

Department of Health and Human Performance

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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, Sport Management, Exercise Science and Wellness, 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 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

The department offers four concentrations within the Health and Human Performance Major: Athletic Training (5211), Exercise Science and Wellness (5216), Licensure K-12 (5213), and Sport Management (5214). 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. Students choosing the Exercise Science and Wellness or Athletic Training concentration may also prepare for graduate and/or pre-professional coursework in the areas of physical therapy, occupational therapy, cardiac rehabilitation and other related fields. An academic adviser is available to assist in answering questions and scheduling.

Minor

Athletic Coaching (21 Hours)

Athletic Training 307, Human Performance 207, 305, 405, 430, 490, and three hours selected from Human Performance 460, 465, 470, 475, or Nutrition 322.

Students pursuing a major in the Department of Health and Human Performance are not eligible for the Athletic Coaching minor. 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.

Dual Concentrations

Students wishing to pursue a dual concentration within the Department of Health and Human Performance must complete an additional 9 hours of course work to be determined by student and faculty advisor and the appropriate internship, totaling an additional 21 hours of course credit. Dual concentrations must be completed concurrently prior to graduation.

Admission to Athletic Training Education Program (ATEP)

The concentration in Athletic Training follows the standards and guidelines of the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and is a program that leads to the National Athletic Trainers' Association Board of Certification (NATABOC) examination.

The concentration has limited enrollment and, therefore, all students wishing to enter the ATEP must be admitted to the University and meet the application requirements prior to applying to the ATEP. After completing a minimum of 30 academic hours, including prerequisite coursework, candidates must submit application paperwork and supporting documentation to the Department of Health and Human Performance by June 30. Consideration of ATEP applications will occur annually following the June 30 deadline. Applications will continue to be accepted until the beginning of the Fall semester on a rolling enrollment.

Admission to the ATEP in the Fall semester is dependent upon the application packet. Candidates to the ATEP will be notified of their application status upon completion of the review process.

Application documents include:

1. a completed application;
2. documentation of overall minimum grade point average of 2.5 on a 4.0 scale;
3. documentation of at least 60 hours of experience, volunteer or otherwise, in an athletic training room, or clinic under the direct supervision of a NATABOC Athletic Trainer;
4. philosophical paper outlining his/her beliefs toward the profession;
5. two (2) letters of professional reference;
6. documentation of a minimum of a sophomore status (30 credit hours completed);
7. completion of Anatomy and Physiology (Zoology 251 or equivalent) with a grade of “C” or better;
8. completion of Athletic Training Techniques (Athletic Training 307) with a grade of “C” or better;
9. signed Technical Standards for Admissions Agreement;
10. proof of a completed Student Health Examination form;
11. proof of immunizations (current Tetanus booster, Hepatitis B series, and annually a TB skin test).

Upon acceptance into the ATEP students will be required to show proof of professional liability insurance. Students must also maintain a grade of “C” or better in required courses and maintain a GPA of 2.5 to continue in the program. If a student receives a grade lower than a “C”, that class may be retaken; however, continuation in the ATEP may be suspended until the completion of the course.

Applicants who are not selected for the ATEP will be encouraged to reapply for the program during the next application period.

Departmental Scholarships

Four \$1,000 scholarships for first-time freshmen and four \$1,000 upperclassman 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, 12 UT Martin students have received these distinguished recognitions.

The UT Martin Athletic Training Society (UTMATS) is the student professional organization for students interested in a career in athletic training. This club is open to all students. As members of UTMATS, students will be eligible for Student Scholarship Awards from the Tennessee Athletic Trainers’ Society, the Southeast Athletic

Trainers' Association and the National Athletic Trainers' Association. Club members will have many opportunities to be involved on campus and in the community. Members will be encouraged to attend local, regional and national conferences and symposiums.

Liability Insurance Coverage

The student must provide proof of liability insurance coverage to the Department of Health and Human Performance prior to receiving permission to enroll in courses which will necessitate interaction between the undergraduate student and children in K-12 schools, athletes or patients/clients in other assigned settings. Liability insurance can be purchased through the Department of Health and Human Performance, or the Student Tennessee Education Association.

Non-Licensure Practicum/Internship

Practicum

Students selecting an Exercise Science and Wellness, or Sport Management concentration are required to complete one practicum. The course includes a semester-long field experience which involves observation and practical experience in a professional setting of the student's chosen concentration. Students will also be introduced to the department's Professional Portfolio requirement. 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.

Internship

Students in Exercise Science and Wellness participate in a 15-week internship which may be in the areas of occupation therapy, physical therapy, cardiac rehabilitation, kinesiology, corporate fitness, or hospital wellness. For the Sport Management student, the 15-week internship is in a setting such as sport sales, sport administration, sport organizations, public recreation or professional athletic programs. 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.

Athletic Training Clinicals/Internships

Students selecting the Athletic Training concentration will be required to take four (4) Athletic Training Clinical classes (Athletic Training 310, 311, 312, 313). These classes will include laboratory practice of psychomotor skills and clinical placement under the direct supervision of a NATABOC Athletic Trainer. Laboratory time will be spent on practice and review of psychomotor skills being introduced in the traditional curriculum. The clinical placements are semester-long field experiences that include observation and practical experience in a campus athletic training room or approved clinical site. These clinicals are to be for a minimum of 200 hours per semester. The site supervisor and student are responsible for completing the required competencies and proficiencies established for the clinical experience. The student will be assigned to a clinical site based on his/her level within the athletic training education program.

The Athletic Training internship classes (Athletic Training 491, 492) will include the study of the pathology of illness and injury, preparation for the NATABOC exam, and clinical placement. A minimum of 250 hours of experience is required throughout the semester under the direct supervision by a NATABOC Athletic Trainer. The athletic training internship serves as a culminating experience for students in the last year of the athletic training education program. 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 completing the required competencies and proficiencies 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.

Additional Costs:

It is the responsibility of the student to provide for and/or make arrangements for transportation to and from their clinical and internship assignments. Students must also be appropriately dressed as defined by their clinical Instructor.

Student Teaching

Students selecting the K-12 Licensure option serve separate seven-and-one-half week student teaching experiences in an elementary school and a middle or high school setting. Information regarding application to student teaching and other requirements are addressed in the College of Education and Behavioral Science section of the catalog.

B.S. in Health and Human Performance

Concentration: Athletic Training

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 (38/39 hours)	
English 110 or 111, and 112	6/7
Communications 230.....	3
Biology 130 and Zoology 251	8
Mathematics (choose from approved General Education listing)	3
Fine Arts (Aesthetics) Elective (choose from approved General Education listing)	3
Humanities Electives (choose from approved General Education listing).....	9
Social & Behavioral Sciences Elective (choose from approved General Education listing)	3
Health 111.....	3
B. Additional HHP General Education Requirements (14 hours)	
Health 320 and Nutrition Elective.	6
Physics 101 (or above)	4
Zoology 352	4
C. Human Performance Core (21 hours)	
Human Performance 305, 315, 415, 430, 432, 440	18
Health 351.....	3
D. Concentration Core (37 hours)	
Athletic Training 300, 301, 302, 307, 400, 401, 402	21
Human Performance 207, 350, 431	10
Health 303, 440.....	6

E. World of Practice (10 hours)	
Athletic Training 310, 311, 312, 313, 491, 492	10
Total hours required for B.S.H.H.P. degree	120/121

B.S. in Health and Human Performance

Concentration: Exercise Science and Wellness

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 (38/39 hours)	
English 110 or 111, and 112	6/7
Communications 230.....	3
Biology 130 and any Human Anatomy and/or Physiology with lab.....	8
Mathematics (choose from approved General Education listing)	3
Fine Arts (Aesthetics) Elective (choose from approved General Education listing)	3
Humanities Electives (choose from approved General Education listing).....	9
Social and Behavioral Sciences Elective (choose from approved General Education listing).....	3
Health 111.....	3
B. Additional HHP General Education Requirements (15 hours)	
Fine Arts (Aesthetics) Elective (choose from approved General Education listing)	3
Social and Behavioral Sciences Elective (choose from approved General Education listing).....	6
Health 320 and Nutrition Elective	6
C. Human Performance Core (21 hours)	
Human Performance 305, 315, 415, 430, 432, 440	18
Health 351.....	3
D. Concentration Core (26 hours)	
Human Performance 207, 350, 431	10
Health 354, 410, 440.....	8
Choose Option 1 or 2:	
<u>Option 1</u> (8 hours)	
Chemistry 100 or above.....	4
Physics 101 or above.....	4
<u>Option 2</u> (8 hours)	
Health 353	3
Human Performance 405	3
Human Performance 318 or Physical Activity Electives (Physical Activity 195 excluded)	2
E. World of Practice (14 hours)	
Human Performance 319	2
Human Performance 491	12

F. Option Electives (6 hours)

Upper division academic electives	6
(unless choosing a minor in business) selected from Athletic Training, Communications, Health, Human Performance, Nutrition, Psychology, Science or Sociology	

Total hours required for B.S.H.H.P. degree 120/121

B.S. in Health and Human Performance

Concentration: Licensure K-12

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 (38/39 hours)

English 110 or 111, and 112	6/7
Communications 230.....	3
Biology 110 and any Human Anatomy and/or Physiology with lab.....	8
Mathematics (choose from approved General Education listing).....	3
Fine Arts (Aesthetics) Elective (choose from approved General Education listing)	3
Humanities Electives (choose from approved General Education listing).....	9
Social & Behavioral Sciences Elective (choose from approved General Education listing)	3
Health 111.....	3

B. Additional HHP General Education Requirements (14 hours)

Social & Behavioral Sciences Elective (choose from approved General Education listing)	6
Health 320 and Nutrition Elective	6
Human Learning 311.....	2

C. Human Performance Core (21 hours)

Human Performance 305, 315, 415, 430, 432, 440	18
Health 351.....	3

D. Concentration Core (25 hours)

Human Performance 207, 304, 320, 350, 405	15
Health 352, 353, 354, 410.....	10

E. Professional Education Component (22 hours)

Human Performance 308, 309, 411	9
Teacher Education 401, 405, 406.....	13

Total hours required for B.S.H.H.P. degree 120/121

B.S. in Health and Human Performance

Concentration: Sport Management

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 (38/39 hours)	
English 110 or 111, and 112	6/7
Communications 230.....	3
Biology 110 and any Human Anatomy and/or Physiology with lab.....	8
Mathematics (choose from approved General Education listing).....	3
Fine Arts (Aesthetics) Elective (choose from approved General Education listing)	3
Humanities Electives (choose from approved General Education listing).....	9
Social & Behavioral Sciences Elective (choose from approved General Education listing)	3
Health 111.....	3
B. Additional HHP General Education Requirements (15 hours)	
Fine Arts (Aesthetics) Elective (choose from approved General Education listing)	3
Social & Behavioral Sciences Elective (choose from approved General Education listing)	6
Health 320 and Nutrition Elective	6
C. Human Performance Core (21 hours)	
Human Performance 305, 315, 415, 430, 432, 440	18
Health 351.....	3
D. Concentration Core (24 hours)	
Human Performance 405, 406	6
Management 350.....	3
Marketing 105, 372, 373.....	3
12 hours selected from the following:.....	12
Communication 325, 326, 332; Health 352, 353, 354, 410, 440; Human Performance 207, 304, 320, 350, 460, 465, 470, 475; Information Systems 310; Management 301; Marketing 301, 330, 374; Park and Recreation Administration 315; Psychology 310, 312; Sociology 304, 305, 312, 315	
E. World of Practice (14 hours)	
Human Performance 306	2
Human Performance 491	12
F. Option Electives (8 hours)	
Upper division academic electives	8
(unless choosing a minor in business) selected from Business Administration, Communication, Education, Human Learning, Health, Human Performance, Marketing, Military Science, Park and Recreation Administration, Psychology, Science, or Sociology	
Total hours required for B.S.H.P.P. degree	120/121

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 307 (507) Athletic Training Techniques (Sp)
- Athletic Training 310 Athletic Training Clinical-Level I (F)
- Athletic Training 311 Athletic Training Clinical-Level II (Sp)
- Athletic Training 312 Athletic Training Clinical-Level III (F)
- Athletic Training 313 Athletic Training Clinical-Level IV (Sp)
- Athletic Training 400 (600) Therapeutic Exercise (Sp)
- Athletic Training 401 Therapeutic Modalities (Sp)
- Athletic Training 402 Health Care Administration/Professional Development and Responsibility (Sp)
- Athletic Training 491 Athletic Training Internship-Pathology (F)
- Athletic Training 492 Athletic Training Internship-Senior Capstone (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 (503) Pharmacology and Sports (Sp)
- Health 320 Advanced First Aid and CPR (F, Sp, Su)
- Health 325 (525) Stress Management (F, Sp)
- Health 351 Topic: Substance Abuse (F, Sp)
- Health 352 Topic: Environmental Concerns (F)
- Health 353 Topic: Human Sexuality (F, Sp)
- Health 354 Topic: Aging Populations (Sp)
- Health 410 Health Education and Promotion (F, Sp)
- 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 (as needed)
- Health 775 School Health Methods (as needed)
- Human Performance 205 Sports Officiating (as needed)
- Human Performance 206 Tumbling, Fitness and Self-Testing Activities (as needed)
- Human Performance 207 Techniques in Strength and Conditioning (Sp)
- Human Performance 209 Professional Orientation (as needed)
- Human Performance 302-303 Fitness and Health Promotion Practicum (F, Sp, Su)
- Human Performance 304 Adapted Physical Education (F, Sp)
- Human Performance 305 Applied Kinesiology (F, Sp)
- Human Performance 306-307 Sport 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 318 Exercise Science and Wellness Directed Practicum (F, Sp, Su)
Human Performance 319 Exercise Science and Wellness Practicum (F, Sp, Su)
Human Performance 320 Foundations, Sport Skills, Rhythms, Tumbling, and Gymnastics (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 406 Advanced Sport Management and Administration (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, Sp)
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 Martial Arts 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 141 Ballroom/Swing Dance (F, Sp)
- 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 152 Snowskiing/Snowboarding (Sp)
- 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