

WELLNESS AND MOVEMENT SCIENCES

Chadron Hazelbaker, Chair
 department web page (<https://www.ewu.edu/chsph/wellness-movement-sciences/>)

Faculty

Garth Babcock, Christi Brewer, Kurt "Otto" Buchholz, Matthew R. Chase, Christopher P. Cindric, Alan J. Coelho, Melissa A. Elfering, John "Parry" Gerber, Kailyn Gunning, Jon J. Hammermeister, Chadron B. Hazelbaker, Jeremy Jostad, Carri Kreider, Nathaniel H. Lawton, Laureen "Laurie" Morley, Jacob S. Rehm, Katrina Taylor, Kristyne R. Wiegand.

Degrees

BAE—Health and Physical Education/Elementary (<http://catalog.ewu.edu/hs/wellness-movement/health-fitness-elementary-secondary-bae/>)

BAE—Health and Physical Education/Secondary (<http://catalog.ewu.edu/hs/wellness-movement/health-fitness-secondary-bae/>)

BS—Exercise Science (<http://catalog.ewu.edu/hs/wellness-movement/exercise-science-bs/>)

BS—Lifestyle Medicine (<http://catalog.ewu.edu/hs/wellness-movement/lifestyle-medicine-bs/>)

BS—Recreation Experience Management (<http://catalog.ewu.edu/hs/wellness-movement/recreation-experience-management-bs/>)

Minor—Coaching (<http://catalog.ewu.edu/hs/wellness-movement/coaching-minor/>)

Minor—Experiential Training and Development (<http://catalog.ewu.edu/hs/wellness-movement/experiential-education-minor/>)

Minor—Sport Management (<http://catalog.ewu.edu/hs/wellness-movement/sport-manage-minor/>)

Certificate—Craft Beer Industry Professional (<http://catalog.ewu.edu/hs/wellness-movement/craft-beer-industry-professional-cert/>)

Certificate—Emergency Medical Services (<http://catalog.ewu.edu/hs/wellness-movement/emergency-medical-services-certificate/>)

Certificate—Gerokinesiology (<http://catalog.ewu.edu/hs/wellness-movement/gerokinesiology-cert/>)

MS—Athletic Training (<http://catalog.ewu.edu/hs/wellness-movement/athletic-training-ms/>)

MS—Wellness and Movement Sciences (<http://catalog.ewu.edu/hs/wellness-movement/physical-education-ms/>)

Required courses in these programs of study may have prerequisites. Reference the course description section for clarification.

Advising and Consultation

High school and transfer students should consult with specific program directors in the WAMS Department during their first quarter at EWU. At that time, a program can be formulated and any previous college classes evaluated for the major. As soon as students have decided to major or minor in programs offered by the department, they need to contact the WAMS Department and declare a major.

Degree Descriptions

Pre-Major Declaration Prerequisite Requirements are detailed on each program.

Undergraduate Programs

The Department of Wellness and Movement Sciences, houses the following major programs: Exercise Science, Health and Physical Education (teaching endorsement), and Recreation Experience Management. We also provide minors in Coaching, Experiential Training and Development, Personal Training and Sport Management. The WAMS Department also has three certificate programs: Craft Beer Industry Professional, Gerokinesiology, and Emergency Medical Services.

Professional Membership Requirements: every student graduating from a major in the Department of Wellness and Movement Sciences, must be a member of a professional organization, at least by their senior year.

Degree Descriptions

Exercise Science: The Bachelor of Science in Exercise Science offers four tracks and prepares students to work in a variety of health, fitness, wellness, and sports performance environments. The exercise science track prepares students to work with a range of populations including the general population (i.e., apparently healthy) in commercial fitness and corporate wellness centers, populations with chronic diseases in clinical facilities, and athletes in sports performance settings. The pre-professional tracks prepare students to apply to graduate programs in allied health care. While the pre-professional tracks are specific to physical therapy, occupational therapy, and athletic training, an increasing number of students use the extensive science requirements to prepare for applications to other programs in allied health care including chiropractic, nursing, and physician's assistant. The degree also lays a strong foundation for graduate degrees in kinesiology and related fields. The course work prepares students to pursue certifications from esteemed organizations in the industry including American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA), National Academy of Sports Medicine (NASM), and the American Council on Exercise (ACE).

Note: Completion of any one of the four degree options will not guarantee completion of 60 upper division credits required to graduate. Additional courses will be necessary to complete general education requirements. Students should work with their advisor to select appropriate courses or a minor.

Health and Physical Education: The Health and Physical Education (BAE) degree is designed for those students pursuing a teaching endorsement. Students will become certified to teach K–12 within both the health and physical education areas. We also continue to offer a non-teaching physical education coaching minor.

Recreation: The nationally accredited Bachelor of Science in Recreation Experience Management trains recreation professionals for positions with community and college recreation, corporate training and management, resort and tourism companies, youth

and adventure programs, outfitting companies, sport management companies, event and convention centers, health/wellness and rehabilitative medicine, federal and state land management agencies, corrections, military recreation, and much more. Students who complete this degree are eligible to sit for the Certified Park and Recreation Professional (CPRP) and Certified Park and Recreation Executive (CPRE) exams. The degree includes four concentrations: Recreation and Tourism Management, Outdoor Recreation Leadership, Natural Resource Recreation, and Experiential Training and Development.

The curriculum is designed to aid students in developing a philosophical and practical knowledge of the recreation experience industry. Students are exposed to skill-sets and competencies that are relevant to a management career in recreation through the means of a variety of experiential learning opportunities. Students may choose to add minors within the REM program in Experiential Training and Development and Sport Management to enhance their knowledge and experience.

Special Program Information

Jack R. Leighton Human Performance Laboratory: The Leighton Human Performance Laboratory located in the Physical Education Classroom Building provides state-of-the-art equipment for clinical and research experience in the areas of athletic training, exercise physiology, motor learning, biomechanics, and health promotion conducted by faculty, graduate and undergraduate students. The lab is available for clinical evaluations and exercise prescriptions for faculty, staff, students and the community.

Fitness Center: The University Recreation Center (URC) Fitness Center is designed to meet the health, wellness, and fitness needs of the EWU campus community. The URC Fitness Center has 15,000 square feet of fitness space with a variety of fitness options available. Activity options include: strength training (3 circuits, free weights, racks, and platforms), cardio equipment (treadmills, elliptical trainers, arc trainers, steppers, bikes, ascent trainers, stepmills; most with a view of a TV), and functional equipment (functional trainers, stability balls, TRX, medicine balls, BOSU). Also included are a multi-purpose gym (for basketball, volleyball, etc) and an indoor running track (1/9 mile). Fitness Instructors are always available to assist members during their workouts. To motivate and assist members in achieving their fitness goals personal training is available (for an additional fee). Each quarter the WAMS Department offers both PHED 150 and PHED 152 as a credit option for EWU students using the facility.

Graduate Programs

Athletic Training: The Master of Science in Athletic Training (MSAT) major is designed for students who are interested in becoming certified athletic trainers. The major is designed to prepare students to sit for the Board of Certification's national examination and to work competently in the field of Athletic Training and Sports Medicine. Students wishing to be admitted must apply and be accepted into the MS in Athletic Training Program. Students in the program will receive formal instruction and clinical practice in development of proficiencies in risk management and injury prevention, pathology of injuries and illnesses, assessment and evaluation, acute care of injury and illness, pharmacology, therapeutic modalities, therapeutic psychosocial intervention and referral, health care administration and professional development and responsibilities. Opportunities for employment exist in but are not limited to, athletic training in high schools, colleges and professional and non-professional

athletic teams, sports medicine clinics, hospitals, health clubs, corporate fitness programs, and colleges and universities.

Wellness and Movement Sciences: The Master of Science degree in Wellness and Movement Sciences prepares students for a diverse array of careers in areas including athletic administration, coaching, directing fitness facilities and programs in a variety of settings. Additionally, the degree is applicable to those students interested in pursuing advanced graduate studies in related areas. This program provides an opportunity for students to focus on one of two areas of specialization: Sports and Recreation Administration or Exercise Science. All students are required to take a basic core of courses and then select a specialization track in Exercise Science or Sports and Recreation Administration. The Exercise Science track requires a thesis, and the Sports and Recreation Administration track has the option of a thesis, research report or written examination to complete the degree.

Admission Requirements

The MS in Athletic Training (MSAT) and the MS in Wellness and Movement Sciences (MS-WAMS) do not require the GRE or GMAT test scores. Students admitted into the MSAT program are admitted starting summer quarter, and students admitted into the MS-WAMS program are admitted starting fall quarter. Requests for admission in other academic quarters are discouraged. Both programs require submission of completion of an undergraduate degree from an accredited institution.

Athletic Training: Prospective students should hold a related baccalaureate degree from an accredited institution. Applicants for admission to the graduate program in athletic training must follow the EWU graduate application admission procedures outlined elsewhere in the catalog. In addition, applicants must write a short essay that describes how they became interested in becoming a certified athletic trainer and what makes them passionate about the field of athletic training (no longer than 1000 words). Applicants must submit a professional resume, including education and relevant experience, and three Eastern Washington University MSAT Recommendation forms to include: First Form - must be completed by the ATC who supervised at least part of your observation hours; Second Form - must be from a previous instructor or professor who can attest to your academic performance; and Third Form - must be completed by someone who can attest to their character, and not related to the applicant.

Applicants are also required to provide proof of ECC (Emergency Cardiac Care) certification, and provide their certificate of completion from either the American Red Cross or the American Heart Association or equivalent. ECC training must include all of the following: Adult CPR, Pediatric CPR, Second Rescuer CPR, Automated External Defibrillator (AED), airway obstruction and barrier devices (e.g., pocket mask, bag-valve mask).

Applicants are required to review the Technical Standards and determine one of the following: the applicant can meet the standards of admission as outlined OR the applicant can meet each of these standards with certain accommodations as outlined by the Office of Student Accommodations and Support Services at EWU. After review, applicants must include a signed copy of the Technical Standards with a signature in the appropriate signature field. This will be submitted with their application packet.

Applicants must complete 100 hours of observation with a certified athletic trainer (ATC and/or LAT) and submit the "Verification Form" provided on the EWU admission application. (*Note: Preference will be given to applicants that provide proof of AT observations occurring at various healthcare sites and with different athletic trainers.*)

Applicants must also complete and include in the application, a copy of the Prerequisite Course Self Audit. All of the program specific requirements need to be submitted through the EWU Admission application.

Applicants will be informed of the program's enrollment decision no later than the last week of June, and notified utilizing the email address provided on the application.

Wellness and Movement Sciences: Applicants for admission to the graduate program in wellness and movement sciences must follow the graduate admission procedures as outlined elsewhere in this catalog.

Final Comprehensive Examination Options

Before awarding a master's degree, each student must successfully complete one of two options: a thesis or other research project; or a written examination.

Option A: The thesis or research project will be selected in consultation with the student's faculty advisor. Each student shall complete an oral examination, which will focus primarily on the master's thesis or project but may also include questions to demonstrate competence in all areas included in the student's program. Students will provide copies of their master's thesis or project to the oral examination committee at least two weeks in advance of the scheduled oral examination.

Option B: The written examination is designed to test students' competence across the breadth of their program. Over the course of 4 hours, the student will address questions on research methods and statistics as well as theory and content. The student will approach prospective committee members to ensure they are willing to provide examination questions. The examination committee will consist of three graduate faculty members: two from the Wellness and Movement Sciences Department, one of whom will chair the committee; and a faculty member designated by the Graduate Office. If the student does not pass in their first attempt, the student may be required to take additional courses and will be permitted to take the written examination one additional time. For option A, the final oral examination will be open to interested faculty and students and may be open to questions from non-committee members at the discretion of the committee. The final oral examination for option A will be no longer than 2 hours. With respect to option B, the examination will not be held over vacation periods or during summer quarter except by advance approval of all committee members.

Athletic Training Courses

ATTR 201. INTRODUCTION TO ATHLETIC TRAINING. 2 Credits.

This course introduces the profession of athletic training and provides a basic knowledge of the practices that encompass this field. It includes the areas of: athletic training as an allied health care profession, current educational requirements for national practice, preparing for and caring for sports emergencies and environmental concerns. Hands-on activities address common wrapping, taping, and bracing techniques as well as basic wound care.

ATTR 288. CLINICAL ATHLETIC TRAINING I. 1 Credit.

Pre-requisites: must be a declared Athletic Training major.

The course is designed to provide clinical experience in a professional athletic training setting. The student works as an assistant under the direction of a certified athletic trainer/clinical instructor. A portfolio completed by the student and checked off by the clinical instructor is used to document completion of competencies. This course should be taken three times during an academic career.

ATTR 296. EXPERIMENTAL COURSE. 1-5 Credits.

ATTR 339. ATHLETIC TRAINING. 4 Credits.

Pre-requisites: ATTR 201.

The purpose of the Basic Athletic Training Course is to provide participants with the fundamental aspects of Athletic Training including prevention, recognition, management and treatment of various musculoskeletal injuries. The lab portion of the class will address basic wrapping and taping techniques, as well as hands-on injury evaluation.

ATTR 340. THERAPEUTIC MODALITIES IN SPORTS MEDICINE. 4 Credits.

Pre-requisites: ATTR 339 or permission of course instructor.

The course covers techniques in therapeutic exercise, thermal therapy, hydrotherapy, cryotherapy and electrical modalities. It also introduces students to psychological and physiological responses to injury.

ATTR 341. REHABILITATION IN ATHLETIC TRAINING. 4 Credits.

Pre-requisites: ATTR 340 or permission of course instructor.

Design and supervision of rehabilitation programs for orthopedic athletic injuries. This will include common programs for major joint and musculoskeletal injuries; also will consist of learning techniques in therapeutic exercise, massage, joint mobilization, and proprioceptive neuromuscular facilitation.

ATTR 350. MEDICATIONS IN THE HEALTH CARE PROFESSIONS. 2 Credits.

This course covers usage of therapeutic medications for allied health care professionals. It explores the common medications used in the rehabilitative health professions. It also addresses the mechanisms of drug action in relation to the treatment of diseases, dosage requirements, drug interactions, side effects, legal considerations and general information and guidelines related to medication usage.

ATTR 360. GENERAL MEDICAL CONDITIONS. 3 Credits.

Pre-requisites: ATTR 341 or permission of the instructor.

This course will provide students an opportunity to learn about general medical conditions of the body system. Subjects covered will include mechanism of acquisition, signs, symptoms, referral, treatment and return to participation criteria. Students will develop a framework for decision making when evaluating individuals including athletes that present with these conditions.

ATTR 370. CONTEMPORARY HEALTH ISSUES IN ATHLETIC TRAINING. 3 Credits.

Pre-requisites: ATTR 201 or permission of instructor.

This course provides an understanding of the personal and societal health issues they will encounter as a part of the profession of athletic training.

ATTR 388. CLINICAL ATHLETIC TRAINING II. 1 Credit.

Pre-requisites: ATTR 288 or equivalent.

A course designed to provide a minimum of 1000 hours of clinical experience in a professional athletic training setting over a minimum of at least two years. The students work in an assistant capacity under the direction of a certified athletic trainer/clinical instructor. A portfolio, completed by the students and checked off by the clinical instructor is used to document completion of competencies.

ATTR 428. ORTHOPEDIC EVALUATION I. 4 Credits.

Pre-requisites: ATTR 341 or permission of course instructor.

This course will provide students an opportunity to learn and practice injury evaluation procedures used in athletic training. The course will address history taking, inspection, palpation and orthopedic evaluation, as basic principles used in injury evaluation. Laboratory time will be devoted to palpation, structural assessment, neurologic assessment, range of motion and strength assessment of the pelvis, hip, thigh, lower leg, ankle and foot.

ATTR 429. ORTHOPEDIC EVALUATION II. 4 Credits.

Pre-requisites: ATTR 428 or permission of course instructor.

This course will provide students an opportunity to learn and practice injury evaluation procedures used in athletic training. The course will address history taking, inspection, palpation and orthopedic evaluation, as basic principles used in injury evaluation. Laboratory time will be devoted to palpation, structural assessment, neurologic assessment and strength assessment in injuries involving the spine, shoulder, elbow, wrist, and hand.

ATTR 439. CURRENT TOPICS IN SPORTS MEDICINE. 1 Credit.

This course incorporates current topics that are not generally taught in the athletic training curriculum. It emphasizes student participation through a group presentation. The course is to be taken at least three times for the major.

ATTR 450. ADVANCED PROCEDURES AND TECHNIQUES IN ATHLETIC TRAINING. 3 Credits.

Pre-requisites: ATTR 428 and ATTR 429.

This course introduces students to those skills and techniques used in the practice of athletic training that are beyond those typically considered basic in the profession, in that the procedures discussed and the practical skills attained are more time intensive and require pre-requisite foundational skills.

ATTR 488. CLINICAL ATHLETIC TRAINING III. 2 Credits.

Pre-requisites: ATTR 388 or permission of instructor.

This course should be taken three times during an academic career. A course designed to provide a minimum of 1000 hours of clinical experience in a professional athletic training setting over a minimum of at least two years. The students work in an assistant capacity under the direction of a certified athletic trainer/clinical instructor. A portfolio, completed by the students and checked off by the clinical instructor is used to document completion of competencies.

ATTR 496. EXPERIMENTAL COURSE. 1-5 Credits.**ATTR 499. DIRECTED STUDY. 1-15 Credits.****ATTR 501. FOUNDATIONS IN ATHLETIC TRAINING I. 4 Credits.**

Notes: this is the first course in the Athletic Training MS and is only taught summer quarter.

This course focuses on preparing students to provide acute and emergency care of athletic injuries. Specific athletic training skills taught in the course include basic life support, oxygen administration, spine boarding, wound care, splinting, bracing, and taping that are necessary to begin working jointly with an athletic training preceptor in the field environment.

ATTR 502. PATHOLOGIES IN ATHLETIC TRAINING. 5 Credits.

Pre-requisites: ATTR 501.

This course provides athletic training students with the fundamental knowledge of pathological conditions that commonly occur in athletes. The course also assists in developing basic clinical skills necessary in the evaluation process of pathological conditions. Hands-on laboratory activities are incorporated.

ATTR 503. ORTHOPEDIC EVALUATION I. 5 Credits.

Pre-requisites: ATTR 501.

This course provides an interactive opportunity to learn and practice injury evaluation procedures used in the athletic training profession. There is an opportunity to participate in the teaching of specific parts of the evaluation to fellow classmates. This course addresses the aspects of the medical history and physical exam. Laboratory time required.

ATTR 504. ORTHOPEDIC EVALUATION II. 5 Credits.

Pre-requisites: ATTR 501.

This course provides an interactive opportunity to learn and practice injury evaluation procedures used in the athletic training profession. This course addresses the aspects of the medical history and physical exam. Laboratory time is devoted to palpation, structural assessment, neurological assessment, range of motion, and strength assessment of a variety of areas in the upper extremity, head, neck, thorax, and abdomen.

ATTR 505. FOUNDATIONS IN ATHLETIC TRAINING II. 2 Credits.

Pre-requisites: ATTR 501.

This course builds upon the Foundations in Athletic Training I course to enhance knowledge and skills in the area of emergency care. In addition, this course covers more about the athletic training profession and its role in the health care system, including the need to continually improve care through research.

ATTR 511. THERAPEUTIC MODALITIES. 5 Credits.

Pre-requisites: ATTR 501.

This course will provide students with an interactive opportunity to learn, discuss and practice the use of therapeutic interventions in the treatment of musculoskeletal injuries. Laboratory time will be devoted to recognition of signs and symptoms warranting intervention as well as their appropriate set up, application and removal. Additionally, students will have the opportunity to learn and practice more common manual therapies used in Athletic Training.

ATTR 512. REHABILITATION I. 3 Credits.

Pre-requisites: ATTR 501.

This course gives in-depth exposure to the theory and practical application of rehabilitation techniques used in a sports medicine environment. The primary focus of this course is rehabilitation goals, psychological considerations, specific orthopedic rehabilitation programs, exercise prescription and other important issues related to orthopedic rehabilitation of the lower extremity.

ATTR 513. REHABILITATION II. 2 Credits.

Pre-requisites: ATTR 501.

This course gives in-depth exposure to the theory of rehabilitation used in a sports medicine environment with an added emphasis on the practical application of rehabilitation techniques. The primary focus of this course is rehabilitation goals, psychological considerations, specific orthopedic rehabilitation programs, exercise prescription and other important issues related to orthopedic rehabilitation of the upper extremity.

ATTR 514. ADVANCED TECHNIQUES IN ATHLETIC TRAINING. 3 Credits.

Pre-requisites: ATTR 512.

This course will provide students with exposure and experience in orthopedic evaluation and rehabilitative techniques in areas not yet covered in the athletic training education program (ATEP) curriculum or at a greater depth in some areas where students have received basic information and training.

ATTR 521. EVIDENCE-BASED PRACTICE. 2 Credits.**Pre-requisites:** ATTR 501.

This course will provide the students with an increased understanding of Evidence Based Practice and its application in the profession as well as assist students with developing research skills to critically review current research. It will also provide students an opportunity to utilize newly acquired research skills to develop and present a professional research project.

ATTR 523. EVIDENCE-BASED PRACTICE III. 2 Credits.**Pre-requisites:** ATTR 521.

This course will provide the students with an opportunity to critically read and understand published clinical research in the field of athletic training. This course will also provide students training and education in writing a research proposal that will be submitted to the institutional review board (IRB).

ATTR 531. ATHLETIC TRAINING PRACTICE SEMINAR I. 2 Credits.**Pre-requisites:** ATTR 501.

This course provides athletic training students with in depth training, refinement, and practice of basic athletic training skills in order to become "proficient" in these areas. Students will also receive education and training in more advanced athletic training skills. The course will include wrapping, taping, bracing and splinting techniques; management of dermal injuries; the care of spinal trauma, and other emergency equipment.

ATTR 532. ATHLETIC TRAINING PRACTICE SEMINAR II. 2 Credits.**Pre-requisites:** ATTR 501.

This course provides athletic training students with in depth training, refinement, and practice of basic athletic training skills in order to become "proficient" in these areas. Students will also receive education and training in more advanced athletic training skills. The course will include wrapping, taping, bracing and splinting techniques; management of dermal injuries; the care of spinal trauma, and other emergency equipment.

ATTR 533. ATHLETIC TRAINING PRACTICE SEMINAR III. 2 Credits.**Pre-requisites:** ATTR 501.

This course provides athletic training students with in depth training, refinement, and practice of basic athletic training skills in order to become "proficient" in these areas. Students will also receive education and training in more advanced athletic training skills. The course will include wrapping, taping, bracing and splinting techniques; management of dermal injuries; the care of spinal trauma, and other emergency equipment.

ATTR 551. SPECIAL TOPICS IN ATHLETIC TRAINING I. 3 Credits.**Pre-requisites:** ATTR 501.

This course provides athletic training students with preparation into professional practice, including but not limited to the major areas of the national board of certification (BOC) examination, continuing education, and providing service. Students will have the opportunity increase their own understanding and professional skills through teaching various athletic training skills and techniques to newer students.

ATTR 552. SPECIAL TOPICS IN ATHLETIC TRAINING II. 3 Credits.**Pre-requisites:** ATTR 501.

This course provides athletic training students with preparation into professional practice, including but not limited to the major areas of the national board of certification (BOC) examination, continuing education, and providing service. Students will have the opportunity increase their own understanding and professional skills through teaching various athletic training skills and techniques to newer students.

ATTR 554. ATHLETIC TRAINING IN SPECIAL POPULATIONS. 2 Credits.**Pre-requisites:** ATTR 501.

This course introduces the history, philosophy, and organizations related to adaptive sports and the associated roles athletic training can fill. Roles include injury prevention and care of injuries, use of protective equipment, creating safe facilities, and proper supervision of practice and contests. Includes an introduction to legal implications and socioeconomic and public health issues related to these populations.

ATTR 561. MEDICAL CONDITIONS IN ATHLETIC TRAINING. 4 Credits.**Pre-requisites:** ATTR 501.

This course will provide students an opportunity to learn about general medical conditions by body system, their mechanism of acquisition, signs, symptoms, referral, treatment, and return to participation criteria. Students will also develop a framework for decision making when evaluating individuals, including athletes that present with these conditions. Students will also be given the opportunity to interact with allied health care professionals through this class.

ATTR 562. PHARMACOLOGY IN ATHLETIC TRAINING. 2 Credits.**Pre-requisites:** ATTR 501.

This course will provide the students a working knowledge of therapeutic medications commonly used in the rehabilitative health professions. The material will primarily pertain to mechanisms of drug action in relation to the treatment of a disease, dosage requirements, drug interactions, side effects, legal considerations and general information and guidelines related to medication usage.

ATTR 563. HEALTH CARE ADMINISTRATION. 4 Credits.**Pre-requisites:** ATTR 501.

This course stresses the administrative and management responsibilities required when working in the athletic training/sports medicine field. This includes operation and design of an athletic training/sports medicine facility, insurance, legal issues, personnel selection, budgeting, and organizational skills. There will be individual and group projects that will culminate in a final project that will be assessed by a professional within the field as well as your peers.

ATTR 564. PSYCHOSOCIAL STRATEGIES IN ATHLETIC TRAINING. 4 Credits.**Pre-requisites:** ATTR 501.

The purpose of this Psychosocial Strategies in Athletic Training course is to provide an understanding for the personal and societal health issues encountered as a part of the profession of athletic training.

ATTR 587. IMMERSIVE PRACTICUM I. 4 Credits.**Pre-requisites:** ATTR 501.

This course provides an immersive component for athletic training clinical experiences with a preceptor. Emphasis is placed upon developing professional and clinical skills including documentation, communication, cultural competence, and evidence-based practice. This course includes a component of classroom-based discussion on pathological conditions and reflective clinical reasoning.

ATTR 588. CLINICAL PRACTICUM. 1-2 Credits.**Notes:** must be repeated.**Pre-requisites:** ATTR 501.

Students work under the supervision of a certified athletic trainer to gain experience and exposure to all aspects of athletic training.

ATTR 589. IMMERSIVE PRACTICUM II. 5 Credits.**Pre-requisites:** ATTR 501.

This course provides full-time immersive clinical experiences in athletic training practice with a preceptor. Continued emphasis is placed upon the refining of professional and clinical skills including documentation, communication, cultural competence, and evidence-based practice. This course includes a component of classroom-based discussion on reflective clinical practice.

ATTR 590. ATHLETIC TRAINING CAPSTONE. 4 Credits.**Pre-requisites:** ATTR 501.

This course guides students through the research process and contributing to the body of knowledge in Athletic Training and Allied Health through the preparation of a professional project. Students work with faculty mentors to research an approved research topic, write a professional manuscript, and present the information via platform and poster presentations.

ATTR 596. EXPERIMENTAL COURSE. 1-5 Credits.**ATTR 601. PROFESSIONAL PROJECT. 1-6 Credits.****Pre-requisites:** ATTR 501 and permission of the instructor, department chair and college dean.

This course is designed to guide the student through the process of contributing to the body of knowledge in Athletic Training and Allied Health through the preparation of a clinical case report. In this course, students will work with faculty mentors to prepare the case report, write a research manuscript, and present research findings via platform and poster presentations. The assignment is to be completed as partial completion of the requirements for the degree of Master of Athletic Training.

Exercise Science Courses

EXSC 301. INTRODUCTION TO EXERCISE SCIENCE. 1 Credit.**Pre-requisites:** must be declared exercise science major.

This course covers the basic skills necessary for success in the Exercise Science Program and prepares students for a career or graduate school. Students are exposed to professionals from multiple career fields related to Exercise Science. Presentations include the development of a resume and cover letter, how to use the library effectively and various professional development tools. The goal of this course is to help you gain a clear understanding of your career aspirations and to help direct your studies towards those goals.

EXSC 380. NUTRITION IN SPORT AND EXERCISE. 3 Credits.**Pre-requisites:** PHED 372 or FNMT 356, or permission of the instructor.

This course explores the scientific basis for sports nutrition to optimize health and performance in all levels of athletes. Topics include dietary requirements for specific athletes, sports, and activities. Other topics may include weight control, dietary ergogenic aids, nutritional supplements, periodization of nutrition, and diet modifications for all levels of athletes.

EXSC 388. EXERCISE SCIENCE PRACTICUM. 1-8 Credits.**Pre-requisites:** EXSC 301, permission of the instructor.

This experiential learning course is designed to assist exercise science pre-physical therapy (PT), pre-occupational therapy (OT), and pre-athletic training (AT) students develop an understanding and awareness of the job responsibilities of therapists and trainers and prepare for application to pre-professional graduate programs.

EXSC 390. PRINCIPLES OF PROGRAM DESIGN. 3 Credits.**Cross-listed:** LMED 390.**Pre-requisites:** LMED 350 or PHED 350 with a grade of $\geq C+$.

This course is designed to identify the connection between assessment data, goal setting, and physical development through exercise program design. Students evaluate information from previous courses and apply that information to create interventions to improve health, fitness, and performance.

EXSC 395. INTERNSHIP. 1-8 Credits.**Pre-requisites:** permission of the instructor.**EXSC 411. PHYSICAL ACTIVITY, MENTAL HEALTH, AND COGNITION. 3 Credits.****Cross-listed:** LMED 411.**Pre-requisites:** sophomore standing.

This course examines neurobiological and psychological premises for the mood-enhancing effects of physical activity, the relationship between physical activity and prevalent forms of mental illness, the role of physical activity in cognitive function across the life span, and the relationship between physical activity, sleep, and brain health.

EXSC 420. PRINCIPLES OF PROGRAM DESIGN FOR SPECIAL POPULATIONS. 4 Credits.**Cross-listed:** LMED 420.**Pre-requisites:** EXSC 301 and EXSC 390, or LMED 201 and LMED 390, with a grade of $\geq C+$.

This course is designed to help prepare students to work safely with clinical populations in health and fitness settings. This course provides an overview of pathophysiology, identifies risk factors and signs and symptoms, and examines exercise management, and in certain cases dietary, recommendations for prevalent forms of chronic disease.

EXSC 440. EXERCISE COUNSELING AND BEHAVIOR CHANGE. 3 Credits.**Cross-listed:** LMED 440.**Pre-requisites:** EXSC 390.

In this course, students explore health behavior change theories related to the adoption of healthy active lifestyles. Communication and motivational techniques to enhance exercise counseling are examined. Further, this course familiarizes students with educational resources that may support healthy lifestyle behaviors in their clients.

EXSC 455. RESEARCH AND ANALYSIS. 3 Credits.**Pre-requisites:** CSBS 320 or MATH 380.

This course is designed to teach the students to critically analyze the literature in the field. In addition, they will be exposed to the criteria for good research and to evaluate how well articles in the field follow that criteria.

EXSC 460. PHYSIOLOGY OF EXERCISE. 4 Credits.**Pre-requisites:** PHED 349 and PHED 350, with grades of $\geq C+$, or permission of the instructor.

This course examines the response of body systems to acute and chronic exercise, with additional examination of the effects of the environment on exercise performance.

EXSC 481. ELECTROCARDIOLOGY INTERPRET. 3 Credits.**Pre-requisites:** BIOL 233 with a grade $\geq C$ and PHED 350 with a grade $\geq C+$.

This course examines the various components of electrocardiography in normal and pathological hearts. A practical component will allow students to gain hands-on experience in conducting resting ECGs and ECGs during a physiological stress test.

EXSC 488. PROFESSIONAL INTERNSHIP. 5-15 Credits.**Pre-requisites:** EXSC 301 or permission of the instructor.

This course is designed to assist Exercise Science students prepare for a job in their chosen field. The internship experience is hands-on under the supervision of a professional, monitored by the faculty advisor. Students will complete the majority of their course work to prepare for the experience. The requirement is 400 hours and may be divided into three locations. The experience will be documented through record of hours and regular reflections of the experience.

EXSC 490. SENIOR CAPSTONE IN EXERCISE SCIENCE. 4 Credits.**Pre-requisites:** EXSC 420, senior standing.

Satisfies: a university graduation requirement—senior capstone. This course entails a service-learning project that integrates and applies knowledge gained in the exercise science curriculum and requires innovative thinking and collaboration.

EXSC 495. INTERNSHIP. 1-15 Credits.**Pre-requisites:** permission of the instructor, department chair and college dean.**EXSC 496. EXPERIMENTAL. 1-15 Credits.****EXSC 499. DIR STUDY. 1-15 Credits.****EXSC 580. NUTRITION IN SPORT AND EXERCISE. 3 Credits.****Pre-requisites:** PHED 372, FNMT 356, or permission of the instructor.

This course explores the scientific basis for sports nutrition to optimize health and performance in all levels of athletes. Topics include, but are not limited to, dietary requirements for specific athletes, sports, and activities. Other topics may include weight control, dietary ergogenic aids, nutritional supplements, periodization of nutrition, and diet modifications for all levels of athletes.

Lifestyle Medicine Courses

LMED 201. INTRODUCTION TO LIFESTYLE MEDICINE. 2 Credits.**Pre-requisites:** sophomore standing.

This course explores the field of lifestyle medicine and the six pillars that form the foundation of this field - physical activity, nutrition, sleep, stress and resilience, positive social connections, and substance use. Each of these pillars is discussed in detail related to the positive influences they can have on health and chronic diseases.

LMED 350. EXERCISE TESTING AND PRESCRIPTION. 4 Credits.**Cross-listed:** PHED 350.**Pre-requisites:** sophomore standing.

This course examines the health-related components of fitness with attention given to the physiological foundations, assessment techniques, and exercise prescription guidelines for each. A laboratory component includes hands-on experience conducting and interpreting a variety of fitness assessments for the general population. At the completion of this course, students are able to execute a comprehensive fitness evaluation.

LMED 388. LIFESTYLE MEDICINE PRACTICUM. 1-4 Credits.**Notes:** course may be repeated for up to 4 credits.**Pre-requisites:** LMED 201 with a grade \geq C+.

This is an experiential learning course designed to assist students pursuing a BS in Lifestyle Medicine to develop an understanding and awareness of the job responsibilities in the field. This course assists students in the preparation of applications to pre-professional graduate programs.

LMED 390. PRINCIPLES OF PROGRAM DESIGN. 3 Credits.**Cross-listed:** EXSC 390.**Pre-requisites:** LMED 350 or PHED 350 with a grade of \geq C+.

This course is designed to identify the connection between assessment data, goal setting, and physical development through exercise program design. Students evaluate information from previous courses and apply that information to create interventions to improve health, fitness, and performance.

LMED 401. APPLIED LIFESTYLE MEDICINE. 3 Credits.**Pre-requisites:** LMED 201, LMED 411, and LMED 420 with a grade \geq C+.

This course allows students the opportunity to apply knowledge of the six pillars of lifestyle medicine to health and chronic diseases. Foci include the application of lifestyle medicine to prevent chronic disease development, reduce the need for pharmacological treatments, and rehabilitate individuals with common chronic diseases such as cardiovascular disease and type 2 diabetes.

LMED 411. PHYSICAL ACTIVITY, MENTAL HEALTH, AND COGNITION. 3 Credits.**Cross-listed:** EXSC 411.**Pre-requisites:** sophomore standing.

This course examines neurobiological and psychological premises for the mood-enhancing effects of physical activity, the relationship between physical activity and prevalent forms of mental illness, the role of physical activity in cognitive function across the life span, and the relationship between physical activity, sleep, and brain health.

LMED 420. PRINCIPLES OF PROGRAM DESIGN FOR SPECIAL POPULATIONS. 4 Credits.**Cross-listed:** EXSC 420.**Pre-requisites:** EXSC 301 and EXSC 390, or LMED 201 and LMED 390, with a grade of \geq C+.

This course is designed to help prepare students to work safely with clinical populations in health and fitness settings. This course provides an overview of pathophysiology, identifies risk factors and signs and symptoms, and examines exercise management, and in certain cases dietary, recommendations for prevalent forms of chronic disease.

LMED 440. EXERCISE COUNSELING AND BEHAVIOR CHANGE. 3 Credits.**Cross-listed:** EXSC 440.**Pre-requisites:** EXSC 390.

In this course, students explore health behavior change theories related to the adoption of healthy active lifestyles. Communication and motivational techniques to enhance exercise counseling are examined. Further, this course familiarizes students with educational resources that may support healthy lifestyle behaviors in their clients.

LMED 490. SENIOR CAPSTONE IN LIFESTYLE MEDICINE. 4 Credits.**Pre-requisites:** senior standing; LMED 401 with a grade \geq C+.**Satisfies:** a university graduation requirement—senior capstone.

In this course students demonstrate their comprehensive understanding and knowledge of the role of lifestyle medicine and its six pillars on health. Students apply their knowledge in both a research and practical context to demonstrate competence.

Physical Health and Education Courses

PHED 120. PE ACTIVITIES. 1 Credit.

Notes: designed primarily for women.

Women's conditioning classes for varsity sports, volleyball, tennis, basketball, soccer, track, etc.

PHED 125. PE ACTIVITIES. 1 Credit.

Notes: co-educational.

Aerobics, archery, aquacise, aquatic fitness, badminton, basketball, better back program, bicycling, corrective lab, country swing dance, frisbee, fun and fitness, golf, gymnastics, jogging, karate, military conditioning, personal defense, pickleball, progressive weight training, racquetball, running, self-defense, skiing, soccer, softball, social dance, swimming, tennis, trap shooting, triathlon training, volleyball, and walking. Corrective laboratory is offered for those unable to participate in regular activities because of disability.

PHED 130. PE ACTIVITIES. 1 Credit.

Notes: designed primarily for men.

Men's conditioning classes for varsity sports: baseball, basketball, cross country, football, tennis and track.

PHED 132. KINESIOLOGICAL APPLICATIONS OF HUMAN ANATOMY AND PHYSIOLOGY. 4 Credits.

Offered: Fall This course will provide students with an understanding of the physiological and anatomical basis of human movement. Students will be presented with examples from sports, physical activity, recreation and rehabilitation to enhance their understanding of anatomical structures, their origin, insertion and function.

PHED 135. SPECIALIZED FITNESS ACTIVITIES. 2 Credits.

Includes a group of fitness-based activity classes designed to promote muscular strength and endurance, cardiovascular endurance and flexibility. Programs are developed to meet individual participants' interests and fitness levels, and activities are conducted at a variety of locations.

PHED 150. FAST FITNESS. 2 Credits.

Comprehensive physical fitness course designed to develop strength, flexibility, and endurance (muscular and cardiovascular) in an effective and efficient manner through use of the EWU Fitness Center. Mandatory orientation and evaluation (pre-testing and post-testing) accompanies the program. Designed to develop baseline fitness levels for all persons with varying fitness levels. Lab.

PHED 151. GROUP EXERCISE. 2 Credits.

Group Exercise involves fitness activities done with music using cardiovascular exercise, muscular strength endurance, and flexibility exercises are used to develop the health related components of physical fitness. Classes may include step training, aerobic kickboxing, yoga for fitness, stability ball training, and muscle pump classes. Emphasis will be placed on improving fitness, having fun, and learning about healthy living.

PHED 152. STRENGTH/WEIGHT TRAINING. 2 Credits.

Strength/weight training provides students an opportunity to develop musculoskeletal fitness based on the scientific principles of resistance training. Assistance will be given to students in developing a program design to meet their fitness goals.

PHED 193. STANDARD FIRST AID AND SAFETY. 2 Credits.

Notes: students will earn the American Heart Association Basic Life Support (BLS) certification and Heart-saver First Aid certifications, each good for two years from the course completion date.

The American Heart Association Basic Life Support (BLS) program will train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over.

PHED 194. EMERGENCY RESPONSE. 3 Credits.

The course provides the participant with the knowledge and skills necessary to work as a first responder. In an emergency, first responders help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until more advanced medical practitioners can arrive. The course content and activities will prepare participants to make appropriate decisions about the care to provide in an emergency. The course teaches the skills a first responder needs to act as a crucial link.

PHED 196. EXPERIMENTAL COURSE. 1-5 Credits.**PHED 197. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 2 Credits.****PHED 199. DIRECTED STUDY. 1-15 Credits.****PHED 200. ADMISSION TO HEALTH AND PHYSICAL EDUCATION. 2 Credits.**

This course is designed to introduce potential majors to the Health and Physical Education profession as well as describe the major's expectations and requirements for being admitted into the program and becoming certified as a K-12 Health and Physical Education instructor.

PHED 202. INTRODUCTION TO HEALTH, WELLNESS AND SUSTAINABLE LIVING. 4 Credits.

Pre-requisites: ENGL 101, may be taken concurrently or permission of the instructor.

Satisfies: a BACR for humanities and arts.

This course is design to be an introductory health, wellness, and sustainability living class that provides a broad overview of a number of topics that specifically focus on living a healthy physically active lifestyle connecting people, place and planet as well as increasing an individual's awareness of how to be a greener consumer.

PHED 251. MOTOR CONTROL AND LEARNING. 3 Credits.

This course introduces students to the processes that underlie human movement through bridging the gap between research and practice. It provides the necessary tools to build a solid foundation for assessing performance, providing effective instruction, designing practices and training experiences to optimize skill acquisition and performance.

PHED 256. MEDICAL TERMINOLOGY. 2 Credits.

This course examines the nature and function of the medical language, and the building of medical words from word roots, prefixes, suffixes, and combining forms. This course will prepare students who are entering into medical-related fields of interest.

PHED 259. SPORTS FIRST AID AND INJURY PREVENTION. 3 Credits.

This course is designed for those seeking to become coaches in high school, college and university, Olympic and competitive club-sport programs for athletes 14 years of age and older. The primary objective of this course is to introduce the coach to the importance of safety and injury prevention in sport settings.

PHED 260. SPORT SCIENCES FOR COACHING. 3 Credits.

Notes: Leader Level.

A professional preparation course for coaches designed to acquaint students with basic scientific information needed in coaching.

PHED 261. COACHING SPORTS TECHNICAL AND TACTICAL SKILLS. 3 Credits.

The course is designed for those seeking to become coaches in high school, college and university, Olympic, and competitive club-sport programs for athletes 14 years of age and older. Students will gain a solid understanding of sport-specific technical and tactical skills in order to teach these skills effectively. They will also gain valuable insight on developing practice and season plans and coaching on game day.

PHED 265. INTRODUCTION TO COLLEGE LIFE. 3 Credits.

Notes: only offered fall quarter.

This course is designed to assist EWU freshman and transfer student-athletes in transitioning to Eastern Washington University and to Eagle athletics, developing and improving essential academic, personal health and wellness, and social skills, making connections with the campus and local community as well as becoming oriented with campus resources and facilities and exploring career and academic goals.

PHED 278. COACHING VOLLEYBALL. 3 Credits.

Coaching techniques and strategies in volleyball.

PHED 281. COACHING FOOTBALL. 3 Credits.

Coaching techniques and strategies in football.

PHED 282. COACHING BASKETBALL. 3 Credits.

Coaching techniques and strategies in basketball.

PHED 283. COACHING TRACK. 3 Credits.

Coaching techniques and strategies in track.

PHED 285. COACHING BASEBALL/SOFTBALL. 3 Credits.

This course provides an introduction to coaching techniques and strategies in baseball and softball.

PHED 293. CPR/AED REFRESHER COURSE. 1 Credit.

The American Red Cross CPR/AED for Professional Rescuers and Health Care Providers program is to train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. Students will earn the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers certification good for two years from the course date.

PHED 296. EXPERIMENTAL COURSE. 1-5 Credits.

Pre-requisites: permission of the instructor and the department chair. Special studies in physical education. Selected topics vary according to student and faculty interest.

PHED 299. INDIVIDUAL STUDIES. 1-5 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

Study of selected problems in physical education.

PHED 300. AFTER-SCHOOL PROGRAMMING. 3 Credits.

This course engages students in how to successfully implement as well as physically be responsible for facilitating an After-School Garden-Based & Outdoor Educational program in collaboration with a local community member.

PHED 301. PERFORMANCE ENHANCEMENT IN SPORT AND PHYSICAL ACTIVITY. 3 Credits.

This course is designed to be a practical, hands-on approach to a broad range of interventions aimed at improving performance in sport and physical activity settings. The focus of the course is on key mental tools (e.g., imagery, goal-setting, relaxation techniques, self-talk) and how they can be applied to facilitate enhancement of the key mental skills such as self-confidence, concentration, controlling emotions and staying optimally motivated. The course material is designed to help all students who are interested in maximizing performance in sport or physical activity.

PHED 333. GROUP EXERCISE INSTRUCTOR TRAINING. 2 Credits.

This course educates potential group exercise instructors. The content includes practical experience in group fitness activities. Upon completion of this course, students will be better prepared to take the ACE national group fitness exam and design a safe and effective class.

PHED 335. STRENGTH AND CONDITIONING PROLAB. 2 Credits.

A professional laboratory course is designed to provide the knowledge and practical experiences necessary for becoming a certified strength and conditioning professional. The focus of the course is on athletic populations.

PHED 336. TEACHING SPORTS. 2 Credits.

Pre-requisites: PHED 375 with a grade \geq B- or permission of instructor. This course is a physical education course designed to develop skills and progressive methods in teaching sports for effective K-12 instruction.

PHED 340. RHYTHMS AND GAMES. 2 Credits.

Notes: taught spring quarter.

Pre-requisites: PHED 375 with a grade \geq B- or permission of instructor. This course is designed to develop skills and progressive methods in teaching games using rhythm for effective K-12 instruction. Activities could include dance, movement experiences and games that help develop motor skills.

PHED 341. ELEMENTARY SCHOOL ACTIVITIES. 2 Credits.

Pre-requisites: PHED 200 with a grade \geq B- and concurrent enrollment in PHED 365 or permission of instructor.

This course is designed to develop skills and progressive methods in teaching a wide range of activities appropriate for elementary physical education classes.

PHED 342. 6-12 OUTDOOR EDUCATION BASICS. 2 Credits.

Pre-requisites: PHED 375 with a grade \geq B- or permission of instructor. This course is designed to develop skills and progressive methods in teaching lifelong leisure activities for effective K-12 instruction. Activities such as road and mountain bicycling, rock climbing, hiking-camping, canoeing, golf, cross-country skiing, orienteering and adventure ropes may be included.

PHED 343. WELLNESS AND FITNESS. 2 Credits.

A physical education course designed to develop skills and progressive methods in teaching wellness and fitness for effective K-12 instruction.

PHED 348. ANATOMICAL/MECHANICAL KINESIOLOGY. 4 Credits.

A study of the structural components of human movement, as well as the study of the laws of physics as they affect human movement. Special attention is given to the analysis of movement.

PHED 349. FUNCTIONAL ANATOMY. 4 Credits.

Pre-requisites: sophomore standing. This course is the study of structural components of human movement.

PHED 350. EXERCISE TESTING AND PRESCRIPTION. 4 Credits.

Cross-listed: LMED 350.

Pre-requisites: sophomore standing.

This course examines the health-related components of fitness with attention given to the physiological foundations, assessment techniques, and exercise prescription guidelines for each. A laboratory component includes hands-on experience conducting and interpreting a variety of fitness assessments for the general population. At the completion of this course, students are able to execute a comprehensive fitness evaluation.

PHED 351. PROFESSIONAL DEVELOPMENT FIELD PRACTICUM. 1-5 Credits.

Pre-requisites: by permission of instructor.

Involves the practical application of related Health and Fitness: coaching, leadership, and/or mentoring learned skills, knowledge, and abilities in either a formal or informal school setting or community agency. Students will document their work in accordance with the PEHR Department policies.

PHED 352. BIOMECHANICS. 4 Credits.**Pre-requisites:** sophomore standing.

This course is concerned with the mechanical principles applied to athletic movements. The information provides a biomechanical basis for teaching and coaching physical activities. Sports skills are analyzed and the underlying mechanical principles governing these movements identified. A significant amount of mathematical and quantitative calculations are performed in this course. A final project is required.

PHED 360. HEALTH FITNESS MANAGEMENT. 3 Credits.**Pre-requisites:** sophomore standing.

This course brings business management principles and operational guidelines to the health/fitness practitioner. Topics include facility management, operations management, human resources, member service/retention, health and facility safety standards, and risk management.

PHED 364. TEACHING METHODS IN HEALTH. 4 Credits.**Pre-requisites:** PHED 365 and PHED 375.

Students will learn how to create unit and lesson plans for K-12 health education, and teaching strategies for optimal delivery of health content. Students will learn the WA state and National Health Education Standards and how to apply them in the classroom and to various grade levels. Emphasis will be placed on developing a comprehensive school education program. Course content will cover health topics, comprehensive school health programs, and current health issues.

PHED 365. GENERAL METHODS AND PROCEDURES FOR PHYSICAL EDUCATION. 3 Credits.**Pre-requisites:** PHED 200 with a grade \geq B- and concurrent enrollment in PHED 341 or permission of instructor.

This course is designed to introduce Health and Fitness majors to the general methods and procedures related to conducting physical education classes in elementary and secondary schools.

PHED 366. INTRODUCTION TO SERVICE, CITIZENSHIP AND COMMUNITY. 3 Credits.**Pre-requisites:** PHED 265 or permission of instructor.

This course is designed to build upon the activities completed in "Introduction to College Life" that make a successful college career while also thinking more deeply about career choices. Furthermore, this course is designed to provide students with an opportunity to engage in a 15-hour service-learning component working with a population or in a program of interest career wise that will assist them in examining their strengths through the lens on the project.

PHED 367. ENGAGED LEADERSHIP. 3 Credits.**Notes:** this class will only be taught summer quarter.**Pre-requisites:** PHED 366 or permission of instructor.

This course is designed to assist students in developing their leadership skills. Students build upon the work they performed at their previous service-learning placement by creating a sustainable, capacity building legacy project with the organization. They develop skills for becoming leaders in their fields of study and in their communities.

PHED 370. SPORT AND CULTURE. 3 Credits.

This course is the study of the interrelationships between sport and culture, including religion, politics, economics, race, arts and science.

PHED 372. APPLIED NUTRITION AND PHYSICAL FITNESS. 3 Credits.

This course is an introduction to the field of applied nutrition. The course content brings together information from a variety of fields - biochemistry, exercise physiology, nutrition, medicine and physiology. The students apply that knowledge to understand how what we eat affects not only sport performance but also personal health.

PHED 375. PE TEACHING STRATEGIES. 3 Credits.**Pre-requisites:** PHED 341 and PHED 365 with a grade \geq B-.

This course covers the knowledge of commonly used physical education strategies and assessments in order to analyze K-12 student learning and development, as well as teaching effectiveness.

PHED 388. PERSONAL TRAINING PRACTICUM. 1-2 Credits.**Pre-requisites:** by permission of instructor.

This course is designed to provide students pursuing the Personal Training Minor an opportunity to observe/gain experience in a professional setting. Students are required to spend a minimum of 60 hours (2 credits). The practicum experience will be documented through record of hours, and a final reflection of the experience.

PHED 390. HEALTH AND PHYSICAL EDUCATION IN THE ELEMENTARY SCHOOLS. 3 Credits.**Pre-requisites:** ENGL 201.

Analysis of educationally sound programs and of procedures and practices in the development of basic health and physical education principles in the elementary school.

PHED 393. WATER SAFETY INSTRUCTOR'S COURSE. 3 Credits.

This course is designed to train students to teach the American Red Cross Learn to Swim Program. Prospective students are advised to take Lifeguard Training (PHED 394). Course is conducted to meet the requirements of the American Red Cross Instructor's course. Certificates are awarded to those who qualify.

PHED 394. LIFEGUARD TRAINING. 3 Credits.

Pre-requisites: 1. Swim 500 yds. continuously, using each of the following strokes for 100 yds. each: front crawl, breaststroke and sidestroke; remaining 200 yds. student's choice. No time requirement for this skill; 2. Submerge to a minimum of 7 ft. and retrieve a 10 pound object and return with it to the surface. No time requirement for this skill; 3. Tread water for two minutes using legs only. These skills will be tested the first class session.

A nationally certified course for Eastern Washington University students designed to teach lifeguard candidates the skills and knowledge needed to prevent emergencies and respond to aquatic emergencies (Professionalism, Prevention, Aquatic Rescues, CPR for the Professional Rescuer, First-aid and Spinal Injury Management). This course certification (National American Red Cross Lifeguarding) will prepare and qualify students for aquatic employment throughout the United States.

PHED 395. FIELD PRACTICUM. 2 Credits.**Pre-requisites:** permission of the instructor, department chair and college dean.

Course designed to provide a minimum of 20 hours of practicum school experience in teaching physical education or coaching. The student works in an assistant capacity under a master teacher or coach (Elementary or Secondary Level). Journal procedures are planned and evaluated with the university instructor. At least two on-site visits are made by the instructor.

PHED 396. EXPERIMENTAL COURSE. 1-5 Credits.**PHED 399. DIRECTED STUDY. 1-5 Credits.****PHED 425. SPORT IN AMERICAN CULTURE. 4 Credits.****Pre-requisites:** junior or senior standing.

This course develops students understanding of the interrelationships between sports and culture in American society, particularly in collegiate and professional sport organizations. Upon completion of this course, the student should be able to identify and critically analyze issues and controversies in sport.

PHED 452. ADAPTED PHYSICAL EDUCATION. 4 Credits.

Pre-requisites: junior standing or permission of the instructor.
Laws and skills required of Physical Educators for the inclusion of all students with physical, mental, or social disabilities within a least restrictive environment.

PHED 454. MEASUREMENT AND EVALUATION IN HEALTH AND FITNESS. 3 Credits.

Pre-requisites: EDUC 303 or permission of the instructor.
This course assists in developing an understanding of assessment in health and fitness. The issues addressed include the importance of assessment for health and fitness, the components of assessment currently used in health and fitness, the development of personal beliefs about assessment, the matching of assessments to educational objectives, the evaluation of practice in relation to theory, and the need to reflect on actions to make necessary changes.

PHED 461. SPORTS AND EXERCISE PSYCHOLOGY. 3 Credits.

Pre-requisites: junior.
Designed to provide physical education teachers and coaches with information about motivation, communication, stress management, mental imagery and other topics for enhancing instructor-performance relationships and for stimulating improved sport performances.

PHED 475. HUMAN SEXUALITY. 3 Credits.

Pre-requisites: declared major in Health and Fitness or Public Health.
This course is an overview of the anatomical, physiological, psychological, behavioral and social/cultural aspects of human sexuality.

PHED 490. CAPSTONE IN HEALTH AND PHYSICAL EDUCATION. 4 Credits.

Pre-requisites: PHED 336 and PHED 365 or permission of the instructor.
Satisfies: a university graduation requirement—senior capstone.
This comprehensive course assists students in developing mastery in applying discipline-specific content to develop physically educated individuals; demonstrating competent movement and health enhancing fitness for teaching health/PE; and planning developmentally appropriate health/PE learning experiences. The main assessment is the Health and Physical Education (HPE) Final Portfolio.

PHED 495. PROFESSIONAL INTERNSHIP. 1-15 Credits.

Pre-requisites: Permission of the instructor, department chair and college dean. Learning Contract must be on file before the internship commences.
This course is a full-time working experience with youth in a health and/or fitness promotion program. The experience is under the direction of an health and fitness professional or a person of equivalent training. An approved CEL.

PHED 496. EXPERIMENTAL COURSE. 1-10 Credits.

A course in the developmental stages.

PHED 497. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-5 Credits.

Workshops dealing with specific aspects of physical education are conducted either during the summer or by extension.

PHED 498. SEMINAR. 1-10 Credits.

PHED 499. DIRECTED STUDY. 1-15 Credits.
Pre-requisites: permission of the instructor, department chair and college dean.
Study of selected problems in the field of physical education.

PHED 500. INTRODUCTION TO GRADUATE STUDIES. 1 Credit.

Notes: graded Pass/No Credit.
The purpose of this class is to introduce students to Eastern Washington University (EWU) and the Wellness and Movement Sciences (WAMS) graduate school program.

PHED 505. CURRENT ISSUES AND ETHICS. 3 Credits.

This course is designed to prepare graduate students to make decisions based on the professional ethics and standards of practice.

PHED 506. SOCIO-CULTURAL STUDIES IN PHYSICAL ACTIVITY. 3 Credits.

An examination of the nature and place of sport in American life and an analysis of the interrelationship between sport and institutions, social systems and culture.

PHED 507. ADMINISTRATION AND MANAGEMENT IN HEALTH AND PHYSICAL EDUCATION. 3 Credits.

Planning, financing, designing, managing, and administering health, physical education, recreation and athletic facilities and programs.

PHED 508. PSYCHOLOGICAL BEHAVIOR IN SPORT. 3 Credits.

Pre-requisites: general psychology course.
An examination of individuals participating in play, games, sports, and their competitive behavior.

PHED 509. ADVANCED PEDAGOGY IN PHYSICAL EDUCATION. 3 Credits.

Pre-requisites: graduate standing.
A course detailing methods and procedures to teaching Physical Education classes and coaching athletic teams at all educational levels. The strong focus on advanced technology and methodology emphasizes that proper teaching/coaching procedures and techniques be employed in the instructional process, while allowing varying and personal teaching styles and attitudes to surface.

PHED 510. ADVANCED MOTOR CONTROL AND LEARNING. 3 Credits.

Provides the student with a comprehensive understanding of how physical movements are controlled and learned. Such an understanding is of practical importance to teachers and coaches of physical performers.

PHED 511. APPLIED SPORT PSYCHOLOGY. 3 Credits.

Pre-requisites: PHED 508.
Provides comprehensive overview of applied educational strategies and techniques in sport and exercise psychology. Techniques such as imager, goal setting, self-talk, PRT and autogenies will be discussed as a means to achieve a prospective level of motivation, emotional control, self-confidence and concentration.

PHED 512. MOTIVATION IN SPORT AND EXERCISE. 3 Credits.

This class is designed to assist physical educators, coaches, recreation specialists, and others interested in sport motivation. Students will be introduced to a broad range of theoretical and applied motivational questions, including investigation of major motivational theories and paradigms, identification of primary motivational antecedents and consequences, as well as discussions on important measurement issues comparing the effectiveness of the most influential intervention strategies for enhancing motivation, and applying the motivational theory to answering critical applied motivational questions in sport and exercise.

PHED 517. SURVEY RESEARCH. 3 Credits.

The primary purpose of this course is to provide the student with a framework for the systematic evaluation of Physical Education, Exercise Science, and Recreation programs, services, facilities, and administrative functions as well as a basic understanding of the creation, implementation, and descriptive statistical analysis of survey research.

PHED 518. REVIEW OF LITERATURE. 3 Credits.

Pre-requisites: PHED 505 or permission of instructor.
Review of research literature to assist the student in identifying areas of research in their discipline.

PHED 519. STATISTICS IN PHYSICAL EDUCATION. 3 Credits.

Pre-requisites: grades \geq B in any of the following upper-division courses (or equivalent): BADM 503, CSBS 320, DSCI 346; DSCI 449 MATH 380, MATH 485, MATH 486, PSYC 522, PSYC 532.
Application, analysis and manipulation of datasets drawn from research in physical education using SPSS and SAS.

PHED 520. RESEARCH METHODS IN PHYSICAL EDUCATION. 3 Credits.

Study of the methods and techniques of research in physical education; practice in application to problems of current interest.

PHED 521. HISTORY AND PHILOSOPHY IN SPORT AND PHYSICAL ACTIVITY. 3 Credits.

This course is an examination of historical and philosophical issues pertaining to sport and physical activity as it relates to global culture. Topics will include ethics, sportsmanship, gamesmanship, play and cultural influences of sport and physical activity from a historical and philosophical framework.

PHED 522. RISK MANAGEMENT: SPORT AND SCHOOL LAW. 3 Credits.

This course is a study of legal issues as they relate to athletic administrators, coaches, teachers and sport management personnel in the sporting realm. Students will examine and discuss current legal standards, issues and risk management theories utilizing case law studies, which will provide an understanding of the responsibilities and working knowledge of the law.

PHED 523. PROGRAM PROMOTION AND ADVOCACY. 3 Credits.

This course is designed to assist students in developing or enhancing their promotional efforts in advocating for their selected program. If you are currently engaged in implementing promotional activities, this class will provide you with an opportunity to enhance your efforts. If you need to start a promotional project, this class will kick-start you.

PHED 524. SPORTS MARKETING. 3 Credits.

This course is a study of sports marketing theories from experience and research, which provides an examination of marketing strategies, plan development, sporting organizational needs and goals, in both the public and private sector of sports business. Students will also reflect upon the influence of licenses, sponsorships, promotions, advertising, broadcasting and sales in the sporting world.

PHED 525. FACILITIES PLANNING, OPERATIONS AND MANAGEMENT. 3 Credits.

This course is designed to provide students with a framework for understanding various aspects of facilities in sport and recreation including: planning, management, design, scheduling, and operations.

PHED 550. ADVANCED BIOMECHANICS. 3 Credits.

An examination of the mechanical aspects of human movement with an emphasis placed on descriptive and causal analysis. Students will perform laboratory projects using force plates, digitization of movement, and electromyography. Undergraduate experience in physics or biomechanics is expected to enroll in this course.

PHED 554. BEHAVIOR CHANGE-THEORY AND PRACTICE. 3 Credits.

This course will provide an overview of various models and theories of behavior change as they relate to wellness. Emphasis will be placed on applying theoretical concepts to facilitate the behavior change process among individuals and groups using a positive psychology approach.

PHED 555. ADVANCED PHYSIOLOGY OF EXERCISE. 3 Credits.

The physiological effects of muscular exercise, physical conditioning, and training along with the significance of these effects on health and physical performance will be discussed. Students are expected to possess a background in undergraduate anatomy and physiology as well as a course in exercise physiology to enroll in this course. Check with your advisor if you are unsure about your preparation for this course.

PHED 556. ADVANCED CLINICAL EXERCISE PHYSIOLOGY. 3 Credits.

The focus of this course will follow the requirements for the American College of Sports Medicine (ACSM) Registered Clinical Exercise Physiologist (RCEP) certification. The content will include how exercise impacts a variety of clinical conditions including cardiovascular, pulmonary, metabolic, orthopedic, musculoskeletal, neuromuscular and immunologic/hematologic systems.

PHED 557. TRAINING, PLANNING AND PERIODIZATION. 3 Credits.

The content of this course will cover classical and modern theories of periodization as a means of maximizing performance in sport. Planning sports training in terms of the physical, technical, tactical, psychological, and theoretical domains will be discussed in depth from the career level to the individual training lesson.

PHED 595. GRADUATE INTERNSHIP. 1-15 Credits.**PHED 596. EXPERIMENTAL COURSE. 1-6 Credits.****PHED 597. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-6 Credits.**

Notes: only one workshop course for up to 3 credits may be used to fulfill graduate degree requirements.

PHED 598. SEMINAR. 1-10 Credits.

Seminars dealing with special aspects of physical education.

PHED 599. INDEPENDENT STUDY. 1-6 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

PHED 600. THESIS. 1-9 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

PHED 601. RESEARCH REPORT. 1-6 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

PHED 602. COMPREHENSIVE PREPARATION. 2 Credits.

Directed course of reading and study under the direction of a faculty member serving on the students comprehensive examination committee.

PHED 695. INTERNSHIP. 1-15 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

The purpose of this course is to gain professional experience in the student's chosen career path under the guidance of a professional currently employed in the field. A wide variety of internship experiences are available including teaching, administration, marketing, research and professional writing.

PHED 696. COLLEGE TEACHING INTERNSHIP. 1-15 Credits.

Teaching a lower-division college course under supervision of a regular faculty member. Includes course planning, arranging bibliographical and instructional aids, conferences with students, experience in classroom instruction, completion of a departmental project and student course evaluation.

Recreation and Leisure Services Courses

RCLS 125. RECREATION AND LEISURE SERVICES ACTIVITIES. 1 Credit.

Notes: co-educational.

Backpacking, basic rock climbing, scuba diving, skiing (cross country), canoeing, and rafting.

RCLS 196. EXPERIMENTAL COURSE. 1-5 Credits.

RCLS 197. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-5 Credits.

RCLS 201. FOUNDATIONS OF THE RECREATION EXPERIENCE INDUSTRY. 4 Credits.

This course explores the intricacies the recreation and experience industry plays in society and in an individual's life. The conceptual foundations and the significant functions of play, recreation, and leisure, along with the history and theory are discussed. Personal needs, habits, and life goals are explored in relationship to quality of life along with future trends influencing society and the environment.

RCLS 206. OUTDOOR LIVING SKILLS. 4 Credits.

Notes: a 4-day backpacking trip is required to complete this course.

This course teaches the fundamental outdoor living skills needed to be proficient in wilderness backpacking and a variety of wilderness-based activities. Students will learn the knowledge and skills of wilderness backpacking, backcountry cooking, navigation, wilderness leadership, trip planning, risk management, and environmental ethics. These skills are consistent with core competencies outlined by the Wilderness Education Association. Students will earn a Leave No Trace Trainer Certification.

RCLS 220. LEADERSHIP DEVELOPMENT IN RECREATION EXPERIENCE MANAGEMENT. 3 Credits.

Emphasis on the elements of leadership in the recreation setting and ideas on how to lead programs so they fit participant needs are addressed. Fieldwork is part of the course requirements.

RCLS 230. WHITEWATER KAYAKING. 2 Credits.

This course is designed to instruct paddlers in whitewater kayaking techniques. The course will emphasize the essential skills needed for paddling moderately difficult rivers. The basic kayaking skills that are taught in the course include: paddle strokes, boat control, and basic whitewater safety information.

RCLS 240. INTRODUCTION TO THERAPEUTIC RECREATION. 4 Credits.

This course provides an in-depth overview to the field of therapeutic recreation. The course covers the historical, conceptual, and philosophical foundations of the profession. Topics include service-delivery models, professional ethics, standards of practice, credentialing, practice settings, populations served, and relationships with other allied health care providers. Students participate in a 12-hour field experience and interact with professionals in the field during the course.

RCLS 250. CAMP ADMINISTRATION AND LEADERSHIP. 3 Credits.

This course covers the philosophy, objectives, planning and operation of camps. It also provides an overview of counselors' responsibilities, programming, marketing, health and safety, as well as individual and group guidance techniques and trends.

RCLS 260. ARTS IN RECREATION. 3 Credits.

This course presents several media of art, i.e. mask making, clay, paper art, music and physical movement, and delves into the historical and cultural interpretations of each medium. Hands on application and practice with the medium follows, accompanied by teaching guidelines and discussion of adaptations for various populations.

RCLS 270. DIVERSITY, EQUITY, AND INCLUSION IN THE WORKPLACE. 2 Credits.

This course is designed to enhance understanding of the recreation and experience industry in a diverse society. Students examine factors that influence the industry, explore how the industry mirrors broader cultural values, and learn ways to use recreation and experience to expand their own cultural understandings. In addition, students learn to think critically, recognize and respect different perspectives, and appreciate the cultural and contextual nature of their choices and actions.

RCLS 290. WILDERNESS AND REMOTE FIRST AID. 3 Credits.

The purpose of this class is to provide individuals a foundation of first aid principles and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response.

RCLS 296. EXPERIMENTAL COURSE. 1-5 Credits.

RCLS 297. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-5 Credits.

RCLS 300. PUBLICITY AND PROMOTION IN RECREATION. 4 Credits.

Provides skills, techniques and ideas for designing visual aids, working with the media and developing a five-step promotion package for recreation and leisure service agencies.

RCLS 301. OVERVIEW OF THE CRAFT BEER INDUSTRY. 2 Credits.

Pre-requisites: minimum 18 years of age or older, ENGL 101 or equivalent.

This course explores the development of craft beer through historical origin and styles, ingredients and processes, science and technology, tradition and culture, and their influence on the current craft beer industry. The course exposes students to the local Spokane craft beer industry to gain an understanding of craft breweries, tap houses, malt houses, restaurants and pubs, as well as beer distribution, production, retail, tourism, supply chains, and media.

RCLS 305. WINTER CAMPING AND TRAVEL. 4 Credits.

Pre-requisites: RCLS 206 or permission of the instructor.

Introduction to winter camping and modes of oversnow travel such as snowshoeing and cross-country skiing. Emphasizes skill development in winter camping techniques, natural shelter construction, and equipment familiarization, supported through field experience.

RCLS 306. ESSENTIALS OF SNOW-BASED TRAVEL. 2 Credits.

Pre-requisites: English proficiency.

This course provides a foundation of the essential knowledge and skills to travel in snow-based backcountry terrain. Students learn about managing the risks of a snow-based environment through a focus on avalanche education. Students learn about a variety of equipment and techniques that can be used to travel within this type of environment (skis, snowshoes, crampons). The course also provides an introduction to mountaineering equipment and techniques.

RCLS 307. MOUNTAINEERING. 3 Credits.

Pre-requisites: RCLS 305 or permission of the instructor.

Designed to provide a comprehensive program of basic mountaineering. Intensive consideration given to snow and glacier travel as well as other skills necessary for safe alpine mountaineering. Includes two weekend field trips.

RCLS 313. PUBLIC LANDS AND OUTDOOR RECREATION. 4 Credits.**Pre-requisites:** RCLS 201.

This course is designed to provide an overview of wildland recreation management history, principles, practices and contemporary issues. An additional emphasis of the course is to expose students to the seven principles that guide the mission of the Leave No Trace Center for Outdoor Ethics.

RCLS 315. WILDERNESS SURVIVAL. 3 Credits.

This course focuses on essential skills needed to survive in the wild in an unexpected emergency with minimal equipment. Skills such as fire craft, shelter building, improvising essential gear, use of a signal mirror for rescue, etc. are discussed.

RCLS 325. OUTDOOR ADVENTURE PROGRAMMING. 3 Credits.

A survey of outdoor adventure education programs. Includes historical development and future trends as well as methods of initiating outdoor adventure education within a curriculum or program.

RCLS 330. INTERMEDIATE WHITEWATER KAYAKING. 2 Credits.

Notes: Further instruction and development is advised upon the completion of this course. The ACA recommends completing an advanced whitewater kayaking class as the next step in the student progression. See the instructors of this class or go to www.ACA.org for more information.

Pre-requisites: permission of instructor.

The course is best suited for paddlers who have continued to develop their kayaking skills and acquire experience in the whitewater environment, including the ability to reliably roll a capsized boat in Class II whitewater. The intermediate kayaking skills and information taught in this course emphasize developing good judgment and decision-making skills; group management; developing an ethic of environmental stewardship; intermediate paddling techniques and mechanics; the presentation of on-water scenarios to assess risk, evaluate rapid features, and develop strategies; and the principles of safety and rescue for individuals and groups.

RCLS 333. FACILITATION AND GROUP DYNAMICS IN RECREATION MANAGEMENT. 4 Credits.**Notes:** fieldwork is part of the course requirements.**Pre-requisites:** English proficiency, or permission of the instructor.

This course teaches leadership and facilitation skills for group problem-solving initiatives and teambuilding activities. This course covers topics vital to the framework for developing group facilitation programs and personal development sessions. Topics include a selection of appropriate activities to meet the needs of a specific group, understanding group dynamics, group goal setting and assessment, sequencing, framing, debriefing techniques, and leadership considerations.

RCLS 335. PRACTITIONER TRAINING AND DEVELOPMENT IN RECREATION EXPERIENCE MANAGEMENT. 4 Credits.**Pre-requisites:** English proficiency, or permission of the instructor.

This course teaches proper technical and facilitation training practices including hands-on experiences for spotted activities, low, and high challenge course elements. Emphasis is on developing the skills required to become a thinking practitioner including operations management, ethical practices, technical and facilitation competencies. This course provides opportunity for certification as a Challenge Course Practitioner Level I.

RCLS 337. CRAFT BEER EVALUATION AND SERVICE. 2 Credits.**Notes:** students will test to obtain their Mandatory Alcohol Servers Training (MAST) permit.**Pre-requisites:** 21 years of age, ENGL 101 or equivalent.

The art of understanding craft beer is complex but a valuable skill for any professional. Craft beer comes in many different styles that has been influenced by a variety countries and brewing techniques. The craft beer appreciation and service course focuses on learning the essentials of craft beer, including: beer history, styles, origin, qualitative and quantitative characteristics of beer, ingredients, the brewing process, beer service, glassware, beer flavor and evaluation.

RCLS 340. AQUATIC FACILITIES MANAGEMENT. 3 Credits.

Emphasis on pool, beach, and lake properties concerning operation, administration, maintenance, supervision, trends, water chemistry, health and safety, public relations and other aquatic topics.

RCLS 345. THERAPEUTIC RECREATION FOR PEOPLE WITH DISABILITIES. 4 Credits.**Pre-requisites:** permission of the instructor.

This course introduces delivery of recreational therapy services for persons with illnesses, disabilities, and those who are disadvantaged. Content includes symptomology, etiology, prognosis, and remediation using therapeutic intervention, concentrating on recreational therapy diagnostic protocols and diagnostic language used in healthcare that fosters interprofessional collaboration such as the application and use of the International Classification of Functioning, Disability, and Health.

RCLS 349. YOUTH SPORTS MANAGEMENT. 2 Credits.

This course is designed to introduce students to the primary responsibilities of a programmer or administrator in the youth sports management setting. Topics include managing risk, finances, leagues and tournaments, parents, coaches, and referees.

RCLS 350. RECREATION PRACTICUM. 5 Credits.**Pre-requisites:** RCLS 201.

Direct observation and on-the-job participation in the programming and operation of recreation programs within the local recreational community to enhance your programming, scheduling, and leadership techniques under a supervised situation.

RCLS 351. FIELD PRACTICUM. 1-15 Credits.

Involves the practical application of theoretical concepts and recreation-related skills in a recreation and leisure services organization. Requires three (3) hours of work, per week, for every credit assigned, i.e.; one credit equals thirty hours of work over a ten-week period. Students must document their work in accordance with WAMS department policies.

RCLS 355. LEAVE NO TRACE TRAINER. 2 Credits.**Notes:** upon successful completion of the Trainer Course participants will receive a Leave No Trace Trainer Certificate.

This course is designed for individuals who are interested in teaching Leave No Trace Awareness Workshops or expanding their knowledge of Leave No Trace principles. Through classroom discussions, lectures and hands-on field experience, this course will cover the seven Leave No Trace principles and discuss outdoor ethics, and give participants the tools and techniques for disseminating low-impact skills to recreationists.

RCLS 360. FACILITY PLANNING AND ENVIRONMENTAL DESIGN. 4 Credits.

Notes: field work is part of the requirement.

Pre-requisites: RCLS 201 and junior standing or permission of the instructor.

Design and trends in recreation facilities, as well as knowing environmental design techniques, environmental impact statements, and inter-agency cooperation.

RCLS 370. OUTDOOR RECREATION AQUATIC PROGRAMS. 3 Credits.

Pre-requisites: RCLS 125 Rafting.

An overview of major outdoor aquatic adventures such as river rafting and kayaking. Emphasis placed on developing a fundamental awareness of skills necessary in each activity in addition to logistical and business aspects of conducting excursions.

RCLS 373. CRAFT BEER EVALUATION AND SERVICE. 3 Credits.

Notes: students will test to obtain their Mandatory Alcohol Servers Training (MAST) permit. The alcohol served to any person in the program is tasted, but not consumed, for the purposes of educational training as part of the class curriculum with the approval of the educational provider. Washington State legislation RCW 66.20.010 (12) a-f.

Pre-requisites: minimum 18 years of age or older; RCLS 301 or permission of instructor.

Focuses on learning the essentials of craft beer, including beer styles and origin, qualitative and quantitative characteristics of beer, beer ingredients, the brewing process, beer and food pairing, keeping and serving beer, beer flavor and evaluation.

RCLS 375. WHITEWATER RAFTING GUIDE TECHNIQUES. 4 Credits.

Notes: the class will raft sections of the Spokane River weekly and conclude with a four-day river trip.

Pre-requisites: junior standing.

This course provides basic whitewater rafting skills needed to work in the whitewater rafting industry. Students learn how to paddle captain, row a gear boat, and how to lead single-day and multi-day rafting trips. Students also learn how to prepare for whitewater rafting trips, manage risk, provide basic rescue techniques and have the ability to earn a Swiftwater Rescue Certification from the American Canoe Association.

RCLS 380. EXPERIENTIAL LEARNING AND LEADERSHIP. 4 Credits.

Pre-requisites: English proficiency, or permission of the instructor.

This course allows students to examine and apply theoretical and practical foundations of experiential learning, adult learning, and leadership within a variety of group-based environments. The course centers on exploring experiential methodologies and leadership assessments used to custom design experiences that drive transformation in individuals, groups, and organizations.

RCLS 385. EVENT PLANNING AND EXPERIENCE DESIGN. 4 Credits.

Pre-requisites: RCLS 201, or permission of the instructor.

This course offers a theoretical and applied understanding of event planning within the various fields related to the recreation and experience industry. Students explore personal leadership styles, event planning and preparation, and activity implementation through individual and collaborative learning experiences. Students apply and develop knowledge through experiences that reflect the theoretical and logistical elements comprising event planning and experience design.

RCLS 395. INTERNSHIP. 1-15 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

An opportunity to gain field experience with various recreation and leisure service agencies.

RCLS 396. EXPERIMENTAL COURSE. 1-5 Credits.**RCLS 400. LIABILITY AND RISK MANAGEMENT IN RECREATION EXPERIENCE MANAGEMENT. 4 Credits.**

Pre-requisites: RCLS 201 and RCLS 220, or permission of the instructor.

This course provides an introduction to the principles of liability and risk management as they pertain to the recreation industry. An examination of the pervasive nature of risk along with the concepts and methods of risk management are studied. Students become familiar with a body of legal knowledge that helps them reduce liability exposure and manage the risks that are a part of the recreation profession.

RCLS 405. WILDERNESS UPGRADE FOR MEDICAL PROFESSIONALS. 4 Credits.

Pre-requisites: PHED 194 or permission of the instructor.

This course will provide the necessary skills to assist an injured or ill person in a wilderness environment where advanced medical help is delayed by time, terrain, weather or distance. The focus of this class is on the acquisition of skills and knowledge to be able to assess a victim's condition, make an appropriate decision regarding treatment, use available or otherwise improvise the necessary supplies or equipment to manage the patient's condition and implement a plan for evacuation.

RCLS 407. ESSENTIALS OF BREWING. 3 Credits.

Notes: The alcohol served to any person in the program is tasted, but not consumed, for the purposes of educational training as part of the class curriculum with the approval of the educational provider. Washington State legislation RCW 66.20.010 (12) a-f.

Pre-requisites: minimum 21 years of age; RCLS 301 or RCLS 373 or permission of instructor.

The essentials of brewing course focuses on learning the fundamentals of the brewing process through both theoretical knowledge and practical skill application. Topics include: equipment and tools, ingredients and supply chains, styles and recipe development, yeast and fermentation, sensory vocabulary, cleaning and sanitation, and packaging. Students will brew a beer together during this class.

RCLS 410. OUTDOOR LEADERSHIP. 3 Credits.

Pre-requisites: junior standing.

This course explores the components of effective outdoor leadership in wilderness-based environments. The course foci are outdoor leadership methods, techniques, and procedures that are essential to leading outdoor and wilderness-based field trips. Facilitation techniques, teaching techniques, risk management, and small group communication are emphasized.

RCLS 415. SEARCH AND RESCUE MANAGEMENT. 4 Credits.

Pre-requisites: junior standing or permission of the instructor.

A practical approach to learning search and rescue techniques and management. Emphasis on administrative procedures. A variety of resource specialists will present portions of the course.

RCLS 420. PROGRAM PLANNING AND EVALUATION IN THERAPEUTIC RECREATION. 4 Credits.

Pre-requisites: permission of the instructor.

This course examines the foundations, principles, and procedures utilized in developing therapeutic recreation programs to ensure effectiveness in facilitating change. Students learn a systematic approach to designing, implementing, and evaluating accountable, outcome-oriented therapeutic recreation programs.

RCLS 422. EXPEDITION PLANNING AND LEADERSHIP. 4 Credits.

Notes: students will develop and lead a multi-day wilderness-based experience at the end of the quarter.

Pre-requisites: RCLS 206 or permission of instructor.

This course teaches students how to plan and lead outdoor recreation experiences in wilderness environments for multiple populations. Students become familiar with planning adventure experiences, leadership approaches for varying environments, risk management for particular activities, the permit process with government agencies, and budgeting for extended field experiences.

RCLS 425. EVALUATION AND RESEARCH METHODS IN RECREATION EXPERIENCE MANAGEMENT. 4 Credits.

Pre-requisites: RCLS 385.

This course covers basic methods of personnel and program components. Methods of sampling and survey techniques are addressed as they relate to recreation and leisure services.

RCLS 435. PROFESSIONAL PREPARATION IN RECREATION EXPERIENCE MANAGEMENT. 2 Credits.

Pre-requisites: RCLS 201 and RCLS 220.

This course introduces the recreation student to the employment process: recruiting, application, cover letter, resume screening, interviewing, checking of references, hiring, on-the-job training, and probationary period.

RCLS 438. PROFESSIONAL ISSUES IN OUTDOOR RECREATION. 2 Credits.

Pre-requisites: senior standing and declared Outdoor Recreation Leadership major.

This course provides a foundation for many of the current professional issues in the field of outdoor recreation. Students will learn about current issues within outdoor recreation programs, outdoor education programs, public land management, and approaches to outdoor leadership. Students will learn about the professional opportunities that exist within the different sectors of the outdoor recreation industry and will help prepare them for their professional internship.

RCLS 440. PROFESSIONAL ISSUES IN THERAPEUTIC RECREATION. 4 Credits.

Pre-requisites: permission of the instructor.

This course provides an examination of contemporary issues and trends impacting the profession of therapeutic recreation. Topics covered include standards of practice, ethical guidelines, credentialing, philosophy, training and competency, reimbursement, research initiatives, and professional challenges.

RCLS 445. PROCESSES AND TECHNIQUES IN THERAPEUTIC RECREATION. 4 Credits.

Pre-requisites: permission of the instructor.

This course covers foundational knowledge necessary for the effective facilitation of recreation therapy interventions. The course covers the principles of leadership, helping relationships, communication skills, and group dynamics. Students learn the detailed application of the modalities and facilitation techniques used in professional practice.

RCLS 450. ASSESSMENT, DOCUMENTATION, AND EVALUATION IN THERAPEUTIC RECREATION. 4 Credits.

Pre-requisites: permission of the instructor.

This course is designed to cover the critical components of client assessment, documentation, and evaluation in the therapeutic recreation process. Course content includes protocol development, client assessment, (standardized assessment, interview, observation, and record review), and the process of treatment planning, documentation, and evaluation. Client evaluation will be discussed as it relates to client assessed outcomes.

RCLS 455. RESORT AND COMMERCIAL RECREATION MANAGEMENT. 3 Credits.

Pre-requisites: RCLS 201.

This course is intended to provide working management knowledge related to resort and commercial recreation enterprises.

RCLS 460. THERAPEUTIC RECREATION ADMINISTRATION AND MANAGEMENT. 4 Credits.

Pre-requisites: permission of the instructor.

This course examines program, personnel, fiscal, and facilities management, including professional standards of practice and accreditation standards that guide and regulate organization and delivery of therapeutic recreation services in health care and human services settings.

RCLS 462. FOUNDATIONS OF TRAVEL AND TOURISM. 4 Credits.

Pre-requisites: RCLS 455.

This course provides students with an introduction and overview of the travel and tourism industry including historical, behavioral, societal and business aspects of travel and tourism. Narrowing in focus, students learn about the impact of tourism on communities and strategies for sustainability. Students examine various sectors of the tourism industry and have the opportunity to explore their own special areas of interest.

RCLS 463. GLOBAL CITIZENSHIP AND INTERNATIONAL TOURISM. 4 Credits.

Notes: offered spring quarter.

Students explore global citizenship with regard to travel and tourism. In particular, students examine ethical dilemmas in travel and tourism and learn how to research and identify environmental, socio-cultural and economic impacts of tourism on the destination.

RCLS 465. SEMINAR IN TRAVEL AND TOURISM. 4 Credits.

Pre-requisites: RCLS 462 or permission of the instructor.

This course is designed to offer recreation management majors an insight into some of the multidimensional and complex issues currently seen in the travel and tourism industry. Students explore, problem solve, report, and discuss current issues as presented in a series of tourism case-study scenarios. In addition, students gain hands-on experience by planning and implementing a seven-day field trip to a major tourist destination or city.

RCLS 470. ORGANIZATIONAL MANAGEMENT AND ADMINISTRATION IN RECREATION EXPERIENCE MANAGEMENT. 4 Credits.

Pre-requisites: RCLS 425 or permission of the instructor.

This course covers local, state, and federal recreation and park programs; their organization and administration, and their relation to other social institutions; special emphasis on planning, financing and legislative provisions, governmental control, budget, personnel, departmental organization, and administrative practices, especially on the local level.

RCLS 480. FINANCIAL RESOURCE MANAGEMENT IN RECREATION EXPERIENCE. 4 Credits.

Pre-requisites: RCLS 201 and RCLS 385, or permission of the instructor.

This course identifies traditional and innovative methods of financial resource management in the recreation and experience industry. The primary content focus is at the public and private level along with an analysis of personal spending and financial management procedures.

RCLS 490. SENIOR CAPSTONE IN RECREATION. 4 Credits.

Notes: this course is designated as the capstone course for those students majoring in recreation and leisure services within the Department of WAMS.

Pre-requisites: RCLS 470 and senior standing.

Satisfies: a university graduation requirement—senior capstone.

This course focuses on the major issues and challenges facing recreation professionals as they enter the field. Utilizing group problem solving techniques, a multi-media presentation, and a research paper, students present and defend a position on an issue or develop a solution to an existing problem in the profession. Students demonstrate information literacy and the ability to locate and utilize scholarly resources during this process.

RCLS 492. EXPERIENCE ECONOMY ENTREPRENEURSHIP PROFESSIONAL INTERNSHIP. 12 Credits.

Pre-requisites: compliance with RCLS department's internship requirements; permission of the instructor.

Full-time working experience in a recreation or lifestyle small business or commercial operation setting. Actual involvement in recreation or lifestyle small business operations will be completed under professional and faculty supervision.

RCLS 493. THERAPEUTIC RECREATION PROFESSIONAL INTERNSHIP. 12 Credits.

Pre-requisites: declared Therapeutic Recreation Major and compliance with RCLS Department's internship requirements or permission of instructor.

Full-time working experience in a therapeutic recreation service setting in line with student's professional aspirations. Actual involvement in recreation and program planning; implementation supervision and program evaluation under professional and faculty supervision.

RCLS 494. OUTDOOR RECREATION PROFESSIONAL INTERNSHIP. 12 Credits.

Pre-requisites: compliance with RCLS department's internship requirements; permission of the instructor, department chair and college dean.

Full-time working experience in an outdoor recreation service setting in line with your professional aspirations. Actual involvement in recreation and program planning; implementation supervision and program evaluation under professional and faculty supervision.

RCLS 495. RECREATIONAL MANAGEMENT PROFESSIONAL INTERNSHIP. 12 Credits.

Pre-requisites: compliance with RCLS department's internship requirements; permission of the instructor, department chair and college dean.

Full-time working experience in a recreation and leisure service setting in line with your professional aspirations. Actual involvement in recreation and program planning; implementation supervision and program evaluation under professional and faculty supervision.

RCLS 496. EXPERIMENTAL COURSE. 1-15 Credits.**RCLS 497. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-5 Credits.**

Periodically scheduled special workshops deal with aspects of recreation and leisure services.

RCLS 498. SEMINAR. 1-5 Credits.

Periodically scheduled special seminars deal with aspects of recreation and leisure services.

RCLS 499. DIRECTED STUDY. 1-15 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

Selected problems in the field of recreation and leisure services.

RCLS 542. SEMINAR. 1-5 Credits.**RCLS 599. INDEPENDENT STUDY. 1-10 Credits.**