPA 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 QPA of 2.0 will be expected to take additional course work in order to raise their QPA 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 1040; HLTH 1060; 1090; PED 1340; 2070; 2300; 3120; 3190; 3320; 4150; two (2) 1-hr. coaching courses

Total: 20

### Requirements for a Minor in Recreation

REC 3000, 3200, 3320, 4000, 4160, 4250, and 4400

Total: 21

### Requirements for a Minor in Health Promotion

PED 1010; HLTH 1090; 2000; 2060; 3300; 3650; 4100; 4700

Total: 18

### Requirements for a Minor in Athletic Coaching

ATH 1040; PED 1060; 2300; 3260; 3400; 3480 or 3490; 4120; 4150; and four (4) 1-hr. coaching courses

Total: 22

## COURSES

### ATHLETIC TRAINING (ATH, ATHL)

#### ATH 1040. Introduction to Athletic Training

An introductory course to the field of athletic training for potential athletic trainers and HPER students; topics include professional development, risk management, pathology of sports injuries, management of athletic injuries, etc. Credit, 3 semester hours. Required for admission to ATEP.

#### ATH 2000. Clinical Education I

This course is the first in the Clinical Education sequence of courses. It is the cornerstone of the clinical skill acquisition in athletic training. Although the student may be exposed to multiple learning opportunities, the clinical focus of this course is risk management and acute care of injuries and illnesses. Credit, 2 semester hours. PREREQ: Admission to the ATEP.

#### ATH 2010. Clinical Education II

This course is the second in the Clinical Education sequence of courses. It continues the clinical skill acquisition in athletic training by building on the didactic courses of the previous semester. Although the student may be exposed to multiple learning opportunities, the clinical focus of this course is assessment of lower extremity injuries. Credit, 3 semester hours. PREREQ: ATH 2000.

#### ATH 2040. Lower Extremities Assessment

A course in athletic injury evaluation of the major joints of the lower body, the spine, and the abdomen including location of bony and soft tissues landmarks, special tests, assessment techniques, etc. Credit, 3 semester hours.

#### ATHL 2040. Lower Extremity Assessment Lab

This course provides the student with the formal instruction and evaluation of the psychomotor skills necessary for lower extremity assessment. Credit, 1 semester hour. PREREQ: Enrollment in or credit for ATH 2040.

**ATH 2050. Upper Extremities Assessment**

A course in athletic injury evaluation of the major joints of the upper body, head, neck and thorax including location of bony and soft tissues landmarks, special tests, assessment techniques, etc. Credit, 3 semester hours.

**ATHL 2050. Upper Extremity Assessment Lab**

This course provides the student with the formal instruction and evaluation of the psychomotor skills necessary for upper extremity assessment. Credit, 1 semester hour. PREREQ: Enrollment in or credit for ATH 2050.

**ATH 3000. Clinical Education III**

This course is the third in the Clinical Education sequence of courses. It continues the clinical skill acquisition in athletic training by building on the didactic courses of the previous semester. Although the student may be exposed to multiple learning opportunities, the clinical focus of this course is assessment of upper extremity injuries and therapeutic modalities. Credit, 3 semester hours. PREREQ: ATH 2010.

**ATH 3010. Clinical Education IV**

This course is the fourth in the Clinical Education sequence of courses. It continues the clinical skill acquisition in athletic training by building on the didactic courses of the previous semester. Although the student may be exposed to multiple learning opportunities, the clinical focus of this course is therapeutic exercise. Credit, 3 semester hours. PREREQ: ATH 3000.

**ATH 3040. 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. PREREQ: Enrollment in or credit for ATHL 3040 and admission to the ATEP.

**ATHL 3040. Therapeutic Modalities Lab**

This course provides the student with the formal instruction and evaluation of the psychomotor skills in therapeutic modalities. Credit, 1 semester hour. PREREQ: Enrollment in or credit for ATH 3040.

**ATH 3050. 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. PREREQ: Enrollment in or credit for ATHL 3050 and admission to the ATEP.

**ATHL 3050. Therapeutic Exercise Lab**

This course provides the student with the formal instruction and evaluation of the psychomotor skills in therapeutic exercise. Credit, 1 semester hour. PREREQ: Enrollment in or credit for ATH 3050.

**ATH 3070. Pharmacology**

This course is designed to give the upper-level student a background in pharmacodynamics and pharmacokinetics and present the student with information necessary to make sound clinical decisions concerning drugs and pharmacology reactions that may arise. Emphasis will be placed on the prescription and over-the-counter drugs commonly used in athletic training. Commonly abused drugs in sport will be discussed as well. Credit, 3 semester hours. PREREQ: PED 3490 or CHM 1400 or CHM 1300 or permission of instructor.

**ATH 3100. General Medical Conditions**

This course will introduce the student to a system-oriented approach to medical concerns. It will provide the student with the basic information needed to evaluate and respond to medical conditions encountered in the athletic training environment. Credit, 3 semester hours.

**ATH 4000. Clinical Education V**

This course is the culmination of the clinical education series of courses. It requires the student to use critical thinking and problem solving skills to demonstrate clinical proficiency in the twelve domains of athletic training. Although the student may be exposed to multiple learning opportunities, the clinical focus of this course is general medical conditions, psychosocial intervention, health care administration, and learning over time. Credit, 4 semester hours. PREREQ: ATH 3010.

**ATH 4050. Organization & 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 4900. Research Techniques**

An analysis of 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, 2 semester hours.

**ATH 4980. BOC Preparation**

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

**HEALTH PROMOTION (HLTH)****HLTH 1060. Safety and First Aid (PED 1060)**

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

**HLTH 1090. Healthful Living (PED 1090)**

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

**HLTH 2000. 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 2060. Nutrition (PED 2060)**

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 3300. 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 3650. 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 3770. Drugs, Society, and Behavior (SOC 3770)**

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 1020 or permission of instructor.

**HLTH 4100. 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 4250. Leisure and Wellness for Older Adults (REC 4250)**

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 4700. 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 4900. Six-Credit 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. Majors must have at least a 2.0 QPA within the major to be eligible for the internship. Credit, 6 semester hours.

**HLTH 4910, 4920. Three-Credit 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. Majors must have at least a 2.0 QPA within the major to be eligible for the internship. Credit, 3 semester hours.

**HLTH 3xxx. 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 1010. Wellness and Fitness**

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

**PED 1060. Safety and First Aid (HLTH 1060)**

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

**PED 1090. Healthful Living (HLTH 1090)**

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

**PED 1300. Fitness Walking**

Credit, 1 semester hour.

**PED 1310. Archery**

Credit, 1 semester hour.

**PED 1320. Badminton**

Credit, 1 semester hour.

**PED 1330. Golf**

Credit, 1 semester hour.

**PED 1340. Swimming**

Credit, 1 semester hour.

**PED 1350. Tennis**

Credit, 1 semester hour.

**PED 1360. Soccer**

Credit, 1 semester hour.

**PED 1370. Bowling**

\$15 fee. Credit, 1 semester hour.

**PED 1380. Rhythms and Dance**

Aimed at teachers. Credit, 1 semester hour.

**PED 1390. Racquetball**

Credit, 1 semester hour.

**PED 1410. Physical Conditioning**

Credit, 1 semester hour.

**PED 1450. Volleyball**

Credit, 1 semester hour.

**PED 1460. Weight Training**

Credit, 1 semester hour.

**PED 1500. Varsity Baseball**

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

**PED 1501. Varsity Football**

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

**PED 1510. Varsity Men's Basketball**

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

**PED 1520. Varsity Cross Country**

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

**PED 1530. Varsity Golf**

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

**PED 1540. Varsity Soccer**

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

**PED 1570. Varsity Track and Field**

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

**PED 1580. Varsity Wrestling**

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

**PED 1590. Varsity Cheerleading**

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

**PED 1600. Varsity Women's Basketball**

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

**PED 1610. Varsity Women's Tennis**

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

**PED 1620. Varsity Volleyball**

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

**PED 1630. Varsity Softball**

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

**PED 1770. Advanced Physical Conditioning**

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

**PED 1790. Aerobic Dance**

Credit, 1 semester hour.

**PED 1800. Military Physical Training (MSC 1800)**

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

**PED 1810. Stage Dance I (THE 1810)**

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

**PED 1820. Stage Dance II (THE 1820)**

Basic dance technique for the stage. Credit, 1 semester hour. PREREQ: PED/THE 1810, permission of instructor.

**PED 1900. 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. Credit, 1 semester hour.

**PED 1910. Spinning**

Credit, 1 semester hour.

**PED 1950. Water Aerobics**

Credit, 1 semester hour.

**PED 2000. 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. Credit, 1 semester hour.

**PED 2040. 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. Credit, 1 semester hour.

**PED 2060. Nutrition (HLTH 2060)**

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. Credit, 1 semester hour.

**PED 2070. 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 2300. Officiating Sports (REC 2300)**

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

**PED 3120. PE and Sport in Contemporary Society (SOC 3120)**

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 3160. 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 3190. 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 3260. 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 3320. Teaching Swimming**

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

**PED 3330. Lifeguard Training**

Will include first aid, CPR for professional rescuer, AED, and disease-transmission certification. Credit, 2 semester hours.

**PED 3340. Lifeguard Instructor**

Instructor's course leading to Red Cross certification. Credit, 1 semester hour. Prerequisite: Must be Red Cross certified lifeguard training course (PED 3330).

**PED 3350. Water Safety Instructor (WSI)**

Instructor's course in teaching swimming and lifesaving techniques leading to Red Cross certification. Credit, 1 semester hour. Prerequisites: PED 3330 Lifeguard Training and current First Aid/CPR certification card(s).

**PED 3400. 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 3480. 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 3490. 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 3500. Coaching Football**

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

**PED 3510. Coaching Basketball (Men or Women)**

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

**PED 3520. Coaching Track and Field**

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

**PED 3530. Coaching Baseball**

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

**PED 3540. Coaching Wrestling**

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

**PED 3550. Coaching Soccer**

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

**PED 3560. Coaching Softball**

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

**PED 3640. Coaching Volleyball**

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

**PED 3660. Coaching Tennis**

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

**PED 4000. 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 4020. 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 4110. 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 4120. 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 4150. 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 4240. 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 4xxx. Special Topics in HPER (RECS 4xxx)**

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

**RECREATION (REC)****REC 2300. Officiating Sports (PED 2300)**

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

**REC 3000. Introduction to Community 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 3270. 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 3320. Recreation Programming (HLTH 3320)**

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 3400. Exercise and Sport Psychology (PED 3400)**

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 4000. 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 4160. Outdoor Recreation Service**

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 4250. Leisure and Wellness for Older Adults (HLTH 4250)**

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 4400. 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 4500. 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 4xxx. Special Topics in Recreation (PEDS 4xxx)**

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

**ATHLETIC TRAINING EDUCATION PROGRAM DETAILS****Program Overview**

The Athletic Training Education Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students who are interested in becoming a Certified Athletic Trainer must graduate from an accredited Athletic Training Education Program in order to sit for the Board of Certification examination.

The ATEP provides the educational and clinical foundation to prepare students to successfully challenge the entry-level certification exam for the profession of athletic training 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. Successful completion of the degree program does not guarantee that a student will pass the BOC exam; however, the program is designed for those students who want to meet the requirements established by the Board of Certification (BOC). In addition to course work, students must complete five semester-length clinical rotations under the direct supervision of an ACI (Approved Clinical Instructor) or a CI (Clinical Instructor).

As part of the application process, a student is required to provide documentation that he/she has observed a certified athletic trainer (ATC) for 50 hours. The purpose of this observation is to give the student an understanding of what an athletic trainer does. Observations may be completed either on or off-campus. However, if an observation is completed off-campus, the student is required to complete a documentation form.

Students apply for acceptance into the ATEP during the fall of their sophomore year. Once accepted into the program, students begin clinical rotations in the spring semester that introduce them to the profession of athletic training and related allied health professions. During the junior and senior years, students are assigned to a variety of athletic teams to assure that they are exposed to upper extremity injuries, lower extremity injuries, equipment intensive sports, contact and non-contact sports, etc. Students also have clinical rotations that expose them to a variety of allied health care professionals such as physical therapists, orthopedic surgeons, physician assistants, nurse practitioners, and nurses. 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 3.5 QPA or higher.

**ATEP Mission Statement**

It is the mission of the Athletic Training Education Program (ATEP) at The University of North Carolina at Pembroke to develop competent entry-level athletic trainers capable of addressing the health-care needs of the physically active. This development will take place through the implementation of comprehensive knowledge (didactic), mastery of clinical proficiencies, and real-life application of learned skills. The mission of the ATEP is aligned with the overall mission of The University of North Carolina at Pembroke.

**ATEP Goals**

1. The student will develop individual responsibility with respect to their education, personal integrity and ethics, and respect for diverse people and cultures.
2. The student will demonstrate the ability to communicate effectively by both oral and written means with patients, peers, athletic staff, and other allied health professionals.
3. The student will demonstrate active professional development and involvement through membership in professional organizations and foster an appreciation for life-long learn-

- ing.
4. The student will demonstrate the ability to perform the psychomotor skills of the competency areas (risk management and injury prevention; pathology of injuries and illnesses; orthopedic clinical examination and diagnosis; medical conditions and disabilities; acute care of injuries and illnesses; therapeutic modalities; conditioning and rehabilitative exercise; pharmacology; psychosocial intervention, and referral; nutritional aspects of injuries and illnesses; health care administration; professional development and responsibility).
  5. The student will demonstrate learning over time by analyzing and synthesizing the didactic and psychomotor knowledge of the content areas to effectively problem-solve and make clinical decisions.

## Admission Requirements

Admission to the ATEP is competitive and the number of applicants accepted and enrolled into the Athletic Training Education Program is limited and is based on the applicants predicted ability to succeed in the strenuous professional program. The admission process is non-discriminatory with respect to race, color, creed, gender, sexual orientation, age, disabling conditions (handicaps), and national origin. Depending on the number of applicants, it is possible that not all applicants who meet the minimum requirements will be admitted. Consistent with university policy, the ATEP offers admission to applicants whose credentials present the best qualifications among those who meet the minimum requirements.

Students who meet the minimum requirements may apply for acceptance to the ATEP in the fall of their sophomore year. Transfer students should contact the Program Director as soon as possible prior to transferring for information on the application process. Applicants must meet the following minimum academic requirements as well as submit a completed Athletic Training Education Program application packet:

1. Cumulative QPA of 2.0 or higher in all college course work;
2. Successful completion (C or better) of the following pre-requisite courses:
  - Biology 1000 OR 1030
  - PED 3490 Anatomy and Physiology
  - MAT 1070 College Algebra
  - ATH 1040 Introduction to Athletic Training
  - HLTH 1060 Safety and First Aid
  - PED 3480 Kinesiology
  - CHM 1300 and 1100 (lab) OR CHM 1400 and 1120 (lab);
3. Completion of a formal letter of application addressed to Mrs. Susan Edkins, Program Director. Applicants should indicate their reasons for applying to the ATEP and include a statement of their career goals upon completion of the B.S. in Athletic Training degree;
4. Completion of the ATEP Application available from the Program Director;
5. Signed copy of the Technical Standards (available on the website at [www.uncp.edu/hper/training](http://www.uncp.edu/hper/training));
6. Physical examination to be completed at Student Health Services (form available from the Program Director);
7. Verification of Immunizations to be completed by Student Health Services;
8. Completed recommendation forms from two UNCP faculty members, ATC's, other allied health care professionals, or other appropriate individuals;
9. A formal interview with the Athletic Training Admissions Committee;
10. Completion of a minimum of 50 hours of clinical observation with a certified athletic trainer (documentation form available from the Program Director).

## Retention Policy

Students are required to maintain an overall QPA of 2.0 and make adequate progress toward graduation requirements (including clinical hours) to remain active in the ATEP and continue clinical

rotations. Each ATS is required to remain in the ATEP for five semesters and take the courses in the sequence provided in the course of study.

Failure to maintain a QPA of 2.0 or higher for one semester will result in a one-semester probation from the clinical portion of the academic program and will require the student to complete at least an additional semester beyond the required five semesters. If a student has two consecutive semesters with a QPA of below 2.0, he/she will be suspended from the program.

Any student earning a grade of C- or lower in a required athletic training course must repeat the course. If that course is a pre-requisite for other courses, the other courses may not be taken until a grade of C or higher has been earned. If a student fails to earn a C or higher when repeating the course, he/she will be advised to transfer to another major. Students need to be aware that repeating a course will add at least an additional semester to the length of time in the ATEP.

## 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.

## Associated Program Fees

The student is responsible for the following additional costs associated with the Athletic Training Education Program: professional liability insurance; transportation to off-campus rotation sites; uniform items; NATA Membership; UNC Pembroke Athletic Training Student Association dues. The ATEP provides students with the other necessary supplies.

## Technical Standards for the Athletic Training Education Program

The Athletic Training Education Program at the University of North Carolina at Pembroke is a rigorous and intense program that places specific requirements and demands on the students enrolled in the program. An objective of this program is 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 Athletic Training Education Program establish the essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills, and competencies of an entry-level athletic trainer as well as CAATE standards. All students admitted to the ATEP must meet the abilities and expectations outlined below. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program. Compliance with the program's technical standards does not guarantee a student's eligibility for the BOC certification exam.

Candidates for selection must demonstrate:

1. The ability 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; this includes, but is 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 physical exam results and a treatment plan clearly and accurately;
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 athletic training education program 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 rapport 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. The University of North Carolina at Pembroke is committed to providing an accessible and supportive environment for students with disabilities. Disability Support Services will evaluate a student who states he/she could meet the program's technical standards with accommodations and confirm that the stated condition qualifies as a disability under applicable laws. If a student states he/she can meet the technical standards with accommodation, then the University will determine whether it agrees. This includes a review of whether the accommodations requested are reasonable, taking into account whether the accommodation would jeopardize clinician/patient safety or the educational process of the student or the institution, including all coursework, clinical education, and clinical experiences deemed essential to graduation.