

Kinesiology, Health Promotion and Recreation

Health Promotion, HLTH

5100. Research Perspectives in Kinesiology, Health Promotion and Recreation. 3 hours. Research techniques and their application to the research process in kinesiology, health promotion and recreation. (Same as KINE 5100 and RECR 5100.)

5110. Critical Analysis of Professional Literature. 3 hours. Analysis and philosophical criticism of the literature in the student's major area and other related fields. Extensive reading assignments and discussion of published and unpublished research.

5131. Exercise and Health Psychology. 3 hours. Introduces students to health, leisure and exercise behavior change strategies, and provides knowledge and skills necessary to improve the initiation and adherence of lifetime health and physical activity behaviors among individuals and groups. Offers a comprehensive inquiry into individual behaviors and lifestyles that affect physical and mental health from health promotion, exercise science and psychological perspectives. Topics include enhancement of health, identification of health risk factors, prevention and treatment of disease, improvement of the health care system and shaping of public opinion with regard to health and physical activity. Prerequisite(s): a course in sport psychology or consent of department. (Same as KINE 5131 and PSYC 5131.)

5170. Critical Health Issues. 3 hours. Health aspects and health promotion implications of current health issues. Exploration of health problems currently found in society; role of health educators in terms of preparation, planning, instruction and evaluation. May be repeated for maximum of 6 hours credit.

5290. Human Sexuality Education. 3 hours. Basic human aspects that influence the development of the individual's total sexuality. The philosophy, content, methods, resources and evaluation that relate specifically to the teaching of human sexuality.

5300. Health Promotion: Advanced Concepts and Theories. 3 hours. An analysis of the growing body of knowledge concerning health promotion and education. Concepts of theory, research and practice are discussed, analyzed and used as a framework for investigative study.

5310-5320. Health Promotion Workshop. 3 hours each. A workshop for teachers, nurses, principals, superintendents and community leaders with opportunities to concentrate on individual and group problems. Activities based upon the problems, needs and interests of participants. Consultants from most areas of health are utilized. HLTH 5320 is taken in conjunction with HLTH 5310.

5500. Advanced Concepts in Epidemiology. 3 hours. Examines the meaning and scope of epidemiological principles, methods and strategies, and the use of morbidity, mortality and other vital statistics data in the scientific appraisal of community health. An understanding of the study, nature, prevention and control of communicable and non-communicable diseases. Prerequisite(s): HLTH 4100 or equivalent, or consent of department.

5510. Stress Management for the Health Professional. 3 hours. This course identifies environmental, organizational, interpersonal and individual patterns of stress with

reference to the role of the health professional. Prevention and intervention strategies are emphasized. (Same as KINE 5510.)

5600. Health Promotion in a Multicultural Context. 3 hours. This course is designed to explore ethnic and cultural factors influencing disease prevention and health promotion among ethnic-cultural groups. Students will be able to design, implement and evaluate health promotion programs targeting multiethnic and multicultural groups.

5800. Studies in Health Promotion. 1–3 hours. Organized classes to satisfy program needs. Prerequisite(s): consent of department. Limited-offering basis; may be repeated for credit.

5850. Graduate Internship. 3 hours. A graduate internship affiliated with an approved community health promotion agency. Emphasis is on application of knowledge and skills to job roles, professional responsibilities, and program development and evaluation. The internship will involve a minimum of 320 consecutive hours to be completed within a term/semester. Prerequisite(s): completion of a minimum of 18 graduate hours in health promotion. Required of all graduate students without a minimum of 1 year experience in a community health agency.

5900-5910. Special Problems. 1–3 hours each. Open to graduate students who are capable of developing a problem independently. Problems chosen by the student and developed through conferences with the instructor.

5950. Master's Thesis. 3 or 6 hours. To be scheduled only with consent of department. 6 hours credit required. No credit assigned until thesis has been completed and filed with the graduate dean. Continuous enrollment required once work on thesis has begun. May be repeated for credit.

Kinesiology, KINE

5000. Supervision in Kinesiology. 3 hours. Principles of organization and administration for the supervision of kinesiology programs.

5020. Aging and Movement Control. 3 hours. An examination of the physical, behavioral and psychological aspects of aging and how these changes affect movement and movement control processes.

5030. Life-span Motor Development. 3 hours. Explanation of changes in human motor patterns across the life span with emphasis on internal and external factors that relate to these changes. Issues, theories and research design problems are presented.

5050. Administration and Supervision of Recreation and Sport. 3 hours. Principles and procedures involved in the administration and supervision of recreation and sport. (Same as RECR 5050.)

5060. Areas and Facilities for Recreation and Sport. 3 hours. Design, construction and maintenance of recreation and sport areas and facilities. (Same as RECR 5060.)

5090. Motor Behavior. 3 hours. An examination of the major behavioral processes and control mechanics underlying the learning and performance of motor skills. Principles in motor learning, motor behavior and motor control are systematically presented within a conceptual framework focusing on motor behavior and control theories, information processing, feedback, condition of practice, transfer, individual differences and life-cycle changes.

5100. Research Perspectives in Kinesiology, Health Promotion and Recreation. 3 hours. Research techniques and their application to the research process in kinesiology, health promotion and recreation. (Same as HLTH 5100 and RECR 5100.)

5121. Sport and Exercise Psychology. 3 hours. Survey of the application of the science of psychology in sport and exercise settings. Topics include motivation, mental preparation strategies, arousal-performance relationship, exercise adherence, exercise and mental health. (Same as PSYC 5121.)

5131. Exercise and Health Psychology. 3 hours. Introduces students to health, leisure and exercise behavior change strategies, and provides knowledge and skills necessary to improve the initiation and adherence of lifetime health and physical activity behaviors among individuals and groups. Offers a comprehensive inquiry into individual behaviors and lifestyles that affect physical and mental health from health promotion, exercise science and psychological perspectives. Topics include enhancement of health, identification of health risk factors, prevention and treatment of disease, improvement of the health care system and shaping of public opinion with regard to health and physical activity. Prerequisite(s): a course in sport psychology or consent of department. (Same as HLTH 5131 and PSYC 5131.)

5140. Women, Leisure and Sport. 3 hours. Using historical, psychological, sociological and feminist perspectives as a framework, critical issues surrounding women, leisure and sport are presented. Focuses on women as consumers of leisure and sport experiences and on the social changes that are needed to expand and enhance their leisure and sport opportunities. (Same as RECR 5140.)

5150. Quantitative Procedures in Exercise and Sport Sciences. 3 hours. An in-depth study of analysis techniques necessary for scientific investigations in exercise and sport. Emphasis is placed on computer applications, advanced data analysis, techniques and interpretation of resulting analyses. Prerequisite(s): KINE 5100 or equivalent.

5160. Sports in American Culture. 3 hours. Role of sports and games in the American culture; their contributions to human welfare; implications of sports in a social order; personalities, institutions and cultural factors as they influence origin and development of sports and games.

5171. Social Psychology of Sport. 3 hours. The effects of social psychological variables on motor behavior. Topics include social facilitation, social reinforcement, organized youth sports, socialization, group dynamics and leadership. (Same as PSYC 5171.)

5181. Applied Sport Psychology. 3 hours. Psychological techniques and strategies for enhancing athletic performance, including imagery, arousal regulation, attentional control, goal setting and self-talk. Practical issues, ethical considerations and coach-athlete-organization interface are addressed. Prerequisite(s): KINE 5121. (Same as PSYC 5181.)

5190. Neuromuscular Physiology of Exercise. 3 hours. An examination of the subcellular and macrocellular responses of the neuromuscular system to acute and chronic exposure to exercise. Special emphasis is given to the diagnostic and rehabilitative aspects of corrective exercise therapy as part of the health-care delivery system. Prerequisite(s): a course in exercise physiology or consent of department.

5200. Cardiovascular Physiology of Exercise. 3 hours. A study of the cardiovascular responses of normal and patient populations to acute and chronic bouts of exercise. Particular emphasis is given to the use of exercise as a treatment modality for cardiac- and pulmonary-impaired patients in a clinical environment. Prerequisite(s): a course in exercise physiology or consent of department.

5210. Administration Issues and Problems in Kinesiology. 3 hours. Analysis of issues and problems in administering programs in kinesiology.

5230. Professional Preparation in Kinesiology. 3 hours. Historical development of professional preparation in kinesiology and current guidelines for programs.

5290. Current Topics in Exercise Physiology. 3 hours. Current research topics and laboratory techniques with instrumentation to promote currency of thought and measurement technology in the areas of exercise physiology. May be repeated for a maximum of 6 hours credit.

5301. Physiology of Exercise. 3 hours. Functional responses of the human body during movement; emphasis on elementary principles and basic research underlying a sound, safe and healthy exercise regimen.

5310. Exercise and Fitness for Special Populations. 3 hours. Needs, limitations and program modification for special populations in fitness-related environments. Etiology, pathophysiology and exercise prescription for prevalent disorders.

5340. Biomechanics of Sports Skills. 3 hours. Identification of the mechanical factors contributing to selected sports performances with qualitative analysis of skill objectives and contributing performance factors.

5390. Physiological Assessment in the Health Sciences. 3 hours. Evaluation of assessment techniques used in exercise physiology and health/fitness disciplines, including fitness assessment of working capacity, biochemical assays, advanced metabolic assessment, flexibility assessment and strength assessment. Prerequisite(s): a course in exercise physiology or consent of department.

5400. Clinical Application of Exercise Physiology. 3 hours. Techniques of exercise prescription and cardiac evaluation in patients with coronary artery disease, including practical experience in a cardiac rehabilitation program and clinical exercise laboratory. Prerequisite(s): a course in exercise physiology or consent of department.

5410. Sport/Fitness Organization Management. 3 hours. Analysis of theoretical orientations to management functions in sport/fitness organizations. Current research and applications of theoretical orientations will be directed toward personnel, communication and marketing activities in sport/fitness enterprises.

5420. Facilities and Equipment in Kinesiology. 3 hours. Design, use and maintenance of facilities in kinesiology and sport enterprises.

5430. Legal Aspects of Kinesiology. 3 hours. Analysis of the legal elements and responsibilities in kinesiology and sport management. Emphasis is placed on recognizing and solving legal problems in kinesiology and sport management.

5450. Implementing Health/Fitness Programs. 3 hours. Strategies, procedures and resources used in implementing health/fitness programs in corporate, commercial and clinical settings.

5460. Sports Administration. 3 hours. Designed for students seeking practical insight into the application of principles and the use of methods and techniques in administering sports programs in schools and colleges; community, club and industrial recreation programs; or professional sports organizations.

5470. Special Topics in Health Fitness. 3 hours. Focus on the health fitness industry, including current topics in areas such as health and fitness assessment, facility and equipment innovations, program implementation, client management and business management.

5510. Stress Management for the Health Professional. 3 hours. This course identifies environmental, organizational, interpersonal and individual patterns of stress with reference to the role of the health professional. Prevention and intervention strategies are emphasized. (Same as HLTH 5510.)

5700. Curriculum and Methods in Kinesiology and Health Promotion. 3 hours. Knowledge, techniques and skills for teaching in kinesiology and health. Practice teaching provides opportunities for application of principles and techniques presented in the course. Objectives within the Texas Essential Knowledge and Skills (TEKS) are used as the basis for the selection, organization and presentation of subject matter in kinesiology-physical education and health. Prerequisite(s): consent of department.

5800. Studies in Kinesiology. 1–3 hours. Short courses, workshops and fully organized classes to meet new and specialized demands in kinesiology not met by the regular offerings. May be repeated for credit.

5850. Sport and Exercise Psychology Practicum. 1–3 hours. Supervised active participation in sport and exercise psychology activities within a sport or health-related agency/organization. Prerequisite(s): consent of department.

5860. Practicum, Field Problem or Internship. 1–6 hours. Supervised professional activities and experiences. May be repeated for credit.

5900-5910. Special Problems. 1–3 hours each. Open to graduate students capable of developing a problem independently. Problems chosen by the student and developed through conferences with the instructor or major professor.

5920. Research Problems in Lieu of Thesis. 3 hours. Research dealing with significant problems in physical education.

5940. Current Topics in Kinesiology. 3 hours. Designated capstone course to provide a culminating experience for students majoring in kinesiology.

5950. Master's Thesis. 3 or 6 hours. To be scheduled only with consent of department. 6 hours credit required. No credit assigned until thesis has been completed and filed with the graduate dean. Continuous enrollment required once work on thesis has begun. May be repeated for credit.

Kinesiology/Health Promotion, KHPM

5105-5115. Advanced Practicum I & II. 3 hours each. Field-based courses for participants in the kinesiology or health promotion post-baccalaureate teacher certification program. Participants are to be employed as "teacher of record" within a K–12 physical education or health program and might also have been granted one-year Probationary Certificates. Content of the practicum series emphasizes application of pedagogical content knowledge in physical

education or health. It is expected that participants will research, plan, present and assess instructional activities in a way that demonstrates a high level of personal competency. Prerequisite(s): consent of department.

Physical Education – see Undergraduate Catalog

Recreation and Leisure Studies, RECR

5010. Perspectives in Leisure. 3 hours. Employs the seminar format in enabling the student to develop a sound conceptualization of leisure services and achieve an insightful, functional understanding of recreation and leisure in our contemporary society through a number of perspectives, including historical, philosophical, sociological, psychological and administrative.

5050. Administration and Supervision of Recreation and Sport. 3 hours. Principles and procedures involved in the administration and supervision of recreation and sport. (Same as KINE 5050.)

5060. Areas and Facilities for Recreation and Sport. 3 hours. Design, construction and maintenance of recreation and sport areas and facilities. (Same as KINE 5060.)

5070. Psychosociological Dynamics of Leisure Behavior. 3 hours. An examination of the psychosociological dynamics of leisure behavior.

5080. Recreation Program Design. 3 hours. Theory and techniques for developing programmed recreation experiences. Topics include the program development cycle, marketing leisure services, the case study approach to program analysis, program design and planning, applying creativity to the program design process and program supervision and evaluation.

5100. Research Perspectives in Kinesiology, Health Promotion and Recreation. 3 hours. Research techniques and their application to the research process in kinesiology, health promotion and recreation. (Same as HLTH 5100 and KINE 5100.)

5110. Critical Analysis of Professional Literature. 3 hours. Analysis and philosophical criticism of the literature in the student's major area and other related fields. Extensive reading assignments and discussion of published and unpublished research.

5120. Concepts in Therapeutic Recreation. 3 hours. Study of the characteristics of illness and disease, including etiology, treatment procedures, functional disabilities and psychosocial adjustment, as they affect leisure participation. Overview of social and environmental elements that contribute to successful leisure functioning of individuals with disabling conditions.

5130. Principles of Therapeutic Recreation. 3 hours. Principles and techniques in the delivery of recreation services for special populations. Includes theoretical bases for therapeutic recreation services, as well as practical guidelines for the provision of such services.

5140. Women, Leisure and Sport. 3 hours. Using historical, psychological, sociological and feminist perspectives as a framework, critical issues surrounding women, leisure and sport are presented. Focuses on women as consumers of leisure and sport experiences and on the social changes that are needed to expand and enhance their leisure and sport opportunities. (Same as KINE 5140.)

5200. Dynamics of Commercial Recreation and Tourism. 3 hours. The origins, characteristics and societal impacts of commercial recreation and tourism. Examination of behavioral factors influencing participation, management considerations and research in commercial recreation and tourism. Local field trips required.

5760. Techniques in Therapeutic Recreation. 3 hours. Study of the purposeful analysis of activities, models of change, and techniques to facilitate therapeutic recreation outcomes. Application of techniques to the needs associated with various disabling conditions are included. (Meets with RECR 4760.)

5800. Studies in Recreation. 1–3 hours. Organized classes specifically designed to accommodate the needs of students and the demands of program development that are not met by the regular offerings. Short courses and workshops on specific topics are organized on a limited-offering basis, to be repeated only upon demand. May be repeated for credit.

5850. Proseminar in Leisure Services Management. 3 hours. Concepts, research, analytical methods and literature drawn from the leading scholars in the various areas of the field.

5860. Practicum in Leisure Services. 3 hours. Supervised professional activities and experiences.

5870. Trends and Issues in Therapeutic Recreation. 3 hours. Concepts, research, analytical methods and literature drawn from the leading scholars in the various areas of the field to focus on current trends and issues in therapeutic recreation.

5900-5910. Special Problems. 1–3 hours each. Open to graduate students who are capable of developing a problem independently. Problems are chosen by the student and developed through conferences with the instructor.

5950. Master's Thesis. 3 or 6 hours. To be scheduled only with consent of department. 6 hours credit required. No credit assigned until thesis has been completed and filed with the graduate dean. Continuous enrollment required once work on thesis has begun. May be repeated for credit.

Language

see Foreign Languages and Literatures

Latin

see *Undergraduate Catalog*

Learning Technologies

Applied Technology, Training and Development, ATTD

5010. Performance Assessment. 3 hours. A focus on the preliminary assessment of human performance problems in organizations. The design, development, implementation and evaluation of training programs for supervisors and trainers is discussed.

5100. Principles of Applied Technology, Training and Development. 3 hours. This overview course investigates the design, delivery and evaluation of training programs. The relationship of modern technology and training theories with organizational practices will also be addressed.

5110. Curriculum Design and Instructional Resources. 3 hours. Development, organization and use of curriculum materials and resources in career and technical education, with an emphasis on employability skills, work-based learning and instructional technology.

5120. Demonstrating Effective Presentation Skills. 3 hours. Such instructional strategies as lecture and demonstration are emphasized; includes introduction, questioning and summary techniques, as well as the use of basic media commonly utilized in technical presentations.

5121. Corporate Training Presentation Skills. 3 hours. Such training strategies as job coaching and small group instruction are emphasized; includes motivation techniques, one-on-one interaction skills, questioning and summary techniques and the use of electronic presentation media.

5130. Roles and Responsibilities of Career and Technical Education Professionals. 3 hours. Focuses on the career and technical education teacher's role in the classroom, laboratory, school and community. Emphasizes the roles of technology, discipline and liability.

5140. Developing Work-Based Experiences in Career and Technical Education. 3 hours. This course is designed to address all aspects of work-based learning. Basic standards and the development of educational training opportunities are included.

5160. Advanced Computer Applications in Education and Training. 3 hours. Advanced preparation for students entering into education or training organizations that utilize modern computer-based technologies including graphic applications, telecommunications, networking, programming and instructional technology. Prerequisite(s): consent of department.

5200. Leadership Practices in Health Science Technology Education. 3 hours. Internet-based course consisting of seven modules designed to assist the health science technology education (HSTE) professional in organizing, facilitating and evaluating a successful leadership program for health science technology students. Requires participation in an e-group to share ideas and experiences.

5210. Authentic Assessment Techniques in Health Science Technology Education. 3 hours. Internet-based course consisting of three modules that examine a wide variety of assessment techniques and strategies for use in health science technology programs. Emphasis is placed on the practical application of assessment.

5400. Planning and Organizing Programs of Vocational Guidance. 3 hours. Purposes and functions of a guidance program, group guidance procedures, components of a vocational guidance program and techniques for providing vocational guidance services for elementary, secondary and adult populations.

5430. Historical Foundations of Applied Technology. 3 hours. An examination of the historical and philosophical foundations of applied technology. Interrelationships of economic, sociological and psychological foundations are considered. Includes the role and responsibility of the professional educator in applied technology programs.

5440. Facilitation Strategies in Applied Technology and Training. 3 hours. Advanced instructional strategies, such as group facilitation, cooperative learning, questioning, discussion, problem-solving, simulation, reflective teaching and other instructional techniques. Participants are expected to employ various presentation techniques through small group exercises. Prerequisite(s): ATTD 5120.