

Department of Physical Education and Human Performance

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Sport Conditioning and Performance Master of Science
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Faculty

Professors: Jean R. Lopour; *Associate Professors:* Benjamin Davidson; Rick Lambson; *Assistant Professor:* Julie Taylor; Briget Eastep, Brian Lyons, Karyn Spencer; *Adjunct Instructors:* Ricky Mendini, Ken Nielson, Anne Smith, Kendall LaFournaise, Todd Brown.

DEGREES OFFERED

Master of Science in Sport Conditioning and Performance

Bachelor of Science

Physical Education, Teaching/Coaching Emphasis
Physical Education, Exercise Science Emphasis
Athletic Training accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).
Outdoor Recreation in Parks and Tourism

Minor

Physical Education, Teaching/Coaching Emphasis
Physical Education, Exercise Science Emphasis
Health Education
Outdoor Recreation in Parks and Tourism

DEPARTMENT STATEMENT

The mission of the physical education department is to provide students with the knowledge, skills and opportunity to be a physically educated person, not just for the present, but for a lifetime. The students will be able to demonstrate competence in many different forms of physical activity using concepts of body awareness, space awareness, effort and relationships. They will demonstrate proficiency in a few forms of physical activity and will

learn how to acquire and teach new skills. The students will learn how to select and will be encouraged to participate in health enhancing lifetime physical activities at least three times a week.

The students will demonstrate knowledge of rules, strategies and appropriate behaviors for selected physical activities which includes coaching, athletic training/sports medicine, intramurals and health education. They will be able to identify the benefits; cost and obligations associated with regular participation in physical activity as well as recognize the risk and safety factors associated with participation. They will understand that wellness involves more than being physically fit and will understand that physical activity provides the opportunity for enjoyment, self expression and communication and that it can lead to multicultural and international understanding.

The students will cherish the feelings that result from regular participation in physical activity and will appreciate the relationships with others that result from participation. They will respect the role that regular physical activity plays in the pursuit of life-long health and well being.

SUMMARY OF FIELDS OF STUDY

- Students should consult with their academic advisor as they prepare coursework plans.
- Physical Education majors and minors are required to obtain a "C-" or better grade in their major/minor coursework.
- Licensure to teach Physical Education in public schools may be obtained through the College of Education.

DEGREE REQUIREMENTS

Master of Science in Sports Conditioning & Performance	
Course Number and Title	Credits
Required Courses (21 Credits)	
PE 6000 Foundations of Sport Conditioning	3
PE 6010 Advanced Techniques of Sport Conditioning	3
PE 6040 Designing Resistance Training Programs	3
PE 6050 Resistance Training Technique	3
PE 6060 Evaluation in Sport Fitness	3
PE 6080 Intro to Sport Science Research & Statistics OR EDUC 6650 Standards for Proposal Writing in Education	3
PE 6200 Capstone Project OR EDUC 6933 Capstone M.Ed. Project	3
Elective Courses: (Take 12 credits from following)	
Choose 12 credits from the following:	
PE 6030 Athletic Training & Sports Medicine (3) PE 6070 Psychological Aspects of Sport Performance & Conditioning (3) PE 6090 Motor Skill Acquisition (3) PE 6100 Bioenergetics & Sport Nutrition (3) PE 6110 Metabolic Training (3) EDUC 6500 School Finance (3) EDUC 6740 School Law (3)	12
Total Credits, Master of Science	33

All courses are taught online except for 3 classes that require 1-2 weeks of intensive training on campus during the summer as part of the on-line course of study:

- PE 6010 – Advanced Techniques of Sport Conditioning
- PE 6050 – Resistance Training Technique
- PE 6060 – Evaluation in Sport Fitness

TEACHING/COACHING EMPHASIS

The Physical Education and Human Performance degree with an emphasis in Teaching/Coaching is a certifiable major and minor approved for secondary teaching licensure at SUU. This emphasis is intended to provide students who wish to pursue teaching careers with the necessary knowledge, experience and training to become effective and competent teachers and coaches.

Physical Education Major Teaching/Coaching Emphasis Bachelor of Science	
Course Number and Title	Credits
General Education Core (see Chapter 14)	
Core Course Requirements	17-18
Knowledge Areas Requirements (must take PE 1098, BIOL 1020/1025)	19
University Requirements	
BS Degree – Math or Science minimum requirement (12 hours)	
Physical Education Core (35 hours)	
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3
PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 3050 Motor Learning	3
PE 3060 Sport & Exercise Biomechanics	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 1020/1025 or 2420/2425</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 3090 Adaptive Physical Education	3
PE 4710 Evaluation in Physical Education	3
PE 4740 Organization & Administration of Activity Based Programs	3
PE 4750 Psycho-Social Aspects in Athletics	3
PE 4900 Methods of Teaching Secondary PE	2
PE 4970 Teaching Individual, Dual & Team Sports	3
<i>Prerequisite PE 1830, 1870, 4900</i>	
**Must either take the class or have current card of completion at graduation.	
PE 1305 Intermediate Swimming (Class or Card)**	(1)
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
Core Options (4 hours)	
Choose 4 credits from the following:	
PE 2800 Individual & Dual Sports Coaching & Officiating (2)	4
PE 2810 Football Coaching & Officiating (2)	
PE 2820 Soccer Coaching & Officiating (2)	
PE 2830 Volleyball Coaching & Officiating (2)	
PE 2840 Basketball Coaching & Officiating (2)	
PE 2850 Baseball Coaching & Officiating (2)	
PE 2860 Softball Coaching & Officiating (2)	
PE 2870 Track & Field Coaching & Officiating (2)	
Other Electives	
Other Electives (includes completing B.A./B.S. requirement or licensure)	44-45
Total Credits, B.S. degree	120

**Secondary Education Requirements for Licensure
(34-37 hours)**

Please see page 178 for the degree requirements for Secondary Education Licensure. Some classes required for the licensure cannot be taken until the teacher candidate has been admitted to the Teacher Education Department. Please consult your advisor or the Teacher Education Department for further instruction.

EXERCISE SCIENCE EMPHASIS

The Exercise Science Emphasis is designed to provide students with knowledge and training that qualifies them for additional education through graduate studies and prepares them for careers related to the fitness, wellness, and sport industries. Pre-allied health science, pre-physical therapy and physician assistant students may find this a viable undergraduate major. Other careers pertaining to this degree include: personal trainers, health fitness specialists, program directors, and fitness coordinators. Those wishing to teach and coach in the public schools should enroll in the Teaching/Coaching Emphasis program to ensure proper progress toward obtaining teaching licensure.

Physical Education Major Exercise Science Emphasis Bachelor of Science	
Course Number and Title	Credits
General Education Core (see Chapter 14)	
Core Course Requirements	17-18
Knowledge Areas Requirements (must take PE 1098, BIOL 1020/1025 or BIOL 2320/2325 and BIOL 2420/2425)	19
University Requirements	
BS Degree – Math or Science minimum requirement (12 hours)	
Physical Education Core (27 hours)	
PE 3050 Motor Learning	3
PE 3060 Sport & Exercise Biomechanics	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Prerequisite BIOL 1020/1025 or BIOL 2320/2325</i>	
PE 4010 Methods of Sports Conditioning	3
PE 4020 Research Methods & Statistics	3
PE 4030 Clinical Applications of Exercise Science	3
<i>Prerequisite PE 1098, PE 3070</i>	
PE 4040 Exercise Testing and Prescription	3
<i>Prerequisite PE 1098</i>	
PE 4830 Readings and Conferences	3
**Must either take the class or have current card of completion at graduation.	
PE 1543 Adv. First Aid/CPR (Class or card)	(1)
Core Options: Select Three Classes (9 hours)	
PE 4400 Evaluation of Lower Extremity & Trunk	3
<i>Prerequisite PE 3080</i>	
PE 4410 Therapeutic Exercise & Rehabilitation	3

<i>Prerequisite PE 3080</i>	
PE 4420 Therapeutic Modalities & Athletic Training Management	3
<i>Prerequisite PE 3080</i>	
PE 4430 Evaluation of Upper Extremity & Trunk Injuries	3
<i>Prerequisite PE 3080</i>	
PE 4740 Organization & Administration of Activity Based Programs	3
PE 4750 Psycho-Social Aspects of Sports	3
PE 4860 Physical Education Practicum	3
NFS 3020 Nutrition as Related to Fitness & Sports	3
Other Electives	
Other Electives (includes completing B.A./B.S. requirement or licensure)	47-48
Total Credits, B.S. degree	120

ATHLETIC TRAINING DEGREE:

This program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

The Athletic Training Major is designed to prepare those students seeking a career as a Certified Athletic Trainer. Completion of the major will qualify students to take the certification exam administered by the National Athletic Trainers Association Board of Certification. Successful completion of the exam will result in Certification as an Athletic Trainer by the NATABOC. A student in athletic training will learn to apply knowledge of human anatomy, human physiology, exercise physiology, kinesiology, conditioning, strength training, nutrition, and therapy in the prevention, evaluation, recognition, immediate care, and rehabilitation of athletic injuries. Career opportunities include working with athletic teams at all levels of competition, in sports medicine, clinical settings, or other allied health facilities and industry.

Students will be selected in the Athletic Training major in a three step process.

Admission Criteria

Application for admission into the Athletic Training Major requires the applicant to be in her/his sophomore year. Submit completed application by February 15th. The major requires a minimum of two years to complete. A maximum of twelve (12) students will be selected to enter the program each year. Each year, there are more students applying than can be accepted, so the process is competitive.

Candidates are admitted to the Athletic Training Major Fall semester after the completion of a formal admission process the previous Spring semester. Admission is based on measures of student performance in academic settings, personal recommendation, and personal interview. Notification of admittance occurs during the first week of May.

Admission Requirements - current SUU students

- Overall GPA equal to or greater than 2.8 on a 4.0 scale.
- Completion of the following prerequisite classes with a grade of C or better or current enrollment.
 - Advanced First Aid/CPR (Physical Education 1543) or current cards
 - Human Physiology with lab (Biology 2420 and 2425)
 - Human Anatomy with lab (Biology 2320 and 2325)

- Athletic Training/Sports Medicine (Physical Education 3080)

Admission Requirements - students transferring from another institution

- Admission to Southern Utah University
- Overall GPA equal to or greater than 2.8 on a 4.0 scale.
- Successful completion of courses (with a grade of C or better or current enrollment) comparable to the following which are provided at SUU.
 - Advanced First Aid/CPR (Physical Education 1543) or current cards
 - Human Physiology with lab (Biology 2420 and 2425)
 - Human Anatomy with lab (Biology 2320 and 2325)
 - Athletic Training/Sports Medicine (Physical Education 3080)

Credit transfer of the above listed courses is accepted only with permission of the Athletic Training Major Program Director.

Application Procedure

- Submission of Athletic Training Major application form, copy (front and back) of current First Aid and CPR card, and unofficial transcript by February 15. The transcript is necessary to analyze overall GPA and to verify the completion of or current enrollment in prerequisite courses. Continuing SUU students are not expected to turn in a transcript (that information is obtained from the Banner program).
- Submit three recommendation questionnaires.

Admission Basis

Objective Section

- Application and unofficial transcript. Award 5 points if the application is complete and the required contents are attached.
- Proof of CPR/Standard First Aid from a Health Safety Education Agency (American Red Cross, American Heart Association, National Safety Council). Points given for copy of current CPR and First Aid Card (5 points each).
- Academic Prerequisite Courses (20 points).
- Overall Grade Point Average (10 points). Using unofficial transcript (Banner), award the applicant points according to overall grade point average.

Subjective Section

- Response to questions on application form (10 points).
- Personal recommendation (10 points).
- Personal interview of qualified candidates (10 points).

Qualified candidates are determined by their score on the objective section, response to questions on application form, and personal recommendation.

The Athletic Training Major faculty/staff will make the final decisions regarding acceptance into the program based upon the candidate's total ranking on the admission criteria. All applying candidates will receive written notification from the program director indicating their acceptance or denial into the Athletic Training Major. A waiting list of three will be kept in the event one of the candidates accepted is unable to accept the position. A candidate may re-apply to the Athletic Training Major the following year but will need to repeat the application process. Upon

acceptance into the Southern Utah University Athletic Training Major, the following will be required:

- Completion of a physical exam by a health care provider.
- Completion of Hepatitis B vaccination and documentation (at candidate's expense) or Hepatitis B declination form.
- Documentation of personal vaccination record.

Athletic Training Degree Bachelor of Science	
Course Number and Title	Credits
General Education Core (see Chapter 14)	
Core Course Requirements	17-18
Knowledge Areas Requirements – (must take PSY 1010, PE 1098, BIOL 1610/1615)	19
University Requirements	
BS Degree – Math or Science minimum requirements (12 hours)	
Core Courses (64 hours)	
SCI 1010 Medical Terminology	2
SCI 1020 Pharmacology	1
NFS 1020 Scientific Foundations of Human Nutrition	3
BIOL 2320 Human Anatomy	3
BIOL 2325 Human Anatomy Lab	1
BIOL 2420 Human Physiology	3
BIOL 2425 Human Physiology Lab	1
NFS 3020 Nutrition as Related to Fitness & Sport	3
<i>Prerequisite NFS 1020</i>	
PE 3050 Motor Learning	3
PE 3060 Sport & Exercise Biomechanics	3
<i>Prerequisite BIOL 2320/2325</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 2420/2425</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Prerequisite BIOL 2320/2325</i>	
PE 3090 Adaptive Physical Education	3
PE 3400 Clinical Observation	1
<i>Prerequisite PE 3080</i>	
PE 3410 Clinical Instruction I	2
<i>Prerequisite PE 3080</i>	
PE 3420 Clinical Instruction II	2
<i>Prerequisite PE 4420</i>	
PE 3430 Clinical Instruction III	2
<i>Prerequisite PE 4410</i>	
PE 3440 Clinical Instruction IV	2
<i>Prerequisite PE 4400</i>	
PE 3450 Clinical Instruction V	2
<i>Prerequisite PE 4430</i>	
PE 4020 Research Methods & Statistics for Exercise Science	3
COMM 4240 Technical Writing	3





PE 4400 Evaluation of Lower Extremity & Trunk Injuries	3
<i>Prerequisite PE 3080</i>	
PE 4410 Therapeutic Exercise & Rehabilitation	3
<i>Prerequisite PE 3080</i>	
PE 4420 Therapeutic Modalities & AT Management	3
<i>Prerequisite PE 3080</i>	
PE 4430 Evaluation of Upper Extremity & Trunk Injuries	3
<i>Prerequisite PE 3080, 4400</i>	
PE 4750 Psycho-Social Aspects in Athletics	3
**Must either take the class or have current card of completion at graduation.	
PE 1305 Intermediate Swimming (Class or Card) **	(1)
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
Other Electives	
Free Electives (includes completing B.S. requirement)	20
Total Credits, B.S. degree	120

OUTDOOR RECREATION IN PARKS & TOURISM

The Bachelor of Science Degree in Outdoor Recreation in Parks and Tourism (ORPT) is an interdisciplinary degree program offered by the Department of Physical Education within the College of Education. The interdisciplinary nature of the program includes course work from Agriculture Science, Biology, Communications, Geology, and Hotel and Hospitality Management.

The degree program in ORPT is intended to provide students with training that qualifies them to work in a variety of work settings including recreation management agencies, outdoor and experiential education organizations, outdoor tourism companies, and outdoor recreation service and instruction programs. Employment opportunities typically exist with local, state and national agencies, protected natural areas, outdoor leadership and service programs, commercial recreation enterprises, and wilderness adventure/therapy organizations. Combined with the broad educational background provided by SUU's Baccalaureate Core, this program will give students a wide range of opportunities upon graduation including solid preparation for graduate studies at Utah System of Higher Education's Research I institutions in fields such as recreation resource management, parks and recreation, tourism; or related areas of graduate study.

Outdoor Recreation in Parks and Tourism Degree Bachelor of Science	
Course Number and Title	Credits
General Education Core (see Chapter 14)	
Core Course Requirements	17-18
Knowledge Areas Requirements - (must take GEO 2210, GEO 2215, ENGL 1010, ENGL 2010, HSS 1200 or PE 1098)	19
University Requirements	
BS Degree – Math or Science minimum requirements (12 hours)	

Core Courses (47 hours)	
ORPT 1000 Intro to Outdoor Recreation in Parks & Tourism	3
 ORPT 1005 Introductory Practicum Lab	1
PE 1542 Wilderness 1 st Responder	3
PE 4740 Organization & Administration of Activity Based Programs	3
ORPT 3050 Risk Management & Safety for Outdoor Recreation	3
ORPT 4020 Natural Resource Interpretation & Experiential Education	3
ORPT 4890 Outdoor Recreation Tourism Internship	9
NR 1010 Intro to Natural Resources	3
NR 3000 Natural Resources Management	3
BIOL 2000 Natural History	3
GEO 1050 Geology of National Parks	3
GEO 1055 Lab	1
 Choose one of the following: HRHM 3000 Introduction to Hospitality Management HRHM 3010 Tourism Management	3
 HRHM 4300 Resort Recreation Management	3
 HRHM 4601 Strategic Guest Service	3
Electives (6 hours)	
Choose 6 credits from the following: ORPT 1010 Outdoor Skills – Land 1(3) ORPT 1020 Outdoor Skills – Land 2 (3) ORPT 1040 Outdoor Skills – Water (3) ORPT 1060 Outdoor Skills – Snow (3)	6
Recommended Electives:	
AGSC 1750 Horsemanship I	1
AGSC 2760 Horsemanship II	2
BIOL 2050 Southern Utah Flora	3
BIOL 3030 Ecology/Lab 3035	4
<i>Prerequisite BIOL 1610/Lab 1615, Math 1040</i>	4
BIOL 4650 Conservation Biology	3
<i>Prerequisite BIOL 3030 & 3060</i>	
ART 1050 Photography	3
COMM 2300 Intro to Public Relations	3
CJ 1010 Intro to Criminal Justice	3
GEOG 2900 GPS Theory, Techniques & Methods	2
GEOG 3220 Weather & Climate/Lab 3225	4
GEOG 3400 Environmental Geography	3
GEOL 1110 Physical Geology/Lab 1120	3
MGMT 2220 Small Business Management	3
ENVS 4130 Recreation Policy & Planning*	3
ENVS 4500 Wildland Recreation Behavior*	3
*Delivery of these 2 On-line courses is through Utah State University.	
Other Electives	

Free Electives (includes completing B.S. requirement)	31-32
Total Credits, B.S. degree	120

Recommended Minors:

1. Agriculture	20
2. Biology	19
3. Business Management	18
4. Criminal Justice	21
5. Geology	20
6. Interpersonal Communications	21
7. Hotel, Resort, & Hospitality Management	22
8. Physical Education	22
9. Public Relations	21

Physical Education Minor Teaching/ Coaching Emphasis	
Course Number and Title	Credits
Knowledge Area Requirement - must take PE 1098 and BIOL 1020/1025	3
Core Requirements (26 hours)	
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3
PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 3050 Motor Learning	3
PE 3060 Sport & Exercise Biomechanics	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 1020/1025 or 2420/2425</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 4740 Organization & Administration of Activity Based Programs	3
PE 4900 Methods of Teaching Secondary PE	2
PE 4970 Teaching Individual, Dual & Team Sports	3
<i>Prerequisite PE 1830, 1870, 4900</i>	
**(Must either take the class or have current card of completion of graduation)	
PE 1305 Intermediate Swimming (Class or card)**	(1)
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
Core Options - Take 2 credits from the following:	
PE 2800 Individual & Dual Sports Coaching & Officiating PE 2810 Football Coaching & Officiating PE 2820 Soccer Coaching & Officiating PE 2830 Volleyball Coaching & Officiating PE 2840 Basketball Coaching & Officiating PE 2850 Baseball Coaching & Officiating PE 2860 Softball Coaching & Officiating PE 2870 Track & Field Coaching & Officiating	2
Total Credits	28

Physical Education Minor Exercise Science Emphasis	
Course Number and Title	Credits
Knowledge Area Requirement - must take PE 1098 and BIOL 1020/1025 OR BIOL 2320/2325 and 2420/2425	7-11
Core Requirements (24 credits)	
PE 3050 Motor Learning	3
PE 3060 Sport & Exercise Biomechanics	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 3070 Exercise Physiology	3
<i>Prerequisite BIOL 1020/1025 or 2420/2425</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Prerequisite BIOL 1020/1025 or 2320/2325</i>	
PE 4010 Methods of Sport Conditioning	3
PE 4020 Research Methods & Statistics	3
PE 4030 Clinical Applications of Exercise Science	3
PE 4040 Exercise Testing & Prescription	3
**(Must either take the class or have current card of completion at graduation)	
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
Total Credits	24

HEALTH EDUCATION MINOR

Health Education is a certifiable minor approved for secondary teaching licensure at SUU. This minor is intended to provide students with the necessary academic background and preparation to effectively teach health related courses in public and private schools.

Health Education Minor	
Course Number and Title	Credits
Knowledge Area Requirement - must take PE 1098 & PSY 1010	6
Core Requirements (20 credits)	
PE 2100 Stress Management & Wellness Concepts	2
PE 3720 Methods in Teaching Health Education	3
PE 3750 Methods of Teaching Human Sexuality Ed.	2
PE 3790 Substance Abuse/Drugs & Alcohol	3
BIOL 1020/1025 Human Biology /Lab	4
NFS 1020 Scientific Foundations of Human Nutrition	3
One of the following:	
PSY 1110 Life Span Development (3)	3
PSY 3220 Adolescent Development (3)	
<i>Prerequisite PSY 1010</i>	

**(Must either take the class or have current card of completion at graduation)	
PE 1543 Adv. First Aid/Emergency Care (Class or card)**	(1)
HIV/AIDS Education class is needed for health teaching certification, but is only taught by the Utah State Office of Education after you have been hired to teach health.	
Total Credits	20
Outdoor Recreation in Parks and Tourism Minor	
Course Number and Title	Credits
Knowledge Area Requirement - must take GEO 2210/Lab 2215, HSS 1200 or PE 1098	7
Core Requirements 19 cr.	
ORPT 1000 Intro to Outdoor Recreation Tourism & Leadership	3
 ORPT 1005 Introductory Practicum Lab	1
PE 1542 Wilderness 1 st Responder	3
PE 4740 Organization & Administration of Activity Based Programs	3
ORPT 3050 Risk Management & Safety for Outdoor Recreation	3
ORPT 4020 Natural Resource Interpretation & Experiential Education	3
ORPT 4890 Outdoor Recreation Tourism Internship	3
Elective Courses (Choose 2) 6 cr.	
ORPT 1010 Outdoor Skills – Land 1	3
ORPT 1020 Outdoor Skills – Land 2	3
ORPT 1040 Outdoor Skills – Water	3
ORPT 1060 Outdoor Skills – Snow	3
HRHM 3000 Introduction to Hospitality Management	3
HRHM 3600 Guest Service	3
HRHM 4300 Resort Recreation Management	3
<i>Prerequisite HRHM 3000</i>	
Total Credits	25