

Department of Health and Human Performance

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The Department of Health and Human Performance offers students the opportunity to prepare for professional careers as teachers of health and of physical education; as fitness professionals in corporate and social agencies; as recreation and leisure service professionals in a wide range of settings; as health professionals in schools, industry, and allied areas; and as athletic trainers.

Programs in the department lead to the Bachelor of Science degree with majors in Health Education, Athletic Training, Recreation and Leisure Services, and Physical Education which also includes a concentration in Wellness and Exercise Science. Persons majoring in Health Education may select from concentrations in Health Science and Technology, Health Education and Lifetime Wellness, and Community and Public Health. Persons majoring in Recreation and Leisure Services may choose from three concentrations—Outdoor Recreation, Recreation Administration, and Recreational Therapy.

Those interested in a minor in the field can select courses accordingly. Minors in Athletic Coaching, Driver and Traffic Safety Education, Health, Health and Physical Education, Health and Human Performance, and Recreation are available.

Curricular listings include General Education requirements in Communication, History, Humanities and/or Fine Arts, Mathematics, Natural Sciences, and Social/Behavioral Sciences categories as outlined on pages 64–67.

Major in Physical Education

Teacher Licensure K-12—The major in Physical Education offers preparation for teaching positions in public and private elementary and secondary schools in Tennessee. The major requires PHED 3430, 3720, 3760, 3800, 3900, 3930, 4400, 4470, 4710, 4780, 4800/4801, 4900/4901, 4910, 4930, 4940, and 4990 and HLTH 4280. HLTH 1530/1531 is recommended. Students must complete a Secondary Education minor that includes student teaching. The following curriculum is the recommended sequence of courses. Consultation with an advisor is required each semester.

Recommended Curriculum

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or HUM 2610 (Hum/FA)	3
Natural Sciences	4	Natural Sciences	4
HLTH 1530 (Soc/Beh Sci)	3	Social/Behavioral Sciences	3
PHED 3930	3	PHED 3800	3
FOED 1110	3	FOED 2110	3
Humanities and/or Fine Arts	6	PHED 4470, 4930	6
HIST 2010, 2020, or 2030	6	SPED 3010	3
	31	Math (statistics rec.)	3
		COMM 2200 (Comm)	3
			31

JUNIOR		SENIOR	
PHED 4710, 3760, 3900, 3720, 3430	14	PHED 4800/4801, 4910, 4990	9
PHED 4900/4901, 4940, 4780, 4400	12	YOED 3500	3
SPSE 3220	3	Elective	3
HLTH 4280	2	YOED 4110, 4000	12
	31		27

NOTE: See Department of Educational Leadership on page 166 for Secondary Education minor requirements.

Physical Education—Persons who wish to pursue a non-teaching career may, in consultation with the assigned advisor, select two minors appropriate for realizing a professional goal.

Concentration: Wellness and Exercise Science

The Wellness and Exercise Science concentration offers preparation for positions in corporate, hospital, and public wellness and fitness centers. The program also offers preparation for students seeking graduate degrees in exercise science and allied health, cardiac rehabilitation, and physical therapy.

Recommended Curriculum

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or HUM 2610 (Hum/FA)	3
Mathematics	3	Humanities and/or Fine Arts	3
COMM 2200 (Comm)	3	Social/Behavioral Sciences	3
Natural Sciences (2 prefixes)	8	HIST 2010, 2020, or 2030	3
HLTH 1530 (Soc/Beh Sci)	3	BIOL 2010/2011	4
Humanities and/or Fine Arts	3	NFS 1240	3
HIST 2010, 2020, or 2030	3	NFS 3280	3
PHED activity	1	ATHT 3580	3
	30	EXSC 3500	3
		Elective	3
			31

JUNIOR

PHED 4910	3	PHED activity	1
EXSC 4830	4	ATHT 4000	3
EXSC 4810	3	EXSC 4260	3
BIOL 2020/2021	4	EXSC 4010	3
EXSC 4000	3	Electives	5
EXSC 4240	3	EXSC 4250 (final course)	12
ATHT 4060	3		27
Electives	9		
	32		

Minor in Athletic Coaching

The minor requires 15 semester hours including ATHT 2710 or 2720, PHED 1200 or 1300, ATHT 3910, ATHT 4060 or 4690, ATHT 4800 plus 3 semester hours of professional courses related to specific coaching area(s).

Minor in Driver and Traffic Safety Education

The minor in Driver and Traffic Safety Education requires 15 semester hours including PHED 3300 and SAFE 4320, 4850, and 4870. These courses offered only during Summer term.

Major in Health Education

The major in Health Education provides basic experiences for those interested in preparing for numerous health and health-related professions. Persons majoring in Health Education may choose from a concentration in Health Science and Technology, Community and Public Health, and Health Education and Lifetime Wellness. Those seeking teacher licensure will complete a Secondary Education minor.

Concentration: Health Science and Technology

The Health Science and Technology concentration is designed to accommodate transfer degrees in allied health or nursing. Students enter the University having completed certification requirements in nursing or one of the allied health fields and receive transfer credit once the required courses are completed. Graduates are prepared to teach in technical training programs, staff development or continuing education programs, or (with teacher licensure) in high school health science programs. In consultation with an advisor, the student will include the following:

Recommended Curriculum

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or HUM 2610 (Hum/FA)	3
Mathematics	3	Social/Behavioral Sciences	6
COMM 2200 (Comm)	3	(2 prefixes)	
Natural Sciences (2 prefixes)	8	Humanities and/or Fine Arts	6
HLTH 1530/1531	3	(2 prefixes)	
NFS 1240	3	HIST 2010, 2020, or 2030	6
HUM 2130	3	BIOL 2030/2031	3
PHED Activity	1	HLTH 2600	3
	30	Minor	3
		PHED activity	1
			31

JUNIOR		SENIOR	
BIOL 2030/2031, 3340	6	Certification/licensure	0-17*
HLTH 3300	3	Minor	6
HLTH 4810	3	Electives	6
Electives	9		29
Minor	9		
	30		

*Required to obtain professional teaching license in health science

Concentration: Health Education and Lifetime Wellness

The Health Education and Lifetime Wellness concentration is designed to prepare lifetime wellness instructors for grades 9–12. In consultation with an advisor, the student will include the following:

Recommended Curriculum

FRESHMAN		SOPHOMORE	
HLTH 1530/1531 recommended (Soc/Beh Sci)	3	HLTH 3300	3
HLTH 3320	3	BIOL 2030/2031	3
FOED 1110, 2110	6	SPED 3010	3
NFS 1240	3	General Education	20
General Education	18		29
	33		

JUNIOR		SENIOR	
HLTH 4260, 4300, 4360, 4400	12	HLTH 4270, 4340	6
PHED 3720, 3800, 3900§	9	HLTH 4810	3
PHED 4900	3	YOED 4000, 4110	12
YOED 3500	3	PHED 3930	3
SPSE 3220	3	Advised elective	3
PHED activity	1		27
	31		

§See Department of Educational Leadership on page 166 for Secondary Education minor requirements.

Concentration: Community and Public Health

The Community and Public Health concentration, approved by SABPAC (SOPHE/AAHE Baccalaureate Program Approval Committee), is designed to prepare health educators in community and public health strategies so that they may influence changes in public health practice for individuals, organizations, and/or communities. In consultation with an advisor, the student will include the following:

Recommended Curriculum

FRESHMAN		SOPHOMORE	
HLTH 1530/1531 recommended (Soc/Beh Sci)	3	HLTH 3000, 3300, 3320	9
HLTH 3340	3	BIOL 2030/2031	3
NFS 1240	3	PHED activity	1
PHED activity	1	Minor	3
General Education	20	General Education	14
	30		30

JUNIOR		SENIOR	
HLTH 3020, 4270, 4340, 4360, 4400, 4460, 4600, 4860	24	HLTH 3250, 4810, 4870, 4900	10
Minor	9	HLTH 4250	9
	33	Minor	3
		General Education	4
		Elective	1
			27

Minor in Health

The minor in Health requires 15 semester hours including HLTH 1530/1531, 3320, 4400, plus 6 hours of electives to be chosen from other health offerings or courses approved by the department chair.

Minor in Health and Physical Education

The minor in Health and Physical Education requires 15 semester hours including HLTH 1530/1531, 4340; PHED 3800, 3930; and three credits in HLTH/PHED.

Minor in Health and Human Performance

The minor in Health and Physical Education requires 15 semester hours including REC 3000, PHED 3300, EXSC 3500, and HLTH 4340; HLTH 1530/1531 or 3 activity hours for a total of 3 credits from PHED 1180, 1190, 1200, 1240, 1280, 1300, 1270, 1290, 1340, and 2071 or an additional upper-level class (3000 and above) from the Department of Health and Human Performance with the permission of an advisor.

Major in Recreation and Leisure Services

The major in Recreation and Leisure Services provides knowledge, skills, and experiences for students interested in preparing for positions in the recreation and leisure services profession. The major requires a general core accredited by NRPA which includes REC 3010, 3380, 3520, 3530, 3540, 3560, 4540, 4660, 4890, and 4900/01/02 (an extensive internship). Students may choose from concentrations in Recreational Therapy, Outdoor Recreation, or Recreation Administration. Students may choose to pursue a minor or advised electives of approximately 16 credit hours.

Concentration: Recreational Therapy

Those choosing the Recreational Therapy concentration serve persons with disability and/or health-related issues in a variety of settings. Employment may be sought with clinical, psychiatric, or rehabilitation hospitals, community/transitional agencies, outdoor therapeutic programs, or other health-related agencies. A student graduating with this concentration may apply for national certification as a Certified Therapeutic Recreation Specialist. Ongoing consultation with an advisor is essential.

Recommended Curriculum—Recreational Therapy

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or	
BIOL 1030/1031 (Nat Sci)	4	HUM 2610 (Hum/FA)	3
Natural Sciences (CHEM or PHYS)	4	Humanities and/or Fine Arts	3
Social/Behavioral Sciences (PSY and/or SOC)	6	Mathematics	3
COMM 2200 (Comm)	3	REC 3380, 3520, 3530	9
PHED activity	1	HIST 2010, 2020, or 2030	3
REC 3010	3	Advised electives	9
Humanities and/or Fine Arts	3		30
	30		

JUNIOR		SENIOR	
HIST 2010, 2020, or 2030	3	REC 4540, 4660	6
REC 4500, 4499, 3540	9	REC 4510, 4520	6
REC 4480	3	PSY 2300 or CDFS 3340	3
REC 4890 (Pre-internship)	1	Advised electives	3
REC 3560	3	REC 4900 (Internship)	12
BIOL 2030/2031	3		30
PSY 3230	3		
PHED activity	1		
Advised elective	4		
	30		

Concentration: Outdoor Recreation

Persons choosing the Outdoor Recreation concentration might establish careers with various natural resource-based agencies such as city, state, and national parks; resource management agencies; camp settings; and commercial and travel and tourism service providers. Ongoing consultation with an advisor is essential.

Recommended Curriculum—Outdoor Recreation

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or HUM 2610 (Hum/FA)	3
BIOL 1030/1031 (Nat Sci)	4	Humanities and/or Fine Arts	3
GEOL 1040/1041 (Nat Sci)	4	Mathematics	3
ANTH 2010, PSY 1410, or SOC 101 (Soc/Beh Sci)	3	REC 3380, 3520, 3530	9
COMM 2200 (Comm)	3	HIST 2010, 2020, or 2030	3
REC 3010	3	Advised electives	9
GEOG 2000 (Soc/Beh Sci)	3		30
Humanities and/or Fine Arts	3		
	29		
JUNIOR		SENIOR	
HIST 2010, 2020, or 2030	3	REC 4540, 4580, 4660	9
REC 3370, 3560, 3540	9	REC 4901 (Internship)	12
REC 3570	3	REC 3371, 4570	6
REC 4890 (Pre-internship)	1	Advised electives	6
BIOL 4060, 4240/4241, ABAS 3630	9		33
Advised electives	3		
	28		

Concentration: Recreation Administration

The Recreation Administration concentration offers preparation for careers with a variety of recreation and leisure services agencies. Potential opportunities include employment with public and municipal recreation departments, youth service providers, commercial and tourism agencies, and military recreation. Ongoing consultation with an advisor is essential.

Recommended Curriculum—Recreation Administration

FRESHMAN		SOPHOMORE	
ENGL 1010, 1020 (Comm)	6	ENGL 2020 or 2030 or HUM 2610 (Hum/FA)	3
Natural Sciences (2 prefixes)	8	Humanities and/or Fine Arts	3
ECON 2610 (Soc/Beh Sci)	3	Mathematics	3
PS 1010 or 2010 (Soc/Beh Sci)	3	REC 3380, 3520, 3530	9
COMM 2200 (Comm)	3	HIST 2010, 2020, or 2030	3
Humanities and/or Fine Arts	3	Advised electives	9
PHED activity	1		30
REC 3010	3		
	30		

JUNIOR		SENIOR	
HIST 2010, 2020, or 2030	3	REC 4540, 4660	6
REC 3540, 4600/4601	6	REC 4902 (Internship)	12
REC 3560, 4550	6	BCEN 2900 or MGMT 3810	3
PSY 2210 or 4380	3	Advised electives	7
REC 4110, 4490, or 3390 (select two)	6	PHED activity	1
Advised electives	6	REC 4890 (Pre-internship)	1
	30		30

Minor in Recreation

The minor in Recreation consists of 15 semester hours of coursework in Recreation, 9 hours of which must be taken at MTSU. REC 3010 and 3530 are required plus 9 hours of approved REC electives.

Major in Athletic Training

The Athletic Training Program consists of four academic years and is a **limited enrollment** program. The program's academic and clinical foundation is based upon the National Athletic Trainer's Association Educational Competencies and the Commission on Accreditation of Athletic Training Education accreditation standards and guidelines for entry-level athletic training education programs. The program consists of 120 credit hours, which include General Education, athletic training core courses, and major auxiliary courses. Students enter the program as pre-athletic training majors and must complete the first year of pre-athletic training curriculum consisting of General Education and athletic training prerequisite courses. Students then make formal application for admission to the last three years, which includes 50 hours of athletic training courses. When a student applies for admission and is accepted, the student is then classified as an Athletic Training major. The number of students accepted into the program is limited, making the application process competitive.

Students seeking admission to the program must have a 2.50 cumulative grade point average. The application process includes the following:

- completion of a formal application, which includes three letters of recommendation;
- successful completion of ATHT 3570 and 3580 and BIOL 2010/2011 with a minimum grade of B- in each;
- successful completion of pre-program clinical observations as part of ATHT 3570;
- successful completion of pre-program clinical proficiencies;
- successful completion of a minimum of 24 credit hours;
- interview with Athletic Training program admission committee.

After students have met the admission requirements, acceptance is based upon weighted criteria. Meeting minimal admission requirements does not guarantee admission to the program.

All students must sign a technical standards document as part of the application process. This document is attached to the program application form and is in the Athletic Training education program manual.

Once a student is admitted, he/she must follow a prescribed course of study, which includes both academic and clinical courses. Students must maintain a cumulative grade point average of 2.50. Students must achieve a B- or better in all ATHT courses and a C- or better in BIOL 2020/2021; NFS 1240; EXSC 4240, 4260, 4830; PHED 4910; ATHC 4060; and the natural sciences to continue in the program. If a student does not achieve a B- or better in an ATHT course and a C- or better in the above courses he/she must retake the course.

Only admitted students are allowed to register for athletic training clinical courses (ATHT 3000, 3001, 3002, 3003, 4430, 4950, and 4990). These courses require a structured clinical rotation under an approved clinical instructor/supervisor. Clinical courses provide the student with a variety of athletic training experiences including contact-collision, collision, and non-contact sports for males and females in the collegiate, high school, and professional sport environment. Students also take a practicum (ATHT 4430) in athletic training at the completion of their junior year, which requires a clinical rotation in a non-traditional sport environment (i.e., sports medicine clinic, physical therapy clinic). Students must complete all clinical courses with a minimum grade of B- or better. If a student fails to get a minimum grade of B-, the student cannot matriculate on to the next clinical course. The student will be on leave from the clinical portion of the program for one year. The student can, however, continue taking academic coursework that does not require clinical courses as co-requisites or prerequisites **upon approval of the program director**. A student must successfully pass ATHT 3000-3001-3002-3003 and ATHT 4430 with a B- or better before continuing on to ATHT 4950 and the semi-independent field experience.

Students must have a minimum overall GPA of 2.50 to graduate from the program. Upon successful completion of the program, graduates are awarded a B.S. in Athletic Training and become eligible to sit for the Board of Certification Examination (BOC) for the Athletic Trainer.

Recommended Curriculum

PRE-ATHLETIC TRAINING PROGRAM

FRESHMAN

FALL		SPRING	
ENGL 1010 (Comm)	3	ENGL 1020 (Comm)	3
ATHT 3580	3	PSY 1410 (Soc/Beh Sci)	3
MATH 1710 (Math)	3	ATHT 3570	3
COMM 2200 (Comm)	3	HIST 2010	3
Humanities and/or Fine Arts	3	BIOL 2010/2011	4
	15		16

Application to Program and Program Admission

ADMITTED ATHLETIC TRAINING PROGRAM

SOPHOMORE

FALL		SPRING	
ATHT 3000	3	ATHT 3950	3
ATHT 3590	2	ATHT 3001	3
ATHT 4200	3	PHYS 2010/2011 OR	
BIOL 2020/2021	4	CHEM 1110/1111 (Nat Sci)	4
PHED 4910	3	HIST 2020 or 2030	3
	15	ENGL 2020 or 2030 or	
		HUM 2610 (Hum/FA)	3
			16

JUNIOR

FALL

ATHT 3960	3
ATHT 3002	3
ATHT 4500/4820	3
Social/Behavioral Sciences	3
NFS 1240	3

15

SPRING

ATHT 4960	3
ATHT 4970	3
ATHT 3003	3
EXSC 4830	4
Humanities and/or Fine Arts	3

16

SUMMER

ATHT 4430	3
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SENIOR

FALL

ATHT 4500/4820	3
ATHT 4950	3
ATHT 4000	3
EXSC 4240	3

12

SPRING

ATHT 4990	3
ATHC 4060	3
EXSC 4260	3
ATHT 4965	3

12

Athletic Training Program Costs

Athletic training students pay the same fee schedules as do all other undergraduate students at the University. These fees are described in detail elsewhere in this catalog. Additional expenses incurred by athletic training students include

1. the cost of a uniform package - varies in price (yearly);
2. liability insurance - \$35 (yearly);
3. membership into the National Athletic Trainer's Association (yearly);
4. maintenance of professional rescuer CPR (yearly).

Verification of immunization status is required.

Courses in Physical Education [PHED]

See back of catalog for course descriptions.

Courses in Health [HLTH]

See back of catalog for course descriptions.

Courses in Exercise Science [EXSC]

See back of catalog for course descriptions.

Courses in Athletic Coaching [ATHC]

See back of catalog for course descriptions.

Courses in Athletic Training [ATHT]

See back of catalog for course descriptions.

Courses in Recreation [REC]

See back of catalog for course descriptions.

Courses in Safety [SAFE]

See back of catalog for course descriptions.

Graduate Study

The department offers the Master of Science in Health, Physical Education, Recreation with concentrations available in Health, Physical Education, Recreation, and Sport Management and a Master of Science with a major in Exercise Science. A Ph.D. in Human Performance with specializations available in Exercise Science, Health, Leisure Studies, Physical Education, or Kinesmetrics. Degree requirements and a list of courses offered for graduate credit are published in the Graduate Catalog.