

EXERCISE SCIENCE, PHYSICAL EDUCATION, & RECREATION

EPER 100L Wilderness Technical Skills 1(0-2)

Fall.

Introduction to wilderness skills paramount for outdoor leadership competence. Students will learn and demonstrate technical skills.

Prerequisite: None.

Corequisites: None.

Registration Information: None.

EPER 101 Intro to EXPER 2(2-0)

Fall, Spring.

Introduction to fundamentals of exercise science, physical education, and recreation professions. Overview of fitness, conditioning, athletic training, recreation and school-based programs, and career opportunities.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 102 Mountain Orientation 2(1-2)

As Needed.

An intensive one-week field experience in the Colorado mountains. Clothing and equipment selection, nutrition and rations planning, back country conservation and sanitation, navigation, and trail techniques.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 103 Winter Orientation 2(1-2)

As Needed.

An intensive one-week ski tour experience in the Colorado mountains. Group dynamics, leadership, and expedition behavior. Travels hut to hut with some winter camping.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 104 Desert Orientation 2(1-2)

As Needed.

An intensive one-week desert camping and backpacking experience, accompanied by nine lectures in preparation for the trip. Natural and cultural history, desert conservation, group dynamics.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 105 Canyon Orientation 2(1-2)

As Needed.

Students will develop proficiency in canyon travel, group camping, and will explore the geology, geography, and ecology of the canyon country.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 106L Martial Arts and Self-Defense 1(0-2)

As Needed.

Overview of the history, philosophy and techniques of martial arts and self-defense. Includes skill development of physical techniques.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 107L Triathlon 1(0-2)

As Needed.

This course is designed to prepare individuals to successfully complete a sprint distance (500 meter swim, 20K bicycle and 5K run or the equivalent) triathlon.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 108L Yoga 1(0-2)

As Needed.

This course will focus on key concepts in basic yoga resulting in development of valuable life skills related to creating healthy lifestyles.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 109L Volleyball 1(0-2)

As Needed.

An introduction to the fundamental skills, rules and strategies used in power volleyball.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 110L Weight Training 1(0-2)

As Needed.

An introduction to basic strength evaluation, fundamental machine and free weight techniques and safety concepts in the weight room.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 111 Commitment to Academic Excellence 1(1-0)

Fall, Spring.

Supports the academic progress of the Student-Athlete toward intellectual development and adjustment to college life academically, athletically and socially. Various resources will be presented.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 112L Rock Climbing 1(0-2)

Spring.

An introduction to the basic understanding of rock climbing, equipment, Leave No Trace environmental ethics and rock climbing as an outdoor recreational activity.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 113L Whitewater Boating 1(0-2)

As Needed.

Introduction class in which the following skills are taught: basic strokes, Eskimo rolling, how to read water, and clothing requirements. The class will include lecture, pool, and river trip sessions.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 114L Basic Mountaineering Techniques 1(0-2)

Fall.

Students will learn necessary information and techniques including clothing, equipment, physical conditioning, stewardship, access, knot tying, and will participate in an incline climb.

Prerequisites: None.

Corequisites: None.

Registration Information: Basic outdoor skills highly recommended.

EPER 116L Camping 1(0-2)

As Needed.

A basic camping class designed to teach the fundamentals of self-sufficient tent camping. Emphasizes clothing, equipment selection, nutrition, and Leave No Trace guidelines.

Prerequisites: None.

Corequisites: None.

Registration Information: Basic outdoor skills highly recommended.

EPER 117L Backpacking 1(0-2)

Fall.

Introduction course on the basics of traveling in the back country with everything one needs in their backpack. Clothing, equipment, orienteering, first aid, route and campsite selection are emphasized during required trips.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 118L Fly Fishing 1(0-2)

As Needed.

An introduction to the basic concepts of fly-fishing. This course includes classroom sessions and field experiences that promote the development and application of practical skills.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 119L Walking for Fitness 1(0-2)

As Needed.

The introduction and development of skills, safety, understanding of body functions and basic conditioning related to aerobic fitness through walking.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 120L Introduction to Search and Rescue 1(0-2)

As Needed.

This course is an introduction to Search and Rescue. Topics include; Incident command systems, search philosophy, strategy, tactics, lost person behavior, equipment, travel and navigation.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 121L Aerobics Instructor Training 1(0-2)

As Needed.

Study in leading a safe and effective aerobic exercise activity including working with diverse groups. Students receive background to sit for a national certification exam.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 122L Military Physical Training 1(0-2)

Fall, Spring.

Introduction to physical fitness and training. Students participate in practical training and learn the basics of fitness, nutrition and flexibility.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 123L Zumba 1(0-2)

Fall, Spring.

Zumba is a non-competitive fitness dance program which teaches students to perform steps such as the salsa, meringue, cha-cha, samba, tango, reggaeton, and calypso.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 124L Tai Chi 1(0-2)

As Needed.

Complete form of Tai Chi postures based on Yang/Sun Style will be practiced. Mandarin terminology, health philosophy and Taijiquan will be defined and discussed.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 125L Snow Sports 1(0-2)

Spring.

Beginning fundamental snowboarding and skiing. Students choose level 1-3 skiing and/or boarding lesson at Colorado ski resort. Emphasis on safety, equipment, clothing and trip planning.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 126L Personal Fitness 1(0-2)

As Needed.

Students will learn how to evaluate their personal fitness level and develop a comprehensive exercise program beneficial to their overall health and wellness.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 127L Jogging 1(0-2)

As Needed.

An introduction to walking/jogging/running techniques, training programs, fitness assessment, appropriate footwear and safety considerations.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 128L Aerobics 1(0-2)

As Needed.

Introduction and participation in the techniques used in rhythmic aerobic dance. Students are able to select from a variety of formats including but not limited to floor aerobics, step aerobics, and aqua-aerobics.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 143L Folk, Square, and Ballroom Dance 1(0-2)

As Needed.

Overview of the music and dance techniques used in Folk, Square and Ballroom dancing.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 146L Beginning Swimming 1(0-2)

As Needed.

Introduces the knowledge and skill necessary to handle the body with ease in the water and covers basic mechanical, physiological, and psychological concepts.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 162 Personal Health 3(3-0)

Fall, Spring, Summer.

The development of knowledge and the scientific basis for the analysis, evaluation and promotion of personal health and wellness.

Prerequisites: None.

Corequisite: None.

Registration Information: None.

(Gen Ed: ST)

EPER 162L Personal Health Lab 1(0-2)

Fall, Spring, Summer.

Optional experiential lab studies to augment EPER 162.

Prerequisites: None.

Corequisite: None.

Registration Information: None.

(Gen Ed: ST)

EPER 174L Tennis 1(0-2)

As Needed.

An introduction to the fundamental skills, rules and strategies used in the game of tennis.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 175L Racquetball 1(0-2)

As Needed.

An introduction to the fundamental skills, rules and strategies used in the game of racquetball.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 176L Life Guard Training 2(1-2)

As Needed.

American Red Cross lifeguard certification course that prepares successful candidates to be certified in Lifeguarding, First Aid, and CPR. A swimming pre-test must be passed the first day of class.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 187L Intercollegiate Sports I 2(0-4)

Fall, Spring.

Participation in an intercollegiate sports program. Course registration is limited to freshman competing in a varsity sport program offered by CSU Pueblo.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 201 Drugs and Healthy Lifestyles 3(3-0)

Fall.

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

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 205L Snow Sports II 1(0-2)

Spring.

For students with experience in snow sports including skiing and/or snowboarding. Emphasis on safety and techniques of telemark skiing, cross country skiing, and snowshoeing.

Prerequisites: None.

Corequisites: None.

Registration Information: Ski or snowboard experience strongly suggested.

EPER 208L Yoga II 1(0-2)

Fall, Spring.

For students with prior experience in yoga. Emphasis on creating balance in both strength and flexibility through the performance of a variety of postures.

Prerequisite: None.

Corequisite: None.

Registration Information: Previous yoga experience strongly recommended.

EPER 211 Commitment to Service 1(1-0)

Fall, Spring.

Life skills for Sophomore Student-Athletes to enhance their experience by engaging the student in service to his or her campus and surrounding communities.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 222 Behavior Facilitation 3(3-0)

Fall, Spring.

Study the influence of social and behavioral systems on health. Emphasis on the fundamentals of self-directed behavior change, health dysfunctions, and stress management.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 233 History & Principles of Physical Education & Rec 2(2-0)

Fall.

Study of the history, philosophy and perspectives of physical education and recreation, and their influence upon contemporary American society.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 240 Recreation Program Design 3(3-0)

Fall.

Rationale supporting and methods of conducting recreation programs in a wide variety of public, private, voluntary and commercial recreation agencies.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 243 Methods of Rhythmic Activities 2(2-0)

Spring.

Fundamentals of folk, square and social dance; emphasis on the teaching techniques involved in basic dance styles and rhythms.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 245 Motor Learning and Development 3(3-0)

Spring.

Applied analysis of motor learning and motor development principles and theories throughout the human life span.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 246L Methods of Swimming 1(0.5-1.5)

Fall.

Instruction in methods of teaching techniques, stroke analysis, class organization, pool safety, and pool maintenance. Practice teaching assignments with practical and written final exams.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 249 Challenge Course Leadership 2(2-0)

Fall, Spring.

This course is designed to teach knowledge, skills, and methods necessary to facilitate challenge course programs in a variety of settings for specific client groups.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 250 Commercial Recreation and Tourism 3(3-0)

Fall.

Designing for-profit recreation programs and facilities that are linked to tourism. Practical approach to programming in a commercial setting.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 270 Outdoor Leadership I 2(1-2)

Fall.

An introduction to the concepts of outdoor leadership including a field experience focused on the application of theoretical and practical concepts.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 276L Water Safety Instructor Certification 2(1-2)

As Needed.

Water safety instruction certification may be earned in this course.

Prerequisite: EPER 176L.

Corequisite: None.

Registration Information: Permission of instructor.

EPER 280 Foundations of Therapeutic Recreation 3(3-0)

Fall.

Prescribed recreational activities as clinical treatment modality for impaired clients. Services for developmentally delayed, law offenders, psychologically impaired, sensory impaired, physically disabled, disadvantaged or aging.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 287L Intercollegiate Sports II 2(0-4)

Fall, Spring.

Participation in an intercollegiate sports program. Course registration is limited to sophomore student-athletes competing in a varsity sport program offered at CSU Pueblo.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 291 Special Topics (1-5 V)

As Needed.

Special Topics.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 301 Fitness Technology & Applications 1(1-0)

Fall, Spring.

Students will analyze and apply technology utilized in the fitness and exercise science industry through experiential learning strategies.

Performance analysis, HRV, body comp, and other current trends will be explored.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 310L Adv Methods Strength & Conditioning 2(1-2)

Spring.

Integration of the science and application of strength and conditioning methods. Emphasis on learning to perform and teach advanced strength, power, and functional movement techniques.

Prerequisite: EPER 110L.

Corequisite: None.

Registration Information: Permission of instructor.

EPER 320 NSCA Test Preparation 3(3-0)

Spring.

This course is designed to prepare students to take the National Strength and Conditioning Association Certified Personal Trainer or Strength and Conditioning Specialist certification exams.

Prerequisite: BIOL 223 and 223L and EPER 344 and 344L.

Corequisite: None.

Registration Information: None.

EPER 322 Wilderness First Aid 2(2-0)

Fall.

Course teaches theory, knowledge, and skills needed for basic medical treatment and evacuation in the wilderness. Involves 3 days of medical training, scenarios and testing.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 343 Research and Statistics 3(3-0)

Fall, Spring, Summer.

Introduction to the use of measurement and research. Emphasis on reviewing and interpreting professional literature, interpreting basic statistics and understanding the concepts underlying successful evaluation.

Prerequisite: MATH 101 or MATH 120 or MATH 156.

Corequisite: None.

Registration Information: None.

EPER 344 Exercise Physiology 3(3-0)

Fall, Spring.

Physiologic control of the human body during acute exercise, and adaptations to regular exercise stress. Emphasis on relationships among health, fitness, and exercise. Prerequisite: BIOL 223 and BIOL 223L and BIOL 224 and BIOL 224L; EPER 343; MATH 101 or MATH 120 or MATH 156.

Corequisite: None.

Registration Information: None.

EPER 344L Exercise Physiology Lab 1(0-2)

Fall, Spring.

Extension of course lecture which provides practical experience in laboratory experiments which address exercise and exercise theory.

Prerequisite: BIOL 223 and BIOL 223L; BIOL 224 and BIOL 224L; EPER 343; MATH 101 or MATH 120 or MATH 156.

Corequisite: None.

Registration Information: None.

EPER 345 Methods of Physical Activities & Games I 2(2-0)

Fall.

Teaching procedures, skills and techniques of physical activities and games (e.g. adventure education, soccer, basketball, team handball and lacrosse).

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 346 Methods Physical Activities & Games II 2(2-0)

Spring.

Teaching procedures, skills and techniques of physical activities and games (e.g. volleyball, football, hockey, track/field and softball).

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 347 Methods of Fitness Instruction 1(1-0)

Fall, Spring.

Emphasis on teaching procedures for lifetime fitness activity (e.g. weight training, aerobics, plyometrics, exercise balls, jump rope, HR monitors, cardio kickboxing, and pedometers).

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 348 Methods of Individual and Dual Sports 3(3-0)

Fall.

Basic skills and techniques of tennis, racquetball, badminton and golf; emphasis on teaching procedures in these activities.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 349 Methods of Outdoor PE & Sustainability 2(2-0)

Fall.

Prepares teachers with skills/knowledge to teach outdoor physical education and sustainability in schools including technical leader skills and sustainability education activities using playgrounds, trails, and natural areas.

Prerequisite: EPER 233.

Corequisite: None.

Registration Information: None.

EPER 350 Leadership and Ethics 3(3-0)

Spring.

Addresses leadership techniques and styles, leadership theory, group dynamics, and ethical considerations in recreation.

Prerequisite: EPER 101.

Corequisite: None.

Registration Information: Junior or senior standing. Permission of instructor.

EPER 351 Methods of Teaching Elem Physical ED 3(3-0)

Fall.

Study of effective teaching for elementary children including; maximizing student learning, student and self-assessment, utilization of resources, planning, implementation and revision. 30 hours field experience.

Prerequisites: None.

Corequisites: None.

Registration Information: Acceptance into Teacher Education Program.

EPER 360 Outdoor Education 3(3-0)

Fall.

Concepts and methods of outdoor education and interpretation. Students learn to teach outdoor living skills and natural history using experiential methods in an outdoor setting.

Prerequisites: None.

Corequisites: None.

Registration Information: None.

EPER 362 Methods of Health Education 2(2-0)

Spring.

Evaluation of current health topics such as human sexuality, violence, environmental and psychoneuroimmunology and their impact on the health of the individual and community.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 364 Kinesiology 3(3-0)

Fall, Spring.

Integration of fundamentals of anatomical and structural components of human movement with the study of fundamental body movements and the primary muscles involved in those movements.

Prerequisites: BIOL 223 and BIOL 223L.

Corequisites: None.

Registration Information: None.

EPER 370 Outdoor Leadership II 2(1-2)

Spring.

A practical application of the concepts and theory introduced in REC 270. Students will be required to plan and lead REC 104.

Prerequisite: EPER 270.

Corequisite: None.

Registration Information: None.

EPER 375 Research and Evaluation of Recreation 3(3-0)

Fall.

Provides an overview of research designs and methodologies using recreation participation data, for needs assessment and program evaluation.

Prerequisite: MATH 109.

Corequisite: None.

Registration Information: None.

EPER 381 Environmental Interpretation 3(3-0)

As Needed.

History, philosophy, and techniques of interpreting our natural and cultural heritage to visitors in natural resource-based parks. Addresses public, private, and non-profit agencies.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 389 Recreation Practicum 3(0-3)

Fall, Spring, Summer.

Involves selected practical experiential opportunities in Recreation Leadership. Minimum of 150 hours of practical experience in a selected recreation agency.

Prerequisite: REC 280 and REC 360.

Corequisite: None.

Registration Information: None.

EPER 400 Workshop (1-5 V)

As Needed.

Learning experience in physical education offered in large blocks of time not corresponding to the weekly meeting times of the regular course offerings.

Prerequisite: None.

Corequisite: None.

Registration Information: Approval of program chair.

EPER 432 Applied Sport & Exercise Psychology 3(3-0)

Spring.

The course is designed to acquaint the student with the direct application of psychological theories and techniques for the enhancement of both sport and exercise.

Prerequisite: None.

Corequisite: None.

Registration Information: PSYC 205 strongly recommended.

EPER 436 Exercise Assessment 3(3-0)

Fall, Spring.

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.

Prerequisite: EPER 344 and EPER 344L.

Corequisite: None.

Registration Information: None.

EPER 440 Biomechanics 3(3-0)

As Needed.

Course reviews application of basic physics and anatomy for analysis of complex human movement focusing on improving movement efficiency and reducing the potential for injury.

Prerequisite: BIOL 223 and BIOL 223L; EPER 364; MATH 101 or MATH 120 or MATH 156.

Corequisite: None.

Registration Information: None.

EPER 461 Managing Programs in EXHPR 3(3-0)

Spring.

Organizational and administrative functions used in a modern management approach to programs in Physical Education, Health Promotion, Athletics, Fitness, and Recreation.

Prerequisite: None.

Corequisite: None.

Registration Information: Senior standing.

EPER 464 Adapted Physical Education 3(3-0)

Spring, Odd.

Programs for diverse populations in physical education; emphasis on environments, diseases and injuries which cause individuals to require special attention.

Prerequisite: None.

Corequisite: None.

Registration Information: BIOL 223 and BIOL 223L strongly recommended.

EPER 465 Adapted Physical Education 3(3-0)

Spring, Odd.

Programs for diverse populations in physical education; emphasis on environments, diseases and injuries which cause individuals to require special attention.

Prerequisite: None.

Corequisite: None.

Registration Information: BIOL 223 and BIOL 223L strongly recommended.

EPER 469 Coaching/Officiating Track & Field 2(2-0)

As Needed.

Techniques and strategies of coaching and officiating track and field.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 470 Methods of Coaching 3(3-0)

Fall.

Study of the science and art of coaching. Understanding of the physical, mental, and emotional demands of coaching. Required course for coaching certification in Colorado.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 471 Coaching & Officiating Football 2(2-0)

As Needed.

Techniques and strategy of coaching and officiating football.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 472 Coaching and Officiating Basketball 2(2-0)

As Needed.

Techniques and strategy of coaching and officiating basketball.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 475 Coaching and Officiating Volleyball 2(2-0)

As Needed.

Techniques and strategy of coaching and officiating volleyball.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 478 Methods of Secondary Physical Education 3(2-2)

Fall.

Study of effective teaching with emphasis on teaching methods, student learning time, classroom management and program planning.

Prerequisite: EPER 351.

Corequisite: None.

Registration Information: 30 hours field experience and admission to Teacher Education Program.

EPER 480 Business of Tourism 3(3-0)

Spring.

An in-depth examination of tourism theory and methods with a regional scope. This course utilizes a business lens to apply skills in a specialized tourism context. Special attention is focused on challenges within tourism.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 481 Sustainable Practices 3(3-0)

As Needed.

Sustainable, long-term strategies for ecological survival and environmental stabilization, discussed from the perspectives of ethics, economics and political processes. Includes community research and service projects.

Prerequisite: BIOL 121 and BIOL 121L.

Corequisite: None.

Registration Information: None.

EPER 482 Coaching and Officiating Wrestling 2(2-0)

As Needed.

Techniques and strategy of coaching and officiating wrestling.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 483 Coaching and Officiating Baseball 2(2-0)

As Needed.

Techniques and strategy of coaching and officiating baseball.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 484 Outdoor Resources & Management 3(3-0)

Spring.

Examination of the outdoor recreation experience, the organization of resource-based recreation management and key outdoor recreation policy issues.

Prerequisite: EPER 101.

Corequisite: None.

Registration Information: Junior or senior standing. Permission of instructor.

EPER 485 Recreation Facility Design/Management 3(3-0)

As Needed.

Presentation of basic elements of design and management of recreational facilities, taking into account the interaction between natural resources and man-made structures.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 486 Coaching And Officiating Soccer (2 V)

As Needed.

Techniques and strategies of coaching and officiating soccer.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 491 Special Topics (1-5 V)

As Needed.

Special Topics.

Prerequisite: None.

Corequisite: None.

Registration Information: Permission of Instructor.

EPER 492 Research (1-6 V)

Fall, Spring, Summer.

Research project conducted in collaboration with a faculty member.

Prerequisite: None.

Corequisite: None.

Registration Information: Approval of a faculty member.

EPER 493 Seminar 2(2-0)

Spring.

Advanced in-depth examinations of contemporary issues in leisure/recreation. Includes student-led discussions, in-depth term projects and comprehensive examinations. Interview and resume' preparation are emphasized.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 494 Field Experience (1-6 V)

Fall, Spring, Summer.

Supervised experiential learning conducted in the professional environment. Experiences/projects must represent the exercise science, recreation or coaching fields. Site supervisor will have at least 5 years of experience.

Prerequisite: None.

Corequisite: None.

Registration Information: Approval of the field experience coordinator.

EPER 495 Independent Study (1-5 V)

As Needed.

Independent Study.

Prerequisite: None.

Corequisite: None.

Registration Information: Approval of Department Chair.

EPER 498 Internship 12(0-36)

As Needed.

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: None.

Corequisite: None.

Registration Information: Senior standing. Completion of all other degree requirements. 2.50 GPA in the major. Internship coordinator approval.

EPER 500 Workshop (1-5 V)

As Needed.

Graduate learning experience in physical education offered in large blocks of time not corresponding to the weekly meeting times of the regular course offerings.

Prerequisite: None.

Corequisite: None.

Registration Information: Approval of program chair.

EPER 501 Advanced Fitness Tech & Applications 1(1-0)

As Needed.

Advanced analysis of technology utilized in the fitness and exercise science industry through experiential learning strategies. Performance analysis, HRV, body comp, and other current trends will be applied in field setting.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 522 Methods of Elementary Physical Education 3(3-0)

As Needed.

Advanced study of effective teaching for elementary children including; maximizing student learning, student and self-assessment, utilization of resources, planning, implementation and revision.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 529 Curriculum in Physical Education 2(2-0)

Summer.

The advanced study of physical education curriculum models, planning, and evaluation.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 532 Applied Sport & Exercise Psychology 3(3-0)

As Needed.

This course will explore advanced application of psychological theories and techniques for the enhancement of both sport and exercise.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 536 Community Health 3(2-2)

Fall.

Advanced study of the aspects of community and public health, functions of health services, and application of community health theory.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing.

EPER 549 Facilitation of Adventure Education 3(3-0)

Summer.

Planning and implementing adventure activities that provide challenge, choice, and opportunities for personal and group growth. Emphasis on program development, facilitation techniques.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 550 Leadership and Ethics 3(3-0)

Spring.

Advanced study of leadership techniques and styles, leadership theory, group dynamics, and ethical considerations in recreation.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 560 Outdoor Education 3(3-0)

Fall.

Advanced study of the concepts and methods of outdoor education and ethics. Students will assess outdoor living skills and ecological concepts using experiential methods.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 562 Contemporary Issues In Hpe 3(3-0)

As Needed.

Advanced study of current health topics affecting schools including human sexuality, violence, modification of disease risks, and drug use/abuse. Emphasis on teaching decision making.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 565 Adapted Physical Education 3(3-0)

Spring, Odd.

Advanced study of programs for diverse populations in physical education; emphasis on environments, diseases and injuries which cause individuals to require special attention.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 569 Outdoor Leadership I 2(1-2)

Fall.

Concepts of outdoor leadership including field experience focused on the application of theoretical and practical ideas and research.

Prerequisite: None.

Corequisite: None.

Registration Information: None.

EPER 570 Methods of Coaching 3(3-0)

Fall.

Advanced study of the science of coaching. Understanding of the physical, mental, and emotional demands of coaching. Required course for coaching certification in Colorado.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing.

EPER 571 Outdoor Leadership II 2(1-2)

Spring.

Advanced practicum in outdoor leadership. Includes responsibilities in trip planning, management, evaluation, group facilitation and processing, and natural resource agency relations.

Prerequisite: EPER 569.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 578 Methods of Secondary School PE 3(3-0)

Fall.

Advanced study of effective teaching in secondary schools with emphasis on teaching methods, student learning, classroom management and program planning.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 584 Outdoor Resources and Management 3(3-0)

Spring.

Advanced study of the outdoor recreation experience, the organization of resource-based recreation management and key outdoor recreation policy issues.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 585 Methods in Health Promotion 3(2-2)

Fall.

Advanced planning and implementation skills for a variety of educational methods, strategies and components of health promotion. Focus on educational methods and student learning.

Prerequisite: None.

Corequisite: None.

Registration Information: Graduate standing. Permission of instructor.

EPER 591 Special Topics (1-5 V)

As Needed.

Graduate level study or activity designed to increase understanding in areas not covered by regular offerings of the department.

Prerequisite: None.

Corequisite: None.

Registration Information: Approval of program chair.

EPER 592 Research (1-6 V)

Fall, Spring, Summer.

Graduate level research project conducted in collaboration with a faculty member.

Prerequisite: None.

Corequisite: None.

Registration Information: Approval of a faculty member.

EPER 594 Field Experience (1-6 V)

Fall, Spring, Summer.

Graduate level field experience project completed in coordination with a faculty member.

Prerequisite: None.

Corequisite: None.

Registration Information: Faculty permission.

EPER 595 Independent Study (1-6 V)

Fall, Spring, Summer.

Graduate level independent study completed in coordination with a faculty member.

Prerequisite: None.

Corequisite: None.

Registration Information: Faculty permission.