



# Physical Education and Recreation

**Faculty:**

- Brenda K. Bechler*
- Sandra L. Brownscombe*
- Harlan De Brun*
- Roger E. Mast*
- Lester R. Zook (chair)*

The physical education and recreation department at EMU exists to promote a healthful, activity-oriented lifestyle and to develop competent professionals who carry a sense of ministry and service into their role. The department offers courses for the general student population in addition to the following major and minor programs.

**Majors:**

- Health and Physical Education (PreK-12)
- Outdoor Ministry and Adventure Leadership
- Recreation and Sport Leadership

**Major in Health and Physical Education (PreK-12)**

This program will prepare students to teach health and physical education by instructing them in the standards of the National Association of Sport and Physical Education (NASPE).

**Minors:**

- Coaching
- Exercise Science
- Outdoor Ministry and Adventure Leadership

**Teaching**

**Endorsement:**

- Health and Physical Education, Grades PreK-12

- BIOL 112 Human Anatomy and Physiology I . . . . .3
- BIOL 122 Human Anatomy and Physiology II . . . . .3
- BIOL 242 Nutrition Fundamentals . . .3
- HE 201 First Aid . . . . .1
- HE 202 Health and Safety . . . . .2
- HE 301 Athletic Training . . . . .2
- HE 302 Family Life and Sexuality . . .2
- MATH 140 Elementary Statistics . . . .3
- \*PE 101 Introduction to Health, Physical Education and Recreation .3
- \*PE 131 Net Games . . . . .1
- \*PE 132 Territorial Games . . . . .1
- \*PE 133 Target and Fielding Games . . .1
- \*PE 134 Challenge Course Leadership .1
- \*PE 135 Track and Field . . . . .1
- PE 136 Rhythmic Activities . . . . .1
- \*PE 137 Recreational Games . . . . .1

**Careers in Physical Education and Recreation include** camp director, recreation/camp program director, outdoor education specialist, community recreation agency programmer, youth pastor/Christian educator, elementary or secondary physical education teacher, health educator, athletic coach, municipal recreation specialist, adult fitness or sports club management and sports information director.

PE 302 Motor Learning . . . . .	2
*PE 403 Management and Assessment of Physical Activity . . .	3
*PE 404 Exercise Physiology and Kinesiology . . . . .	4
*PE 405 Fitness Administration and Assessment . . . . .	2
PEG 115 Fitness, Conditioning, and Weight Training . . . . .	1

**Professional Studies Requirements (41 SH):**

*(All professional studies courses must be passed with a grade of C or better.)*

ED 101 Exploring Teaching . . . . .	2
ED 201 Computers and Instructional Technology in Education . . . . .	1
ED 251 Learning, Motivation and Assessment (6-12) . . . . .	3
ED 301 Needs of Diverse Learners . . .	3
ED 381 Reading and Writing Across the Curriculum (6-12) . . . . .	2
ED 401 Foundations of Education . . .	2
ED 411 Reflective Teaching Seminar and Portfolio . . . . .	1
ED 461 Elementary Student Teaching (PreK-6) . . . . .	7
ED 462 Middle/High School Student Teaching (6-12) . . . . .	7
PE 301 Adapted Physical Education . . .	3

**Secondary Physical Education Block:**

ED 351 General Curriculum and Methods for Middle and Secondary Teaching . . . . .	1
*HE 401 Health Methods . . . . .	2
*PE 402 Middle and Secondary Physical Education . . . . .	3

Prerequisite courses: ED 101, ED 201, ED 251, HE 202, HE 302 and MATH 140.

**Elementary Physical Education Block:**

*PE 401 Elementary Physical Education . . . . .	3
*PE 231 Movement Education . . . . .	1

Prerequisite courses:  
ED 101, ED 251, PE 301 and PE 302.

*Other licensure requirements:*

American History . . . . .	3
PSYC 202 Developmental Psychology . .	3

Admission prerequisites for the first semester of block courses: admission to Teacher Education; or 2.7 cumulative GPA and submission of Praxis I scores.

Admission prerequisite for the second semester of block courses: admission to Teacher Education.

The secondary and elementary physical education blocks are designed to combine actual in-school experience with curriculum theory, methods and student assessment. Travel expenses are the student's responsibility. The blocks are offered alternating fall semesters; the elementary block is offered in even years and secondary block in odd years.

Prospective teachers must comply with all teacher education requirements listed on pages 85-90.

**Major in Outdoor Ministry and Adventure Leadership**

The outdoor ministry program prepares students to serve in a variety of camping, outdoor education, and adventure leadership settings. Courses in administration and programming are balanced with activity electives such as technical rock climbing and canoeing. The three-week wilderness seminar provides leadership training in an expedition context. Two concentrations allow students to focus their interest; an internship serves as the climax pre-professional development experience. The major consists of 52-54 SH.

To proceed in the outdoor ministry major, a student must apply for Sophomore Review. This is typically done at the conclusion of REC 203 Sophomore Practicum. The process includes an application and departmental interview. Students are approved for eventual registration in REC 403 Senior Internship if they: 1) have completed at least 12 SH in the major; 2) are maintaining a major GPA of at least 2.5; 3) have completed REC 203 Sophomore Practicum and earned at least a 2.5 on the four-point evaluation

instrument; and 4) are demonstrating the personal and professional attributes and work quality that suggest success in the profession. Students receiving a “recommendation with reservation” may address the necessary issues and reapply the following semester. Students who are denied approval may submit an appeal.

CHST 212 Introduction to Youth Ministry . . . . .	3
HE 201 First Aid . . . . .	1
<i>[WFA, WAF, WFR or WEMT (with CPR credential) will satisfy]</i>	
HE 302 Family Life and Sexuality . . . . .	2
*REC 101 Foundations of Christian Camping and Outdoor Ministry . . . . .	3
*REC 201 Recreational Programming: Design and Implementation . . . . .	2
*REC 202 Facility Design and Supervision in Sports and Recreation . . . . .	2
REC 203 Sophomore Recreation Practicum. . . . .	1
*REC 301 Recreation and Sport in Modern Society . . . . .	3
*REC 302 Experiential Education and Adventure Leadership . . . . .	2
*REC 402 Wilderness Seminar . . . . .	3
REC 403 Senior Recreation Internship	4
PE 301 Adapted Physical Education . . . . .	3
PSYC 202 Developmental Psychology . . . . .	3

*Choose four semester hours from the following list:*

*PE 134 Challenge Course Leadership . . . . .	1
*PE 137 Recreational Games . . . . .	1
*PEG 111 Backcountry Travel . . . . .	1
*PEG 113 Canoeing . . . . .	1
PEG 118 Lifeguarding . . . . .	1
*PEG 119 Cave Exploration . . . . .	1
PEG 127 Technical Rock Climbing . . . . .	1

*Select two concentrations:*

### **Ministry** *(choose 9 SH)*

*CHST 234 Mission in a Changing World . . . . .	3
*CHST 223 Spiritual Formation . . . . .	3
*CHST 412 Church Leadership . . . . .	3
PSYC 391 Introduction to Counseling. . . . .	3

PXD 311 Mediation and Conflict Transformation . . . . .	3
*REL 323 Contemporary Culture . . . . .	3

### **Management** *(choose 9 SH)*

ACTG 221 Financial Accounting. . . . .	3
ACTG 222 Managerial Accounting. . . . .	3
BUAD 221 Principles of Management . . . . .	3
*BUAD 321 Human Resource Management . . . . .	3
BUAD 331 Organizational Behavior. . . . .	3
FIN 341 Financial Management . . . . .	3
MKTG 301 Principles of Marketing. . . . .	3

### **Environmental Education**

*(choose 9 SH)*

*BIOL 458 Advanced Ecology and Field Biology . . . . .	4
ENVS 181 Environmental Science . . . . .	3
*ENVS 201 Earth Science . . . . .	3
*ENVS 328 Conservation Biology. . . . .	3
PXD 245 Environment and Society. . . . .	3

### **Advanced Adventure**

#### **Leadership** *(choose 7 SH)*

This concentration requires the student to combine several certifications from beyond EMU with an Adventure Leadership Seminar Independent Study. Certification options and commensurate credit include:

<i>Single Pitch Instructor</i> from AMGA/PCIA . . . . .	2
<i>Canoe Instructor Level 2</i> from ACA . . . . .	1
<i>Leave No Trace Master Trainer.</i> . . . .	2
<i>Wilderness First Responder,</i> from WMI, Wilderness Medical Associates , or SOLO . . . . .	2
<i>Base-Managed or Top-Managed Climbing Instructor</i> from PCIA . . . . .	1
<i>Cave Rescue Operations and Management Level I</i> from NCRC . . . . .	2
<i>Practitioner Level I</i> from ACCT . . . . .	2
<i>Instructor</i> from the National Outdoor Leadership School . . . . .	4
REC 303 Adventure Leadership Seminar . . . . .	1-3

## Major in Recreation and Sport Leadership

This program prepares students for entry-level positions in such areas as athletic administration, sports promotion and marketing, arena and stadium management, sports club management, commercial and municipal recreation, adult fitness, and corporate and campus recreation. The program utilizes courses from both the physical education and the business and economics departments, articulating for interested students a collection of courses and professional experiences in this unique field. A concentration allows the student to focus interest in movement studies, human resource management, or marketing and promotion. The major consists of 47 SH.

To proceed in the recreation and sport leadership major, a student must apply for Sophomore Review. This is typically done at the conclusion of REC 204 Sophomore Practicum. The process includes an application and departmental interview. Students are approved for eventual registration in REC 404 Senior Internship if they: 1) have completed at least 12 SH in the major; 2) are maintaining a major GPA of at least 2.5; 3) have completed REC 204 Sophomore Practicum and earned at least a 2.5 on the four-point evaluation instrument; and 4) are demonstrating the personal and professional attributes and work quality that suggest success in the profession. Students receiving a “recommendation with reservation” may address the necessary issues and reapply the following semester. Students who are denied approval may submit an appeal.

ACTG 221 Financial Accounting . . . . .	3
BUAD 111 Exploring Business . . . . .	3
BUAD 221 Principles of Management . . . . .	3
BUAD 331 Organizational Behavior . . . . .	3
CIS 121 Introduction to Business Applications Software . . . . .	3

ECON 201 Survey of Economics . . . . .	3
HE 201 First Aid . . . . .	1
MKTG 301 Principles of Marketing . . . . .	3
*REC 201 Recreational Programming: Design and Implementation . . . . .	2
*REC 202 Facility Design and Supervision in Sports and Recreation . . . . .	2
REC 204 Sophomore Recreation Practicum . . . . .	1
*REC 301 Recreation and Sport in Modern Society . . . . .	3
REC 404 Senior Recreation Internship 4	
*PE 403 Management and Assessment of Physical Activity . . . . .	3
PEG 115 Fitness, Conditioning, and Weight Training . . . . .	1

*Choose one concentration:*

### Movement Studies

*(choose 9 SH)*

BIOL 112 Human Anatomy and Physiology I . . . . .	3
BIOL 122 Human Anatomy and Physiology II . . . . .	3
BIOL 242 Nutrition Fundamentals . . . . .	3
HE 301 Athletic Training . . . . .	2
*PE 201 Principles of Coaching . . . . .	2
PE 302 Motor Learning . . . . .	2
*PE 404 Exercise Physiology and Kinesiology . . . . .	4
*PE 405 Fitness Administration and Assessment . . . . .	2

### Human Resource Management

*BUAD 321 Human Resource Management . . . . .	3
*BUAD 431 Seminar in Human Resource Management . . . . .	3
PSYC 101 General Psychology . . . . .	3
PSYC 221 Social Psychology . . . . .	3
PSYC 231 Applied Behavior Analysis . . . . .	3

### Marketing and Promotion

COMM 231 Pop Culture and Mass Communication . . . . .	3
COMM 241 News and Feature Writing . . . . .	3
PHOTO 112 Digital Photography . . . . .	3

DIGM 251 Video Camera and Non-linear Editing . . . . .3

## Minor in Coaching

This program is designed to give the prospective teacher the necessary background knowledge and skills to coach youth and scholastic sports. This minor consists of 16-21 SH:

HE 201 First Aid . . . . .1  
 \*PE 201 Principles of Coaching . . . . .2  
 PE 202 Coaching Methods and Strategies (sport-specific) **OR**  
 PE 203 Coaching Practicum . . . . .1  
 PE 302 Motor Learning . . . . .2  
 \*PE 403 Management and Assessment of Physical Activity . . . . .3  
 PEG 115 Fitness, Conditioning and Weight Training **OR**  
 \*PEG 124 Strength Training . . . . .1  
 PEV XXX and its corresponding option below:  
 \*PE 131 Net Games  
 \*PE 132 Territorial Games  
 \*PE 133 Target and Fielding Games  
 \*PE 135 Track and Field. . . . .1

*Choose one of the following clusters:*

BIOL 112 Human Anatomy and Physiology I **AND** . . . . .3  
 HE 301 Athletic Training. . . . .2

BIOL 112 Human Anatomy and Physiology I **AND** . . . . .3  
 \*PE 404 Exercise Physiology and Kinesiology . . . . .4  
 BIOL 242 Nutrition Fundamentals . . .3

## Minor in Exercise Science

This program is designed to be taken in conjunction with a biology major. Graduates of this program will be prepared to enter graduate school or immediately begin to apply their knowledge in a fitness-related occupation. This minor consists of 18 SH.

BIOL 242 Nutrition Fundamentals . . .3  
 HE 201 First Aid . . . . .1

HE 301 Athletic Training. . . . .2  
 PE 302 Motor Learning. . . . .2  
 \*PE 403 Management and Assessment of Physical Activity . . . . .3  
 \*PE 404 Exercise Physiology and Kinesiology . . . . .4  
 \*PE 405 Fitness Administration and Assessment. . . . .2  
 PE 406 Applied Exercise Science Practicum. . . . .1

## Minor in Outdoor Ministry and Adventure Leadership

This program is for students who envision involvement with camping ministry or outdoor education, though not necessarily at the full-time professional level. This minor consists of 18 SH:

CHST 212 Introduction to Youth Ministry. . . . .3  
 HE 201 First Aid . . . . .1  
*[WEA, WAEA, WFR or WEMT (with CPR credential) will satisfy]*  
 PSYC 202 Developmental Psychology . . . . .3  
 \*REC 101 Foundations of Christian Camping and Outdoor Ministry . . .3  
 \*REC 201 Recreational Programming: Design and Implementation . . . . .2  
 REC 203 Sophomore Recreation Practicum. . . . .1  
 \*REC 302 Experiential Education and Adventure Leadership . . . . .2  
*Choose three courses from the following list:*  
 \*PE 134 Challenge Course Leadership.1  
 \*PE 137 Recreational Games . . . . .1  
 \*PEG 111 Backcountry Travel . . . . .1  
 \*PEG 113 Canoeing . . . . .1  
 PEG 118 Lifeguarding . . . . .1  
 \*PEG 119 Cave Exploration . . . . .1  
 PEG 127 Technical Rock Climbing. . .1  
 \*REC 402 Wilderness Seminar . . . . .3

## Majors Activity Courses (PE)

These courses provide students the opportunities and learning experiences necessary to develop expertise in the techniques, strategies, progressions, methodologies and organizational structure of the activity while enhancing personal skill development and fitness. The following courses are open to non-majors by consent of instructor.

<b>* 131</b>	<b>Net Games</b>	<b>1</b>
<b>* 132</b>	<b>Territorial Games</b>	<b>1</b>
<b>* 133</b>	<b>Target and Fielding Games</b>	<b>1</b>
<b>*^134</b>	<b>Challenge Course Leadership</b>	<b>1</b>
<b>* 135</b>	<b>Track and Field</b>	<b>1</b>
<b>136</b>	<b>Rhythmic Activities</b>	<b>1</b>
<b>* 137</b>	<b>Recreational Games</b>	<b>1</b>
<b>*231</b>	<b>Movement Education</b>	<b>1</b>

## General Activity Courses (PEG)

These courses are designed to provide opportunities for skills improvement, knowledge of the activity, fitness improvement and the enjoyment of participation. Some classes are not offered every year.

<b>*^110</b>	<b>Aerobic Cross-Training</b>	<b>1</b>
<b>*^111</b>	<b>Backcountry Travel</b>	<b>1</b>
<b>*^112</b>	<b>Bowling</b>	<b>1</b>
<b>*^113</b>	<b>Canoeing</b>	<b>1</b>
<b>114</b>	<b>Cycling</b>	<b>1</b>
<b>115</b>	<b>Fitness, Conditioning and Weight Training</b>	<b>1</b>
<b>*^116</b>	<b>Golf</b>	<b>1</b>
<b>* 117</b>	<b>Jogging/Walking</b>	<b>1</b>
<b>^+118</b>	<b>Lifeguarding</b>	<b>1</b>
<b>*^119</b>	<b>Cave Exploration</b>	<b>1</b>
<b>^120</b>	<b>Competition Racquetball/Table Tennis</b>	<b>1</b>
<b>^121</b>	<b>Skiing</b>	<b>1</b>
<b>^122</b>	<b>Snowboarding</b>	<b>1</b>
<b>* 123</b>	<b>Soccer</b>	<b>1</b>
<b>* 124</b>	<b>Strength Training</b>	<b>1</b>
<b>*^125</b>	<b>Beginning Swimming</b>	<b>1</b>
<b>^+126</b>	<b>Intermediate Swimming</b>	<b>1</b>
<b>^127</b>	<b>Technical Rock Climbing</b>	<b>1</b>
<b>* 128</b>	<b>Beginning Tennis/Badminton</b>	<b>1</b>
<b>*+129</b>	<b>Intermediate Tennis</b>	<b>1</b>
<b>* 130</b>	<b>Beginning Volleyball</b>	<b>1</b>

+ skill pre-assessment required    ^ extra fee required

## Varsity Sport Credit (PEV)

Students may earn one semester hour of elective credit per season for participation on a varsity athletics team or for serving as an athletic trainer. These credits receive pass-fail grading. Requirements include starting and finishing the season on the team, being an active team member in good standing, and completing an acceptable reflection paper on the selected topic.

### PEV

<b>151 Varsity Baseball</b>	<b>1</b>
<b>152 Varsity Basketball (Men)</b>	<b>1</b>
<b>153 Varsity Basketball (Women)</b>	<b>1</b>
<b>154 Varsity Cross Country</b>	<b>1</b>
<b>155 Varsity Field Hockey</b>	<b>1</b>
<b>156 Varsity Soccer (Men)</b>	<b>1</b>
<b>157 Varsity Soccer (Women)</b>	<b>1</b>
<b>158 Varsity Softball</b>	<b>1</b>
<b>159 Varsity Track and Field</b>	<b>1</b>
<b>160 Varsity Volleyball (Women)</b>	<b>1</b>
<b>161 Varsity Volleyball (Men)</b>	<b>1</b>

### HEV

<b>101 Basic Athletic Training I</b>	<b>1</b>
--------------------------------------	----------

## Health (HE)

<b>201 First Aid</b>	<b>1</b>
Principles of administering first aid and adult CPR in all aspects to victims of accidents and sudden illnesses are covered. WFA, AWFA, WEMT, WFR or Red Cross standard first aid (all with CPR credential) will satisfy.	
<b>202 Health and Safety</b>	<b>2</b>
This survey course examines general health and safety issues. As a state requirement for education licensure, the course content includes not only general information but also signs and symptoms of various disease states and possible means of intervention. Students are encouraged to evaluate their lifestyles to determine where modification would be beneficial.	
<b>301 Athletic Training</b>	<b>2</b>
This course provides instruction in basic procedures for prevention, maintenance and rehabilitation of athletic injuries. Provides laboratory experience in taping, wrapping and usage of various modalities. Prerequisites: BIOL 122, HE 201.	
<b>302 Family Life and Sexuality</b>	<b>2</b>
This course provides prospective teachers and youth workers with opportunities for instruction and values exploration in family dynamics and personal sexuality.	

- \*401 Health Methods** **2**  
The purpose of this course is to prepare students to meet the challenge of teaching health in elementary and secondary schools. Various methods, materials and evaluation techniques are examined. This course must be taken as part of the secondary physical education professional block (ED 351, PE 402). Prerequisite: Admission to Teacher Education. (Fall 2011)

## Physical Education (PE)

- \*101 Introduction to Health, Physical Education and Recreation** **3**  
This course introduces fundamental theories, applications and personal experiences necessary for a comprehensive understanding of relationships between fitness and physical activity to overall health and wellbeing throughout the lifespan. This course is designed to equip students for lifelong understanding of themselves as integrated physiological, psychological and sociological entities. Covers psychological and social-psychological antecedents and consequences of exercise, physical activity, and sports participation. Emphasizes theory and research on personality, motivation, arousal, cognition, attributions, attitudes, self-efficacy, leadership effectiveness, and group-dynamics. (Spring 2012)
- \*201 Principles of Coaching** **2**  
This course addresses issues common to all sporting experience (team management, practice organization, budgeting, facility and equipment usage, administrative relationships and scheduling). Class activities draw on life and sport experiences of students to develop principles of effective coaching at the community youth sports, middle and high school, and college levels. (Fall 2011)
- 202 Coaching Methods and Strategies (sport-specific)** **1**  
This individualized course invites students to study coaching approaches, conditioning, strategies and skill teaching in the sport of their choice. This course is not available for first-year students.
- 203 Coaching Practicum** **1-2**  
This practicum provides an on-the-job learning experience for students. A supervised placement is secured in a coaching role in a local youth sports or educational program. This course is not available for first-year students.
- 301 Adapted Physical Education** **3**  
This is a combined study of academic course work and practicum experiences designed to educate the student to meet the physical, motor, personal-social and learning needs of exceptional individuals, particularly those individuals with disabilities whose needs cannot be met in a mainstreamed physical education setting.
- 302 Motor Learning** **2**  
The primary intent of this course is to become familiar with the learner, the learning environment and the process of learning in the motor skill context to provide physical educators and coaches with instructional decisions.

- \*401 Elementary Physical Education 3**  
This course exposes students to elementary physical education history, theory, and practice and encourages them to develop appropriate teaching and management skills. This course must be taken as part of the elementary physical education professional block (also includes PE 231). Course prerequisites: ED 101, 251, PE 301, and 302. Admission prerequisites: First semester of block courses: Admission to Teacher Education recommended, 2.7 cumulative GPA and Praxis I scores required. Second semester of block courses: Admission to Teacher Education required. (Fall 2012)
- \*402 Middle and Secondary Physical Education 3**  
This course provides students the opportunity to develop the appropriate teaching and management skills for the middle and secondary physical education setting. This course must be taken as part of the secondary physical education professional block (also includes ED 351 and HE 401). Course prerequisites: ED 101, 201, 252, HE 202, 302, and MATH 140. Admission prerequisites: First semester of block courses: Admission to Teacher Education recommended, 2.7 cumulative GPA and Praxis I scores required. Second semester of block courses: Admission to Teacher Education required. (Fall 2011)
- \*403 Management and Assessment of Physical Activity 3**  
This course is designed to prepare students to effectively assess and manage student learning in physical activity settings. Course content includes: basic theoretical and practical knowledge in measurement and evaluation techniques, developmentally appropriate assessment strategies, fundamentals of planning activities, analyzing tasks, classroom management in physical activity settings, providing feedback, and school organization, school law, and legal liability for the supervision and administration of physical education and athletic programs. (Fall 2012)
- \*404 Exercise Physiology and Kinesiology 4**  
This course introduces physical education majors to two exercise science disciplines. Exercise physiology explores the effects of physical activity on physiological processes and the effects of various physiological states on performance. This segment of the course explores the acute responses and chronic adaptations of the body to the stresses of exercise. Kinesiology examines quantitative and qualitative descriptions of movement through task and video analysis of human movement. This segment of the course applies fundamental kinesiology and biomechanical principles to the human musculoskeletal system. Applications for physical educators and coaches are a primary focus. Prerequisites: BIOL 112, BIOL 122 and PEG 115. (Fall 2012)
- \*405 Fitness Administration and Assessment 2**  
This class promotes familiarity and proficiency with methods and instrumentation in administering and assessing individual fitness and establishing a base for developing exercise prescriptions and other lifestyle alternatives to improve health and fitness. This class includes advanced study in administration of prescribing and assessing of the acute and chronic adaptations of the body to the stresses and health benefits of exercise students encounter. An application of theories and practices that will prepare them for an accredited health and fitness certification. Prerequisites: BIOL 112, BIOL 122, PE 404. (Spring 2012)
- 406 Applied Exercise Science Practicum 1**  
This individualized course provides practical experience for upper level exercise science minors in professional adult fitness or sports medicine settings. This course is not available for first-year students.
- 499 Independent Study 1-3**

# Recreation (REC)

- \*101 Foundations of Christian Camping and Outdoor Ministry** **3**  
This class introduces students to the historical tradition, philosophies, and various forms of practice in Christian camping and its evolution into retreat programming, outdoor education, wilderness expeditions, and targeted growth experiences. (Spring 2013)
- \*201 Recreational Programming: Design and Implementation** **2**  
Prospective recreation leaders identify various theories of participation, explore the philosophies of recreation and acquire the skills of the leisure program planning process. (Fall 2012)
- \*202 Facility Design and Supervision in Sports and Recreation** **2**  
This class follows the facility planning and design process, from establishing and defining the need, to programmatic prioritization, to blueprint and specification development. Issues of supervision, management, and cost are considered. Applications will be for commercial and non-profit organizations; planning for both outdoor and indoor areas are addressed. (Spring 2013)
- 203 Sophomore Recreation Practicum: OMAL** **1**
- 204 Sophomore Recreation Practicum: RASL** **1**  
This is an opportunity for students to explore involvement in the fields of Outdoor Ministry and Adventure Leadership or Recreation and Sport Leadership. A seasonal-level employment or volunteer position will be secured, with a suggested clock-hour involvement of fifty hours. Options include working in a university or high school athletic department, or counseling at a summer camp. Assignments will include several reflective exercises asking the student to explore characteristics of the profession and personal suitability to the field.
- \*301 Recreation and Sport in Modern Society** **3**  
This course surveys the role of recreation and leisure in various cultures and from several vantage points. Specific study lenses include the anthropological, psychological (motivations), sociological, the ethical/theological and the socio-economic. Students analyze and critique the various functions that recreation and sport fulfill in culture. (Spring 2012)
- \*302 Experiential Education and Adventure Leadership** **2**  
The outdoor setting provides unique educational opportunities as the learner interacts with the natural environment. This course prepares prospective recreation leaders to design, implement and evaluate various outdoor curriculum models and teaching strategies. (Fall 2011)
- 303 Adventure Leadership Seminar** **1-3**  
This project-oriented independent study deepens a student's individual preparation in adventure leadership. Topical areas can include risk management, adventure program design, leadership training, group behavior, or nature/wilderness.
- \*402 Wilderness Seminar** **3**  
This three-week wilderness experience encourages students to develop leadership skills and outdoor living competencies. Opportunities for personal growth are encountered in physical challenges, small group dynamics and personal reflection. (Summer 2012)

**403 Senior Recreation Internship: OMAL** **4**

**404 Senior Recreation Internship: RASL** **4**

This course is the culminating professional development experience for Outdoor Ministry and Adventure Leadership and Recreation and Sport Leadership majors. The involvement consists of a pre-professional or entry level position in a related organization or agency, preferably emphasizing the student's specialty or concentration. The time commitment is a minimum of two hundred clock hours. Assignments include a personal journal, a time log, and various reflective pieces asking the student to apply theory to practice, and evaluate personal suitability to the field. Monitoring and evaluation is conducted by an on-site supervisor, with an EMU faculty assigned as institutional liaison. Prerequisites: REC 203 or 204, HE 201 or equivalent and departmental approval of sophomore review.

**499 Independent Study** **1-3**

*\*Indicates courses offered in alternate years.*