Gerontology Minor

Course Requirements

Courses

|  |  |  |  |
| --- | --- | --- | --- |
| GRTL 314 | Health and Aging | 4 | F, Sp, Su |
|  | -Or- |  |  |
| NURS 314 | Health and Aging | 4 | F, Sp, Su |
|  |  |  |  |
| SOC 217 | Sociology of Aging | 4 | F, Sp, Su |
| SOC 320 | Aging and the Law | 3 | Annually |

Practicum experience through an established means, such as ONE COURSE from

|  |  |  |  |
| --- | --- | --- | --- |
| NURS 223 | Fundamentals of Nursing Practice | 4 | F, Sp |
| POL 327 | Internship in State Government | 4 | Sp |
| POL 328 | Field Experiences in the Public Sector | 4 | F, Sp, Su |
| SWRK 436 | Fieldwork | 4-7 | F |
| SWRK 437 | Advanced Fieldwork | 4-7 | Sp |
| SOC 315 | Community | 4 | As needed |

POL 327, POL 328, SOC 315: These courses should be selected by those who are not nursing nor social work majors.

TWO COURSES from

|  |  |  |  |
| --- | --- | --- | --- |
| GRTL 303 | Fountain of Age | 4 | As needed |
|  | -Or- |  |  |
| SOC 303 | Fountain of Age | 4 | As needed |
|  |   |  |  |
|  |  |  |  |
|  |  |  |  |
| HPE 451 | Recreation and Aging | 3 | As needed |
| PSYC 339 | Psychology of Aging | 4 | Annually |
| SOC 314 | The Sociology of Health and Illness | 4 | Annually |

Total Credit Hours: 22-26

Course Requirements for Minor in History of Philosophical Thought

The minor in history of philosophical thought consists of a minimum of 18 credit hours, as follows:

Courses

AT LEAST FOUR COURSES from:

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
| PHIL 351 | Plato, Aristotle, and Greek Philosophy | 4 | F |
| PHIL 353 | Epicureans, Stoics, Skeptics and Hellenistic Philosophy | 3 | Sp (even years) |
| PHIL 355 | Augustine, Aquinas and Medieval Philosophy | 3 | As needed |
| PHIL 356W | Descartes, Hume, Kant and Modern Philosophy | 4 | Sp |
| PHIL 357 | Hegel, Nietzsche and Nineteenth-Century Philosophy | 3 | F (even years) |
| PHIL 358 | Existentialism and Phenomenological Philosophy | 3 | Sp (odd years) |
| PHIL 359 | Frege, Russell, Wittgenstein and Analytic Philosophy | 3 | F (odd years) |

REMAINING CREDIT HOURS are made up of additional choices from the eight courses above and/or from:

|  |  |  |  |
| --- | --- | --- | --- |
| HIST 224 | The Glorious Renaissance | 3 | F |
| HIST 238 | Early Imperial China | 3 | As needed |
| HIST 306 | Protestant Reformations and Catholic Renewal | 3 | As needed |
| HIST 307 | Europe in the Age of Enlightenment | 3 | As needed |
| HIST 316 | Modern Western Political Thought | 4 | F |
| HIST 340 | The Muslim World from the Age of Muhammad to 1800 | 3 | As needed |
| PHIL 200 | Introduction to Philosophy | 3 | F, Sp, Su |
|  |  |  |  |
| POL 316 | Modern Western Political Thought | 4 | F |

Community and Public Health Promotion B.S.

Concentrations

Choose Concentration A, B or C below.

A. Health and Aging

|  |  |  |  |
| --- | --- | --- | --- |
| GRTL 314/NURS 314 | Health and Aging | 4 | F, Sp, Su |
| SOC 217 | Sociology of Aging | 4 | F, Sp, Su |
| SOC 320 | Aging and the Law | 3 | Annually |

ONE COURSE from

|  |  |  |  |
| --- | --- | --- | --- |
| COMM 336 | Health Communication | 4 | Sp |
| HPE 451 | Recreation and Aging | 3 | As needed |
| NPST 300 | Institute in Nonprofit Studies | 4 | F |
|  |  |  |  |
| PSYC 339 | Psychology of Aging | 4 | Annually |
| SOC 314 | The Sociology of Health and Illness | 4 | Annually |

Subtotal: 82-84

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 309 | 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 | Practicum in Movement Studies and Assessment | 3 | F |
| HPE 427W | Internship in Movement Studies and Recreation | 10 | F, Sp, Su |
| HPE 430 | Seminar in Movement Studies and Recreation | 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 244 | Group Exercise Instruction | 3 | Sp |
| HPE 247 | Rhythmic Movement | 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 404 | School Health and Physical Education Leadership | 3 | 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

**Course Descriptions**

**Curriculum**

CURR 130 - Work Experience Seminar (1)

Provides a framework through which youth service providers integrate course theory and work experiences with youth.

Prerequisite: Concurrent enrollment in PSYC 230, SWRK 324 and SWRK 326.

Offered: Fall, Spring, Summer.

CURR 410 - Teaching World Languages in Elementary Education (4)

Major theories of children’s language development are examined. Students learn and practice foreign language teaching strategies, and observe and teach several classes in a field-based elementary school setting.

Prerequisite: Admission to program or consent of department chair.

Offered: Spring as needed.

**German**

GRMN 101 - Elementary German I (4)

Students learn to understand, speak, read, and write in German and gain an understanding of German life and character. Online work is required. Not open to students who have admission credit in German.

Offered: Fall.

GRMN 102 - Elementary German II (4)

Four skills in elementary German—listening, speaking, reading, and writing—are further developed within the context of German culture. Online work is required.

General Education Category: Satisfies Gen, Ed, language requirement

Prerequisite: GRMN 101 or one year of secondary school German, or consent of department chair.

Offered: Spring.

GRMN 113 - Intermediate German (4)

**Health and Physical Education**

HPE 140 - Foundations: Physical Education and Exercise Science (3)

Students are introduced to professionalism, careers and educating in movement-based settings. Included is an analysis of various historical, philosophical and sociocultural factors.

Offered: Fall, Spring.

HPE 152 - Introduction to Outdoor Recreation (3)

Students develop skills in select outdoor activities and are exposed to a range of outdoor recreational pursuits, including Outward Bound/Adventure-type activities. 4 contact hours.

Offered: As needed.

HPE 200 - Promoting Health and Well-Being in Schools (3)

Students develop competencies in content knowledge and skills to address critical health issues facing children and youth. Application of strategies to promote healthy behaviors and well-being in schools are explored.

Offered: Fall, Spring.

HPE 201 - Prevention and Care of Athletic Injuries (3)

Students acquire a basic understanding of sports medicine. Topics include preventive techniques, basic anatomy, injury recognition and rehabilitation of athletic injuries. 4 contact hours.

Offered: Spring.

HPE 202 - Community/Public Health and Health Promotion (3)

 Students investigate public health and health promotion and their impacts on individual and community health.  Focus is on health care systems; technology use; and professional philosophies, responsibilities and opportunities.

Offered: Fall, Spring.

HPE 205 - Conditioning for Personal Fitness (3)

Students develop personal fitness through participation in a variety of supervised activities and develop a knowledge base necessary to design their own fitness programs. Fitness-related topics and fitness testing are also included. 4 contact hours.

Offered: Fall, Spring.

HPE 206 - Fundamental Movement and Its Analysis (3)

Through lecture, laboratory and on-site clinical experiences, the fundamentals of movement analysis are introduced, including the phases of motor development and the kinesiological principles associated with how individuals move. 4 contact hours.

Offered: Fall, Spring.

HPE 207 - Motor Skill Development for Lifetime Wellness (3)

Basic competencies are developed in a variety of team activities. Included are relevant skill and tactical development and background information. Emphasis is placed on relating the activities to wellness concepts. 4 contact hours.

Prerequisite: HPE 206.

Offered: Fall, Spring.

HPE 210 - Nutrition Education and Promotion (3)

Students explore the science of nutrition and its application to health education. The study of nutrients, dietary guidelines, current problems, healthy-eating promotion and nutrition education methods are covered.

Prerequisite: HPE 200, or consent of department chair.

Offered: Spring.

HPE 221 - Nutrition (3)

Students study fundamental principles of human nutrition, application of nutrition concepts in dietary practice, relationship between diet nutrition, and human health, along with approaches to support healthy eating habits.

Offered: Fall, Spring.

HPE 233 - Social and Global Perspectives on Health (3)

Students explore social, global and population perspectives on health, health equity and social justice. Sociocultural factors influencing health decision-making are studied. Health behavior theories are integrated. Advocacy skills are developed.

Prerequisite: 24 credit hours or consent of department chair.

Offered: Fall, Spring, Summer.

HPE 243 - Motor Development and Motor Learning (3)

Through lecture and lab experiences the fundamentals of motor development and motor learning theories are explored. Studies focus on the effects of growth and developmental factors throughout the lifespan.

Offered: Fall, Spring.

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 247 - Rhythmic Movement (3)

Focus is on the development of movement concepts and skill themes to promote exploration of a variety of educational gymnastic movements as well as rhythmic activities. 4 contact hours.

Prerequisite: HPE 206.

Offered: Spring.

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.

HPE 300 - Health Education and Health Promotion Pedagogy (3)

Students study effective health education and health promotion in school and community settings, teaching models and pedagogical approaches that support health. Observation, instruction and reflection skills are developed and practiced.

Prerequisite: Minimum cumulative GPA of 2.75 and admission into the health education teacher preparation program, or community and public health promotion program, or consent of department chair.

Offered: Fall, Spring.

HPE 301 - Principles of Teaching Activity (3)

Techniques of activity presentation are studied, including the task, problem-solving and guided discovery methods. Individual philosophies of teaching are considered. Supervised teaching experiences are included.

Prerequisite: HPE 140 and HPE 243; and admission to the Feinstein School of Education and Human Development or consent of department chair.

Offered: Fall, Spring.

HPE 302 - Practicum in Team Activities (3)

Students analyze select team sport skills and tactics to develop appropriate teaching progressions in team activities. Observations and supervised teaching experiences in pre-K-12 school settings are included. 6 contact hours.

Prerequisite: HPE 207 and HPE 301, or consent of department chair; and admission to the physical education teacher preparation program.

Offered: Spring.

HPE 303 - Research in Community and Public Health (3)

Students investigate core public health concerns. Using population health databases, students write a policy-focused research paper. Topics include health determinants and disparities, communicable and chronic disease, and levels of prevention.

Prerequisite: HPE 202 and admission to the Feinstein School of Education and Human Development or consent of department chair.

Offered: Fall, Spring.

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HPE 345 - Wellness for the Young Child (3)

Wellness topics for early childhood education (B-8) programs are addressed. This course includes experiences in teaching specific basic wellness topics (e.g., health, safety, nutrition and overall wellness). Hybrid course.

Prerequisite: Admission to the ECED Program or consent of the Health and Physical Education department chair.

Offered: Spring, Summer.

HPE 346 - Pedagogical Skills in Elementary Health/Physical Education (3)

Basic principles of comprehensive health education and physical education programs for elementary schools are addressed. 4 contact hours.

Prerequisite: Admission to the Feinstein School of Education and Human Development.

Offered: Fall, Spring, Summer.

HPE 356 - Recreation Practicum (4)

Students assist in the development, presentation and evaluation of leisure-time activities in community, agency, school or college settings. Lecture and field experience. 7 contact hours.

Prerequisite: HPE 151 and HPE 252.

Offered: As needed.

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HPE 435 - Physical Education Student Teaching Capstone (1)

Teacher candidates are provided additional experiences to co-teach, teach and assess in the physical education setting. Graded S, U.

Prerequisite: Approved Preparing to Teach Portfolio and other Feinstein School of Education and Human Development admission and retention requirements.

Offered: Early Spring.

HPE 444 - Practicum in Adapted Physical Education (2)

Teaching candidates complete a capstone course on planning, teaching and evaluating individuals with disabilities in gross motor settings. The experience includes IEP meetings, logs, implementing formal evaluations and analyzing data.

Prerequisite: SPED 333, HPE 409 and HPE 415.

Offered: Early Spring.

HPE 451 - Recreation and Aging (3)

Students explore steps needed to plan, organize, conduct and evaluate recreation programs for the older population. Included are recreation programming, diverse recreation activity experiences and staffing considerations.

Prerequisite: Completion of at least 60 college credits or consent of department chair.

Offered: As needed.

HPE 500 - Introduction to Health Education and Health Promotion (3)

Focus is on the basic principles of health education and health promotion in school and nonschool settings. Included are the philosophy, ethics, responsibilities and practice of health education.

Prerequisite: Graduate status.

Offered: Fall.

**Health Sciences**

HSCI 105 - Medical Terminology (2)

This course will provide students with a basic medical terminology vocabulary for use in the health care setting.

Offered: Fall, Spring.

HSCI 232 - Human Genetics (4)

Human genetics and biotechnology are presented in the context of health care and public health policy. These topics are explored using problem-based learning and case studies.

General Education Category: Advanced Quantitative/Scientific Reasoning.

Prerequisite: BIOL 100, BIOL 108, or BIOL 111.

Offered: Fall.

**History**

HIST 324 - Crises of American Modernity, 1914-1945 (3)

Students examine how tradition and modernity clashed in music, art and ideas, and how Americans grappled with prohibition, the Great Depression, global war and the dawn of the atomic age.

Prerequisite: Completion of one of the following: HIST 101, HIST 102, HIST 103, HIST 104, HIST 105, HIST 106, HIST 107, or HIST 108; or consent of department chair.

Offered: Annually.

HIST 325 - Superpower America 1945-1990 (3)

Students examine how the United States became an atomic superpower, faced new challenges and forced Americans to confront long-simmering conflicts, leading to social revolutions.

Prerequisite: Completion of one of the following: HIST 101, HIST 102, HIST 103, HIST 104, HIST 105, HIST 106, HIST 107, or HIST 108; or consent of department chair.

Offered: Annually.

HIST 328 - History of the American West (3)

Themes in American Western history are examined, including cross-cultural encounters, social and class conflict, environmental use and misuse, and the significance of the west and "frontier" in American politics, society, and popular culture.

Prerequisite: Completion of one of the following: HIST 101, HIST 102, HIST 103, HIST 104, HIST 105, HIST 106, HIST 107, or HIST 108; or consent of department chair.

Offered: As needed.

**Nursing**

NURS 266 - Health and Cultural Diversity (4)

Health beliefs and practices are examined across cultures. Focus is on the cultural components of health and illness, pain, childbearing, child health, mental illness, disability, aging and death.

Prerequisite: FYS 100, FYW 100/FYW 100P/FYW 100H and 45 credit hours.

Offered: Fall, Spring.

NURS 314 - Health and Aging (4)

An interdisciplinary approach is taken to the health/mental health of older adults. Normal aging is compared to disease/disorders. Students cannot receive credit for both GRTL 314 and NURS 314.

Prerequisite: Completion of at least 45 credit hours.

Cross-Listed as: GRTL 314.

**Philosophy**

PHIL 200 - Introduction to Philosophy (3)

Basic philosophic issues, such as the existence of God, free will, minds, the nature of reality, knowledge, and truth, are examined. Emphasis is on reasoning and justification.

Offered: Fall, Spring, Summer.

PHIL 205W - Introduction to Logic (4)

This course covers principles of valid reasoning. Formal methods of propositional and quantificational logic are introduced to evaluate the validity of reasoning in arguments. This is a Writing in the Discipline (WID) course.

Offered: Fall, Spring, Summer.

PHIL 206 - Ethics (3)

An examination and explanation of ethical judgments are made. Clarification and analysis of ethical terms and the validity of norms of conduct from the standpoint of formalistic, intuitional, hedonistic, and naturalistic ethical theories are considered.

Offered: Fall, Spring, Summer.

PHIL 207 - Technology and the Future of Humanity (3)

Philosophical issues concerning recent and near term technological advances. Topics may include uploading personhood, robot consciousness, machine life or death decision making, human enhancement and life extension, or simulated violence.

Offered: Fall, Spring.

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PHIL 266 - Asian Philosophies: Theory and Practice (4)

Study of philosophical themes and practical implications (personal and communal) in Asian cultures. Issues include concepts of life and death, origins and nature of reality, and standards of ethical relations.

General Education Category: Connections.

Prerequisite: Connections courses may not be used as part of a major or minor. FYS 100, FYW 100/FYW 100P/FYW 100H and 45 credit hours.

Offered: Fall, Spring.

PHIL 305W - Intermediate Logic (4)

This course covers some extensions of elementary logic with applications. Topics may include propositional modal logic, quantified modal logic, inductive logic, and meta-logic. This is a Writing in the Discipline (WID) course.

Prerequisite: 30 college credits or any 100- or 200-level philosophy course.

Offered: Spring (even years).

**Youth Development**

YDEV 352 - Seminar in Youth Development (3)

This foundational seminar in the youth development program provides a framework to integrate the multidisciplinary approaches of education, social work, and nonprofit studies. (Formerly FNED 352).

Prerequisite: FNED 246, SWRK 240, and concurrent enrollment in YDEV 353.

Offered: Fall.

YDEV 353 - Field Experience in Youth Development (1)

Students will complete 15-30 hours of fieldwork within an organization that serves children and/or youth.  Fieldwork includes observations, interviews, and a small project. 2 contact hours.

Prerequisite: FNED 246, SWRK 240, and concurrent enrollment in YDEV 352.

Offered: Fall.

YDEV 412 - Advanced Issues in Youth Development (3)

Students will synthesize skills, knowledge, and competencies necessary for success in youth development work.

Prerequisite: YDEV 352, YDEV 353, and concurrent enrollment in YDEV 413.

Offered: Spring.