

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

Department of Health, Physical Education and Recreation

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Introduction/Mission

The Department of Health, Physical Education, and Recreation (HPER) offers three undergraduate degree programs including Health Education, Physical Education, and the comprehensive Health, Physical Education, and Recreation degree with two emphases- Recreation Administration and Therapeutic Recreation. HPER also offers a Master of Science graduate degree in Sports Science with an emphasis on Strength and Conditioning or Sport Management as well as a Master of Education in Physical Education. The department houses the HPER club which is open to all HPER majors.

Department Mission: Leveraging JSU's historic mission of empowerment, HPER will graduate change-makers skilled in heart, mind, hand, and voice to increase health equity in Mississippi.

Objectives

The objectives of the Department of Health, Physical Education and Recreation are in keeping with those of the University's strategic plan, the College of Education and Human Development. To increase health equity in Mississippi by:

- Educating and training the next generation of recreation, healthcare, and sport science professionals
- Preparing K-12 Health and Physical Education teachers with the latest in technology, and best practices as responsive educators with adaptive expertise.
- Providing solutions to Mississippi's most pressing issues via research and scholarly writing.
- Hiring, developing, and retaining world-class faculty.
- Developing student-centric practices.

Accreditation

The College of Education and Human Development's teacher education programs are accredited by the Council for Accreditation of Educator Preparation (CAEP).

Admission Criteria(Health Education and Physical Education Licensure Programs)

- Complete a 12-credit-hour Clinical Internship in Student Teaching.
- Have a grade point average of 2.75 or higher to be admitted to the Center for Teacher Quality--the academic program through which the educator licensure is obtained. For additional information please see the JSU Center for Teacher Quality.
- Complete all Teacher Certification Tests (Praxis Core Academic Skills for Educators, Principles of Learning and Teaching, Praxis II-Content Knowledge) to enroll for selected restricted courses. (Refer to the Approved Curriculum Map)
- Not enrolling in EDCI 401 and EDCI 402 during the same semester.
- Submit to a criminal background check prior to receiving a clinical internship placement for student teaching. The fee associated with this screening is the responsibility of the teacher candidate.

Bachelor

- Health, Physical Education and Recreation (B.S.) Health Education Concentration (<https://jsums-public.courseleaf.com/undergraduate/college-education-human-development/department-health-physical-education-recreation/health-education-concentration/>)
- Health, Physical Education and Recreation (B.S.) Physical Education Concentration (<https://jsums-public.courseleaf.com/undergraduate/college-education-human-development/department-health-physical-education-recreation/physical-education-concentration/>)
- Health, Physical Education and Recreation (B.S.) Recreation Administration Concentration (<https://jsums-public.courseleaf.com/undergraduate/college-education-human-development/department-health-physical-education-recreation/recreation-administration-concentration/>)
- Health, Physical Education and Recreation (B.S.) Therapeutic Recreation Concentration (<https://jsums-public.courseleaf.com/undergraduate/college-education-human-development/department-health-physical-education-recreation/health-physical-education-recreation-bs-therapeutic-recreation-concentration/>)

Course Descriptions

HE 101 CONCEPTS OF HEALTH (3 Hours)

This course is designed to give students a basic knowledge in the areas of drugs, alcohol, sexually transmitted diseases, ecology, chronic diseases, nutrition and physical fitness enabling them to make wise decisions concerning their life and health. (F, S, Sum)

HE 102 CONCEPTS OF HEALTH FOR TEACHER (3 Hours)

This course is designed to give prospective health teachers a comprehensive body of knowledge in the areas of mental and emotional health, alcohol and drugs, nutrition, physical fitness, infectious diseases, chronic diseases, STD's and AIDS.

HE 113 FIRST AID (3 Hours)

Designed to acquaint students with the skills needed to provide immediate aid to persons who suffer sudden injury or illness. This course also services as a preparatory course for certification as an instructor. (F, S, Sum)

HE 122 FOUNDATIONS OF HEALTH (3 Hours)

This course is designed to provide an understanding of the historical background, principles, philosophy and contemporary problems in the field of health. (S)

HE 206 ORG & ADMIN OF SCH AND COM HEA (3 Hours)

This course is designed to provide information on the organizational structures of the various community health and related agencies and the public school system. Emphasis is placed on the functions of each entity and how they coordinate activities with other agencies and the public schools. (F, S)

HE 208 EPIDEMIOLOGY OF DISEASES (3 Hours)

This course is a survey of selected communicable and noncommunicable diseases of man. An in-depth study of pathogenic and non-pathogenic disease theories will be examined as well as sign symptoms of these selected conditions. (F, S)

HE 311 FIRST AID PREVENT&CARE O (3 Hours)

This course provides for an integrated interpretation of the principles of anatomy, physiology and kinesiology as related to the prevention and care of injuries. (F, S)

HE 333 METHODS & MATER. IN TEAC (3 Hours)

This course provides for instruction in the significant aspects related to integration and coordination of health methods, materials and techniques of teaching health. (F, S)

HE 399 HUMAN SEXUALITY (3 Hours)

This course provides the student with a basic orientation to the varied dimensions of sexuality. This orientation includes information on historical perspectives on sexual customs and behavior, methods in sex research, anatomy and physiology of the reproductive systems, reproduction, birth control, STDs, and emphasis on sexual responsibility. (F, S)

HE 401 CONSUMER HEALTH & SAFETY (3 Hours)

(A;Elementary Schools, B;Secondary Schools). This course is designed to integrate the research of effective teaching and learning with theory and practice. Students will engage in micro-teaching and will be expected to demonstrate mastery of fourteen competencies measured by the Mississippi Teacher Assessment Instrument. Students will also be introduced to classroom management strategies for effective classroom discipline and teaching routines. The clinical practice will be a field based activity.

HE 404 FAMILY LIVING EDUCATION (3 Hours)

This course is designed to provide basic information in the physiological/ sociological- cultural aspects of sex education and family living. Critical issues in sex will be vied including sex as it affects the Black American. (F)

HE 495 PROBLEMS & ISSUES IN HEA (3 Hours)

This course is an investigation of special health problems with emphasis on possible prevention of such problems. Directed individual study of selected problems in drug abuse, alcoholism, venereal disease, cancer and heart disease will be conducted. (F)

HE 498 DRUG EDUCATION (3 Hours)

This course provides an overview of the world of drugs;drug abuse, drug dependence, drug-using behavior, and examining the use, effects, and potential for abuse of the major psychoactive drugs. (F, Sum)

PE 101 ARCHERY & GOLF (1 Hour)

Emphasis is given to the fundamentals of archery and golf. The student is taught how to select, purchase, and maintain equipment. Development of fundamental skills in archery and golf is the basic concern of this course. The student will be given experiences using various clubs. The course includes actual course play generally culminating in a tournament. (F, S)

PE 102 BADMINTON AND TENNIS (1 Hour)

Emphasis is given to the fundamentals of badminton and tennis. This includes the basic strokes, serves, and court movements. The student will also receive instruction on selection, purchase and maintenance of equipment. (F, S)

PE 104 BOWLING (1 Hour)

This course is designed for the beginner bowler. The main emphasis of this course is to acquaint the student with the fundamentals of bowling. (F, S)

PE 109 BEGINNING SWIMMING (1 Hour)

This course gives basic skills of swimming, including the adjustment to the water, breathing, floating, propulsion through the water by use of the elementary stroke, backstroke, front crawl, finning, sculling, and safety. (F, S, Sum)

PE 113 BEGINNING MODERN DANCE (1 Hour)

This course is designed to give the student a background in Modern Dance and its pioneers. It is designed to develop a movement vocabulary and instruction in organization of dance moves into finished compositions. (F)

PE 150 BASKETBALL & VOLLEYBALL (1 Hour)

This course is designed to give the students richer background in the game of basketball and volleyball. Fundamentals and game strategies will be stressed. (F, S)

PE 155 SOFTBALL (1 Hour)**PE 222 INTRO TO PHYSICAL EDUCATION (3 Hours)**

Prerequisite: PE 122.

This course is a study of the purpose, history, requirements, and opportunities for a career in physical education. (S)

PE 231 INTERMEDIATE SWIMMING (1 Hour)

Prerequisite: PE 109 or Deep Water Proficiency.

In this course emphasis is placed on improving skills in the standard swimming strokes particularly the American Crawl, side stroke, breast stroke, back crawl, and elementary backstroke. (F, S, Sum)

PE 253 BODY MECHANICS & WT CONT (1 Hour)

The basic intent of this course is to improve body carriage, posture, physical condition, and structure. The student will be exposed to a variety of exercises, weights, and machines. (F)

PE 309 ELE & SEC FOLK & ETH & RHY DAN (1 Hour)

This course gives instruction in dances of a specific people, including related cultural readings. Emphasis will be placed on dances of American and Afro-American people. (F, S)

PE 319 KINESIOLOGY (3 Hours)

Prerequisite: BIO 234 and BIOL 234.

This course is a study of the mechanics of body movement including form and style in athletic performance, and an analysis of muscle coordination in sports, gymnastics and ordinary activities of daily life. (F)

PE 320 ADAPTED PHYSICAL EDUCATN (3 Hours)

This course is a study of procedures and practices for programs that meet the needs of those students who have various disabling conditions. (F, S)

PE 322 MOTOR DEV & MOVE EDUCATI (3 Hours)

Prerequisite: Anatomy and PE 319;Kinesiology.

This course is designed to give students a broad and comprehensive view of the field of motor development and movement education. Students will study prenatal to neonatal development, early motor sequence, perceptual motor area, and competition and the pre-adolescent child. (S)

PE 323 ORGAN& ADMN OF PHYL EDUCATION (3 Hours)

Prerequisite: PE 222.

This course is a study of the physical education and athletic program including staffing, teaching load, time schedule, finance, public relations, school plant operation, legal implications, and maintenance. (F, S)

PE 350 MEASUR EVALUAT & STATIST (3 Hours)

This course is a study of the theory and methods of test administration, evaluation and interpretation of measurement data. The development of basic competencies in use of descriptive statistics and correlation and the evaluation and grading in the physical education program are emphasized. (F, S)

PE 360 PHYSIOLOGY OF MUSCULAR A (3 Hours)

Prerequisite: BIO 234, BIOL 234, and PE 319.

This course is a study of the nature of body variation during and resulting from physical exertion. Laboratory experiences deal with physical work capacity, reaction time, cardiovascular stress and anthropometric measures and evaluation. (S)

PE 411 METHODS IN PHY EDUCATION (3 Hours)

This course in leadership, practices, and teaching physical education activities with adaptations to different age groups. Teaching methods are discussed in the classroom and provision is made for practice in classroom situations. (F, S)

PE 415 INDIVIDUAL, AND TEAM SPORTS (3 Hours)

In this course emphasis is given to teaching students the progressive skills involved in a variety of individual, dual and team sports. Selection of equipment, tournament planning as well as facilities are discussed. This course is also designed to give students the opportunity to participate and develop competencies in individual and team sports. It is further a purpose of this course that students learn teaching methodology in specific sports activities for elementary and secondary schools. (F)

PE 445 PHY EDUC IN ELEM SCHOOL (3 Hours)

In this course emphasis is placed on methods and materials used in the effective teaching of physical education in the elementary school. Consideration is given to the integration of physical education with other subject matter areas. (F, S, Sum)

REC 104 INTRO TO RECREATION (3 Hours)

This course presents an orientation to the field of organized recreation in terms of its history, philosophy, and development, and the contribution of organized recreation to the leisure and play movement, to the school and community. (F)

REC 205 CULTURAL & RECREATION PROGRAM (3 Hours)

The course is designed to provide students a variety of experiences in the development of cultural and recreational opportunities and events for a multicultural society. (F)

REC 218 HISTORY & PHILOSOPHY IN RECR TN (3 Hours)

This course provides a thorough investigation of the philosophical basis for recreation, history, events, landmark legislation and the formation of the profession.

REC 225 RECREATION PRACTICUM (1 Hour)

Recreation administration experiences will be obtained for students during the fall semester at local recreation administration agencies institutions. Students will have opportunities to gain experience as an observer in program planning principles and procedures. (F)

REC 305 FACILITIES EQUIP & AREA (3 Hours)

This course provides various learning experiences in facility, equipment, and areas designed uniquely for recreation. Consideration will be given to new trends in building and park designs. Equipment purchase and development will also be discussed. (S)

REC 307 RECREATION LEADERSHIP (3 Hours)

The content of the course is designed to teach various methods and techniques utilized in developing competent recreation leaders. Students will have experiences in conducting recreational programs for all ages. (F)

REC 317 COMMUNITY & URBAN RECREATION (3 Hours)

This course is a study of the various aspects, problems and practices of recreational agencies in urban areas. Students will be afforded experiences in the organization of street groups, family projects, commercial groups, and neighborhood schools. (S)

REC 325 RECREATION PRACTICUM (1 Hour)

Experiences in recreation administration will be obtained by students at local recreation administration agencies that have viable programs. Students will gain experiences in initiating leadership and programming techniques. (S)

REC 350 INTRO TO LEISURE EDUCATION (3 Hours)

Introduces students to the concept of leisure, fundamental and critical trends, and future perspectives vital for growth and development of leisure attitudes.

REC 404 RECREATION PROGRAM DESIGN (3 Hours)

This course entails a study of various aspects, problems and practices of agencies, governmental, and private programs and their planning with particular emphasis on playground, community and teen center plans and procedures. (S)

REC 405 OUTDOOR RECREATION PROGRAMMING (3 Hours)

Emphasis of this course is placed on the philosophy, scope, and trends in outdoor recreation. It includes planning, administering, programming, and evaluating various outdoor recreation programs. (S)

REC 406 LEGAL ISSUES IN RECREATION (3 Hours)

This course provides a legal structure by which students can best learn liability, legal and risk management principles, and understand and develop professional ethics.

REC 415 CURRENT ISSUES & TRENDS IN REC (3 Hours)

This course focuses on critical issues and trends surrounding the professional practice of recreation, leisure, play, and recreation administration and the challenges for future growth and development. This course will also focus on leisure style development, resource allocation and decision making for a constantly changing society.

REC 418 PRIN, PRACT & PROCEDURES RECR (3 Hours)

This course provides an overview of service delivery, practice, guidelines, theories, facilitation techniques and evaluation of the recreation and leisure process.

REC 421 MNGT IN RECREATION ADMINISTRATION (3 Hours)

This course is a study of principles, methods, techniques, organizational patterns, personnel, public relations and administrative problems involved in the management of recreation, leisure and park programs. This course of study includes finance and budget, the art of human relations, communication, problem solving skills and techniques.

REC 423 RES & EVAL IN RECREATION (3 Hours)

Emphasis is placed on the principles and techniques of research and evaluation in therapeutic recreation to the organization, administration, and objectives of viable therapeutic recreation programs. (Sum)

REC 424 SEMINAR IN RECREATION ADMINISTRATION (3 Hours)

This course will emphasize review of current recreation administrative literature; completing abstracts, budget planning, community relations and annotated bibliographies; role playing, situation resolution and site visits. Students will be expected to take a major leadership role in the course. (F, S)

REC 425 RECREATION INTERNSHIP (9 Hours)

Emphasis is placed on supervised leadership assignments in public or private agencies with emphasis on a variety of recreation leadership experiences common to such organization programs. Students will have the responsibility of planning, implementing and evaluating a special program during internship. (F, S)

TREC 104 INTRO TO THERAPEUTIC REC (3 Hours)

This course provides orientation to the field of therapeutic recreation in terms of its history, philosophy, development, practice procedures and the contribution of therapeutic recreation to the school, community, and client. (F)

TREC 218 HISTORY&PHILOSOPHY OF THER REC (3 Hours)

This course provides a thorough investigation of the philosophical basis for therapeutic recreation, history, events, landmark legislation and the formation of the profession.

TREC 225 THERAPEUTIC RECREATION PRACTIC (1 Hour)

Learning experiences will be provided for students during the fall and summer at local therapeutic recreation agencies. Students will have opportunities to gain experience as an observer in programming procedures.

TREC 313 IMPLCTNS OF DISABLG COND IN TR (3 Hours)

This course is designed to provide students with knowledge, and skills in planning and developing opportunities and for persons with various disabilities and the implications related to service delivery.

TREC 325 THERAPEUTIC REC PRACTICM (1 Hour)

Experiences will be obtained by students at local agencies institutions that have viable therapeutic recreation programs. Students will gain experiences in initiating leadership and programming techniques and procedures. (S)

TREC 329 PROG DESIGN & EVALUATION IN TR (3 Hours)

This course presents a study of the various therapeutic recreation programs and problems encountered in recreation program planning for the special population. (S)

TREC 415 CURRENT ISSUES & TRENDS IN TR (3 Hours)

This course focuses on critical issues and trends surrounding the professional practice of therapeutic recreation and the challenges for future growth.

TREC 418 PRIN, PRAC & PROC IN THEPT REC (3 Hours)

This course provides an overview of service delivery, practice, guidelines, theories, facilitation techniques and evaluation of the therapeutic recreation process.

TREC 421 MNGT IN THERAPEUTIC RECREATION (3 Hours)

This course is a study of the principles, methods, techniques, organizational patterns, personnel, public relations and administrative problems involved in the management of therapeutic recreation programs.

TREC 423 RESRCH & EVAL THERAPEUTIC RECR (3 Hours)

Emphasis of the course on the principles and techniques of research and evaluation in therapeutic recreation to the organization, administrators, and objectives of viable therapeutic recreation programs. (Sum)

TREC 424 SEM. IN THERAPEUTIC RECREATION (3 Hours)

This course is designed to provide students with current information that pertains to issues, practices and procedures in therapeutic recreation. Emphasis will be placed on reviewing the literature, doing case studies, and abstracts.

TREC 425 THERAPEUTIC REC INTRN PR (9 Hours)

Emphasis is placed on supervised leadership assignments in public or private agencies institutions with emphasis on a variety of therapeutic recreation leadership experiences common to such organizational programs. Students will have the responsibility of planning, implementing, and evaluating a special senior program during internship. (F, S)