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. Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus. 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, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

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

**Recommended Corequisite:** EFHP 522.

**Registration Restrictions:**
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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, Junior Plus, 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:** Independent Study

**Grading:**
This course is graded on the Graduate Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

600 Level Courses

**EFHP 610: Advanced Exercise Physiology.** 3 credits. Lecture, demonstration, and seminar experiences in applying research, theory, or practice under direction of faculty member. May be repeated. No more than 3 credits may be earned. Offered by School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

**Registration Restrictions:**
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

EFHP 614: Advanced Exercise Nutrition. 3 credits.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

EFHP 615: 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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

Registration Restrictions:
Enrollment 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. (http://catalog.gmu.edu/policies/academic/grading/)

EFHP 616: 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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.
Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

Recommended Prerequisite: MATH 102, STAT 250.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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, Junior Plus, 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. (http://catalog.gmu.edu/policies/academic/grading/)

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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

Registration Restrictions:
Enrollment 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. (http://catalog.gmu.edu/policies/academic/grading/)

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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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. (http://catalog.gmu.edu/policies/academic/grading/)

EFHP 798: Project. 1-3 credits.
Addresses an applied exercise, fitness, and health promotion issue under supervision of graduate faculty member. Offered by School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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
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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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 Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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 Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). May not be repeated for credit.

**Recommended Prerequisite:** Graduate Standing or Permission of Instructor.

**Registration Restrictions:**
Enrollment is limited to Graduate level students.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Graduate Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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 Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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. (http://catalog.gmu.edu/policies/academic/grading/)
This course is graded on the Graduate Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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. (http://catalog.gmu.edu/policies/academic/grading/)

**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 School of Kinesiology (http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/). 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. (http://catalog.gmu.edu/policies/academic/grading/)