DEPARTMENT OF KINESIOLOGY AND SPORT SCIENCES

Department Objectives

- Enable students to develop sports skills which they may use for many years in enrichment of their leisure hours;
- Offer students recreational and fitness opportunities;
- Emphasize the importance of lifelong appreciation for fitness and healthful living;
- Provide schools with coaches, physical education teachers, athletic trainers and health education teachers who possess highly developed technical skills, the zeal for educational betterment and personal and cultural qualities which will make them respected citizens of communities in which they teach;
- Prepare persons for professions in the leisure markets, sports management, recreation, fitness, sports medicine, athletic training, and travel and tourism.

Exercise Science and Exercise Science Fitness and Wellness Bachelor of Science Degrees

Application and Acceptance Requirements

Students pursuing a degree in the Exercise Science field must submit an official application for acceptance into the program. Applications must be submitted prior to taking PE 461 Physiology of Exercise. Students must successfully complete PE 150, ENG 102, FSID 110 and have completed, or be enrolled in, PE 310 or BIOL 226 to apply. Requirements for consideration of acceptance into the program include:

- a grade of C or better in PE 310 Introduction to Human Physiology of Exercise or a grade of C or better in BIOL 226 Anatomy and Physiology,
- a cumulative GPA of 2.75 or better, and
- a written letter of application including a statement of goals and aspirations.

Meeting the above criteria will not guarantee entrance into the program.

Applications may be submitted by November 12 or April 12 during the semester the student is enrolled in PE 310 or BIOL 226 (if all other courses have been completed). Please visit the KSS website (http://www.unk.edu/academics/hperls/es_requirements.php) for application requirements.

Faculty will decide on student acceptance by December 15 for spring semester, May 15 for summer and August 15 for fall semester. Students who are not accepted into the program will be required to withdraw from courses in the Exercise Science program and will be notified by e-mail. Students not accepted into the program may re-apply during a subsequent semester and request a personal interview with the core faculty.

Progression in the Exercise Science program is dependent upon earning a grade of C or better in the prerequisite class (e.g. a student earning a C-[or lower] in PE 461 would not be able to progress in the sequence).

Athletic Training Education Program

Application and Acceptance Requirements

Upon acceptance into the university, students wishing to enter the Athletic Training Education Program must declare the Athletic Training Major as their field of study. Near the end of the student’s first semester of course work, they must submit an official application for acceptance into the Athletic Training Education Program. Requirements for consideration of an application and qualification for being granted an interview include:

- completion of observation experiences,
- a C or better in PE 310 Introduction to Human Physiologic Response to Exercise,
- a C or better in PE 265 Emergency Medical Response (w/ certification),
- a C or better in PE 264 & Lab,
- a cumulative GPA of 2.75 or better, and
- successful completion of the established application process.

Each student will be required, as part of the application process, to complete an interview with the athletic training education program committee. The program committee will ultimately grant acceptance. Official application must be submitted by a date established during the spring term. Interviews will be scheduled during April of the spring semester for all students who qualify. Notification of full acceptance into the program will be provided once all qualified applications are reviewed. Each applicant will be notified by mail of his or her status. Transfer or students wishing to change to the Athletic Training Program will have their candidacy individually evaluated.

Although each student will be required to complete an established criterion for application, completion of the criteria does not ensure acceptance into the Athletic Training Education Program. Only an established number of positions will be available each year for qualified applicants. The number of available positions is dictated by the number of clinical educators currently present in the program. Ranked cumulative GPA & successful completion of entrance requirements will contribute to the evaluation process that the program committee will use to consider granting acceptance to any applicant. The program committee may utilize all aspects of the student’s first year observation experiences, the results of the interview, the student’s ACT or SAT scores, TOEFL scores, GPA, grades in pre-requisite courses, and each of the components that make up the competency acquisition within pre-requisite courses to assist them in granting acceptance to any qualified applicant. Those students with the highest GPA and who qualify for acceptance as well as demonstrate excellence in each component of their observation / candidacy period will be given first consideration for acceptance.

Transfer or change of major students

A UNK student wishing to change their major field of study or a student wishing to transfer into the program utilizing previous academic or practical experience must provide the program committee with verification of like experiences to that of any student beginning their study as a declared athletic training student. Every such student wishing to apply for admission into the ATEP must present:

- Verification of practical experience under a Certified Athletic Trainer,
- Verification of successful completion of an equivalent Human Anatomy and Physiology course with an accompanying lab,
• Proof of certification in American Red Cross or American Heart Association CPR for the Professional Rescuer,
• Proof of certification in American Red Cross First Aid,
• Successful completion of a course similar to PE 264 Foundations of Athletic Training and Lab, and
• A minimum of a 2.75 overall GPA.

Retention Requirements
A student will be required to maintain a 2.75 cumulative GPA and a 3.0 GPA in the Athletic Training Core in order to remain in the clinical program and to maintain full acceptance status. A student falling short of a cumulative 2.75 GPA and/or a 3.0 in the Athletic Training Core after being fully accepted into the program, will be placed on probation and will not be permitted to enroll in any program core courses, continue to gather field experience hours, enroll in PE 174 practicum courses or officially complete clinical competencies until their GPA is returned to the minimum of 2.75 and/or 3.0 respectively. A student who is not reinstated after 2 semesters of probation may be removed from the program. Once the student is fully accepted into the program they will be required to achieve a minimum of a C in Athletic Training Core courses. Upon receiving a grade below a C, the student will be required to repeat the course during the next semester it is offered and will not be permitted to enroll in any of the following sequence courses, enroll in PE 174 practicum courses or continue their clinical progression.

Requirements for Graduation
Each student must complete all of the ATEP required General Studies courses & meet the university requirement of 45 credit hours over each content area. Each student must complete the 74 credit hour Athletic Training Program core of courses with a 3.0 average in the core. Each student must complete the 120 credit hour program with a 2.75 cumulative GPA. Each student must complete all clinical and Field Experience requirements designated for each clinical level.

Physical Education Major
Five options are available in this major:

1. Physical Education Comprehensive (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/physical-education-comprehensive-bs) - Bachelor of Science Degree
2. Physical Education PK-6 Teaching Subject Endorsement (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/physical-education-pk-6-teaching-subject-endorsement-bae) - Bachelor of Arts in Education Degree
3. Physical Education 7-12 Teaching Subject Endorsement (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/physical-education-7-12-teaching-subject-endorsement-bae) - Bachelor of Arts in Education Degree
4. Health Education 7-12 Teaching Subject Endorsement (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/health-education-7-12-teaching-subject-endorsement-bae) - Bachelor of Arts in Education Degree
5. Health and Physical Education PK-12 Teaching Field Endorsement (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/health-physical-education-pk-12-teaching-field-endorsement-bae) - Bachelor of Arts in Education Degree

A minor in Physical Education (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/physical-education-minor) is available for students pursuing majors in other disciplines.

Supplemental Endorsements are offered in Adapted Physical Education (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/supplemental-endorsement-adapted-physical-education) and Interscholastic Coaching (7-12) (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/supplemental-endorsement-interscholastic-coaching-7-12).

Students who complete one Teaching Subject Endorsement or one Teaching Field Endorsement may complete one or more Supplemental Endorsements.

Exercise Science Major
Two options are available in this major:

1. Exercise Science (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/exercise-science-bs) - Bachelor of Science Degree
2. Exercise Science Fitness and Wellness Comprehensive (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/exercise-science-fitness-wellness-comprehensive-bs) - Bachelor of Science Degree

Athletic Training Comprehensive Major
One option is available in this major:

1. Athletic Training Comprehensive (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/athletic-training-comprehensive-bs) - Bachelor of Science Degree

Recreation and Park Management Major
Two options are available in this major:

1. Recreation Management (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/recreation-management-bs) - Bachelor of Science Degree
2. Recreation, Outdoor and Event Management Comprehensive (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/recreation-outdoor-event-management-comprehensive-bs) - Bachelor of Science Degree

• Recreation Management Emphasis (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/recreation-outdoor-event-management-comprehensive-bs)
• Event Management (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/recreation-outdoor-event-management-comprehensive-bs)
• Natural Resource Management Emphasis (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/recreation-outdoor-event-management-comprehensive-bs)
• Outdoor Pursuits Emphasis (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/recreation-outdoor-event-management-comprehensive-bs)

A minor in Recreation and Park Management (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/recreation-park-management-minor) or Event Management (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-
sport-sciences/event-management-minor) is available for students pursuing majors in other disciplines.

**Sports Management Major**

Two options are available in this major:

1. Sports Management Major (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/sports-management-bs) - Bachelor of Science Degree

2. Sports Management Comprehensive (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/sport-management-comprehensive-bs) - Bachelor of Science Degree

A minor in Sports Management (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/sport-management-minor) or Coaching (http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/coaching-minor) is available for students pursuing majors in other disciplines.

Nita Unruh (http://aauunk.unk.edu/catalogs/current/facultyu.asp#unruhni), Chair

Professor: Gregory Brown, Kate Heelan, Marta Moorman, Ed Scanlting, Nita Unruh, Scott Unruh

Associate Professor: Megan Adkins

Assistant Professor: Bryce Abbey, Kazuma Akehi, Todd Bartee, Matthew Bice, Thomas Kropp

Senior Lecturer: Eve Scanlting, Terese Sheridan

Lecturer: Kathleen English, James Hoffman, Robert Leonard, Patricia Philippi

**Physical Education (PE)**

**PE 100 – Principles of Physical Education** 2 credit hours

Introductory course for students interested in careers in health, physical education, athletic training or coaching.

**PE 109 – Activity Class** 1 credit hour

Any full semester course or any combination of two eight-week courses below may be elected for one credit. Aerobic Dancing, Archery, Badminton, Ballroom Dancing, Basketball, Bowling, Cross Country Skiing, Diving, Golf, Gymnastics, Jogging, Orienteering, Personal Defense, Pickleball, Pocket Billiards, Racquetball, Skiing, Soccer, Softball, Swimming, Tennis, Track, Tumbling, Volleyball, Wrestling, Yoga for Exercise.

Total Credits Allowed: 18.00

**PE 110 – Basic Sports Activities** 0.5-1 credit hours

Any full semester course or any combination of two eight-week courses below may be elected for one credit. Aerobic Dancing, Archery, Badminton, Ballroom Dancing, Basketball, Bowling, Cross Country Skiing, Diving, Golf, Gymnastics, Jogging, Orienteering, Personal Defense, Pickleball, Pocket Billiards, Racquetball, Skiing, Soccer, Softball, Swimming, Tennis, Track, Tumbling, Volleyball, Wrestling, Yoga for Exercise.

Total Credits Allowed: 18.00

**PE 111 – Intercollegiate Sports** 1 credit hour

Participation as a member of one of UNK’s varsity sports teams.

Total Credits Allowed: 18.00

**PE 112 – Conditioning and Weight Training** 1 credit hour

Sports specific activities for physical conditioning.

Total Credits Allowed: 10.00

**PE 121 – Sports Skills for Physical Education** 2 credit hours

Understanding, analysis and performance of team, racquet and lifetime sports.

**PE 122 – Sports Skills for Life and Leisure** 2 credit hours

The focus of this course is the understanding, performance and delivery of lifetime outdoor and team building activities. The course content is designed for individuals pursuing a career in either Physical Education or Recreation.

**PE 150 – Healthy Wealthy and Wise** 3 credit hours

This course focuses on increasing student’s understanding of the relevance of the social, economic, and environmental conditions that affect their decisions to take personal responsibility for their health. Throughout this course, students will be asked to reflect on their own health behavior, the factors that influence their behavior and development of strategies to articulate and modify behavior and improve their overall health and well-being.

**PE 160 – Healthful Living** 3 credit hours

Personal health principles including study of life-style related ailments: cardiovascular diseases, stress, sexually transmitted diseases (emphasis on AIDS), and substance abuse. Death and dying and aging, aspects of wellness (especially proper exercise and fitness, diet and nutrition, weight management), human sexuality, family relationships are included in course content.

**PE 161 – Adapted Activities** 1 credit hour

Individually prescribed activities arranged in consultation with UNK physician and/or student’s personal physician.

**PE 173A – Intro to Athletic Trng** 2 credit hours

**PE 173B – Modalities in Athlet Trng** 2 credit hours

**PE 173C – Rehabilitation Tech** 2 credit hours

**PE 174A – Athletic Training Clinical Level One A** 2 credit hours

Directs students through the clinical competencies designated for the clinical level in which they are assigned. Students will be responsible for achieving demonstration of competency in a specified number of psychomotor, cognitive, and affective activities. Many of the topics addressed will be expanded in the field experience portion of the clinical education aspect of the degree program.

Prerequisite: Formal acceptance into the Athletic Training Education Program and PE 264 and PE 265 and PE 310

Additional Course Fee Required

**PE 174B – Athletic Training Clinical Level One B** 2 credit hours

Directs students through the clinical competencies designated for the clinical level in which they are assigned. Students will be responsible for achieving demonstration of competency in a specified number of psychomotor, cognitive, and affective activities. Many of the topics addressed will be expanded in the field experience portion of the clinical education aspect of the degree program.

Prerequisite: Formal acceptance into the Athletic Training Education Program and PE 174A and PE 264 and PE 265 and PE 310

Additional Course Fee Required
PE 174C – Athletic Training Clinical Level Two A 4 credit hours
Directs students through the clinical competencies designated for the clinical level in which they are assigned. Students will be responsible for achieving demonstration of competency in a specified number of psychomotor, cognitive, and affective activities. Many of the topics addressed will be expanded in the field experience portion of the clinical education aspect of the degree program.
Prerequisite: Formal acceptance into the Athletic Training Education Program and PE 174A and PE 174B
Additional Course Fee Required

PE 174D – Athletic Training Clinical Level Two B 3 credit hours
Directs students through the clinical competencies designated for the clinical level in which they are assigned. Students will be responsible for achieving demonstration of competency in a specified number of psychomotor, cognitive, and affective activities. Many of the topics addressed will be expanded in the field experience portion of the clinical education aspect of the degree program.
Prerequisite: Formal acceptance into the Athletic Training Education Program and PE 174A and PE 174B
Additional Course Fee Required

PE 174E – Athletic Training Clinical Level Three A 1 credit hour
Directs students through the clinical competencies designated for the clinical level in which they are assigned. Students will be responsible for achieving demonstration of competency in a specified number of psychomotor, cognitive, and affective activities. Many of the topics addressed will be expanded in the field experience portion of the clinical education aspect of the degree program.
Prerequisite: PE 174D
Additional Course Fee Required

PE 174F – Athletic Training Clinical Level Three B 1 credit hour
Directs students through the clinical competencies designated for the clinical level in which they are assigned. Students will be responsible for achieving demonstration of competency in a specified number of psychomotor, cognitive, and affective activities. Many of the topics addressed will be expanded in the field experience portion of the clinical education aspect of the degree program.
Prerequisite: PE 174E
Additional Course Fee Required

PE 188 – GS Portal 3 credit hours
Students analyze critical issues confronting individuals and society in a global context as they pertain to the discipline in which the Portal course is taught. The Portal is intended to help students succeed in their university education by being mentored in process of thinking critically about important ideas and articulating their own conclusions. Students may take the Portal in any discipline, irrespective of their major or minor. Satisfies the General Studies Portal course requirement. Students may take their Portal course in any discipline. Students who transfer 24 or more hours of General Studies credit to UNK are exempt from taking a portal course.
Total Credits Allowed: 6.00
Prerequisite: First year freshman standing or sophomore standing only.

PE 200 – Teaching Sport Skills and Non-Rhythmic Activities 2-3 credit hours
The course will provide pre-service K-12 physical education teachers with theoretical knowledge and opportunities to apply content knowledge in the development of sport and non-rhythmic activities and lessons
Prerequisite: PE 100 and PE 121
PE 264 – Foundation of Athletic Training  2-4 credit hours
American Red Cross designed course providing methods of providing emergency first aid and injury prevention techniques. Geared mainly to sports and fitness populations.
Total Credits Allowed: 4.00
Additional Course Fee Required

PE 264L – Foundation of Athletic Training Lab  0 credit hours
Take concurrently with PE 264.
Corequisite: PE 264.

PE 265 – Emergency Medical Response  2 credit hours
This course is designed to offer students information and skills that will prepare them for providing basic first aid and life support to individuals suffering from illness or injury. Successful completion of each aspect of the course will qualify each student to be certified by the American Red Cross in Automated External Defibrillator, Professional Rescuer CPR for the Child, Infant and Adult, Oxygen Administration, and Preventing Disease Transmission.
Additional Course Fee Required

PE 270 – Laboratory Experience in Intramurals  1-3 credit hours
Students will be assigned to officiate in the intramural program.
Department Consent Required
Total Credits Allowed: 3.00

PE 280 – Introduction to Sport Management  2 credit hours
This course is designed to give students an understanding and background in the various facets of the sport industry. Students will learn the relevance of sociological, cultural, historical, political, psychological, and legal concepts to the management of sport. This course will provide an overview of sport management by presenting extensive discussions of the foundational aspects of the profession and current topics from the field.

PE 305 – Fitness Leadership  3 credit hours
This course will prepare students to become leaders in the fitness industry while obtaining skills necessary to become certified as a personal trainer or group exercise instructor.
Prerequisite: PE 150

PE 310 – Introduction to Human Physiology of Exercise  3 credit hours
Provides a foundation of scientific basis for understanding the body’s anatomical structures and physiologic responses to acute exercise, as well as its adaptations to chronic exercise. Prior coursework in chemistry is recommended, but fundamentals in these areas will be reviewed when necessary. Lecture and lab format.
Additional Course Fee Required

PE 325 – Motor Learning and Development  3 credit hours
Course will address changes in motor behavior over life span with emphasis on childhood through adolescence. Learning of motor skills addressed with particular emphasis on factors of instruction that can be manipulated to ensure acquisition of motor skills.

PE 328 – Water Safety Instructor  3 credit hours
Preparation in management and maintenance of swimming pools and methods of swim instruction. Red Cross Water Safety Instructor Certificate may be awarded at the discretion of instructor.
Additional Course Fee Required

PE 329 – Introduction to Health Promotions  3 credit hours
Concepts of wellness/fitness with emphasis on stress management, smoking cessation, medical self-care, fitness programming for all ages.

PE 330 – Volleyball Theory  2 credit hours
Individual and team play for prospective coaches.

PE 331 – Football Theory  3 credit hours
Offenses and defenses for a high school team. Administration of a complete season of practices and games.

PE 333 – Basketball Theory  3 credit hours
Individual and team play for prospective coaches.

PE 334 – Track Theory  3 credit hours
Techniques, form and training schedules for track and field events, including administration of track meets.

PE 337 – Baseball/Softball Theory  3 credit hours
Skills, strategies, and problems of coaching a high school team.

PE 340 – Non-Rhythmic Physical Education  1 credit hour
Techniques of teaching. Fundamental movement skills, sport skills, low organized games, physical fitness, rope jumping, creative movement.

PE 350 – Therapeutic Modalities in Athletic Training  3 credit hours
Training in the practice and use of a variety of therapeutic modalities in the treatment of athletic injuries will be presented. Typical symptoms and common clinical signs associated with athletic injuries/conditions will be investigated as well as common contributing etiological factors.
Prerequisite: PE 174A and PE 405

PE 350L – Modalities in Athletic Training Laboratory  0 credit hours
Take concurrently with PE 350.
Corequisite: PE 350.

PE 356 – Introduction to Anatomical Biomechanics  4 credit hours
Structure and function of the human skeleton, muscles and joints, analysis of human movement as applied to sports and physical education.
Prerequisite: PE 310 or BIOL 215 or BIOL 225 or permission of instructor
Additional Course Fee Required

PE 361 – Integrating Movement and Dance  1 credit hour
This course is about the integration of movement and dance across the pre-school through grade six curriculum.

PE 369 – Remedial and Adaptive Physical Education  2-3 credit hours
Study of physical, mental and emotional impairments which limit human performance. Treatment of injuries and disabilities through remedial exercises. Prior completion of PE 360 is recommended.
Total Credits Allowed: 3.00

PE 370 – Administration of Intramurals  1-3 credit hours
Student will perform administrative responsibility for the intramural program.
Department Consent Required
Total Credits Allowed: 3.00

PE 373 – Field Experience in Secondary School Physical Education  2 credit hours
Student will be assigned as an assistant teacher or coach in an area secondary school. (Credit/No Credit.)
Department Consent Required

PE 374 – Field Experience in University Physical Education  1-3 credit hours
Student will be assigned to assist a UNK instructor with a physical education activity.
Department Consent Required
Total Credits Allowed: 3.00
PE 375 – Rehabilitation Techniques in Athletic Training 4 credit hours
An examination of the basic components of a comprehensive rehabilitation and reconditioning program. Subjects to be covered include: determining therapeutic goals and objectives, methods of evaluating and recording rehabilitation progress, creation and implementation of therapeutic exercise protocol for common athletic injuries and the development of criteria for progression and return to competition. Prerequisite: PE 174A and PE 264 and PE 260.

PE 375L – Rehabilitation Techniques in Athletic Training Laboratory 0 credit hours
Take concurrently with PE 250. Corequisite: PE 375.

PE 380 – Diagnostic-Prescriptive Techniques for Adapted Physical Education 3 credit hours
Evaluation instruments utilized in adapted physical education will be described and critically analyzed. Students will acquire competencies related to administration of these instruments, interpretation of results, and prescription of remedial or developmental activities.

PE 388 – GS Capstone 3 credit hours
An interdisciplinary experience where students apply the knowledge, cognitive abilities, and communication skills they have gained from General Studies in designing and completing an original project or paper. Students employ methods and interpretive means of two or more disciplines to integrate knowledge and synthesize their results. Satisfies the General Studies capstone course requirement. Students may take their Capstone course in any discipline. Prerequisite: Junior or senior level standing or within 6 hours of completing general studies requirements.

PE 401 – Psychology of Sport 3 credit hours
Study of psychological principles and theories of athletics.

PE 402 – Sociology of Sport 3 credit hours
Background in sport history/philosophy, sport sociology, sport in society, minorities and women in sport, as sport has evolved in American society.

PE 403 – Sports Economics 3 credit hours
In-depth examination of economic impact organized intercollegiate and professional athletics and sports play in lives of individuals communities, institutions and nations. Comprehensive investigation of financial inputs and values into nation’s economy from sport and leisure industry and potential for growth.

PE 405 – Athletic Injury Assessment I: LE 3 credit hours
A comprehensive study of the commonly accepted techniques used to clinically evaluate athletic injuries/conditions of the trunk and lower extremity, for the purpose of determining the type and severity so that appropriate injury management and referral may occur. Typical symptoms and common clinical signs associated with athletic injuries/conditions will be investigated as well as common contributing etiological factors. Prerequisite: Acceptance into the ATEP and completion of PE 264. Corequisite: PE 174A and PE 360.

PE 405L – Athletic Injury Assessment I: Laboratory 0 credit hours
Take concurrently with PE 405. Corequisite: PE 360.

PE 406 – Athletic Injury Assessment II: UE 3 credit hours
A comprehensive study of the commonly accepted techniques used to clinically evaluate athletic injuries/conditions of the head, spine and upper extremity, for the purpose of determining the type and severity so that appropriate injury management and referral may occur. Typical symptoms and common clinical signs associated with athletic injuries/conditions will be investigated as well as common contributing etiological factors. Prerequisite: PE 174A and PE 405.

PE 407 – Compliance and Governance in Sport 3 credit hours
With the growing recognition and the critical roles of sport governing bodies, there is a significant need for properly trained sport administrators who wish to occupy leadership positions within the broad organizational setting of sport. This Compliance and Governance in Sport course is designed to provide current or future sport administrators with theoretical and practical knowledge in governance principle and organizational theory, structure, policy, function, and issue involving a wide spectrum of sport organizations today. The evolution of power and political activity engulfing sport organizations is also examined as well as concepts on leadership and management related to the sport administrative contexts. Furthermore, current policy areas facing different types of governing bodies are exposed to broaden the student’s perspective on organizational leaders in the profession.

PE 419 – Pathology of Sport Injury 1 credit hour
Provide and develop fundamental knowledge related to clinical pathology in sports. Primary emphasis will be placed upon the orthopedic aspects of injury and/or pathology related to each tissue structure such as bone, ligament, tendon, muscle, and nerve. Various properties of tissue structures and tissue response will also be analyzed. Prerequisite: PE 310 or BIOL 225 and BIOL 226.

PE 420 – Methods in Health and Physical Education 3 credit hours
Applies principles of teaching elementary and/or secondary school physical education and health. Prerequisite: Admission to Teacher Education.

PE 421 – Administration of High School Athletics 2 credit hours
Administrative practices with which the high school coach needs to be familiar. Includes regulations of Nebraska School Activities Association.

PE 422 – Administration of Strength Programs 2 credit hours
Principles and procedures for administering a strength program at the high school level. Prerequisite: PE 360 or permission of instructor.

PE 425 – Legal Aspects of Sport and Recreation 3 credit hours
Comprehensive examination of legal issues which influence formulation and modification of policies controlling operations of athletics/physical education programs at collegiate level recreation programs, and professional sports programs.

PE 426 – Instructional Strategies in Adapted Physical Education 3 credit hours
Detailed study of effective strategies for integration of handicapped students into activities of the regular class, strategies for individualizing instruction and procedures for implementation of objective-based instruction.

PE 428 – Middle School and High School Physical Education Methods 3 credit hours
Program and techniques for teaching middle and secondary school physical education. Prerequisite: PE 220.
PE 429 – Marketing in Sport, Recreation and Events  3 credit hours  
With the growing competitive and rapidly changing sport business marketplace, sport organization managers need for properly trained sport marketing professionals to attract and retain consumers, thereby better securing their revenue streams as well as shareholder value. This Marketing in Sport, Recreation and Events course is designed to provide future sport marketing professionals with theoretical and practical knowledge in marketing principles, management, and issues facing the sport industry managers and organizations today. This course will primarily focus on the application of several key marketing strategies and tactics utilized in the contemporary organizations to promote both sport as medium and sport as product. Overall, this course is intended to prepare students who can assume responsible marketing positions with skills of application and demonstration for the complex nature of today's sport business marketplace.

PE 430 – Organization and Administration in Recreation, Sport and Events  3 credit hours  
This course is designed to emphasize the desirable skills needed for an administrator in the areas of sport, athletic training, recreation, and event management. Topics to be covered will include management, leadership, organizational development, administration principles, policies and procedures, communication and legal aspects.

PE 441 – Elementary Physical Education Methods  3 credit hours  
Teaching and organization activities and methods for elementary grades. Includes consideration of the exceptional child and early childhood education.  
Prerequisite: PE 200

PE 450 – Curriculum and Assessment for Physical Education  3 credit hours  
Curriculum organization and administrative procedures for a secondary school physical education program. Student should have completed basic sports requirement prior to enrollment.  
Prerequisite: PE 100 or PE 221

PE 459 – Special Topics Gross Anatomy  3 credit hours  
Designed for in-depth understanding of anatomy as it relates to movement or work. Student will utilize and assist in dissection of human cadavers.  
Total Credits Allowed: 6.00  
Prerequisite: PE 360 or BIOL 225 and BIOL 226  
Additional Course Fee Required

PE 460 – Gross Anatomy of Movement  3 credit hours  
Designed for in-depth understanding of anatomy as it relates to movement or work. Student will utilize and assist in dissection of human cadavers.  
Prerequisite: PE 360 or BIOL 225 and BIOL 226  
Additional Course Fee Required

PE 461 – Physiology of Exercise  4 credit hours  
Physiological processes of body as pertain to physical activity. How trained and untrained individuals differ, and importance of training.  
Department Consent Required  
Prerequisite: Grade of "C" or above in PE 310 or BIOL 215 or BIOL 226 and by permission only  
Additional Course Fee Required

PE 463 – Health Safety Elem School  3 credit hours  
Curriculum development, teaching methods and selection of learning materials for health instruction in the elementary school.  
Prerequisite: PE 160 or PE 150

PE 464 – Secondary School Health  3 credit hours  
Developing a curriculum in secondary school health. Health services and environment for health in the secondary school are discussed.  
Prerequisite: PE 160 or PE 150

PE 467 – Fitness Testing  3 credit hours  
Techniques and theory of testing for personal fitness. Measures include vital capacity, body density, stress testing, aerobic and anaerobic fitness.  
Prerequisite: Grade of C or above in PE 461  
Additional Course Fee Required

PE 468 – Public Health Aspects of Physical Activity  3 credit hours  
Trends and situations in sport, fitness and wellness settings with practical applications from exercise physiology.  
Department Consent Required  
Prerequisite: A grade of "C" or above in PE 329 and PE 467 or permission of the instructor  
Additional Course Fee Required

PE 469 – Sports Nutrition  3 credit hours  
Metabolism and metabolic regulation, the influence of dietary practices on human performance.  
Prerequisite: Grade of C or above in PE 461 and FSID 110 or permission of instructor  
Additional Course Fee Required

PE 470 – General Medical Conditions and Pharmacological Application in Sport and Exercise  2 credit hours  
This course will offer students an opportunity to learn about pathological factors that are involved in general medical conditions that affect athletes and performance. Use of prescription and over-the-counter medications by the sports medicine professionals in treating a wide variety of conditions will also be presented. This course is intended to build upon a sound knowledge of exercise physiology and injury/illness conditions.  
Prerequisite: PE 461 and PE 467

PE 471 – Field Experience in Health & Physical Education  2 credit hours  
Supervised practical experiences in elementary school physical education.  
Prerequisite: PE 420 or PE 441 or PE 464.  
Corequisite: TE 319.

PE 471A – Field Experience in Elementary Physical Education  2 credit hours  
Supervised practical experiences in elementary school physical education.  
Prerequisite: PE 441 and Admission to Teacher Education Program or instructor permission

PE 471B – Field Experience in Middle School and Secondary PE  2 credit hours  
Supervised practical experiences in middle and high school physical education.  
Prerequisite: PE 428 and Admission to Teacher Education Program or instructor permission

PE 471C – Field Experiences in 7-12 Health  2 credit hours  
Supervised practical experiences in middle and high school health classes.  
Prerequisite: PE 464 and Admission to Teacher Education Program or instructor permission
Prerequisite: First year freshman standing or sophomore standing only.

Portal course.

more hours of General Studies credit to UNK are exempt from taking a Portal course in any discipline. Students who transfer 24 or more hours of General Studies credit to UNK are exempt from taking a Portal course in any discipline, irrespective of their major or minor. Students may take the Portal course in any discipline, irrespective of their major or minor. Satisfies the General Studies Portal course requirement. Students may transfer 24 or more hours of General Studies credit to UNK are exempt from taking a Portal course. Prerequisite: First year freshman standing or sophomore standing only.

**REC 188 – GS Portal 3 credit hours**
Students analyze critical issues confronting individuals and society in a global context as they pertain to the discipline in which the Portal course is taught. The Portal is intended to help students succeed in their university education by being mentored in process of thinking critically about important ideas and articulating their own conclusions. Students may take the Portal in any discipline, irrespective of their major or minor. Satisfies the General Studies Portal course requirement. Students may take their Portal course in any discipline. Students who transfer 24 or more hours of General Studies credit to UNK are exempt from taking a portal course.

Prerequisite: First year freshman standing or sophomore standing only.

**REC 215 – Introduction to Outdoor Recreation 3 credit hours**
This course is designed to introduce students to the field of outdoor recreation. Organized camping, outdoor recreation skills and activities, and current environmental issues will be topics of this class.

Total Credits Allowed: 5.00

**REC 246 – Wilderness First Aid 1 credit hour**
This course is designed to offer the student information and skills that will prepare them for providing basic first aid and life support to individuals suffering from illness or injury. The course content provides the background knowledge a Professional Rescuer needs to act as an essential link in the EMS system in situations where access to immediate emergency medical response is not available. Class activities will challenge participants to think critically about making appropriate decisions regarding the type of care to provide in a medical emergency, analyze the basis of normal protocol of care, demonstrate application of their acquired skills and investigate consequential clinical outcomes in the emergency care setting.

Prerequisite: PE 265 (certifications in CPR and AED)

**REC 300 – Volunteer Practicum 1-4 credit hours**
Students will be assigned to a community, hospital, agency fitness, athletic recreation, or tourism site. Credit/no credit.

Total Credits Allowed: 4.00

**REC 301 – Volunteer Practicum in Coaching 2 credit hours**
Students will be assigned to a coach or athletic department site to get experience in coaching.

Total Credits Allowed: 4.00

**REC 302 – Volunteer Practicum Exercise Science 1-4 credit hours**
Students will be assigned to a community, hospital, agency fitness, athletic recreation, or tourism site. Credit/no credit.

Total Credits Allowed: 4.00

**REC 301 – Volunteer Practicum in Coaching 2 credit hours**
Students will be assigned to a coach or athletic department site to get experience in coaching.

Total Credits Allowed: 4.00

**REC 300 – Volunteer Practicum 1-4 credit hours**
Students will be assigned to a community, hospital, agency fitness, athletic recreation, or tourism site. Credit/no credit.

Total Credits Allowed: 4.00

**REC 321 – Campus Recreation Management 3 credit hours**
The purpose of this course is to prepare students for entry level positions and long term careers in campus recreation. It covers managing employees, programs, facilities and services in the field and will guide students through such topics as budgeting, marketing, program assessment, and risk management.

**REC 352 – Outdoor Adventure Education 3 credit hours**
Rationale and dynamics of interacting with the environment through leisure activities.

**REC 354 – Programming in Sport, Recreation, and Events 3 credit hours**
Basic theoretical and practical competencies required to become a successful programmer for sport, recreation and event services.

**REC 356 – Special Topics 3 credit hours**
Advanced, in-depth studies of various segments of Recreation and Events. Topics designed to prepare students with specific professional skills important to event and leisure industries. May lead to professional certifications.

Total Credits Allowed: 24.00

**REC 375 – Leadership in Recreation, Sport and Events 3 credit hours**
Theories and practices of program leadership in the recreation, sport and events field, emphasizing leadership styles and techniques, self-awareness, human relations, communications, group processes and group dynamics, problem solving and decision making.
REC 422 – Facilities in Recreation, Events and Sport  3 credit hours
With new arenas, stadium, health clubs, convention centers and other facilities popping up and various events from local to international scale held all over the nation, there exists a significant need for properly trained sport facility and event managers. This Facilities in Recreation, Events and Sport course is designed to provide future sport facility and event managers with theoretical and practical knowledge in green facility planning, construction, operation, maintenance, and numerous issues confronting sport industry professionals and organizations today. Also covered will be topics related to the event management side of the industry, with special attention paid to event planning, marketing, operation, activation, and sponsorship.

REC 444 – Issues in Recreation and Leisure  3 credit hours
Basic concepts in the field of leisure and leisure services, contemporary social and philosophical issues, broad historical and cultural contexts. Discussion of the issues and dilemmas that leisure provides from many perspectives.

REC 453 – Therapeutic Recreation for Special Populations  3 credit hours
Principles of leisure education practices for special populations.

REC 454 – Community Assessment and Planning  3 credit hours
This course is designed to prepare recreation and park majors in the area of community and program assessment and evaluations. Topics will include research and evaluation methodology, terminology and application, community facilities, programs and infrastructure.

REC 458 – Recreation for the Aged  3 credit hours
Characteristics and needs, development of recreational programs and legislation for senior citizens.

REC 477 – Internship  1-12 credit hours
Student will be assigned full-time with private, industrial or governmental fitness and/or leisure programs or in a tourist industry site. A minimum of a four-week block of time will be allotted for the experience.
Department Consent Required
Total Credits Allowed: 12.00

REC 485 – Research in Tourism, Recreation and Sport  3 credit hours
Basic knowledge of research terminology, methodology and application. Students do simple but important research.

REC 498 – Special Topics  1-3 credit hours
Topics are studied which are not assigned or covered in other courses in the department. The format of this course will vary depending on the topic, instructor, and the needs of the student.
Total Credits Allowed: 3.00