

# Department of Health and Human Performance

**Dr. Paul Blair, Chair**

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## **Faculty**

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## **Mission**

The mission of the Department of Health and Human Performance is to provide programs which prepare future professionals in the following teaching and non-teaching areas: Teaching and Coaching K-12, Fitness and Health Promotion, Sports Management, Exercise Science, and Athletic Training. The department also offers opportunities for individuals to enroll in physical activity classes in health and leisure activities that enhance the overall wellness of the campus community as well as the surrounding communities. Both faculty and students engage in public service and limited applied research related to needs of the region.

## **Expected Outcomes**

Our students will be facilitators of learning who will:

1. Possess higher order thinking skills.
2. Be effective communicators.
3. Convey methods, knowledge, and skills as they relate to their chosen professions.
4. Reflect upon the learning successfully as evidenced in examples of their writing.
5. Recognize differences and be able to relate to other cultures, races, values, and exceptionalities.
6. Assess performance and provide feedback.
7. Collaborate with others in joint projects.
8. Demonstrate a professional attitude and demeanor.
9. The faculty expects each student who graduates with a major in Health and Human Performance to demonstrate appropriate mastery of the following goals:
  - a. Students will apply the scientific foundations and their application in preparing knowledgeable exercise and sport consumers.
  - b. Students will gain a theoretical and experiential exposure to a variety of culturally determined aspects of human expression through movement, exercise, and sport.
  - c. Students will relate the importance of physical activity in achieving and maintaining an active and healthy lifestyle.
  - d. Students will acquire the professional skills necessary for successful quality program planning, implementation, and evaluation.
  - e. Students will gain an awareness of their personal selves and of appropriate behaviors incumbent upon a Health and Human Performance professional.

## Major (5211, 5215, 5212, 5213, 5214)

The department offers five concentrations within the Health and Human Performance Major: Athletic Training (5211), Exercise Science (5215), Fitness and Health Promotion (5212), Licensure K-12 (5213), and Sports Management (5214). In addition, there are two minors: one in Athletic Coaching and the second in Sports Medicine.

A myriad of career choices is available with a major in Health and Human Performance. Students may choose traditional teaching and coaching positions or nontraditional positions available in recreation, sports administration, fitness centers, or worksite health. They may also prepare for graduate course work in the areas of physical therapy, occupational therapy, cardiac rehab, etc. The academic adviser is available to assist in answering questions and scheduling.

## Admission to Athletic Training Education Program

The Athletic Training Education program follows the guidelines of the National Athletic Trainers' Association (NATA) and prepares candidates for the National Athletic Trainers' Association Board of Certification (NATABOC) examination.

The Athletic Training program is limited to 24 students per year. All candidates must apply to the program in spring of their freshman year to begin the program during fall semester of their sophomore year. The student must provide the following to the Department of Health and Human Performance for consideration:

1. Completion of the formal application
2. Overall minimum grade point average of at least 2.5 on a 4.0 scale
3. Documentation of at least 40 hours of experience, volunteer or otherwise, in an athletic training room, physical therapy clinic, or sports medicine setting
4. Philosophical paper outlining their beliefs toward the profession
5. Two (2) letters of professional reference
6. Minimum of sophomore status in the next academic semester, with completion of Nutrition 100 and Zoology 251
7. Completion of the Technical Standards for Admissions Agreement
8. Documentation of completion of the Health form and proof of immunizations
9. Complete an interview with the Athletic Training Education Program selection committee.

All information will be evaluated and only the top 24 applicants will be accepted into the program. Applicants who are not selected are encouraged to reapply during the next application period.

Transfer students will be accepted through the application process and will be required to complete a minimum of 60 semester hours in the University of Tennessee system.

## Departmental Scholarships

Three \$750 scholarships for first-time freshmen and three \$1,000 scholarships for Health and Human Performance majors are awarded each year by the Health and Human Performance faculty to students demonstrating an outstanding academic record and professional potential. Applications are available in the Health and Human Performance Office (3006 Elam Center) and should be filed no later than February 15 each year.

## **Student Organizations**

The SHAPE Club (Sports, Health, Athletics, Physical Education) is the student professional organization which offers the Health and Human Performance major an opportunity for personal and professional growth through involvement in departmental activities and campus events. Members are frequently selected for leadership positions in the Tennessee Association of Health, Physical Education, Recreation, and Dance and are eligible to receive this organization's Outstanding Student Award. This recognition qualifies them for the regional and National American Alliance of Health, Physical Education, Recreation and Dance Outstanding Student Awards. Since 1987, 11 UT Martin students have received these distinguished recognitions.

## **Practicum**

Majors selecting an Exercise Science, Fitness and Health Promotion, or Sports Management option are required to complete one practicum. The practicum course is a semester-long field experience which includes observation and practical experience in a different setting of the major's chosen concentration. Application must be made one semester in advance of the practicum placement. Each practicum is to be experienced over a full semester for a minimum of three hours per week. Students may not receive compensation as a result of this experience.

## **Athletic Training Clinicals/Internships**

Majors selecting the Athletic Training concentration will be required to take four (4) Athletic Training Clinicals (ATRN 310, 311, 312, 313) under the direct supervision of a NATABOC Athletic Trainer. The clinicals are semester-long field experiences which include observation and practical experience in a campus athletic training room or approved clinical site. These clinicals are to be experienced over a full semester for a minimum of three hours a week or 45 hours per semester. The student will be assigned to a clinical site based on his/her level within the athletic training education program.

The Athletic Training internships (ATRN 491, 492) consist of a minimum of 300 hours of on-site work experience throughout a semester. The athletic training internship serves as a culminating experience for students in the last year of the athletic training education program. Under the direct supervision of the site supervisor, the student is expected to think independently and apply his/her knowledge and skills to the daily operations of the clinical site. The site supervisor and student are responsible for the learning activities that fulfill the required competencies and objectives established for the internships. The student will be assigned to a clinical site based on his/her level within the athletic training education program.

Students may or may not receive compensation as a result of the experiences.

Athletic Training: Additional Costs\*

Liability Insurance - \$25.00 per year

Uniform - \$50.00

Equipment - variable

\*Subject to change.

## **Student Teaching/Internship**

Majors selecting the K-12 Licensure option serve separate seven-and-one-half week student teaching experiences in an elementary school and a secondary school setting. Those majors selecting the Fitness and Health Promotion option serve a 15-week internship in settings such as corporate fitness centers,

hospital wellness centers, or rehabilitative centers. Placement is available in metropolitan areas in and out of the State of Tennessee. For the major selecting the Sports Management option the 15-week internship is served in settings such as sport sales, sport administration, sport organizations, public recreation or professional athletic programs. The Exercise Science 15-week internship may be served in the areas of occupational therapy, physical therapy, cardiac rehabilitation, or kinesiology. Application must be made one semester in advance of the internship placement. All non-licensure internships require a minimum of 40 hours per week equally divided over the semester. No other course work may be taken during the internship without departmental approval, and if so, should not exceed one course or maximum of four hours. Students may or may not receive compensation as a result of this experience.

## B.S. in Health and Human Performance

### Curricular Requirements

The student must complete the following minimal requirements and earn a grade of C or better in all courses taken in the department.

*A. University General Education Core* 35 hours

1. English 111-112.....	6
2. Communications 230.....	3
3. Biology 110 and any human anatomy and/or physiology with lab (Zoology 251 required for Athletic Training).....	8
4. Mathematics (university-wide general education requirement)..	3
5. Computer Science 201 (Human Learning 311 required for licensure)..	3
6. Philosophy 160 .....	3
7. Aesthetics Elective(choose from approved General Education listing.....)	3
8. Global Dynamics Elective (choose from approved General Education listing).....	3
9. Social Dynamics Elective (choose from approved General Education listing).....	3

*B. Additional General Education Requirements* 21/24/32 hours

1. Health 111, 320, and Nutrition Elective.....	9
2. Chemistry 100 or above (Athletic Training and Exercise Science only).....	4
3. Physics 150 or above (Athletic Training and Exercise Science only).....	4
4. Zoology 252 (Athletic Training only) .....	4
5. Aesthetics Elective** .....	3
6. Global Dynamics Elective** .....	6
7. Social Dynamics Elective** .....	6

\*\*Required of all concentrations except Athletic Training

*C. Health and Human Performance Major* 33/34/35 hours

1. Core Requirements.....	18/21/24
a. Human Performance 209, 305, 315, 415, 430, 440.....	18
b. Health 351.....	3
2. World of Practice.....	12/13/14
a. Athletic Training 310, 311, 312, 313, 491, 492 (Athletic Training).....	13
b. Human Performance 316, 491 (Exercise Science) .....	14



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- c. Human Performance 302, 491 (Fitness and Health Promotion) .....14
- d. Human Performance 308, 309, 411\*; Health 410\* (Licensure K-12) .....12
- e. Human Performance 306, 491 (Sports Management) .....14

\*Admission to Teacher Education required

**D. Concentrations**

1. Athletic Training .....36 hours
  - a. Athletic Training 300, 301, 302, 400, 401, 402 .....19
  - b. Health and Human Performance 207, 350, 431, 432 .....12
  - c. Health 303, 440 .....5
2. Exercise Science.....27 hours
  - a. Health 354, 440. ....5
  - b. Human Performance 350, 431. ....6
  - c. Electives .....16  
12 of the 16 hours must be upper-division academic electives selected from: Health, Human Performance, Psychology, Science, Nutrition, Sociology, Education/Human Learning, Military Science, and Athletic Training
3. Fitness and Health Promotion .....32 hours
  - a. Health 352, 353, 354, 440 .....10
  - b. Human Performance 350, 405 .....6
  - c. Electives .....16  
12 of the 16 hours must be upper-division academic electives (unless choosing a **minor in Business**) selected from: Business Administration, Park & Recreation Administration, **Health**, Human Performance, Physical Activity (4 hours maximum), Psychology, Science, Nutrition, Sociology, Education/Human Learning, Military Science, and Athletic Training
4. Licensure: Physical Education and Health K-12 .....40 hours
  - a. Health 352, 353, 354 .....7
  - b. Human Performance 206, 207, 304, 320, 350, 405 .....17
  - c. Special Education 300 .....3
  - d. Teacher Education 401\* .....1
  - e. Teacher Education 405\* .....6
  - f. Teacher Education 406\* .....6

\*Admission to Teacher Education required
5. Sports Management .....29 hours
  - a. Human Performance 304, 405 .....6
  - b. Health 352 or 354 .....2
  - c. Electives .....21  
15 of the 21 hours must be upper-division academic electives (unless choosing a minor in Business) selected from: Business Administration, Park & Recreation Administration, Health, Human Performance, Psychology, Science, Sociology, Education/Human Learning, Military Science, Marketing, or Communications.

**Total required for degree:**

**123-132 semester hours**

## Minors (5240, 5220)

### 1. Athletic Coaching (21 Hours) (M-5240)

Athletic Training 300, Human Performance 207, 305, 405, 430, 490, and three hours selected from Human Performance 460, 465, 470, 475, or Nutrition 322.

### 2. Sports Medicine (21 Hours) (M-5220)

Health 111 and Zoology 201 (or equivalent) are prerequisites to the minor which consists of Athletic Training 300, 301, 302, 400; Human Performance 305, 430; and Nutrition 322. The candidate must complete the above requirements for a minor in sports medicine. This minor does not complete the requirements for certification.

Health and Human Performance students wishing to complete an optional minor in a second degree area are invited to do so. All requirements for the minor as set forth by the granting department must be met. Minors are available through a number of different departments on campus. Students may use elective hours to fulfill requirements for the selected minor.

**NOTE:** Students need to check with their academic adviser concerning accuracy of course requirements in each area.

## Courses Offered by Department of Health and Human Performance

Athletic Training 300 (500) Prevention of Athletic Injuries (F)  
 Athletic Training 301 Evaluations of the Lower Body (F)  
 Athletic Training 302 Evaluation of the Upper Body (Sp)  
 Athletic Training 310 Athletic Training Clinical (F)  
 Athletic Training 311 Athletic Training Clinical (Sp)  
 Athletic Training 312 Athletic Training Clinical (F)  
 Athletic Training 313 Athletic Training Clinical (Sp)  
 Athletic Training 400 (600) Therapeutic Exercise (F)  
 Athletic Training 401 Therapeutic Modalities (Sp)  
 Athletic Training 402 Health Care Administration/Professional Development and Responsibility (Sp)  
 Athletic Training 491 Athletic Training Internship (F)  
 Athletic Training 492 Athletic Training Internship (Sp)  
 Driver Safety Education 420 (620) General Safety Education (as needed)  
 Driver Safety Education 430 (630) Basic Driver and Traffic Safety Education (as needed)  
 Driver Safety Education 435 (635) Advanced Driver and Traffic Safety Education (as needed)  
 Health 111 Principles and Concepts in Personal Health (F, Sp, Su)  
 Health 303 Pharmacology and Sports (Sp)  
 Health 320 Advanced First Aid and CPR (F, Sp, Su)  
 Health 35- Topics: [Selected Areas] (F, Sp)

- Health 410 Health Education and Promotion (F)
- Health 440 Health Fitness: Assessment and Guidelines (F, Sp)
- Health 475 Health Methods (as needed)
- Health 485 (685) Workshop in Health: [Title of Workshop] (as needed)
- Health 700 Developing, Implementing, and Evaluating Health Promotion Programs (as needed)
- Health 703 Advanced Pharmacology and Sports (Sp)
- Health 775 School Health Methods (as needed)
- Human Performance 205 Sports Officiating (as needed)
- Human Performance 206 Tumbling, Fitness and Self-Testing Activities (Sp)
- Human Performance 207 Techniques in Strength and Conditioning (Sp)
- Human Performance 209 Professional Orientation (F, Sp)
- Human Performance 302-303 Fitness and Health Promotion Practicum (F, Sp, Su)
- Human Performance 304 Adapted Physical Education (F, Sp)
- Human Performance 305 Biomechanics of Human Movement (F, Sp)
- Human Performance 306-307 Sports Management Practicum (F, Sp, Su)
- Human Performance 308 Clinical Classroom I (F)
- Human Performance 309 Clinical Classroom II (Sp)
- Human Performance 310 Developmental Physical Education for Elementary and Middle School Children (F, Sp)
- Human Performance 315 Historical and Philosophical Perspectives of Health, Physical Education, and Sport (F, Sp)
- Human Performance 316-317 Exercise Science Practicum (F, Sp, Su)
- Human Performance 320 Foundations, Sport Skills, and Rhythms (F, Sp)
- Human Performance 350 Motor Behavior (F, Sp)
- Human Performance 360 Firearm and Boating Safety (as needed)
- Human Performance 405 Sport Management and Administration (F, Sp)
- Human Performance 411 Clinical Classroom III (F)
- Human Performance 415 Professional Leadership (F, Sp)
- Human Performance 430 (630) Exercise Physiology (F, Sp)
- Human Performance 431 Exercise Testing and Prescription (Sp)
- Human Performance 432 (632) Sport and Exercise Psychology (F)
- Human Performance 440 Evaluation in Human Performance (F, Sp)
- Human Performance 460 Theory and Techniques of Coaching Baseball/Softball (as needed)
- Human Performance 465 The Theory and Techniques of Coaching Basketball (as needed)
- Human Performance 470 The Theory and Techniques of Coaching Football (as needed)
- Human Performance 475 The Theory and Techniques of Coaching Volleyball (as needed)
- Human Performance 485 (685) Workshop in Physical Education: [Title of Workshop] (as needed)
- Human Performance 490 Practicum (F, Sp)
- Human Performance 491 Internship (F, Sp, Su)
- Human Performance 700 Advanced Sport Medicine (as needed)

- Human Performance 710 Advanced Exercise Physiology (as needed)  
Human Performance 720 Theory and Application in Sport Management and Administration (as needed)  
Human Performance 730 Theory and Application in Sport Pedagogy (as needed)  
Human Performance 740 Sport and Exercise Nutrition (as needed)  
Human Performance 750 Workshop on Selected Topics [Title of Topic] (as needed)  
Physical Activity 112 Scuba I--Open Water (F, Sp)  
Physical Activity 113 Scuba II--Advanced Scuba and Rescue (F, Sp)  
Physical Activity 114 Scuba III--Dive Master (F, Sp)  
Physical Activity 115 Swimming (F, Sp)  
Physical Activity 116 Lifeguard Training (Sp)  
Physical Activity 117 Water Safety Instructor (Sp)  
Physical Activity 118 Judo I (as needed)  
Physical Activity 119-120 Karate I-II (F, Sp)  
Physical Activity 121 Marksmanship/Weapons (as needed)  
Physical Activity 122 Aerobic Walking/Jogging (F, Sp)  
Physical Activity 123 Hydrorobics (F, Sp)  
Physical Activity 124 Rhythmic Aerobics (F, Sp)  
Physical Activity 125 Weight Training (F, Sp)  
Physical Activity 126 Archery (F, Sp)  
Physical Activity 127 Advanced Archery (F, Sp)  
Physical Activity 128 Badminton (Sp)  
Physical Activity 129 Advanced Judo (as needed)  
Physical Activity 130 Hapkido (as needed)  
Physical Activity 131 Women's Self-Defense (F, Sp)  
Physical Activity 132 Advanced Women's Self-Defense (F, Sp)  
Physical Activity 133 Tai Chi (F, Sp)  
Physical Activity 134 Yoga/Stretching Techniques (F, Sp)  
Physical Activity 135 Golf (F, Sp)  
Physical Activity 136 Advanced Golf (as needed)  
Physical Activity 138 Country/Western and Line Dancing (F)  
Physical Activity 140 Tumbling and Gymnastics (as needed)  
Physical Activity 142 Intermediate Gymnastics (as needed)  
Physical Activity 143 Gymnastics for Cheerleading (F)  
Physical Activity 145 CardioKickboxing (F, Sp)  
Physical Activity 150 Pickleball and Paddle Tennis (as needed)  
Physical Activity 155 Racquetball (F, Sp)  
Physical Activity 160 Tennis (F, Sp)  
Physical Activity 161 Intermediate Tennis (F, Sp)  
Physical Activity 165 Backpacking/Canoeing (Sp)  
Physical Activity 170 Special Topics in Physical Education (as needed)

Physical Activity 175 Volleyball (F, Sp)

Physical Activity 180 Intermediate Basketball (F, Sp)

Physical Activity 182 Flag Football (F)

Physical Activity 185 Physical Fitness Training (F, Sp)

Physical Activity 190 Softball (F)

Physical Activity 195 Varsity Athletics (F, Sp)

*Complete course descriptions can be found in the Course Description section of the catalog.*