

A total of 34 Credit Hours from both sections is required for the Emphasis
19 upper division credits required total from both sections

EXHP 201: Drugs and Healthy Lifestyle

3 Credit Hours

An overview of the impact of drug abuse in today's society along with prevention information and treatment programs available.

AT 260: Care and Prevention of Athletic Injuries

3 Credit Hours

Procedures in the prevention care and treatment of injuries sustained during activity and athletic participation.

EXHP 436: Exercise Assessment

3 Credit Hours

Methods used to assess exercise clients and prescribe effective exercise programs in order to achieve optimal health. Referral for at risk clients will be discussed.

EXHP 494: Fieldwork
6 Credit Hours

or

EXHP 498: Internship
12 Credit Hours

Learning experience to be conducted in the professional work environment and supervised by faculty.

450 hours of supervised experience with approved professionals in select health promotion settings including the completion of a major application project and other various assignments.
Prerequisite: senior standing, completion of all other degree.

If you choose EXHP 498 Internship you will only need 13 Credit Hours from the list below.

If you choose EXHP 494 Fieldwork you will need to choose 19 Credit Hours from the list below.

REC 100L: Wilderness Tech Skills	1 Credit Hour
REC 102: Mountain Orientation	2 Credit Hours
REC 103: Winter Orientation	2 Credit Hours
REC 104: Desert Orientation	2 Credit Hours
EXHP 103L: Triathlon	1 Credit Hour
EXHP 105L: Snow Sports I	1 Credit Hour
EXHP 106L: Martial Arts and Self Defense	1 Credit Hour
EXHP 108L: Yoga	1 Credit Hour
EXHP 109L: Volleyball	1 Credit Hour
EXHP 110L: Weightlifting	1 Credit Hour
EXHP 111: Commitment to Academic Excellence	1 Credit Hour
EXHP 112L: Rock Climbing	1 Credit Hour
REC 113L: Whitewater Boating	1 Credit Hour
REC 114L: Basic Mountaineering	1 Credit Hour
REC 116L: Camping	1 Credit Hour
REC 117L: Backpacking	1 Credit Hour
EXHP 118L: Jogging	1 Credit Hour
EXHP 120L: Aerobics	1 Credit Hour
EXHP 123L: Zumba	1 Credit Hour
EXHP 124L: Tai Chi	1 Credit Hour
EXHP 175L: Racquetball	1 Credit Hour
EXHP 176L: Lifeguard Training	1 Credit Hour
PSYCH 205: Sports Psychology	3 Credit Hours
EXHP 205L: Snow Sports II	1 Credit Hour
EXHP 208L: Yoga II	1 Credit Hour
EXHP 233: History and Principles of PE	2 Credit Hours
REC 240: Recreation Program Design	3 Credit Hours

EXHP 243: Methods of Rhythmic Activities	2 Credit Hours
EXHP 245: Motor learning and Development	3 Credit Hours
REC 249: Challenge Course Leadership	2 Credit Hours
REC 270: Outdoor Leadership I	2 Credit Hours
AT 279: Practicum in AT I	2 Credit Hours
EXHP 288: Health Promotion Practicum	3 Credit Hours
EXHP 301: Dartfish Training	1 Credit Hour
EXHP 310L: Advanced Methods of Strength & Conditioning	1 Credit Hour
REC 322: Wilderness First Aid	2 Credit Hours
AT 323: Functional Exercise Training	2 Credit Hours
EXHP 345: Methods of Physical Activities & Games I	2 Credit Hours
EXHP 346: Methods of Physical Activities & Games II	2 Credit Hours
EXHP 347: Methods of Fitness Instruction	1 Credit Hour
EXHP 348: Methods of Individual and Dual Sports	3 Credit Hours
REC 350: Leadership and Ethics	3 Credit Hours
REC 360: Outdoor Education	3 Credit Hours
REC 375: Research and Evaluation of Recreation	3 Credit Hours
EXHP 382: Lifestyle Disease Risk Reduction	3 Credit Hours
EXHP 432: Applied Sport & Exercise Psychology	3 Credit Hours
EXHP 464: Adapted PE	3 Credit Hours
EXHP 470: Methods of Coaching	3 Credit Hours
EXHP 472: Coaching and Officiating Basketball	2 Credit Hours
EXHP 475: Coaching and Officiating Volleyball	2 Credit Hours
EXHP 482: Coaching and Officiating Wrestling	2 Credit Hours
EXHP 483: Coaching and Officiating Baseball	2 Credit Hours
EXHP 484: Coaching and Officiating Soccer	2 Credit Hours
REC 485: Recreation Facility Design/Management	3 Credit Hours

EXHP 492: Undergraduate Research

3 Credit Hours