

# NORTHWEST

missouri / state / university / maryville

## HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

College of Education and Human Services

### HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

#### MAJORS

- Physical Education (minor required)
- Recreation
  - Recreation and Park Management
  - Therapeutic Recreation
  - Corporate Recreation/Wellness

#### MINORS

- Coaching
- Health Education
- Recreation
- Dance
- Gerontology

#### CERTIFICATIONS

- Physical Education
- Driver Education
- Health

### THE DEPARTMENT

The Health, Physical Education, Recreation and Dance (HPERD) department is comprised of more than 300 students majoring and almost 100 students minoring in the field, as well as more than 40 full-time faculty, coaches and staff, plus numerous part-time specialty instructors, each of whom are interested in the betterment of the human race and the world we live in. Ten different curricular areas are available for study, which translates into hundreds of courses offered every trimester.

Opportunities are provided for professional preparation, in accordance with accrediting agency requirements, of highly qualified teachers and leaders in recreation and athletics. These programs prepare professionals to facilitate lifelong learning in a world of change; to confront the challenges of tomorrow; and to exhibit leadership skills in order to make decisions that will encourage the acquisition of health and other behaviors leading to an active, productive and healthy lifestyle.

The **Recreation and Park Management** degree program trains the individual to work in local, state or national parks and/or work in public or private recreation agencies. Recreation management, programming and leadership are primary focuses of this major.

The **Therapeutic Recreation** degree program prepares students for a career working with individuals with disabilities or other potentially limiting conditions. Professionals working in this field work to improve both the functional abilities and the quality of life for those they serve through the assessment, prescription and delivery of specialized activities, exercises and experiences.

The **Corporate Recreation/Wellness** degree program is a quickly growing field, as are all areas of recreation. Many businesses are running their own recreation/wellness programs for their employees. They commonly have on-site recreation facilities and professionals who run them and provide health information.

### DEGREE PROGRAMS

Northwest offers a balanced professional program in **Physical Education** with a Bachelor of Science in Education degree for those interested in teaching. Coursework leads to certification in grades K-12.

The **Recreation** major has three distinct specializations — Recreation and Park Management, Therapeutic Recreation and Corporate Recreation/Wellness. All three involve working with people and providing a means toward developing healthy communities and personal lifestyles. For those students looking to graduate early, HPERD offers three-year degree programs in the following Recreation specializations:



## MAJORS

### PHYSICAL EDUCATION

*B.S. Ed. – certifies grades K-12*

#### **Required Courses**

Aerobic and Strength Conditioning  
Techniques of Folk, Square and  
Recreational Dance  
First Aid, CPR and Care of Sports  
Injuries  
Health and Physical Education Methods  
in the Elementary School  
Foundations of Physical Education  
Anatomy and Physiology  
Physiology of Exercise  
Basic Biomechanics  
Creative Rhythms and Activities 5-9  
Creative Rhythms and Activities K-4  
Adapted Physical Education  
Lifetime Team Activities  
Lifetime Individual Activities  
Senior Seminar in Physical Education  
Socio-Psychological Aspects of Human  
Performance  
Motor Development  
Assessment in Physical Education

#### **Professional Education Requirements**

Observation and Practicum I in Physical  
Education  
Observation and Practicum II in Physical  
Education  
Health Education Methods in the  
Secondary School  
Techniques of Classroom Management  
and Discipline  
Seminar in Classroom Management  
Methods in Secondary Physical  
Education  
Educational Psychology (Directed  
General Education Course)  
Adolescent Psychology  
Introduction to Special Education  
Teaching Reading in Content Areas  
School and Society  
School and Society Seminar  
Directed Teaching in K-12 Schools

#### **Degree Requirements**

Multiculturalism in Education OR  
“Communication and Culture” Modern  
Language course

#### **Recommended Institutional**

#### **Requirements for Education Majors**

Pluralism in a Multicultural Society OR  
Leisure and Society  
Educational Computing & Technology  
(Elementary)  
Information and Educational Technology  
(Secondary)

### RECREATION

*B.S. – no minor required*

#### **Core Requirements**

Foundations of Recreation  
Leisure Services and Special Populations  
Recreational Programs  
Senior Seminar in Recreation  
Leisure Resources/Facility Design and  
Management  
Techniques of Recreation Leadership  
Evaluation of Leisure Services  
Field Experience in Recreation and Park  
Management OR Field Experience  
in Therapeutic Recreation OR Field  
Experience in Corporate Recreation/  
Wellness  
Recreation Internship  
Administration of Recreation

#### **Setting I – Recreation and Park Management**

#### **Required Courses**

Outdoor Recreation/Education  
Recreation Sports Management  
Risk Management

#### **Five courses selected from one of the options:**

Option A: Recreation Management  
Gerontology  
State and Local Government  
Accounting I  
Managerial Communications  
Principles of Management  
Human Resource Management  
Principles of Marketing  
Expressive and Creative Programs  
Natural Resources History/Interpretation  
Exploring Recreation Resources  
Leisure and Aging

Golf Course Maintenance and  
Management  
Aquatic Facility Maintenance and  
Management  
Outdoor Recreation Facilities  
Maintenance and Management  
Commercial Recreation  
Grantsmanship

#### **Option B: Park Management**

Woody Landscape Plants  
Landscape Design  
Turfgrass Management  
Historical Geology  
Geology of the National Parks  
Conservation of Natural Resources  
Expressive and Creative Programs  
Natural Resources History/Interpretation  
Exploring Recreation Resources  
Golf Course Maintenance and  
Management  
Aquatic Facility Maintenance and  
Management  
Outdoor Recreation Facilities  
Maintenance and Management  
Grantsmanship  
Principles of Management  
Maps and Map Interpretation  
GPS Fundamentals

#### **Setting II – Therapeutic Recreation**

#### **Required Courses**

Introduction to Therapeutic Recreation  
Anatomy and Physiology  
Therapeutic Recreation Program Design  
Trends and Issues in Therapeutic  
Recreation  
Assessments, Diagnostics and  
Treatment Planning in Therapeutic  
Recreation  
Abnormal Psychology  
Human Development

#### **One course selected from the following:**

Gerontology  
Physiology of Exercise  
Biomechanics  
Adapted Physical Education

Motor Development  
 Health Promotion  
 Social Aspects of Aging  
 Health in Later Years  
 Leisure and Aging  
 Therapeutic Recreation Interventions  
 with the Elderly  
 Grantsmanship

### Setting III – Corporate Recreation/ Wellness

#### Required Courses

Nutrition and Diet Behavior  
 Anatomy and Physiology OR Physiology  
 and Anatomy  
 Physiology of Exercise  
 Basic Biomechanics  
 Adapted Physical Education  
 Health Promotion

#### Two courses selected from the following:

Exercise Testing, Prescription and  
 Analysis of Cardiac Function  
 Risk Management  
 Community Health  
 Care and Prevention of Athletic Injuries  
 Gerontology  
 Aerobic Strength and Conditioning  
 Socio-Psychological Aspects of Human  
 Performance  
 Grantsmanship  
 Health in Later Years  
 Leisure and Aging  
 Intervention and Strategies for Health  
 Behavior Change  
 Theory and Fundamentals of Strength  
 and Conditioning/Personal Training

## MINORS

### COACHING

#### Required Courses

Anatomy and Physiology  
 Physiology of Exercise  
 Administration of Athletics and Coaching  
 Practicum  
 Basic Biomechanics  
 Care and Prevention of Athletic Injuries  
 Nutrition and Diet Behavior

#### Two courses from the following:

Theory and Fundamentals of Coaching  
 Soccer  
 Theory and Fundamentals of Coaching  
 Baseball  
 Theory and Fundamentals of Coaching  
 Track and Field  
 Theory and Fundamentals of Coaching  
 Basketball  
 Theory and Fundamentals of Coaching  
 Football  
 Theory and Fundamentals of Coaching  
 Volleyball

#### Two courses from the following:

Officiating Soccer  
 Officiating Baseball and Softball  
 Officiating Track and Field  
 Officiating Basketball  
 Officiating Football  
 Officiating Volleyball  
 Officiating Wrestling

### HEALTH EDUCATION

*B.S. Ed. – secondary program  
 (certifies grades 9-12)*

#### Core Requirements

First Aid, CPR and Care of Sports  
 Injuries  
 Anatomy and Physiology  
 Physiology of Exercise  
 Community Health  
 Human Sexuality  
 Intervention and Strategies for Health  
 Behavior Change  
 Personal Adjustment  
 Nutrition and Diet Behavior  
 Drug Prevention and Education in  
 Schools

#### One course from the following:

Introduction to Safety Education  
 Health Promotion  
 Basic Ecology  
 Family Relationships

### RECREATION

#### Required Courses

Foundations of Recreation  
 Leisure Services and Special Populations  
 Recreational Programs  
 Techniques of Recreation Leadership  
 Outdoor Recreation/Education  
 Evaluation of Leisure Services  
 Field Experience in Recreation and Park  
 Management OR Field Experience  
 in Therapeutic Recreation OR Field  
 Experience in Corporate Recreation/  
 Wellness  
 Administration of Recreation

### GERONTOLOGY

*Interdisciplinary minor*

#### Required Courses

Gerontology  
 The Adult Learner  
 Psychology of Aging  
 Language, Speech and Hearing of the  
 Exceptional Child and Adult  
 Health in Later Years  
 Practicum/Internship

#### Three courses from the following:

##### Health Aspects

Family and Individual Wellness  
 Nutrition and Diet Behavior  
 Medical Terminology  
 Community Health  
 Therapeutic Recreation Interventions  
 with the Elderly

##### Psychological Aspects

Human Development  
 Abnormal Psychology  
 Developmental Psychology  
 Drugs, Brain and Behavior  
 Principles of Counseling

##### Social Aspects

Social Aspects of Aging and Families  
 Independent Living for Special  
 Populations  
 Listening Behavior and Skills  
 Nonverbal Communication  
 Leisure and Aging  
 Group Dynamics

**DANCE****Required Courses**

Techniques of Folk, Square and Recreational Dance  
 Anatomy and Physiology  
 History of Dance  
 Dance Techniques  
 Creative Rhythms and Activities 5-9  
 Creative Rhythms and Activities K-4

**Choose one of the following:**

Physiology of Exercise  
 Basic Biomechanics

**CERTIFICATION****PHYSICAL EDUCATION**

*B.S. Ed., grades K-9 (not a major or minor)*

**Required Courses**

First Aid, CPR and Care of Sports Injuries  
 Health and Physical Education Methods in the Elementary School  
 Foundations of Physical Education  
 Anatomy and Physiology  
 Physiology of Exercise  
 Basic Biomechanics  
 Creative Rhythms and Activities 5-9  
 Creative Rhythms and Activities K-4  
 Adapted Physical Education  
 Senior Seminar in Physical Education  
 Socio-Psychological Aspects of Human Performance  
 Motor Development  
 Assessment in Physical Education  
 Elective (choose one course): Aerobic and Strength Conditioning, Techniques of Folk, Square and Recreational Dance, Lifetime Team Activities, Lifetime Individual Activities

**DRIVER EDUCATION**

*B.S. Ed. secondary program (not a minor)*

**Required Courses**

Introduction to Safety Education – Driver Education I  
 Driver Task Analysis–Driver Education II  
 Developing Classroom Knowledge – Driver Education III  
 Developing Vehicle Competencies and Skills – Driver Education IV

**HEALTH**

*B.S. Ed. certifies K-9 (not a minor)*

**Required Courses**

Lifetime Wellness and lab  
 First Aid, CPR, and Care of Sports Injuries  
 Anatomy and Physiology  
 Physiology of Exercise  
 Community Health  
 Human Sexuality  
 Personal Adjustment  
 Nutrition and Diet Behavior  
 Drug Prevention and Education in Schools

**COURSE DESCRIPTIONS****ACTIVITY COURSES**

Only 4 activity credits may count toward the minimum hours required for graduation.

Restricted Activity  
 Weight Training and Conditioning  
 Racquetball  
 Jogging  
 Individualized Fitness Program  
 Casting and Angling  
 Volleyball  
 Beginning Tennis  
 Badminton  
 Golf  
 Aerobic Dance  
 Jazz Dance  
 Social Dance  
 Beginning Swimming  
 Water Aerobics  
 Climbing Wall  
 Noncompetitive and Recreational Games  
 Canoeing  
 Kayaking  
 Watercraft  
 Archery  
 Trapshooting

**VARSITY ATHLETICS**

Varsity Cross Country  
 Varsity Tennis  
 Varsity Baseball  
 Varsity Track and Field  
 Varsity Basketball  
 Varsity Football  
 Varsity Volleyball  
 Varsity Softball  
 Varsity Soccer  
 Varsity Golf

**PHYSICAL EDUCATION****Aerobic and Strength Conditioning**

Development of advanced skills and methodology in working with cardiovascular aerobic conditioning.

**Techniques of Folk, Square and Recreational Dance**

Development of skills and methodology for folk, square and recreational dance.

**Techniques of Modern Dance**

Development of movement techniques as well as knowledge and appreciation of modern dance. Opportunity for creative group studies is offered.

**Special Topics in Physical Education Activity**

Designed for undergraduate special topic classes, new initiatives and developing courses in physical education that are activity based.

**Techniques of Ballet**

Skill development and methodology of ballet.

**Techniques of Tap Dance**

Skill development and methodology of tap dance.

**Advanced Weight Training**

Advanced development of skills.

**Techniques of Swimming I**

Development of basic skills in swimming.

**Techniques of Gymnastics I**

Development of basic skills in tumbling and apparatus.

**First Aid, CPR and Care of Sports Injuries**

Theory and practice of first aid and CPR. Development of skills in the prevention and care of injuries associated with sports and activity.

**Health and Physical Education Methods in the Elementary School**

Methods and activities in health and physical education in the elementary school.

**Foundations of Physical Education**

An introductory professional course which covers the scope, purpose, history, growth and development, and career assessment of physical education.

**Anatomy and Physiology**

The structure and function of the skeletal, muscular and circulatory systems.

**Observation and Practicum I in Physical Education**

Observation and participation in elementary, middle and secondary schools with both non-instructional and limited instructional responsibilities. Twenty-four hours of field experience required.

**History of Dance**

A broad perspective of the evolution of dance from the onset to the present. Meets Fine Arts requirement in the General Education requirements.

**Officiating Soccer****Officiating Baseball and Softball****Officiating Track and Field****Officiating Basketball****Officiating Football****Officiating Volleyball****Officiating Wrestling****Dance Techniques**

Designed to be an overview of several genres in the dance discipline. Basic dance technique in the areas of modern, jazz, ballet, and improvisation as a basis for choreography is covered.

**Physiology of Exercise**

A study of the immediate and long-range effects of physical activity on the muscular, respiratory, circulatory, nervous and metabolic systems. Laboratories are included.

**Administration of Athletics and Coaching Practicum**

Principles and procedures for administering athletic programs in the schools. A 30-hour required practicum experience in an athletic setting.

**Basic Biomechanics**

The study of the principles of human movement: structural and mechanical.

**Observation and Practicum II in Physical Education**

Intermediate level practicum for K-12 schools requiring 24 hours of observation and field experience.

**Creative Rhythms and Activities 5-9**

The study and understanding of movement concepts as they relate to space, time and energy through dance and gymnastics for the 5-9 learner.

**Creative Rhythms and Activities K-4**

The study and understanding of movement concepts as they relate to space, time and energy through dance and gymnastics for the K-4 learner.

**Choreography**

Opportunity for creative study in dance based on assigned topics.

**Care and Prevention of Athletic Injuries**

Covers primary cause of injuries, analysis of preventive measures and care of injuries in relation to type of tissue involved.

**Adapted Physical Education**

Survey of human physical disabilities combined with adaptive and rehabilitative measures to promote better living for the individual.

**Lifetime Team Activities**

An introduction to basic skills and teaching techniques of lifetime team activities.

**Lifetime Individual Activities**

An introduction to basic skills and teaching techniques in lifetime individual activities.

**Senior Seminar in Physical Education**

A capstone course designed to acquaint the student with current issues and trends in HPERD and to apply principles of philosophy to HPERD.

**Practicum: Physical Education in the Elementary School**

Practical experience in the elementary school physical education program.

**Independent Study in Physical Education**

Individual study, under faculty supervision, of a selected area of interest.

**Independent Study in Dance**

Individual study, under faculty supervision, of a selected area of interest.

**Theory and Fundamentals of Coaching Soccer****Theory and Fundamentals of Coaching Baseball**

### **Theory and Fundamentals of Coaching Track and Field**

### **Theory and Fundamentals of Coaching Basketball**

### **Theory and Fundamentals of Coaching Football**

### **Theory and Fundamentals of Coaching Volleyball**

### **Socio-Psychological Aspects of Human Performance**

Analysis of sociological and psychological aspects which influence human performance.

### **Classroom Management and Motivation in Physical Education**

This course presents appropriate use of current techniques used to motivate and manage student behavior. Emphasis is placed on the physical education setting. Suggested for Outreach graduate program; see advisor before enrolling.

### **Motor Development**

The course is designed to focus on normal and abnormal motor development of school-age individuals. Emphasis is placed on the study of the interaction between environmental and biological factors which affect changes in motor performance, motor development assessment techniques, and designing and implementing an individualized program for a school-age learner.

### **Exercise Testing, Prescription & Analysis of Cardiac Function**

A course designed to provide special emphasis to testing individuals with several exercise protocols and modes. Emphasis will be placed upon cardiovascular functions at rest, during exercise and recovery. The format is practical and laboratory based in nature.

### **Mechanical Analysis of Sports Skills**

Designed to improve the student's ability to teach physical education or coach by analyzing a variety of activities in terms of the fundamental principles of mechanics.

### **Assessment in Physical Education**

A study of the evaluation procedures in physical education, the administration of such procedures and the interpretation of the results of fundamental statistical methods.

### **Methods in Secondary Physical Education**

A survey of teaching styles and pedagogy. Special emphasis is given to daily teaching methodology with practical experiences. The relationship of methods of teaching to curriculum is also covered.

## **HEALTH**

### **Lifetime Wellness**

A course designed to develop an understanding of the principles necessary for promoting lifetime wellness, clarifying values, living effectively and improving the quality of life, through a study of critical issues which affect the individual and society, including: self concept and relationships, physical fitness, substance abuse and dependency behaviors, nutrition, prevention and control of disease, sexuality issues and consumer health. (Must co-register in Lifetime Wellness Laboratory).

### **Lifetime Wellness Laboratory**

A laboratory designed to conduct a wellness assessment and to provide students with practical strategies and skills for developing a personal program of fitness and lifetime sports activities.

### **Independent Study in Health Education**

Individual study under faculty supervision of a selected area of interest.

### **Health Education Methods in the Secondary School**

Organizing health instruction, development and appraisal of materials, use of instructional and assessment strategies for the 9-12 learner.

### **Community Health**

Factors in physical, biological and social environments that influence the nature, extent and programming of health problems for all age groups. Special emphasis on high risk populations such as prenatal and the aging.

### **Health Promotion**

The study of the organization and implementation of a comprehensive health promotion program. Practical applied experiences are included.

### **Human Sexuality**

A study of the historical, biological, psychological and sociocultural aspects of sexuality in relation to modern life.

### **Intervention and Strategies for Health Behavior Change**

An applied approach of behavior change. Models to investigate health behavior modification.

### **Health in the Later Years**

This course investigates theories of aging, changes in the body with age, mental health & wellness, chronic health conditions, and prevention and health promotion.

## **RECREATION**

### **Special Topics in Recreation Activity**

Designed for special workshops, special topics, new initiatives and developing courses in recreation that are activity based.

### **Leisure and Society**

This course explores the historical and contemporary leisure and recreation phenomena within the context of societal diversity and multicultural considerations. The course will review diverse perspectives on the meaning of leisure and the role it plays within cultures and ethnic groups, as well as the potential implications of assimilation into dominant cultural norms.

### **Foundations of Recreation**

An introductory course designed to provide an overview of the different areas of study, participation and career opportunities in the field of recreation and leisure. Includes a thorough description of its current scope and organizational practices, as well as the historical, sociological, psychological, philosophical and economic aspects of recreation and leisure. Concurrent enrollment in Leisure Services and Special Populations is recommended.

### **Introduction to Therapeutic Recreation**

Designed to introduce students to the therapeutic recreation profession. Course content focuses on three distinct areas: historical and technological development, clinical and programmatic management, and current community and clinical practice.

### **Leisure Services and Special Populations**

Designed to provide an overview of issues related to a variety of subgroups within today's society and how these issues impact the leisure services industry. Groups are based on factors such as race, religion, culture, socio-economic status and disability. Students will explore their own value systems and develop a personal philosophy toward enhancing cultural competence.

### **Exploring Recreation Resources**

This course allows students the opportunity to visit a variety of recreation agencies for the purpose of comparing and contrasting the nature of the services provided, and to learn about career opportunities.

### **Recreational Programs**

Principles of program planning; roles of leader, administrator and community in program planning; special consideration for programs necessitated by various recreation settings; short-term, seasonal and year round.

### **Therapeutic Recreation Program Design**

Designed to develop the necessary competencies and skills needed to plan and implement appropriate therapeutic recreation programs for diverse special need populations.

### **Leisure and Aging**

The course explores the role of leisure in a healthy older adult development. Students will acquire a basic understanding of leisure for the current older adult cohort, the Baby Boomers, and future elders. Students will explore leisure services and settings, critically analyzing how history has and will shape the leisure behaviors of seniors.

### **Expressive and Creative Programs**

An exploration into the highly creative program areas in the recreation and leisure industry. Course will examine the performing and visual arts, arts and crafts, dance, literature and drama. Students participate in and lead activities, and develop a resource guide.

### **Senior Seminar in Recreation**

A study of the current issues and trends in recreation and internship preparation.

### **Leisure Resources/Facility Design and Management**

Understanding of the principles and the ability to apply techniques of planning, design, development and maintenance of recreation and park areas and facilities.

### **Techniques of Recreation Leadership**

Theoretical and practical experiences in recreation leadership. Techniques of group work and progressive leadership applicable to recreational activities, programs and settings.

### **Outdoor Recreation/Education**

Exploration of the outdoor activity areas in the recreation and leisure industry. Participate in activities, lead activities and develop a resource guide of activities associated with outdoor recreation and education.

### **Natural Resource History and Interpretation**

Exploration of federal and state natural resource agencies. Focus will be on the history, philosophies, uses, and management practices of wildlands, historic resources, and natural areas. The course will explore and practice the communication processes and practices between managers and publics that help "interpret" the special characteristics of natural, cultural and historic resources. The information will be pieced together to form coherent and engaging interpretive programs.

### **Evaluation of Leisure Services**

Knowledge of appropriate measurement techniques utilized in the recreation and leisure services industry. Emphasis will be placed on those assessment/evaluation skills which are used by leisure professionals to determine the extent to which programmatic and organizational goals and objectives have been achieved.

### **Independent Study in Recreation**

Individual study in recreation and/or leisure, under faculty supervision of a selected area of interest.

### **Field Experience in Recreation and Park Management**

Opportunity to gain practical experience in specific recreation and park management programs. The experience should include a minimum of 200 hours of hands-on, supervised practical experience for an 8-12 week period. Must be directed and supervised by a recreation professional and University field experience supervisor.

### **Field Experience in Therapeutic Recreation**

Opportunity to gain practical experience in specific therapeutic recreation programs. The experience should include a minimum of 200 hours of hands-on, supervised practical experience for an 8-12 week period. Must be directed and supervised by a recreation professional and University field experience supervisor.

### **Field Experience in Corporate Recreation/Wellness**

Opportunity to gain practical experience in specific corporate recreation and wellness programs. The experience should include a minimum of 200 hours of hands-on, supervised practical experience for an 8-12 week period. Must be directed and supervised by a recreation professional and University field experience supervisor.

### **Therapeutic Interventions with the Elderly**

The course is designed to introduce students to various therapeutic activity intervention strategies that have been shown to benefit frail older adults. Emphasis will be given to looking at behavior issues, physical and mental challenges, documentation, evaluation, and communication with the elderly.

### **Recreation Internship**

A gradual induction to professional recreation is provided through a progression of experiences. The experience should include a minimum of 480 hours of hands-on, supervised practical experience over a 12-16 week period. The experience will be directed and supervised by a recreation professional and a University internship supervisor. Settings for internships may include municipal or community recreation and/or park departments, social service agencies, hospitals, penal institutions, retirement homes and others.

### **Golf Course Maintenance and Management**

This course is designed to familiarize students with the aspects of golf course maintenance and management. It will cover the design and maintenance of greens, tees, fairways, roughs, and bunkers. Concepts of staffing, budgeting, and equipment selection and maintenance will be covered.

### **Aquatic Facility Maintenance and Management**

This course will emphasize the development of technical knowledge and skills needed to operate a safe aquatics environment, staff development and management, and aquatics program development.

### **Outdoor Recreation Facilities Maintenance and Management**

This course is designed to help students develop a knowledge base related to the maintenance and management of outdoor recreation resource areas. Specific areas of study will include shooting sports areas, climbing walls and towers, trails, marinas, campgrounds, and RV operations.

### **Challenge Course Facilitator Training**

Course emphasizes assessing, planning, implementing, processing and evaluating challenge course programs in the recreation services industry. Programs are designed to promote communication, cooperation, trust, goal setting, problem solving, self-concept and interpersonal interactions.

### **Commercial Recreations**

An introduction to the scope, characteristics, development, management aspects and trends within the commercial recreation industry including the delivery of goods, services, amenities, facilities, and entrepreneurship.

### **Recreation Sports Management**

A study of the objectives and principles in administering an intramural program in the schools. Application of principle to practical situations with field experiences.

### **Group Dynamics**

An introduction to the dynamics of group work including different models of group development, types of groups, stages of development, selective processes and intervention strategies. Students will observe, participate in and evaluate group activities. Group leadership and facilitation skills will be presented.

### **Trends and Issues in Therapeutic Recreation**

This course is designed to familiarize students with existing trends in therapeutic recreation programming, to discuss current legal issues, current societal attitudes toward persons with disabilities, trends within the health care delivery system and other current trends and issues related to therapeutic recreation.

### **Risk Management**

Designed to give students a basic understanding of their legal responsibilities as recreation and physical activity professionals to provide a safe environment for those they serve, and to develop an understanding of the current legislation, practice standards, and policy, as well as how it may apply to the rights of recreation activity participants, students, special populations, employees and/or co-workers.

### Administration of Recreation

Organization and administration of recreation services, facilities and resources on the federal, state and local levels. Special attention is given to community recreation organization providers' role and responsibilities for budgeting and personnel management, as well as managing the facilities, activities and special events in the recreation program.

### Grantsmanship

Acquaints students with the vocabulary, concept and practices in the study of grants administration and management. Enables practicing the skills necessary in obtaining outside funding and provides awareness of the individual roles and agencies within public funding.

### Assessments, Diagnostics and Treatment Planning in Therapeutic Recreation

Course will provide an overview of (1) the basic concepts associated with psychometric assessment, (2) a variety of individual client assessments used in practice and (3) the use of therapeutic recreation assessments in the development of individualized treatment/program plans.

## SAFETY/DRIVER EDUCATION

### Introduction to Safety Education – Driver Education I

Introductory course examining the principles and fundamentals of safety education. Concern for safety as a social problem, considers major accident areas, accident causes, liability and analysis of possible solutions to the accident problem. Develops concepts to prepare the driver education student to assume responsibility for accident prevention in the home, school, community and on the highway.

### Driver Task Analysis – Driver Education II

An introduction to the task of the driver within the highway transportation system with emphasis on risk perception and management and the decision-making process. Not a learn-to-drive class.

### Independent Study in Safety Education

Individual study, under faculty supervision, of a selected area of interest. May be repeated for a total of three hours. Prerequisite: Permission of instructor.

### Developing Classroom Knowledge – Driver Education III

Learning activities focus on preparing the prospective driver educator to contact Driver Education classroom skills with application to classroom organization, maintaining a learning environment, development of instructional modules and conducting learning experiences.

### Developing Vehicle Competencies and Skills – Driver Education IV

Learning activities focus on preparing the prospective driver educator to conduct activities which develop operational skills for a novice driver. Emphasis on laboratory organization and administration, maintaining a learning environment, developing laboratory instructional modules and conducting learning experiences.

## SWIMMING AND ARC CERTIFICATION PROGRAM COURSES

### Basic and Emergency Water Safety

Successful completion of this course meets

the requirements for ARC Basic Water Safety and Emergency Water Safety certification so that the student will know how to respond in an aquatic emergency. It serves as a foundation for further training in life guarding and aquatics courses for individuals in the area of recreation, education, public safety and industry.

### Lifeguard Training

Designed to provide the only certification to qualify a student for life guarding at pool and non-surf facilities. Successful completion of this course provides the student the ARC Lifeguard Training Certification. To complete the certification the student must submit evidence of current certification in adult CPR and standard first aid.

## FACILITIES

Northwest's extensive facilities will keep you busy, whether you're in class or just having fun. The Lamkin Activity Center has been recently renovated, and the main gymnasium, Bearcat Arena, received new seats, decor and air-conditioning.

In the Student Recreation Center, students can walk, jog, play basketball or racquetball. The Center is also used for classes, and students complete hours checking out equipment and planning intramural programs. At Northwest's Fitness Center, individuals may also get wellness assessments and work out. Students in the department have the opportunity to work at the Fitness Center for hands-on experience and academic credit.

Northwest also has an indoor swimming pool, dance studio, tennis courts, soccer, baseball, softball and football fields, as well as an indoor and outdoor track. There is also an area for teaching gymnastics, a newly remodeled training room and a special abilities laboratory.

## INTRAMURAL AND OUTDOOR RECREATION

The recreation sports program, including intramurals, provides the opportunity to participate in both competitive and free-play activities. There are usually about 35 sports available each year. Some of the most popular competitions include:

- Basketball
- Bench press
- Flag football
- Golf
- Home-run hitting
- Pickleball
- Punt-pass-kick
- Racquetball
- Softball
- Sports trivia
- Swimming
- Tennis
- 3-on-3 basketball tournament
- Track
- Volleyball
- Wallyball

There is no charge for students to use any of the facilities except the Fitness Center. As a Physical Education or Recreation major, you can gain experience in coaching, officiating, leadership, administration and individual physical skills through the various facilities on campus and in the community.

## MOERA

The HPERD department manages a 315-acre tract of lake-front property at Mozingo Lake. The Mozingo Outdoor Education and Recreation Area (MOERA) houses a 50-foot climbing wall, a 50-foot alpine tower, fishing areas, a boat dock, a trap and skeet area as well as field and target archery areas.

## CAREER OPPORTUNITIES

Because of the variety of academic areas within HPERD, our graduates find employment in a wide range of locations such as:

- Aquatics specialist
- Athletic director
- Athletic trainer
- Camp director
- City recreation specialist
- Coach
- Fitness instructor
- Health teacher
- Military recreation specialist
- Outdoor educator
- Park ranger
- Physical education administrator
- Physical education teacher
- Public health manager
- Recreation leader
- Special events manager
- Therapeutic recreation specialist

## INTERCOLLEGIATE ATHLETICS

Northwest offers six varsity sports for men and eight for women. Experience in athletics can contribute immeasurably to your vitality and preparation for leadership positions.

Sports include: Mens: baseball, basketball, cross country, football, tennis, track and field. Womens: basketball, cross country, golf, soccer, softball, tennis, track and field, and volleyball.

## STUDENT ORGANIZATIONS

### HPERD Club

This club is open to all students. The group attends professional events such as conventions providing students with networking opportunities. Members also participate in a variety of social and community service activities.

### M-Club

A club for varsity athletes. This club is open to all varsity athletes who have lettered in an intercollegiate sport at Northwest.

### Student Athletic Trainers Club

This organization is designed for students interested in the field of athletic training.

## DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

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