# Wellness and Exercise Science

**Department of Health and Physical Education**

**Department Chair:** Carol Cummings

**Wellness and Exercise Science Coordinator:** Jason Sawyer

**Wellness and Exercise Science Program Faculty: Professor** Castagno; **Associate Professors**Auld, Cummings, Tunnicliffe; **Assistant Professors** Clark, England-Kennedy, Mukherjee, Pepin, Sawyer.

Students must consult with their assigned advisor before they will be able to register for courses. Students must present current certification in basic first aid, adult-child-infant CPR, and AED in order to enroll in an internship.

Wellness and Exercise Science B.S.

Admission Requirements

1. Completion of 24 credits.

2. Minimum G.P.A. of 2.75.

3. Completion of College Math Competency.

4. Minimum Grade of B in FYW 100.

5. Minimum of B- in HPE 140 and HPE 205.

6. Submission of HPE 205 Faculty Reference Form.

Retention Requirements

1. A minimum cumulative G.P.A. of 2.75 each semester.

2. A minimum grade of B- in all other required program courses, except for BIOL 108, BIOL 231, BIOL 335, and PSYC 110 or PSYC 215, which, when needed, require a minimum grade of C.

Note: BIOL 108 fulfills the Natural Science category of General Education.

Note: BIOL 335 fulfills the Advanced Quantitative/Scientific Reasoning category of General Education.

Course Requirements

Courses

|  |  |  |  |
| --- | --- | --- | --- |
| BIOL 108 | Basic Principles of Biology | 4 | F, Sp, Su |
| BIOL 231 | Human Anatomy | 4 | F, Sp, Su |
| BIOL 335 | Human Physiology | 4 | F, Sp, Su |
|  |   |  |  |
| ENGL 230 | Writing for Professional Settings | 4 | F, Sp, Su |
|  | -Or- |  |  |
| MKT 201W | Introduction to Marketing | 4 | F, Sp, Su |
|  |   |  |  |
| HPE 102 | Human Health and Disease | 3 | F, Sp, Su |
| HPE 140 | Foundations: Physical Education and Exercise Science | 3 | F, Sp |
| HPE 201 | Prevention and Care of Athletic Injuries | 3 | Sp |
| HPE 205 | Conditioning for Personal Fitness | 3 | F, Sp |
| HPE 221 | Nutrition | 3 | F, Sp |
| HPE 233 | Social and Global Perspectives on Health | 3 | F, Sp, Su |
| HPE 243 | Motor Development and Motor Learning | 3 | F, Sp |
| HPE 278 | Coaching Skills and Tactics | 3 | F, Sp |
| HPE 301W | Principles of Teaching Activity | 3 | F, Sp |
| HPE 303W | Research in Community and Public Health | 3 | F, Sp |
| HPE 309W | Exercise Prescription | 3 | F |
| HPE 406 | Health Program Planning and Development | 3 | Sp or as needed |
| HPE 410 | Managing Stress and Mental/Emotional Health | 3 | F, Sp |
| HPE 411 | Kinesiology | 3 | F, Su |
| HPE 420 | Physiological Aspects of Exercise | 3 | F, Sp |
| HPE 421 | Senior Lecture: Wellness and Exercise Science | 3 | F |
| HPE 427W | Internship in Wellness and Exercise Science  | 10 | F, Sp, Su |
| HPE 430 | Seminar in Wellness and Exercise Science  | 2 | F, Sp, Su |
|  |   |  |  |
| PSYC 110 | Introduction to Psychology | 4 | F, Sp, Su |
|  | -Or- |  |  |
| PSYC 215 | Social Psychology | 4 | F, Sp, Su |

TWO COURSES from

|  |  |  |  |
| --- | --- | --- | --- |
| HPE 151 | Introduction to Recreation in Modern Society | 3 | As needed |
| HPE 244 | Group Exercise Instruction | 3 | Sp |
|  |  |  |  |
| HPE 307 | Introduction to Epidemiology | 3 | F, Sp |
| HPE 308 | The Science of Coaching | 3 | Sp |
| HPE 310 | Strength and Conditioning for the Athlete | 3 | F |
| HPE 323 | Teaching in Adventure Education | 3 | F, Sp |
|  |  |  |  |
| HPE 408 | Coaching Applications | 3 | F |
| HPE 451 | Recreation and Aging | 3 | As needed |
| SOC 217 | Sociology of Aging | 4 | F, Sp, Su |

Total Credit Hours: 85-87

**Health Education M Ed.**

**List of electives:**

THREE COURSES from

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
| HPE 406 | Health Program Planning and Development | 3 | Sp or as needed |
| HPE 410 | Managing Stress and Mental/Emotional Health | 3 | F, Sp |
| HPE 431 | Drug Education | 3 | F |
| HPE 503 | Health Education Pedagogy | 3 | Sp |
| HPE 504 | Application of Health Content | 3 | F |
| HPE 508 | Psycho-Social Aspects of Human Movement | 3 | As needed |
| HPE 509 | Teaching Sports through a Tactical Perspective | 3 | As needed |
| HPE 522 | Current Issues in Physical Education | 3 | As needed |
| HPE 523 | Adventure Education | 3 | As needed |
| HPE 530 | Family Life and Sexuality Education | 3 | F |
| HPE 531 | Methods and Procedures for School Nurse Teachers | 3 | Sp |
| HPE 550 | Topics in Health/Health Education | 3 | As needed |
| HPE 563 | Professional Ethics and Social Health Issues | 3 | Sp |
| HPE 580 | Workshops in Health/Health Education | 3 | As needed |
| HPE 590 | Directed Study in Health Education | 3 | As needed |
| HPE 591 | Directed Reading in Health Education | 3 | As needed |

**Course Descriptions:**

HPE 244 - Group Exercise Instruction (3)

Students will augment existing fitness abilities with knowledge and skills on how to design and teach group exercise classes based on exercise physiology concepts and professional standards.

Prerequisite: HPE 205 and HPE 243 or consent of department chair.

Offered: Spring.

HPE 251 - Recreation Delivery Systems (3)

Services provided by agencies in both the public and private sectors of leisure-service industries are examined. The functions of these agencies are investigated through lectures, field trips and on-site volunteer work. 4 contact hours.

Offered: As needed.

HPE 252 - Camping and Recreational Leadership (3)

The philosophy and problems of camping and recreational leadership are studied. The principles, practices, processes and techniques of leadership are studied in depth. Lecture and laboratory.

Offered: As needed.

HPE 253 - Introduction to Therapeutic Recreation (3)

Students are introduced to the history, concepts and philosophy of therapeutic recreation in community and institutional settings. Field trips and on-site observations are included.

Offered: As needed.

HPE 278 - Coaching Skills and Tactics (3)

Skill development and tactical awareness are introduced. Students acquire the ability to explain, demonstrate, analyze and provide feedback for physical movements while coaching players of all ages.

Prerequisite: HPE 243.

Offered: Fall, Spring.

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HPE 420 - Physiological Aspects of Exercise (3)

Topics range from the physiological response of the human muscular and cardiorespiratory systems to the acute and chronic effects of physical activity. Lecture and laboratory. 4 contact hours.

Prerequisite: BIOL 335 and admission to the physical education teacher preparation program or consent of department chair.

Offered: Fall, Spring.

HPE 421 – Senior Lecture: Wellness and Exercise Science (3)

Under the guidance of the instructor and cooperating professional, students gain the practical experience in wellness and exercise science environments. Students explore research topics and internships opportunities. 4 contact hours.

Prerequisite: HPE 309; a minimum cumulative GPA of 2.75; or consent of the department chair.

Offered: Fall.

HPE 422 - Student Teaching Seminar in Health Education (2)

Teacher candidates explore current trends and topics in education. Communication, collaboration and leadership skills are applied to the health education setting. Students develop skills for the job application process. This seminar meets weekly.

Prerequisite: Concurrent enrollment in HPE 424.

Offered: Fall, Spring.

HPE 423 - Student Teaching Seminar in Physical Education (2)

Teacher behaviors appropriate to effective teaching are developed. Topics include classroom and time management, effective communication, learning styles and teaching strategies. This seminar meets weekly.

Prerequisite: Concurrent enrollment in HPE 425.

Offered: Fall, Spring.

HPE 424 - Student Teaching in Health Education (9)

In this culminating field experience, candidates complete a teaching experience in an elementary and secondary school under the supervision of cooperating teachers and a college supervisor. This is a full-semester assignment. Graded S, U.

Prerequisite: Concurrent enrollment in HPE 422, passing score(s) on Praxis, approved Preparing to Teach Portfolio and other Feinstein School of Education and Human Development admission and retention requirements.

Offered: Fall, Spring.

HPE 425 - Student Teaching in Physical Education (9)

In this culminating field experience, candidates complete a teaching experience in an elementary and secondary school under the supervision of cooperating teachers and a college supervisor. This is a full-semester assignment. Graded S, U.

Prerequisite: Concurrent enrollment in HPE 423, passing score(s) on Praxis, approved Preparing to Teach Portfolio and other Feinstein School of Education and Human Development admission and retention requirements.

Offered: Fall, Spring.

HPE 426 - Internship in Community and Public Health (10)

Students cultivate professional skills essential to the diverse fields of community and public health, including health education and health promotion, through a service-learning experience in health agencies or organizations. Graded S, U.

Prerequisite: HPE 419, minimum cumulative G.P.A. of 2.75, an approved Internship application, and completion of all required courses.

Offered: Fall, Spring, Summer.

HPE 427 - Internship in Wellness and Exercise Science (10)

Extensive application of professional and specialized skills essential to wellness and exercise science are implemented in a authentic settings. Graded S, U.

Prerequisite: HPE 421, concurrent enrollment in HPE 430, a minimum cumulative GPA of 2.75, successful completion of an internship application and completion of all required courses.

Offered: Fall, Spring, Summer.

HPE 428 - Educational Kinesiology and Exercise Physiology (3)

Teacher candidates explore physiological and biomechanical concepts needed to efficiently analyze and correct critical elements of motor skills and performance concepts in authentic PK-12 situations.

Prerequisite: BIOL 231, BIOL 335, and HPE 313; or consent of department chair.

Offered: Fall.

HPE 429 - Seminar in Community and Public Health (2)

Students participate in a professional learning community to share, analyze and reflect on internship and research experiences. Students further develop professional competencies in the field.

Prerequisite: Concurrent enrollment in HPE 426.

Offered: Fall, Spring, Summer.

HPE 430 - Seminar in Wellness and Exercise Science (2)

In a professional learning community, students analyze, reflect and share internship experiences. Responsibilities and best practices of the profession are explored and developed.

Prerequisite: Concurrent enrollment in HPE 427.

Offered: Fall, Spring, Summer.

HPE 431 - Drug Education (3)

Standards-based strategies for drug education in school and community settings are explored. Impact of alcohol, tobacco and other drugs on dimensions of wellness, risk factors, prevention and trends are examined.

Prerequisite: HPE 300 or consent of department chair.

Offered: Fall.