Department of Health, Physical Education, Recreation, and Dance

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The Department of Health, Physical Education, Recreation and Dance is one of four departments in the College of Education. The department participates in the Ph.D. in education, with tracks in sport pedagogy & character education and exercise science, and in the interdisciplinary Ph.D. in Neuroscience; the department offers master's degrees in recreation and participates in the M.S. in Neuroscience and the M.S. in Bioregional Planning; the department also offers baccalaureate degrees in athletic training, dance, exercise science and health, physical education, and recreation; several minors and options; and basic instruction in numerous recreational fitness, dance, aquatic, and sport activity areas.

The activity portion of the program is supported by outstanding facilities, which include three gymnasiums, two dance studios, two pools, eight indoor tennis courts, nine racquetball courts, indoor and outdoor tracks, weight rooms, climbing wall and rope course, and expansive field and play areas. In addition, activity classes are taught in the Student Recreation Center.

The baccalaureate degree in athletic training program will assist the student in preparing to work in a multi-faceted medical environment that provides care to the physically active individual. Students will gain the knowledge and skills necessary in the prevention, acute care, evaluation, treatment, and rehabilitation of injuries and illnesses to the physically active individual, and will also acquire an understanding of athletic training administration and professional development.

The baccalaureate degree in dance is designed to create a positive, student-focused learning environment that promotes the intellectual, social, emotional, cultural, and moral development of students to prepare for careers in dance and/or other related fields on a competitive and professional level. The Festival Dance and Performing Arts Association maintains a residency program with the department.

The baccalaureate degree in exercise science and health provides graduates with knowledge of strategies, leadership skills, and the technical abilities to plan, implement, and evaluate health and exercise programs.

The baccalaureate degree in physical education leads to K-12 teaching certification and provides a foundation for athletic coaching. The degree is designed to prepare teachers to inspire students in 1-12 schools to lead healthy, active lifestyles through a structured and engaging program of physical education.

The baccalaureate degree in recreation provides the student with an understanding of leisure and recreation and its role in society as a necessary factor for an individual to obtain a quality, healthy life and to function in our society. Further, the degree prepares a broadly educated professional to assist and lead individuals, organizations and communities in the supervision and facilitation of recreation programs and resource management. Students graduating from this program are immediately eligible to sit for the national-level examination to become a Certified Leisure Professional.

Academic and teaching minors offered by the department include: health education, dance, outdoor recreation leadership, sustainable tourism and leisure enterprises, physical education, sport science, and coaching.

Graduate programs include master's degrees in recreation and a doctorate in education with specialization tracks in the HPERD areas. Each program is described more fully in the following pages. Please see the departmental web page for information regarding admission requirements.

Courses

See Part 6 for courses in Dance (Dan), Health and Safety (H&S), Physical Education (PEB & PEP), and Recreation (Rec).

Undergraduate Curricular Requirements

Courses required in all majors in the Department of Health, Physical Education, Recreation and Dance:

HPRD 201  Physical Activity, Wellness & Behavior Change (3 cr)
HPRD 210  Meaning of Movement and Injury Prevention (2 cr)
HPRD 350  Behavior Change in Physical Activity (1 cr)
HPRD 351  Social and Environmental Aspects of Physical Activity (1 cr)
HPRD 429  Leadership, Pedagogy and Programming in Physical Activity (4 cr)
HPRD 486  Programming and Marketing for Healthy, Active Lifestyles (1 cr)
PTTE 111  Computer Skills or approved elective (3 cr)
ATHLETIC TRAINING (B.S.P.E.)

The Athletic Training major has two portions to the education program, didactic and clinical. Prior to application to the clinical portion of the program, a pre-professional phase is required which includes a grade of 'C' or better in prerequisite courses (Biol 120, Biol 121, H&S 245, H&S 288 and PEP 101) and successful completion of an observation period in the athletic training room (PEP 171). See the Athletic Training Education Program Director for the specific information regarding admission into the clinical portion of the program. This information includes admission requirements, pre-professional phase course work and observation period requirements, technical standards for admission, and an application form.

Additionally, to maintain good standing in the clinical portion of the program, the student must meet specific criteria, which includes maintaining a 2.75 cumulative GPA and a grade of 'C' or better in all professional courses. See the Athletic Training Education Program Director for specific information regarding continuation in the clinical portion of the program.

Required course work includes the university requirements (see regulation J-3), the Department of HPERD core and the following course work:

Professional Courses (56 cr):
- Biol 120 Human Anatomy (4 cr)
- Biol 121 Human Physiology (4 cr)
- FCS 205 Concepts in Human Nutrition (3 cr)
- FCS 305 Nutrition Related to Fitness and Sport (3 cr)
- H&S 232 Medical Terminology (2 cr)
- H&S 245 Introduction to Athletic Injuries (3 cr)
- H&S 288 First Aid: Emergency Response (2 cr)
- H&S 462 General Medicine for Physically Active Individuals (1 cr)
- H&S 463 Pharmacology for Physically Active Individuals (1 cr)
- H&S 464 Athletic Training Lower Extremity Evaluation (3 cr)
- H&S 466 Athletic Training Upper Extremity Evaluation (3 cr)
- H&S 467 Athletic Training Rehabilitation (3 cr)
- H&S 468 Athletic Training Modalities (3 cr)
- H&S 469 Athletic Training Organization and Administration (3 cr)
- H&S 470 Seminar in Athletic Training (2 cr)
- PEP 101 Introduction to Athletic Training (1 cr)
- PEP 300 Applied Human Anatomy and Biomechanics (3 cr)
- PEP 418 Physiology of Exercise (3 cr)
- PEP 455 Design & Analysis of Research in HPERD (3 cr)
- PEP 493 Fitness Assessment and Prescription (3 cr)
- One of the following (3 cr):
  - Engl 207 Persuasive Writing (3 cr)
  - Engl 208 Personal and Exploratory Writing (3 cr)
  - Engl 209 Inquiry-Based Writing (3 cr)
  - Engl 313 Business Writing (3 cr)
  - Engl 317 Technical Writing (3 cr)

Clinical Experiences (10 cr):
- H&S 390 Athletic Training High School Clinical Experience (1 cr)
- H&S 391 Athletic Training Sports Medicine Clinical Experience (1 cr)
- H&S 392 Athletic Training General Medical & Orthopedic Clinical Experience (1 cr)
- PEP 171 Athletic Training Clinical Experience I – Observation (1 cr)
- PEP 272 Athletic Training Clinical Experience II (1 cr)
- PEP 273 Athletic Training Clinical Experience III (1 cr)
- PEP 371 Athletic Training Clinical Experience IV (1 cr)
- PEP 372 Athletic Training Clinical Experience V (1 cr)
- PEP 471 Athletic Training Clinical Experience VI (1 cr)
- PEP 472 Athletic Training Clinical Experience VII (1 cr)

Electives to total 128 cr for the degree

DANCE (B.S.Dan.)

A successful audition is required for admission to the degree program. Please contact the Department of HPERD at (208) 885-7921 for audition information. Required coursework includes the university requirements (see regulation J-3), the Department of HPERD core and the following course work:

- Biol 120 Human Anatomy (4 cr)
- Dan 101 First Year/Transfer Student Orientation (1 cr)
- Dan 210 Dance Theatre (2 semesters) (4 cr)
- Dan 216 or Dan 416 Technique (must include a minimum of 4 semesters each of ballet, modern, and jazz) (Students may retake the same technique class up to 8 times to meet the 16 cr requirement) (16 crs. min)
- Dan 320 Labanotation (3 cr)
- Dan 321 Dance Pedagogy (3 cr)
Dan 360  Children's Dance (1 cr)
Dan 384  Dance Composition I (3 cr)
Dan 385  Dance Composition II (2 cr)
Dan 410  Pre-professional Dance Theatre (2 semesters) (4 cr)
Dan 412  Dance Theatre Choreography (1 cr)
Dan 421  Dance History (3 cr)
Dan 422  Labanalysis (2-3 cr)
Dan 490  Senior Project (3 cr)
PEP 300  Applied Human Anatomy and Biomechanics (2 cr)
PEP 360  Motor Behavior (3 cr)
Two of the following courses (2 cr):
  MusA 114  Studio Instruction (voice or piano) (1 cr, max arr)
  MusA 145  Piano Class for Music Majors/Minors (1 cr)
  MusA 146  Piano Class (1 cr)
  MusA 147-148  Voice Class (1 cr)
  MusA 365  Chamber Ensemble (1 cr, max arr)
One of the following courses (2-3 cr):
  The 105  Basics of Performance (3 cr)
  The 202  Costume Design (3 cr)
  The 205  Lighting Design (3 cr)
  The 320  Theatre Management (2 cr)
Electives to total 128 cr for the degree

EXERCISE SCIENCE AND HEALTH (B.S.P.E.)

Required course work includes the university requirements (see regulation J-3), the Department of HPERD core, and the following.

Biol 120  Human Anatomy (4 cr)
Biol 121  Human Physiology (4 cr)
FCS 205  Concepts in Human Nutrition (3 cr)
H&S 288  First Aid: Emergency Response (or current Emergency Response or First Aid/CPR certification) (2 cr)
H&S 450  Critical Health Issues (3 cr)
H&S 451  Psychosocial Determinants of Health (3 cr)
H&S 490  Health Promotion (3 cr)
PEP 100  Introduction to Sport Sciences (1 cr)
PEP 300  Applied Human Anatomy and Biomechanics (3 cr)
PEP 360  Motor Behavior (3 cr)
PEP 418  Physiology of Exercise (3 cr)
PEP 455  Design & Analysis of Research in HPERD (3 cr)
PEP 493  Fitness Assessment and Prescription or PEP 305  Applied Sports Psychology (3 cr)
PEP 495  Practicum in Tutoring (3 cr)
PEP 498  Internship in Physical Education (summer preferred) (9 cr)
PE activity/skill classes (see advisor for selection) (5 cr)
One of the following (3 cr):
  Engl 207  Persuasive Writing (3 cr)
  Engl 208  Personal and Exploratory Writing (3 cr)
  Engl 209  Inquiry-Based Writing (3 cr)
  Engl 313  Business Writing (3 cr)
  Engl 317  Technical Writing (3 cr)
Electives to total 128 cr for the degree

PHYSICAL EDUCATION (B.S.Ed.)

Required course work includes the university requirements (see regulation J-3), the Department of HPERD core, the Idaho Technology Competency Certification and the following course work:

Movement Courses (All to be completed prior to pedagogy course sequence)
  Dan 105  Dance (1 cr)
  Dan 360  Children's Dance (1 cr)
  PEB 108  Water-Based Sports and Fitness Activities (1 cr)
  PEP 107  Movement Fundamentals (1 cr)
  PEP 202  Skill and Analysis: Stunts and Tumbling (1 cr)

Individual Skill Courses (All to be completed prior to or concurrent with Pedagogy course sequence)
  PEP 132  Skill and Analysis of Tennis, Pickleball, and Badminton (1 cr)
  PEP 133  Skill and Analysis of Golf, Softball and Archery (1 cr)
  PEP 134  Skill and Analysis of Track and Field (1 cr)

Team Skill Courses (All to be completed prior to or concurrent with Pedagogy course sequence)
PEP 135  Skill and Analysis of Basketball and Volleyball (1 cr)
PEP 136  Skill and Analysis of Soccer and Speedball (1 cr)

Outdoor/Recreational Skill Courses  (All to be completed prior to or concurrent with Pedagogy course sequence)
PEP 243  Recreation Activities (2 cr)
Rec 125  Outdoor Leisure Pursuits (2 cr)

Foundation Courses
Biol 120  Human Anatomy (4 cr)
Biol 121  Human Physiology (4 cr)
H&S 288  First Aid: Emergency Response (or current Emergency Response and CPR certification at the time of graduation) (2 cr)
PEP 161  Introduction to Physical Education (1 cr)
PEP 300  Applied Human Anatomy and Biomechanics (2 cr)
PEP 360  Motor Behavior (3 cr)
PEP 380  Measurement and Evaluation (2 cr)
PEP 418  Physiology of Exercise (3 cr)

Pedagogy Courses
Note: Acceptance into the physical education pedagogy sequence requires completion with no grade lower than a “C” in movement and skill courses, at least 6 of the 14 credits of required skill courses, PEP 161, 300, 360, EDCI 201, 301, minimum 2.75 GPA, appropriate portfolio evidence, and advisor recommendation.
PEP 412  Elementary Physical Education Methods (3 cr)
PEP 414  Proseminar in Physical Education (1 cr)
PEP 421  Secondary Physical Education Methods (2 cr)
PEP 424  Physical Education for Special Populations (2 cr)
PEP 440  Physical Education Curriculum and Administration (2 cr)

General College of Education Requirements
EDCI 201  Contexts of Education (2 cr)
EDCI 301  Learning, Development, and Assessment (3 cr)
EDCI 302  Teaching Culturally Diverse Learners (4 cr)
EDCI 401  Internship Seminar (1 cr)
EDCI 463  Literacy Methods for Content Learning (3 cr)
EDSP 300  Educating for Exceptionalities (2 cr)
PEP 484  Internship in Physical Education Teaching (14 cr)
Psyc 101  Intro to Psychology or Psyc 305  Developmental Psychology (3 cr)

Advanced Composition Requirement  (Select one of the following) (3 cr):
Engl 207  Persuasive Writing (3 cr)
Engl 208  Personal and Exploratory Writing (3 cr)
Engl 209  Inquiry-Based Writing (3 cr)
Engl 313  Business Writing (3 cr)
Engl 317  Technical Writing (3 cr)

Note: For registration in upper-division courses in education, students must have been admitted to the teacher education program and maintain a cumulative GPA of 2.75. For admission criteria, refer to “Admission to the Teacher Education Program” in the College of Education section in Part 4.

RECREATION (B.S.Rec.)
A minimum cumulative university GPA of 2.25 is required of all recreation majors who seek to take upper-division courses. Recreation majors must also achieve a minimum cumulative university GPA of 2.25 to graduate with a B.S.Rec. degree.

Required course work includes the university requirements (see regulation J-3), an academic minor or 20 credits in an approved cognate area of study, the Department of HPERD core and the following coursework:
H&S 288  First Aid: Emergency Response or Rec 290  Wilderness First Responder  (or Emergency Responder Certification) (2-3 cr)
Psyc 101  Introduction to Psychology (3 cr)
Psyc 305  Developmental Psychology (3 cr)
Rec 102  Introduction to Recreation Professions (1 cr)
Rec 110  Recreation for People with Disabilities (3 cr)
Rec 125  Outdoor Leisure Pursuits (2 cr)
Rec 243  Recreation Activities (2 cr)
Rec 260  Historical Perspectives of Leisure and Society (3 cr)
Rec 280  Recreation Practicum (1 cr)
Rec 365  Leisure and the Aging Process (3 cr)
Rec 410  Trends and Legal Issues in Leisure Services (3 cr)
Rec 455  Design and Analysis of Research in HPERD (3 cr)
Rec 487  Recreation Program Planning and Marketing (1 cr)
Rec 493  Management of Leisure Services and Facilities (3 cr)
Rec 495  Practicum in Tutoring (1 cr)
Rec 498  Internship in Recreation (9 cr)
Additional courses selected from the following (4 cr):
    Rec 208  Professional Involvement in Recreation (1 cr)
    Rec 254  Camp Leadership (3 cr)
    Rec 256  Camp Counseling Practicum (2-3 cr)
    Rec 340  Hospitality, Leisure, and Recreation Enterprises (3 cr)
    Rec 420  Experiential Education (2 cr)
One of the following (3 cr):
    Engl 207  Persuasive Writing (3 cr)
    Engl 208  Personal and Exploratory Writing (3 cr)
    Engl 209  Inquiry-Based Writing (3 cr)
    Engl 313  Business Writing (3 cr)
    Engl 317  Technical Writing (3 cr)
One of the following (1-2 cr):
    PEB 108  Water-Based Sports and Fitness Activities (1 cr)
    PEP 244  Lifeguarding (2 cr)
    PEP 266  Aquatic Instructor's Course (2 cr)
Four courses (only two may be B.I.P. courses, Dan 105 or PEB 106, 107) selected from Dan 105; PEB 106, 107, PEP 132, 133, 134, 135, 136, or 202; Rec 220, 221, 222, 223, 224, 225, 226, or 227 (4-5 cr)
Electives to total 128 cr for the degree

Academic Minor Requirements

COACHING MINOR

Note:  PEP 300 and PEP 418 have prerequisite requirements.

FCS 305  Nutrition Related to Fitness and Sport (3 cr)
H&S 245  Introduction to Athletic Injuries (3 cr)
H&S 289  Drugs in Society (2 cr)
PEP 204  Special Topics:  Coaching (2 cr)
PEP 220  Coaching Youth Sports (1 cr)
PEP 300  Applied Human Anatomy and Biomechanics or PEP 418  Physiology of Exercise (2-3 cr)
PEP 305  Applied Sports Psych or PEP 310  Cultural and Phil Aspects of Sport (2-3 cr)
PEP 495  Practicum in Tutoring (1 cr)

DANCE MINOR

Dan 210  Dance Theatre (2 cr)
Dan 320  Labanotation (3 cr)
Dan 321  Dance Pedagogy (3 cr)
Dan 384  Dance Composition I (3 cr)
Dan 421  Dance History (3 cr)
7 Credits selected from Ballet, Jazz, and Modern:
    Dan 216  Techniques (cr arr)
    Dan 416  Advanced Technique (cr arr)

OUTDOOR RECREATION LEADERSHIP MINOR

For information on an academic minor in Outdoor Recreation Leadership, see the Department of Conservation Social Sciences section (Part 5).

SPORT SCIENCE MINOR

Note:  H&S 245 and PEP 418 have prerequisite requirements.

FCS 205  Concepts in Human Nutrition (3 cr)
FCS 305  Nutrition Related to Fitness and Sport (3 cr)
H&S 150  Wellness Lifestyles (3 cr)
H&S 245  Introduction to Athletic Injuries or H&S 288  First Aid: Emergency Response (2-3 cr)
H&S 350  Stress Management and Mental Health (2 cr)
PEP 201  Fitness Activities and Concepts (2 cr)
PEP 418  Physiology of Exercise (3 cr)
PEP 495  Practicum in Tutoring (40 hrs minimum) (1 cr)
Courses selected from the following (4-6 cr):
   H&S 289 Drugs in Society (2 cr)
   H&S 490 Health Promotion (3 cr)
   PEB 105 Land-Based Individual and Group Fitness Activities: Dance Aerobics or Jazzercise (1 cr)
   PEB 106 Weight Training and Conditioning (1 cr)
   PEB 108 Water-Based Sports and Fitness Activities: Aqua Fitness or Water Aerobics (1 cr)
   PEP 305 Applied Sports Psychology (3 cr)
   PEP 310 Cultural and Philosophical Aspects of Sport (2 cr)
   PEP 493 Fitness Assessment and Prescription (3 cr)

SUSTAINABLE TOURISM AND LEISURE ENTERPRISES MINOR

For information on an academic minor in Sustainable Tourism and Leisure Enterprises, see the Department of Conservation Social Sciences section (Part 5).

Graduate Degree Programs

The Graduate Record Examination is not required for admission to the master's programs. However, candidates must fulfill the requirements of the College of Graduate Studies and of the Department of Health, Physical Education, Recreation and Dance. See the College of Graduate Studies section of Part 4 for the general requirements applicable to each degree.

Master of Science in Recreation. This program develops in students the skills, tools, and philosophy necessary to be servant leaders in organizations related to physical activity, sport and recreation.

Doctor of Philosophy. The department participates in the Ph.D. program in the College of Education, with concentrations in sport pedagogy & character education or exercise science. Sport pedagogy & character education develops individuals who lead, serve, and research learning and teaching as applied to character and value laden issues in physical education and recreation. Exercise science prepares students to teach, conduct research, and provide services related to Exercise Science disciplines in higher education (exercise physiology, sport psychology, motor control, and biomechanics) and other exercise-related institutions.

The department also participates in the interdisciplinary Ph.D. in Neuroscience. Persons interested in doctoral study should visit the College of Education and departmental web page for more information about admission requirements and application procedures.