

EXERCISE, FITNESS, AND HEALTH PROMOTION (EFHP)

500 Level Courses

EFHP 500: *Workshop in Exercise, Fitness, and Health Promotion.* 1-3 credits. Provides concentrated full-time workshops, weekend seminars, and workshops on selected topics in exercise, fitness, and health promotion. Notes: No more than 6 credits may be applied for degree credit. Offered by Recreation, Health & Tourism. May be repeated within the degree for a maximum 6 credits.

Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 520: *Medical Terminology of Health Professionals.* 3 credits. Analyzes foundation of scientific and medical vocabulary including prefixes, suffixes and stems used to form compound words for health professionals. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 522: *Functional Anatomy for Health and Wellness Practitioners.* 3 credits. Promotes familiarity and proficiency with anatomy of neuromuscular and musculoskeletal systems, which relate directly to sports related injuries. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Recommended Prerequisite: BIOL 124, 125 (or equivalent)

Registration Restrictions:

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Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 526: *Prevention, Recognition, and Management of Fitness Related Injuries.* 3 credits.

Promotes familiarity and proficiency with assessment and physical examination of sports-related injuries. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Recommended Prerequisite: BIOL 124, 125 (or equivalent).

Recommended Corequisite: EFHP 522.

Registration Restrictions:

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Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 598: *Special Topics.* 1-6 credits. Focuses on projects related to exercise, fitness, or health promotion. Offered by Recreation, Health & Tourism. May be repeated within the term.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 599: *Independent Study EFHP.* 1-3 credits. Studies problem areas in exercise, fitness, and health promotion research, theory, or practice under direction of faculty member. May be repeated. No more than 3 credits may be earned. Offered by Recreation, Health & Tourism. May be repeated within the degree for a maximum 6 credits.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Independent Study

Grading:

This course is graded on the Graduate Regular scale.

600 Level Courses

EFHP 605: *History of American Sport, Exercise, and Physical Culture.* 3 credits.

Role of sport and physical education in Europe and its impact on developments in America. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 610: *Advanced Exercise Physiology.* 3 credits.

Lecture, demonstration, and seminar experiences in applying research findings to understanding physiological function and effects of exercise on people. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 611: *Movement and Fitness Assessment.* 3 credits.

Covers common movement and fitness assessments that can be used to develop an individualized exercise program for various populations. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 612: *Scientific Foundation of Applied Kinesiology.* 3 credits.

An integrated study of human anatomy, physiology, chemistry, and microbiology, presenting a complete picture of how the body functions and the diseases and disorders that cause the body to malfunction. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 613: *Advanced Applied Biomechanics.* 3 credits.

Examines kinetic and kinematic concepts and how they apply to the qualitative and quantitative assessment of human movement. Discusses advanced applied motion analysis techniques. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 614: *Advanced Exercise Nutrition.* 3 credits.

Advanced study of nutrition's relation to physical activity, exercise, and sports. Reviews biochemical, physiological, and behavioral aspects of nutrition in promoting health, fitness, and sports performance. Focuses on nutrient needs during life cycle stages. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 615: *Epidemiology and Environmental Health.* 3 credits.

Principles, methods, and application of epidemiology. Reviews behavioral, psychological, social, and environmental risks to disease distribution. Focuses on lifestyle, exercise patterns, and environmental factors to health and disease conditions. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 616: *Motor Behavior and Development*. 3 credits. Human motor behavior development and theory with application to evaluation of skill acquisition. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 617: *Corrective and Preventative Exercise Techniques*. 3 credits. Explores content related to evidence-based exercise interventions to correct and prevent common movement dysfunctions and/or injuries in a variety of healthy populations. Offered by Graduate School of Education. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to students with a major in Kinesiology.

Enrollment limited to students in a Graduate Certificate degree.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 618: *Exercise and Sport Psychology*. 3 credits. Covers psychological and social-psychological antecedents and consequences of exercise, physical activity, and sports participation. Emphasizes theory and research on personality, motivation, arousal, cognition, attributions, attitudes, self-efficacy, leadership effectiveness, and group dynamics. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 620: *Research Methods for Applied Kinesiology*. 3 credits.

Introduction to the techniques of research generally employed in the fields of exercise science and health. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 621: *Statistical Methods for Applied Kinesiology*. 3 credits. Introduction to practical and applied aspects of both descriptive and applied aspects of both descriptive and inferential statistics in exercise science and health. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Recommended Prerequisite: MATH 102, STAT 250.

Registration Restrictions:

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Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 630: *Exercise, Health, and Fitness Program Development*. 3 credits. Covers exercise and health program development related to fitness and health of adult populations. Notes: Provides 3 to 6 hours of field experience. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 640: *Principles of Strength and Conditioning*. 3 credits. Analyzes exercise techniques, training program designs, organization and administration, and testing and evaluation using scientific principles of strength and conditioning. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 650: *Scientific Principles of Motor Learning*. 3 credits.

Biomechanical analysis and application of scientific principles of movement to instructing sport skills in physical education and sport programs. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 660: *Management of Exercise, Fitness, and Health Promotion Organizations*. 3 credits.

Advanced study in management and administration of organizations dedicated to human development and improvement of quality of life. Covers application of theories and practices of management and behavioral sciences, fiscal management, marketing, and evaluation research. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 680: *Ethical Issues in Exercise, Fitness, and Health Promotion*. 3 credits.

Covers formulation of coherent framework for ascertaining good, right, and just; and for assessing evidence and reason underlying positions and arguments. Examines ethical issues in exercise, fitness, and health promotion. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

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Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 690: *Scientific Communications Seminar*. 1-3 credits.

Studies and applies written and verbal communication skills in reading, analyzing, writing, and distributing scientific information in Applied Kinesiology. Offered by Recreation, Health & Tourism. May be repeated within the degree for a maximum 4 credits.

Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Seminar

Grading:

This course is graded on the Graduate Regular scale.

700 Level Courses

EFHP 730: *Motor Learning*. 3 credits.

Appraisal of motor learning theories and an analysis of motor skill development including the roles of information processing, practice, feedback, and motivation. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 794: *Tactical Athlete Field Practicum*. 3 credits.

Emphasizes developing professional skills, applying knowledge to provide exercise interventions to clients at the practicum site and delivering educational content in Tactical Athlete settings. Offered by Graduate School of Education. May not be repeated for credit.

Registration Restrictions:

Enrollment limited to students in a Graduate Certificate degree.

Schedule Type: Internship

Grading:

This course is graded on the Satisfactory/No Credit scale.

EFHP 798: Project. 1-3 credits.

Addresses an applied exercise, fitness, and health promotion issue under supervision of graduate faculty member. Offered by Recreation, Health & Tourism. May be repeated within the degree for a maximum 6 credits.

Registration Restrictions:

Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Thesis

Grading:

This course is graded on the Satisfactory/No Credit scale.

EFHP 799: Thesis. 1-6 credits.

Explores exercise, fitness, and health promotion problem using appropriate research methodology and under supervision of graduate faculty member. Offered by Recreation, Health & Tourism. May be repeated within the degree.

Recommended Prerequisite: Completion of all coursework.

Registration Restrictions:

Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Thesis

Grading:

This course is graded on the Satisfactory/No Credit scale.

800 Level Courses**EFHP 810: Neuromuscular Responses to Exercise.** 3 credits.

Provides an in-depth study of the muscular systems of the human body and how these systems are altered in response to acute and chronic physical activity. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 811: Motor Learning and Control. 3 credits.

Examines motor learning theories and analyzes motor skill development including the roles of information processing, practice, feedback, and motivation. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 813: Musculoskeletal Biomechanics in Human Movement. 3 credits.

Advanced study of the biomechanical analysis of the musculoskeletal system, including collecting, interpreting, and modeling biomechanical data. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Recommended Prerequisite: Graduate Standing or Permission of Instructor.

Registration Restrictions:

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 815: Measurement Techniques and Instrumentation. 3 credits.

Explores the application and implementation of conventional measurement techniques and instrumentation to collect data in Exercise, Fitness, and Health Promotion. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 820: Careers in the Academy Seminar. 3 credits.

Examines careers in the academy in a seminar format including faculty role, institutional fit, and the higher education academic job search (including developing cover letters and job portfolio outlines); introduces teaching, research, and service expectations at higher education institutions to help prepare for future academic careers. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to Graduate level students.

Schedule Type: Seminar

Grading:

This course is graded on the Graduate Regular scale.

EFHP 825: Data Analytics in Exercise, Fitness, and Health Promotion. 3 credits.

Examines data processing, analysis and interpretation using software applications common in Exercise, Fitness and Health Promotion. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Regular scale.

EFHP 840: *Doctoral Seminar in Exercise, Fitness, and Health Promotion.* 3 credits.

Examines problem areas in Exercise, Fitness, and Health Promotion research, theory, or practice using a combination of self-directed, guided learning, and critical peer reviews in a seminar format. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to Graduate level students.

Schedule Type: Seminar

Grading:

This course is graded on the Graduate Regular scale.

EFHP 860: *Critical Perspectives in Exercise, Fitness, and Health Promotion.* 3 credits.

Critically examines current topics in Exercise, Fitness and Health Promotion, and Applied Kinesiology. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to Graduate level students.

Schedule Type: Seminar

Grading:

This course is graded on the Graduate Regular scale.

EFHP 880: *Grant Writing.* 3 credits.

Provides an overview of grants and contracts; examines federal and non-federal proposal development guidelines; emphasizes National Institutes of Health (NIH) research grant mechanisms as a 'gold standard'. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Registration Restrictions:

Enrollment is limited to Graduate level students.

Schedule Type: Lecture

Grading:

This course is graded on the Graduate Special scale.