

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, RECREATION AND ATHLETICS

School of Social Sciences and Behavioral Studies

Professor and Chair:	James L. DeBoy, Ph.D.
Associate Professor:	Cyrus Jones, M.S., Athletic Director
Assistant Professor:	Sally Wagner, Ed.D.
Visiting Instructor:	Elaine Hatala, M.A., C.T.R.S.
Lecturers:	Yvonne Hilton, M.A. Paul H. Murata, M.S.

The Health, Physical Education, Recreation and Athletics Department (HPERA) is comprised of both an academic unit (HPER) and service component (Athletics and Intramurals). HPER offers three majors: (1) Health & Physical Education (HPE); and (2) Health Science (HS). Additionally, HPER provides a basic instruction program (Wellness & Lifetime Sports) that is required for all students; HPR-101 and 102 are usually completed during the Freshman year.

The major in Health and Physical Education is certified by the Pennsylvania Department of Education for teaching grades K-12 in both health and physical education.

The Health Science (HS) major is designed to prepare students for graduate study in the allied health fields. The clinical track prepares students for physical therapy, occupational therapy, cardiac rehabilitation, and exercise physiology graduate degree programs. The applied health science track prepares students for health promotion/wellness management, health education, community health, fitness management, rehabilitation counseling, health administration graduate degree programs.

Both intercollegiate Athletics and Intramurals are administered by the HPERA Department.

The Health and Physical Education Major

- HPR-105 Gymnastics: Tumbling and Apparatus
- HPR-110 Individual Sports
- HPR-130 Introduction to Health, Physical Education and Recreation
- HPR-160 Personal and Community Health
 - Or: BIO-102/162
- Either: HPR-206 Fitness Assessment and Management
 - Or: HPR-207 Health Promotion: Theory and Practice
 - Or: HPR-312 Health Services
- HPR-210 Dual Sports
 - Either: HPR-221 Basic Rhythmic Skills
 - Or: HPR-320 Modern Dance
- HPR-230 Aquatics

Either: HPR-250 Introduction to Nutrition
 Or: HPR-325 Drugs and Society
 HPR-305 Physical Education for the Elementary School Child
 HPR-307 Physiology of Exercise
 HPR-308 Kinesiology
 HPR-310 Team Sports
 HPR-311 HPR Methods
 HPR-315 Adapted Physical Education
 EDU-201 Introduction to Education
 EDU-202 Educational Psychology
 EDU-203 The Education and Psychology of the Exceptional Child
 EDU-303 Reading in the Content Area
 EDU-305 Educational Technology
 EDU-330 Effect. Class
 BIO-101 Human Biology
 BIO-205 Anatomy and Physiology I

For the Bachelor of Science:

No language requirement

For the Bachelor of Arts:

Intermediate II (202) of any foreign language

For Teacher Certification in Health and Physical Education:

1. Participate in 100 hours of Field Experience prior to student teaching
2. Pass the Praxis I prior to student teaching
3. Have a cumulative 3.0 overall Grade Point Average (G.P.A.). Certification in Pennsylvania requires a 3.0 Grade Point Average (G.P.A.).
4. Have a "B" average or better in all of the required *professional education* courses (the EDU-courses)
5. Complete six credits in Mathematics (MAT-201 and MAT 202 are recommended).
6. Complete Student Teaching (EDU-401 and EDU-402)
7. Pass the Praxis II

** EDU-401 Student Teaching and EDU-420 Research Seminar must be taken concurrently.

The Health Science Major

HPR-125 First Aid and CPR
 HPR-130 Introduction to Health, Physical Education and Recreation
 HPR-160 Personal and Community Health
 Or: BIO-102/162
 HPR-307 Physiology of Exercise
 HPR-308 Kinesiology
 HPR-399 Health Science Internship
 HPR-415 Issues and Trends in Allied Health
 Or: HPR 408 Research and Evaluation
 Either: HPR-206 Fitness Assessment and Management
 Or: HPR-207 Health Promotion: Theory and Practice

HPR-208 Research and Evaluation
BIO-101 Human Biology
BIO-102/162
Or: HPR-160 Personal and Community Health
BIO-205 Anatomy and Physiology I
BIO-206 Anatomy and Physiology II
SOC-101 Introduction to Sociology
PSY-101 General Psychology
Either: PSY-307 Developmental Psychology
Or: PSY-314 Abnormal Psychology

Three of the following

HPR-126 Computers for Health Education
HPR-250 Introduction to Nutrition
HPR-275 Disease Prevention for the Elderly
HPR-312 Health Service and Instruction
HPR-314 Athletic Injuries
HPR-315 Adapted Physical Education
HPR-325 Drugs
HPR-402 Administration
PSY-207 Human Sexuality
PSY-340 Health Psychology
SOC-310 Human Growth and Development

For the Bachelor of Science:

No language requirement

For the Bachelor of Arts:

Intermediate II (202) of any foreign language

Recommended Courses for Students Considering Clinical Graduate Study:

BIO-207 General Microbiology
CHE-101 General Chemistry I
CHE-102 General Chemistry II
MAT-141 Elementary Statistics
PHY-101 Introduction to Physics I
PHY-102 Introduction to Physics II