School of Health, Physical Education, and Leisure Services

(College of Education)

www.uni.edu/coe/hpels

The School of Health, Physical Education, and Leisure Services offers the following undergraduate and graduate programs and program certificates. Specific requirements for these programs are listed within this School of Health, Physical Education, and Leisure Services section by division within the School, in the following order. (Note: The Doctor of Education Intensive Study Area in Allied Health, Recreation, and Community Services is under the College of Education and is not within a specific division of the School of Health, Physical Education, and Leisure Services.)

College of Education -

• Graduate Major (Ed.D.)
  • Doctor of Education: Allied Health, Recreation, and Community Services intensive study area (to view all Doctor of Education requirements on the website go to www.uni.edu/catalog/collegeofeducation or for PDF version go to "College of Education" under "Interdisciplinary" section)

Division of Athletic Training -

• Undergraduate Major (B.A.)
  • Athletic Training

• Graduate Major (M.S.)
  • Athletic Training

Division of Health Promotion and Education -

• Undergraduate Major (B.A.)
  • Health Promotion

• Minors
  • Health Education-Teaching
  • Health Promotion

• Graduate Major (M.A.)
  • Health Education

• Program Certificates
  • Environmental Health
  • Global Health and Health Disparities

Division of Physical Education -

• Undergraduate Majors (B.A.)
  • Movement and Exercise Science
  • Physical Education-Teaching

• Minors
  • Coaching
  • Physical Education-Elementary Teaching

• Graduate Major (M.A.)
  • Physical Education

Division of Leisure, Youth and Human Services -

• Undergraduate Major (B.A.)
  • Leisure, Youth and Human Services

• Minor
  • Leisure, Youth and Human Services

• Graduate Major (M.A.)
  • Leisure, Youth and Human Services

• Program Certificates
  • Aquatics Specialization
  • Nonprofit Management
  • Outdoor Recreation
  • School-Age Care Leadership
  • Tourism

Doctor of Education

(For all requirements see website www.uni.edu/catalog/collegeofeducation - for PDF version see listing for "College of Education" under the "Interdisciplinary" section of this university catalog.)

Students interested in the Doctor of Education (Ed.D.) degree must submit a completed Application for Admission to Graduate Study and should refer to their MyUNIverse Student Center To-Do list or contact the appropriate Intensive Study Area (ISA) for any other application requirements. Graduate information and application for graduate admission can be found at www.grad.uni.edu/admission. The Graduate Record Examination (GRE) is required for admission to the program.

This program is intended to provide practicing educators, in formal and nonformal settings, the opportunity to continue their study and earn the terminal professional degree in their field. The Ed.D. degree requires a minimum of 60 semester hours of credit beyond the master's degree. There are three components to the program:

<table>
<thead>
<tr>
<th>Component</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional Common Core (work in educational foundations, fundamentals, and research)</td>
<td>27</td>
</tr>
<tr>
<td>Advanced Professional Study (in one of three areas of intensive study)</td>
<td>27</td>
</tr>
<tr>
<td>Dissertation</td>
<td>6</td>
</tr>
<tr>
<td>Total Hours</td>
<td>60</td>
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By design, all students are required to study in basic areas that undergird and define educational practice and develop skills of problem definition, data collection and analysis, and interpretation. The three areas of intensive study provide for a specialized focus on practice. The three intensive study areas (ISAs) are:
School of Health, Physical Education, and Leisure Services

- Allied Health, Recreation, and Community Services
- Curriculum and Instruction
- Educational Leadership

Note: Students interested in special education with the Curriculum and Instruction ISA or the Educational Leadership ISA should consult the respective ISA descriptions for further information.

In some areas, it is possible to combine doctoral degree study with work toward an endorsement to perform a particular role in K-12 education.

Brief definitions of the three ISAs follows:

Allied Health, Recreation, and Community Services

This area of intensive study is designed to provide students with advanced planning, management, supervision and evaluation of programs in the community and its institutions. The combined areas of allied health, recreation and community services are diverse professional areas knit together by a unified commitment to enhancing, enriching and sustaining individual well-being and quality of life. Each of these areas contributes unique and different professional perspectives, yet, at the same time, focuses on the individual and collective well-being of people, communities and society as a whole. Graduates are prepared for careers as applied scholars, evaluators, athletic administration, administrators of community nonprofit organizations, youth serving agencies, public parks and recreation agencies, foundations, and government agencies. The program of study will be based upon student's needs, interests, and upon approval by an academic advisor and program of study committee. (For more information, contact the Chair of Leisure, Youth and Human Services Division, the Health Promotion and Education Division, or the Athletic Training Division in the School of Health, Physical Education, and Leisure Services.)

Curriculum and Instruction

This area of intensive study is designed to prepare scholar practitioners to plan, implement, evaluate, and supervise educational programs for children, from infancy through adolescence, and adult learners, inclusive of a wide variety of diversity. Faculty in this intensive study area come from many departments and disciplines, including but not limited to prekindergarten through tertiary curriculum and pedagogy; foundations of education in psychology, philosophy, social sciences; disability studies, gifted and talented, and multicultural education; literacy education; instructional technology, school library studies; and P-12 content areas such as mathematics, physical education, science, social studies, and language arts. Students interested in becoming special education scholar-practitioners to plan, implement, evaluate, and supervise educational programs for children and adult learners with an emphasis on inclusion and diversity will apply for admission through the Curriculum and Instruction Intensive Study Area. For more information see www.uni.edu/coe/departments/curriculum-instruction/graduate-study/doctoral-study.

Educational Leadership

This area of intensive study in education administration prepares personnel for leadership positions in PK-12 schools, post-secondary institutions, and other educational services or settings. Typical positions held by educators with the terminal degree focused on educational leadership include: principals, superintendents, school district central office administrators, professors of educational leadership, special education directors at the Area Education Agency level or Department of Education administrators and consultants. Students interested in special education administration will apply for admission through Educational Leadership and Postsecondary Education. (For more information, contact the Head, Department of Educational Leadership and Postsecondary Education, or please see the catalog at www.uni.edu/catalog.uni.edu/collegeofeducation/educationalleadershipandpostsecondaryeducation or visit the Department of Educational Leadership and Postsecondary Education website at www.uni.edu/coe/departments/educational-leadership-postsecondary-education.

Division of Athletic Training

Academic Standard Policy

Major Requirements

1. General Explanation: UNI offers a Professional Undergraduate Athletic Training major that is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students interested in pursuing this major must apply, and be formally admitted to this program. The application process is slightly different for students currently attending UNI compared to those who plan on transferring to UNI to pursue athletic training as their major. This application is different and separate from the general University admission process. All students should first indicate their interest in majoring in the B.A. Athletic Training major any time after their general admission to UNI is complete by submitting the "Declaration of Curriculum" form, and selecting prospective Athletic Training major. Then, students should contact the School of HPELS Academic Advisor and the Athletic Training Program (ATP) Director to ensure that their name is added to subsequent contact lists for prospective athletic training majors. Thereafter, students will be considered prospective majors and will be expected to attend departmental advising sessions at regularly scheduled intervals. Students will remain prospective students until they successfully complete the ATP admission procedure requirements and are officially admitted into the ATP. All application documents can be downloaded from the ATP Web site at www.uni.edu/coe/departments/school-health-physical-education-leisure-services/athletic-training.

2. Prerequisite course: There is only one prerequisite course required for the ATP, (AT 1010 (42T:023) Introduction to Athletic Training), which we offer every spring semester. Students are typically enrolled in this course while they are applying to the program. Therefore, prior to being admitted to the ATP, a prospective student's course work should be devoted primarily to completing Liberal Arts Core courses and/or electives, in addition to the Introduction to Athletic Training course.

3. Application requirements for all students: To be formally admitted to the UNI Athletic Training Program, students must complete the application process. The following list of items are required as part of the ATP application process. Most of the forms can be found on our web site.
   a. Completion of, or enrollment in, the Introduction to Athletic Training course (or its equivalent if transferring)
   b. Application form
   c. Essay
   d. Recommendation forms (x 3)
5. Admission into the athletic training program is competitive, therefore the following criteria shall be used for determination of acceptance as a fully declared Athletic Training major:

a. Cumulative grade point average (2.50 minimum GPA preferred)

b. AT 1010 (42T:023) Introduction to Athletic Training grade

c. Application materials

d. Recommendations

e. Interview results

f. Written Essay

g. Athletic Training Observation with a Certified Athletic Trainer (30 hours are required)
   - Student must have Bloodborne pathogen or OSHA training completed PRIOR to beginning observation experience

h. Peer Mentoring learning objectives.

i. Technical Standards must be met (as outlined in our application packet)

j. First Aid and CPR certification

6. A committee of faculty, staff, and students will be assigned to the admission acceptance committee and will review the applications.

7. Notification of admittance will be made before the end of Spring semester.

8. Upon acceptance into the athletic training program, a student will be converted to a major status by the department and must do the following within 30 days of notification of acceptance:

   a. Send a letter of acceptance via email to the Undergraduate ATEP Program Director.

   b. Begin the Hepatitis B Vaccination series or sign the waiver form.

   c. Provide physician certification that they are physically capable of handling the duties required of an athletic training student.

   d. Complete all other paper work available at the ATEP office.

   e. Maintain current CPR, OSHA, and First Aid certifications and child mandatory reporter training.

   f. Criminal background check

   g. Become a student member of the NATA

9. Students not accepted into the program will be restricted from taking Athletic Training courses beyond AT 1010 (42T:023) Introduction to Athletic Training without departmental permission.

10. Transfer students entering UNI shall be subject to the admission and acceptance requirements listed above.

11. To graduate from UNI with an Athletic Training major, students must:

   a. Maintain a 2.50 cumulative GPA, and 2.75 major GPA
   - Earn a minimum of C+ in all athletic training core courses

   b. Complete a clinical experience (Clinical Integration) each semester, covering a minimum of four semesters.

   c. Complete the Undergraduate Athletic Training academic major: This includes that a student be enrolled in the athletic training program for a minimum of four semesters.

      i. Please note that all students must complete the four semesters of athletic training education and clinical experience that begin after they are admitted to the ATEP. A student may transfer in prior class work and clinical experiences. However, petition forms from the student's previous CAATE accredited athletic training program, specific to the athletic training educational competencies, must be requested by the transferring student. All athletic training specific course transfers will be reviewed and approved at the discretion of the UNI ATEP program director. (Additional transfer student policies are available at the ATEP office.)
The Athletic Training major is designed to prepare students to become athletic training professionals. It prepares students for the National Athletic Training Board of Certification Examination as well as eligibility for an Athletic Training License in the State of Iowa. The curriculum is based upon cognitive and psychomotor learning experiences. The athletic training education program is accredited by the Commission on the Accreditation of Athletic Training Education (CAATE).

### Bachelor of Arts Degree Program
#### Athletic Training Major

The Athletic Training major requires a minimum of 120 total hours to graduate. This total includes Liberal Arts Core requirements and the following specified major requirements, plus electives to complete the minimum of 120 hours.

The Athletic Training major is designed to prepare students to become athletic training professionals. It prepares students for the National Athletic Training Board of Certification Examination as well as eligibility for an Athletic Training License in the State of Iowa. The curriculum is based upon cognitive and psychomotor learning experiences. The athletic training education program is accredited by the Commission on the Accreditation of Athletic Training Education (CAATE).

#### Prerequisite core:
- **Athletic Training:**
  - AT 1010 (42T:023) Introduction to Athletic Training (or the equivalent)

#### Required core:
- **Biology:**
  - BIOL 3101 (840:101) Anatomy and Physiology I *
  - BIOL 3102 (840:102) Anatomy and Physiology II

- **Physical Education:**
  - PEMES 3153 (420:153) Physiology of Exercise **
  - PEMES 3157 (420:157) Sports Nutrition ***

- **Athletic Training:**
  - AT 3000 (42T:140) Athletic Training Clinical Integration ^
  - AT 3011 Clinical Skills in Athletic Training
  - AT 3020 Clinical Anatomy
  - AT 3030 Acute Care in Athletic Training
  - AT 3040 (42T:137) Orthopedic Injury Assessment I
  - AT 3050 (42T:134) Orthopedic Injury Assessment II
  - AT 3060 (42T:110) Athletic Training Administration and Professional Development

#### Total Hours: 59-61

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<td>AT 3080 (42T:157)</td>
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<td>AT 3110 (42T:165)</td>
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<td>AT 3120 (42T:170)</td>
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<td>AT 3130 (42T:175)</td>
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<td>BIOL 3101 (840:101)</td>
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<td>PEMES 3157 (420:157)</td>
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* **Prerequisites are not required for Athletic Training majors.**

** PEDES 2050 (420:050) or AT 3020 for Athletic Training majors.

*** Prerequisite is satisfied by AT 3020 for Athletic Training majors.

### Master of Science Degree Program
#### Major in Athletic Training

The Athletic Training Master of Science degree is designed for those who are NATABOC certified athletic trainers who wish further education in treatment and rehabilitation of the physically active.

The Master of Science in Athletic Training degree is designed for post-professionals that hold the BOC credential who wish to further develop their scholarly clinician knowledge and skills. This program is balanced around didactic, research, and service components focused on: 1) increasing depth and breadth of athletic training subject matter and skills beyond those of the entry-level athletic trainer; 2) enhancing critical thinking to aid knowledge of discipline assumptions and developing understanding of viable alternative assumptions; 3) developing understanding of the theoretical bases of advanced athletic training knowledge and skill; 4) expanding abilities to discover and develop new knowledge; 5) advancing knowledge and skills in preparation for leadership in athletic training; and 6) instilling a responsibility of service to the profession and communities.

Program admission is based on undergraduate GPA, program application materials, and admission to the Graduate College. Students interested in this program must submit a completed Application for Admission to Graduate Study and should refer to their MyUNIverse Student Center To-Do list or contact the Division of Athletic Training (within the School of Health, Physical Education, and Leisure Services) for program application materials or for any other application requirements. Graduate information and application for graduate study admission can be found at www.grad.uni.edu/admission.

The Graduate Record Examination (General Test) is not required for admission to the program.

Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.
This degree is offered on the thesis and non-thesis option. A minimum of 36 semester credit hours is required. The thesis option requires 6 hours of AT 6299 (42T:299) and the non-thesis option requires 2 or 3 hours of AT 6299 (42T:299). A minimum of 21 semester hours at the 200/6000-level is required for both the thesis and non-thesis options.

Required:

**Athletic Training:**
- AT 6210 (42T:210) Pathoetiology and Orthopaedic Assessment I 2
- AT 6220 (42T:220) Pathoetiology and Orthopaedic Assessment II 2
- AT 6240 (42T:230) Evidence Based Practice I 2
- AT 6250 (42T:240) Evidence Based Practice II 2
- AT 6260 (42T:250) Orthopaedic Surgical Interventions 2
- AT 6289 (42T:289) Seminar in Athletic Training (10 hrs.) 10
- AT 6297 (42T:297) Practicum 4

**Health, Physical Education and Leisure Services, Interdepartmental:**
- HPELS 6210 (440:210) Quantitative Methods in HPELS 3
- HPELS 6290 (440:290) Research Methods for Health, Physical Education and Leisure Services 3

**Research:**
- AT 6299 Research 2-3 or 6
  - Thesis option (6 hrs.)
  - Non-thesis option (2-3 hrs.)

**Electives:**
- 0 or 3-4
  - Thesis option (0 hrs.)
  - Non-thesis option (3-4 hrs.)

**Total hours:** 36

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**Division of Health Promotion and Education**

**Bachelor of Arts Degree Programs**

**Health Promotion Major**

The Health Promotion major requires a minimum of 120 total hours to graduate. This total includes Liberal Arts Core requirements and the following specified major requirements, plus electives to complete the minimum of 120 hours. Liberal Arts Core courses included in major program requirements are distinguished by italics.

Accreditation/Credentialing Areas include the following:

- Health and Fitness Promotion (54 hours)
- Women's Health (52 hours)
- Global Health and Health Disparities (51 hours)
- Environmental Health: Science Intensive (54-55 hours)

Health Promotion specialists seek to improve the health of the general public through education, behavior change and improvement of the environment. Students in the program develop the skills to plan, implement and evaluate programs in a variety of settings, which may include health departments, corporate wellness sites, hospitals/clinics, fitness facilities, nonprofit organizations, international relief organizations, nursing homes, colleges/universities and private industry.

The curriculum is tailored to meet national competencies and prepares students to sit for the National Certified Health Education Specialist (CHES) exam or the Registered Environmental Health Specialist (REHS) exam. Students will take classes on public health theory, anatomy, human diseases, environmental health science, epidemiology (how diseases are spread,) and how to address risky lifestyle behaviors (i.e., tobacco/alcohol/substance abuse, lack of physical activity, poor nutrition, intentional and unintentional injuries, high levels of stress, and unsafe sexual behaviors.)

A minimum 2.50 GPA will be required for admission to HPE 4768 (410:168) Field Experience in Health Promotion. Successful completion of HPE 3693 (410:193) Internship Seminar and a minimum of 2.50 GPA will be required for admission. A student declaring a major in Health Promotion will complete the core plus one accreditation/credentialing area. All students are encouraged to meet with their faculty advisor to discuss their career goals and aspirations. To graduate with a major in Health Promotion a student must have a cumulative GPA of 2.50 in all course work taken at UNI or transferred from another institution.

**Required common core for all areas:**

Health Promotion and Education:
- HPE 1101 (410:005) Introduction to Public Health 1
- HPE 3693 (410:193) Internship Seminar 1
- HPE 4663/5663 (410:163g) Human Pathophysiology for Health Promotion 3
- HPE 4393/5393 (410:153g) Epidemiological Methods, Research Design, and Analysis 3
- HPE 4665/5665 (410:165g) Environmental Health Science 3
- HPE 4768 (410:168) Field Experience in Health Promotion 6-12

(HPE 4768 (410:168) - 6 hrs. for Environmental Health area: 12 hrs. for other areas)

**Total Hours:** 17-23

Choose one of the following four accreditation/credentialing areas:

**Accreditation/Credentialing Area - Health and Fitness Promotion**

**Required:**

Health Promotion and Education:
- HPE 3118 (410:118) Teaching Aerobics 1
- HPE 4155/5155 (410:155g) Stress Management 2
- HPE 4164/5164 (410:164g) Health Care and the Consumer 2
- HPE 4353/5353 (410:153g) Public Health Theory and Application 3
## School of Health, Physical Education, and Leisure Services

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 4373/5373</td>
<td>Planning and Evaluation of Public Health/Health Promotion Programs</td>
<td>4</td>
</tr>
<tr>
<td>HPE 4383/5383</td>
<td>Implementation of and Advocacy for Public Health and Health Promotion Programs</td>
<td>4</td>
</tr>
<tr>
<td>HPE 4431/5431</td>
<td>Worksite Health Promotion</td>
<td>3</td>
</tr>
<tr>
<td>HPE 4551/5551</td>
<td>Nutrition for Health Promotion</td>
<td>3</td>
</tr>
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</table>

### Physical Education:
- PEMES 2050 (420:050) Anatomy and Physiology of Human Movement 3
- PEMES 3153 (420:153) Physiology of Exercise 3
- PEMES 3156 (420:156) Fitness Assessment and Programming 3

**Total hours for Health and Fitness Promotion Area:** 54

### Accreditation/Credentialing Area - Women's Health

<table>
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<tr>
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<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>HPE 2120 (410:020)</td>
<td>Maternal and Infant Health</td>
<td>3</td>
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<tr>
<td>HPE 4162/5162</td>
<td>Introduction to Women's Health</td>
<td>3</td>
</tr>
<tr>
<td>HPE 4328/5328</td>
<td>Selected Topics in Women's Health</td>
<td>3</td>
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<tr>
<td>HPE 4353/5353</td>
<td>Public Health Theory and Application</td>
<td>3</td>
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<tr>
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<td>4</td>
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<tr>
<td>HPE 4551/5551</td>
<td>Nutrition for Health Promotion</td>
<td>3</td>
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</table>

**Electives (6 hours from the following):** 6

### Family Services:
- FAM SERV 1057 (31F:057) Human Relationships and Sexuality
- FAM SERV 3155/5155 (31F:155g) Parenting (^)
- FAM SERV 4157/5157 (31F:157g) Human Sexuality Education (^)

### Psychology:
- PSYCH 2201 (400:060) Psychology of Gender Differences (^)

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<tbody>
<tr>
<td>HPE 4125/5125</td>
<td>Aging and Health</td>
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### Health Promotion and Education:

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 4161/5161</td>
<td>Global Health Mission (3 hours required)</td>
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</tr>
<tr>
<td>HPE 4167/5167</td>
<td>Cultural Competency for the Helping Professions</td>
<td>1</td>
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<tr>
<td>HPE 4247/5247</td>
<td>Minority Health</td>
<td>2</td>
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<tr>
<td>HPE 4353/5353</td>
<td>Public Health Theory and Application</td>
<td>3</td>
</tr>
<tr>
<td>HPE 4373/5373</td>
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<td>Implementation of and Advocacy for Public Health and Health Promotion Programs</td>
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<tr>
<td>HPE 4438/5438</td>
<td>International Health</td>
<td>2</td>
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<tr>
<td>HPE 4551/5551</td>
<td>Nutrition for Health Promotion</td>
<td>3</td>
</tr>
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</table>

**Electives (select 6 hours from the following):** 6

### Social Work:
- SW 4163/5163 (450:163g) Diversity and Difference

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**Total hours for Women's Health Area:** 52

### Accreditation/Credentialing Area - Global Health and Health Disparities

<table>
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<tr>
<td>HPE 4551/5551</td>
<td>Nutrition for Health Promotion</td>
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**Electives (select 6 hours from the following):** 6

### Health Promotion and Education:
- HPE 2120 (410:020) Maternal and Infant Health
- HPE 3650 (410:152) Complementary, Alternative, and Integrative Health

### Social Work:
- SW 4163/5163 (450:163g) Diversity and Difference
## Communication Studies:
- **COMM 4344/5344** (48C:151g) Intercultural Communication

## Anthropology:
- **ANTH 3101/5101** (990:164g) Psychological Anthropology
- **ANTH 3102/5102** (990:168g) Culture, Disease, and Healing
- **ANTH 3104/5104** (990:167g) Gender in Cross-Cultural Perspective

## Total Hours for Global Health and Health Disparities Area
- 51

### Accreditation/Credentialing Area - Environmental Health: Science Intensive

#### Required:
- **Health Promotion and Education:**
  - **HPE 4666/5666** (410:166g) Environmental and Occupational Health Regulations
  - **BIOL 2051 (840:051)** General Biology: Organismal Diversity
  - **BIOL 2052 (840:052)** General Biology: Cell Structure and Function
  - **BIOL 3151 (840:151)** General Microbiology
  - **CHEM 1110 (860:044)** General Chemistry I
  - **CHEM 1120 (860:048)** General Chemistry II

#### Electives (select a minimum of 11 hours from the following):
- **CHEM 2040 & CHEM 1130** (860:070) Applied Organic and Biochemistry
- **BIOL 4168/5168** (840:168g) Ecology (#)

#### Chemistry and Biochemistry##:
- **BIOL 3140 (840:140)** Genetics
- **BIOL 3147 (840:147)** Cancer and Emerging Infectious Diseases
- **BIOL 3170 (840:170)** Entomology

## School of Health, Physical Education, and Leisure Services

### Biology##:
- **BIOL 4150/5150** (840:150g) Immunology
- **BIOL 4155/5155** (840:155g) Ecotoxicology
- **BIOL 4168/5168** (840:168g) Ecology (#)
- **BIOL 4180/5180** (840:180g) Restoration Ecology

### Chemistry and Biochemistry##:
- **CHEM 2310 (860:132)** Chromatography and Quantitative Analysis

### Earth Science:
- **EARTHSCI 1300 (870:031)** Introduction to Geology
- **EARTHSCI 3345/5345** (870:171g) Environmental Geology

## Total hours for credentialing area Environmental Health: Science Intensive
- 54-55

### Minors

#### Health Education Minor-Teaching

Current First Aid and CPR certification is required of all minors prior to student teaching.

#### Required:
- **Methods course:** 2-3
  - **HPELS 2045 (440:045)** Health and Physical Education for Elementary Teachers’
  - or **HPE 3240 (410:140)** Secondary School Health Education Methods

#### Educational Psychology:
- **2-3**
  - **EDPSYCH 4118/5118** (200:118g) Mental Health and Well-Being in the Classroom
  - or **HPE 4155/5155** (410:155g) Stress Management

#### Applied Human Sciences, School of:
- **3**
  - **FAM SERV 1020 (31F:020)** Family Relationships **`
  - or **FAM SERV 1057 (31F:057)** Human Relationships and Sexuality

#### Psychology:
- **3**
  - **PSYCH 3102/5102 (400:170g)** Drugs and Individual Behavior

#### Health Promotion and Education:
- **11**
  - **HPE 1101 (410:005)** Introduction to Public Health
  - **HPE 3344 (410:144)** Health Education Curriculum
  - **HPE 4551/5551** (410:151g) Nutrition for Health Promotion
  - or **PEMES 2053** (420:053) Physical Activity and Nutrition for Health and Fitness
  - **HPE 4186/5186** (Studies in Health Promotion: Human Pathophysiology for School Health Educators)**
School of Health, Physical Education, and Leisure Services

HPE 4164/5164 (410:164g) Health Care and the Consumer
or HPELS 1010 (440:010) Personal Wellness
or HPELS 1059 Dimensions of Well-Being (2 hrs.)

Electives: Remaining hours of health-related electives for the K-8 and 5-12 endorsement to total a minimum of 26 hours. ***

* HPELS 2045 for the K-8 endorsement and HPE 3240 for the 5-12 endorsement.
** FAM SERV 1020 for K-8 endorsement or FAM SERV 1057 for 5-12 endorsement.
*** Approved electives include EDPSYCH 2030 Dynamics of Human Development, PEMES 2050 Anatomy and Physiology of Human Movement, PEMES 3153 Physiology of Exercise or other electives approved by the Health Education Division.

Health Promotion Minor

Liberal Arts core courses included in minor program requirements are distinguished by italics.

Required:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Promotion and Education:</td>
<td>20</td>
</tr>
<tr>
<td>HPE 1101 (410:005)</td>
<td>Introduction to Public Health</td>
</tr>
<tr>
<td>HPE 4164/5164 (410:164g)</td>
<td>Health Care and the Consumer</td>
</tr>
<tr>
<td>HPE 4353/5353 (410:153g)</td>
<td>Public Health Theory and Application</td>
</tr>
<tr>
<td>HPE 4373/5373</td>
<td>Planning and Evaluation of Public Health/Health Promotion Programs</td>
</tr>
<tr>
<td>HPE 4383/5383</td>
<td>Implementation of and Advocacy for Public Health and Health Promotion Programs</td>
</tr>
<tr>
<td>HPE 4393/5393</td>
<td>Epidemiological Methods, Research Design, and Analysis</td>
</tr>
<tr>
<td>HPE 4663/5663 (410:163g)</td>
<td>Human Pathophysiology for Health Promotion</td>
</tr>
</tbody>
</table>

Total Hours: 20

* This course has additional prerequisites as follows:
  HPE 4373/5373 has prerequisite of STAT 1772 (800:072) Introduction to Statistical Methods. STAT 1772 (800:072) Introduction to Statistical Methods may be used to satisfy Category 1C of the Liberal Arts Core.

Master of Arts Degree Program

Major in Health Education

The Master of Arts degree in Health Education provides post-graduate academic training for individuals employed in or planning to seek employment as public health practitioners and health educators in a wide variety of settings including public, academic, hospital/clinical, community/non-profit, and corporate settings. This degree program provides graduate level training designed to prepare public health and health promotion professionals to design, implement, and evaluate interventions working in a wide range of health, public health and health promotion areas. The post-graduate training program enhances the leadership and research skills of public health workers, preparing them for positions of progressive responsibility within their chosen career.

Students interested in this program must submit a completed Application for Admission to Graduate Study and should refer to their MyUNiverse Student Center To-Do list or contact the Division of Health Promotion and Education (within the School of Health, Physical Education, and Leisure Services) for other application requirements. Graduate information and application for graduate admission can be found at www.grad.uni.edu/admission.

The Graduate Record Examination (General Test) is not required for admission to the program.

Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.

This major is available on the thesis and non-thesis options. A minimum of 30-34 semester hours is required, depending on the emphasis chosen. Additional hours may be required, if, upon entering the graduate program, the student needs background courses. The thesis option requires 6 hours of thesis research HPE 6299 (410:299). The non-thesis option requires a research paper for 2 hours credit HPE 6299 (410:299). A minimum of 12 hours, exclusive of HPE 6299 (410:299) credit, must be at the 200/6000-level.

Successful completion of a final written comprehensive examination is required for both the thesis and non-thesis options.

Three emphases are offered on this major:

I. Health Promotion/Fitness Management Emphasis

Required:

Choose one of the following: 3

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health, Physical Education, and Leisure Services, Interdepartmental:</td>
<td></td>
</tr>
<tr>
<td>HPELS 6210 (440:210)</td>
<td>Quantitative Methods in HPELS</td>
</tr>
<tr>
<td>or HPELS 6215 (440:215)</td>
<td>Qualitative Methods</td>
</tr>
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</table>

Choose one of the following: 3

Measures and Research:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEASRES 6205 (250:205)</td>
<td>Educational Research</td>
</tr>
</tbody>
</table>

Health Promotion and Education: 15

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPELS 6290 (440:290)</td>
<td>Research Methods for Health, Physical Education and Leisure Services</td>
</tr>
<tr>
<td>HPE 4393/5393</td>
<td>Epidemiological Methods, Research Design, and Analysis</td>
</tr>
<tr>
<td>HPE 4431/5431 (410:131g)</td>
<td>Worksite Health Promotion</td>
</tr>
</tbody>
</table>
I. Public Health Focus Area:

Health Promotion and Education:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 4167/5167</td>
<td>Cultural Competency for the Helping Professions (410:167g)</td>
</tr>
<tr>
<td>HPE 4393/5393</td>
<td>Epidemiological Methods, Research Design, and Analysis</td>
</tr>
<tr>
<td>HPE 4431/5431</td>
<td>Worksite Health Promotion (410:131g)</td>
</tr>
<tr>
<td>HPE 4665/5665</td>
<td>Environmental Health Science (410:165g)</td>
</tr>
<tr>
<td>HPE 6220 (410:220)</td>
<td>Health Determinants</td>
</tr>
<tr>
<td>HPE 6390 (410:290)</td>
<td>Philosophy and Ethics of Public Health and Health Promotion</td>
</tr>
</tbody>
</table>

Select one of the following:

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>MEASRES 6205</td>
<td>Educational Research (250:205)</td>
</tr>
</tbody>
</table>

Health Promotion Graduate Seminar: 1

Research: 2 or 6

Thesis option (6 hrs.)

Non-thesis option (2 hrs.)

Total hours 34

II. Community Health Education Emphasis

Required:

Health Promotion and Education: 16

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 4666/5666</td>
<td>Environmental and Occupational Health Regulations</td>
</tr>
<tr>
<td>HPE 6271 (410:271)</td>
<td>Cardiovascular Physiology</td>
</tr>
<tr>
<td>HPE 6390 (410:290)</td>
<td>Philosophy and Ethics of Public Health and Health Promotion</td>
</tr>
</tbody>
</table>

Health Promotion Graduate Seminar: 1

PEMES 6253 (420:253) Advanced Exercise Physiology

Management:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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</thead>
<tbody>
<tr>
<td>MGMT 3919/5919 (150:119g)</td>
<td>Leadership and Human Relations</td>
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Research:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 6299 (410:299)</td>
<td>Research</td>
</tr>
</tbody>
</table>

Thesis option (6 hrs.)

Non-thesis option (2 hrs.)

Total hours 34

Total hours non-thesis option 30

III. School Health Education Emphasis

Required:

Health Promotion and Education: 6

<table>
<thead>
<tr>
<th>Course Code</th>
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</tr>
</thead>
<tbody>
<tr>
<td>HPE 4431/5431</td>
<td>Worksite Health Promotion (410:131g)</td>
</tr>
<tr>
<td>HPE 6390 (410:290)</td>
<td>Philosophy and Ethics of Public Health and Health Promotion</td>
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Select one of the following: 3

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Health, Physical Education, and Leisure Services, Interdepartmental:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPELS 6290 (440:290)</td>
<td>Research Methods for Health, Physical Education and Leisure Services</td>
</tr>
</tbody>
</table>

Health Promotion Graduate Seminar: 1

Research: 2 or 6

HPE 6299 (410:299) Research

Thesis option (6 hrs.)

Non-thesis option (2 hrs.)

Electives as approved by the Graduate Committee: 19 or 15

Total hours 31

The additional course requirements for this emphasis will be governed largely by teacher licensure requirements.

Program Certificates

The University of Northern Iowa makes available, in addition to traditional programs, the opportunity for students to earn program certificates. Program certificates provide an alternative to programs leading to a degree, a major, or a minor; they certify that an individual has completed a program approved by the university. For information on the following program certificates, contact the School of Health, Physical Education, and Leisure Services or the Office of the Registrar, which serves as the centralized registry.

Environmental Health Certificate

Required: 9

Health Promotion and Education/Environmental Science:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE/ENV SCI 4665</td>
<td>Environmental Health Science</td>
</tr>
<tr>
<td>HPE/ENV SCI 4666</td>
<td>Environmental and Occupational Health Regulations</td>
</tr>
</tbody>
</table>

Health Promotion: 3

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 4663/5663</td>
<td>Human Pathophysiology for Health Promotion (410:163g)</td>
</tr>
</tbody>
</table>

Electives: 6 hours chosen from either or both of the following categories:

I. Public Health Focus Area:

Health Promotion and Education:
HPE 4162/5162 (410:162g) Introduction to Women's Health
HPE 4373/5373 Planning and Evaluation of Public Health/Health Promotion Programs
HPE 4383/5383 Implementation of and Advocacy for Public Health and Health Promotion Programs
HPE 4393/5393 Epidemiological Methods, Research Design, and Analysis

**Biology:**
BIOL 3147 Cancer and Emerging Infectious Diseases (840:147)

**II. Environmental Sciences Focus Area:**

**Biology:**
BIOL 3151 General Microbiology (840:151)
BIOL 4155/5155 Ecotoxicology (840:155g)
BIOL 4167/5167 Conservation Biology (840:167g)

**Environmental Science:**
ENV SCI 6200 Environmental Biology (830:200)
ENV SCI 6235 Topics in Environmental Chemistry (830:235)

**Total Hours** 15

**Certificate in Global Health and Health Disparities**

**Required:**
Health Promotion and Education: 8-11

HPE 4161/5161 (410:161g) Global Health Mission
HPE 4167/5167 (410:167g) Cultural Competency for the Helping Professions
HPE 4247/5247 (410:147g) Minority Health
HPE 4438/5438 (410:138g) International Health

**Electives (selected two of the following):** 6

**Leisure Services:**
LYHS 3030 (430:030) Inclusive Recreation and Diversity in LYHS

**Social Work:**
SW 4142/5142 (450:142g) Working With Racial and Ethnic Minorities

**Communication:**
COMM 4344/5344 (48C:151g) Intercultural Communication

**Social Science:**
SOC SCI 1041 (900:041) Social Welfare: A World View

**Political Science:**

**Division of Physical Education**

**Bachelor of Arts Degree Programs**

**Movement and Exercise Science Major**

The Movement and Exercise Science major requires a minimum of 120 total hours to graduate. This total includes Liberal Arts Core requirements and the following specified major requirements, plus electives to complete the minimum of 120 hours.

Completion of this program prepares students for careers or further study in movement and exercise science or related areas but not for endorsement in K-12 school settings. To continue in the program and take 3000-level courses and above a student must have a C- or better in PEMES 2050 (420:050) Anatomy and Physiology of Human Movement. The student must maintain a cumulative 2.50 GPA in the major to graduate.

**Required core:**

**Athletic Training:** 2
AT 1018 (42T:018) Prevention and Care of Athletic Injuries

**Physical Education:** 19
PEMES 2050 (420:050) Anatomy and Physiology of Human Movement
PEMES 2053 (420:053) Physical Activity and Nutrition for Health and Fitness
PEMES 2056 (420:056) Introduction to Motor Behavior
PEMES 3121 (420:121) Sociology and Psychology of Physical Activity
PEMES 3151 (420:151) Introductory Biomechanics
PEMES 3153 (420:153) Physiology of Exercise
PEMES 3163 Career and Professional Development
Physical Education Major-Teaching

The Physical Education-Teaching major requires a minimum of 120 total hours to graduate. This total includes Liberal Arts Core requirements, the Professional Education Requirements, and the following specified major requirements, plus electives to complete the minimum of 120 hours.

Completion of this program qualifies the student to be recommended for endorsements for Physical Education K-8 and Physical Education 5-12.

Student teachers must have current First Aid and CPR certification.

Disciplinary Knowledge core:

Physical Education: 20

**PEMES 2019** First Aid and CPR for Physical Educators
**PEMES 2030** Teaching Physical Education For Learning
**PEMES 2050** Anatomy and Physiology of Human Movement
**PEMES 2053** Physical Activity and Nutrition for Health and Fitness
**PEMES 2056** Introduction to Motor Behavior
**PEMES 3121** Sociology and Psychology of Physical Activity
**PEMES 3151** Introductory Biomechanics
**PEMES 3153** Physiology of Exercise

Pedagogical content:

Physical Education: 14

**PEMES 3173** Teaching Methods Block
**PEMES 3174** Assessment Processes in Physical Education *
**PEMES 3176** Administration and Curriculum Development in Physical Education
**PEMES 4152/5152** Adapted Physical Education *

Skill and Activity content:

Physical Education: 10

**PEMES 2011** Fundamental Physical Activities -- Aquatics
**PEMES 2013** Fundamental Physical Activities -- Dance
**PEMES 2015** Lifetime Activities I (2 hrs. required)
**PEMES 2016** Lifetime Activities II (2 hrs. required)
**PEMES 2017** Fundamental Physical Activities -- Outdoor/Adventure Pursuits

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* This emphasis prepares students with a broad background in exercise science with the ability to implement individual and group exercise and fitness programs, strength and power development, and as a preparation for graduate study in exercise science.

** This emphasis provides a broad education in sport psychology and is designed to prepare students interested in pursuing careers in coaching, youth sport, as a sport teaching professional, motivational trainer, or for advanced studies in coaching. Students in this emphasis are strongly encouraged to complete a coaching minor.
**Minors**

**Coaching Minor**

Students who complete this program will qualify for the Department of Education coaching endorsement. The coaching endorsement is for grades K-12. However, this program does not qualify students to teach physical education at any level.

Students who complete this program and are not teaching majors will qualify for the Department of Education coaching authorization.

**Required:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDPSYCH 2030</td>
<td>3</td>
</tr>
<tr>
<td>AT 1018</td>
<td>3</td>
</tr>
<tr>
<td>AT 1019</td>
<td></td>
</tr>
<tr>
<td>PEMES 2024</td>
<td></td>
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<tr>
<td>PEMES 2025</td>
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<tr>
<td>PEMES 3118</td>
<td></td>
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<tr>
<td>PEMES 3122</td>
<td></td>
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<tr>
<td>PEMES 4217/5217</td>
<td></td>
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</tbody>
</table>

Electives from the following: 4-6

**Physical Education:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 3101</td>
<td></td>
</tr>
<tr>
<td>PEMES 3102</td>
<td></td>
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<tr>
<td>PEMES 3104</td>
<td></td>
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<tr>
<td>PEMES 3107</td>
<td></td>
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<tr>
<td>PEMES 3108</td>
<td></td>
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<tr>
<td>PEMES 3111</td>
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</table>

**Electives:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2021</td>
<td>Movement Activities for Children</td>
</tr>
<tr>
<td>PEMES 3112</td>
<td>Advanced Skill and Coaching Theory -- Volleyball</td>
</tr>
<tr>
<td>PEMES 3113</td>
<td>Advanced Skill and Coaching Theory -- Wrestling</td>
</tr>
</tbody>
</table>

**Total Hours:**

* Students with a major in Physical Education-Teaching will substitute PEMS 4152/5152 (420:152g) Adapted Physical Education for SPED 3150 (220:150) Meeting the Needs of Diverse Learners in Classrooms and PEMS 3174 (420:174) Assessment Processes in Physical Education for MEASRES 3150 (250:150) Classroom Assessment in the Professional Education Requirements.

**Note:** Students in teaching majors will complete 200:030 within the Professional Education Requirements. 420:118 (Practicum) must be completed prior to student teaching.

**Physical Education Minor-Elementary Teaching**

This Physical Education minor is designed for students who are elementary majors receiving K-6 endorsement. Students are encouraged to seek advisement from the elementary physical education staff prior to scheduling.

**Required:**

**Physical Education:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2013</td>
<td>Fundamental Physical Activities - Dance</td>
</tr>
<tr>
<td>PEMES 2016</td>
<td>Lifetime Activities II (Soccer)</td>
</tr>
<tr>
<td>PEMES 3101</td>
<td>Advanced Skill and Coaching Theory -- Baseball</td>
</tr>
<tr>
<td>PEMES 3102</td>
<td>Advanced Skill and Coaching Theory -- Basketball</td>
</tr>
<tr>
<td>PEMES 3104</td>
<td>Advanced Skill and Coaching Theory -- Football</td>
</tr>
<tr>
<td>PEMES 3107</td>
<td>Advanced Skill and Coaching Theory -- Soccer</td>
</tr>
<tr>
<td>PEMES 3108</td>
<td>Advanced Skill and Coaching Theory -- Softball</td>
</tr>
<tr>
<td>PEMES 3111</td>
<td>Advanced Skill and Coaching Theory -- Track and Field</td>
</tr>
</tbody>
</table>

**Electives:**

<table>
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<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2021</td>
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<tr>
<td>PEMES 3112</td>
<td></td>
</tr>
<tr>
<td>PEMES 3113</td>
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</tbody>
</table>

**Total Hours:**

**20-22**
Master of Arts Degree Program
Major in Physical Education

Students interested in this program must submit a completed Application for Admission to Graduate Study and should refer to their MyUNIverse Student Center To-Do list or contact the Division of Physical Education (within the School of Health, Physical Education, and Leisure Services) for other application requirements. Graduate information and application for graduate admission can be found at www.grad.uni.edu/admission.

The Graduate Record Examination (General Test) is not required for admission to the program.

Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.

This major is available on the thesis and non-thesis options. A minimum of 30 semester hours is required for both options.

Additional hours may be required if, upon entering the graduate program, the student needs prerequisites. Total hours for the thesis option includes 6 hours of PEMES 6299 (420:299) Research. Total hours for the non-thesis option includes 2 hours of PEMES 6299 (420:299) Research for a research paper. A thesis/research paper defense is required.

This major offers two emphases:

1. Teaching/Coaching Emphasis:

To be eligible for admission to the graduate program, the candidate must have an undergraduate degree in teaching physical education or be currently licensed to teach physical education. Undergraduate students in the last semester of a bachelor degree in physical education PK-12 teaching may be provisionally accepted. Candidates not meeting these requirements may petition for special consideration for admission.

A minimum of 15 hours must be at the 200/6000 level for both the thesis and non-thesis options. The program is available on the thesis and non-thesis options.

Teaching and coaching are respectively the primary and the secondary focuses of the program. The program does not lead to a teaching license in Physical Education.

Required:
Measurement and Research/Health, Physical Education, and Leisure Services, Interdepartmental: 6

2. Kinesiology Emphasis:

This emphasis is designed for those who wish to concentrate their study in one of the subdisciplines of Kinesiology. The major offers two focus areas, and is available on the thesis and non-thesis options. A minimum of 21 hours, exclusive of PEMES 6299 (420:299) credit, must be at the 200/6000-level.

Exercise Science and Sports Performance Focus:

Required:
Physical Education: 9
PEMES 6251 (420:251) Biomechanics
PEMES 6253 (420:253) Advanced Exercise Physiology

Total hours 30
School of Health, Physical Education, and Leisure Services

PEMES 6260 (420:260) Laboratory Instrumentation and Test Interpretation

Health, Physical Education, and Leisure Services, Interdepartmental:

- HPELS 6210 (440:210) Quantitative Methods in HPELS (or equivalent)
- HPELS 6290 (440:290) Research Methods for Health, Physical Education and Leisure Services

Physical Education:

- PEMES 6289 (420:289) Seminar in Physical Education (on different topics)

Research:

- PEMES 6299 (420:299) Research

Electives from the following courses:

- PEMES 6222 (420:222) Sport Psychology
- PEMES 6255 (420:255) Motor Control and Learning
- PEMES 6271 (420:271) Cardiovascular Physiology
- PEMES 6285 (420:285) Readings in Physical Education
- PEMES 6289 (420:289) Seminar in Physical Education (maximum 6 hours in addition to required hours on different topics)
- PEMES 6297 (420:297) Practicum

Thesis option (3 hrs.)
Non-thesis option (7 hrs.)

Total hours 30

Sport and Exercise Psychology Focus:

Required:

Physical Education:

- PEMES 6222 (420:222) Sport Psychology
- PEMES 6251 (420:251) Biomechanics
- PEMES 6255 (420:255) Motor Control and Learning
- PEMES 6273 (420:273) Contemporary Issues in Physical Education and Athletics

Health, Physical Education, and Leisure Services, Interdepartmental:

- HPELS 6210 (440:210) Quantitative Methods in HPELS (or equivalent)
- HPELS 6290 (440:290) Research Methods for Health, Physical Education and Leisure Services

Physical Education:

Choose one of the following:

- PEMES 6285 (420:285) Readings in Physical Education
- PEMES 6289 (420:289) Seminar in Physical Education
- PEMES 6293 (420:293) Research Experience in Physical Education

Research:

- PEMES 6299 (420:299) Research

Thesis option (6 hrs.)
Non-thesis option (2 hrs.)

Electives from the following courses:

- PEMES 6251 (420:251) Biomechanics
- PEMES 6253 (420:253) Advanced Exercise Physiology
- PEMES 6260 (420:260) Laboratory Instrumentation and Test Interpretation
- PEMES 6271 (420:271) Cardiovascular Physiology
- PEMES 6285 (420:285) Readings in Physical Education (maximum 6 hrs. on different topics)
- PEMES 6289 (420:289) Seminar in Physical Education
- PEMES 6293 (420:293) Research Experience in Physical Education
- PEMES 6297 (420:297) Practicum
- PSYCH 3303/5303 (400:154g) Health Psychology
- PSYCH 3403/5403 (400:142g) Abnormal Psychology
- PSYCH 3502/5502 (400:134g) Motivation and Emotion
- POSTSEC 6218 (170:218) Organization and Governance of Postsecondary Education
- POSTSEC 6270 (170:270) College Student Development

Thesis option (3 hrs.)
Non-thesis option (7 hrs.)

Total hours 30

Division of Leisure, Youth and Human Services

Academic Policies

Major Requirements

The following criteria shall be used to determine student eligibility for the Leisure, Youth and Human Services major:

1. 2.00 or above cumulative UNI GPA.
2. A grade of C (2.00) or higher in all courses applied to the major. If the student earns less than a C in a major course, s/he must retake the course within two semesters in order to apply it to the major.
Within one semester after full admission to the major, students must file an approved undergraduate Program of Study, including all electives to be taken for the major.

In order to remain in good academic standing, students must maintain a cumulative major GPA of 2.50 or above. Students whose GPAs fall below 2.50 will have one semester in which to raise grades to the required level. If they are unable to do so, they must retake the course or courses that caused the GPA to fall below 2.50, and they will be administratively dropped from any other major courses for which they have registered.

In order to be eligible for internship and graduation, students must:

1. Meet the academic criteria above.
2. Complete a minimum of 500 Professional Experience hours in Leisure, Youth and Human Service settings.
3. Hold or obtain current certification in American Red Cross CPR PRO (Professional Rescuer), American Red Cross AED (Automatic External Defibrillation), American Red Cross First Aid, American Red Cross PDT (Prevention of Disease Transmission), and Child/Dependent Adult Abuse Mandatory Reporter Training.
4. Students are required to demonstrate computer competency prior to enrolling in seminar.

**Minor Requirements**

Admission to the Leisure, Youth and Human Services and Youth Services Administration minors requires students to have a cumulative UNI GPA of 2.00. To graduate with a minor in Leisure, Youth and Human Services, students must have a minor GPA of 2.50, with a grade of C (2.00) or higher in all courses applied to the minor. Students must officially declare the minor.

**Bachelor of Arts Degree Program**

**Leisure, Youth and Human Services Major**

The Leisure, Youth and Human Services major requires a minimum of 120 total hours to graduate. This total includes Liberal Arts Core requirements and the following specified major requirements, plus electives to complete the minimum of 120 hours.

The Leisure, Youth and Human Services major prepares students to deliver programs and manage facilities designed to meet human, community, and social needs in public, governmental, and nonprofit community agencies. Graduates may find employment in agencies that serve people of all ages from diverse backgrounds in areas such as municipal parks and recreation, commercial recreation, tourism, outdoor recreation, therapeutic recreation (clinical and community-based settings), the nonprofit and youth serving agencies, armed forces recreation, campus recreation, and other leisure service delivery sectors. The major focuses on direct service programming with an emphasis on supervisory and managerial skills. The Leisure, Youth and Human Services program is accredited by NRPA/AALR.

The Leisure, Youth and Human Services major requires all students to take a common core of courses with additional supporting courses in areas of professional interest.

Required core:
Leisure, Youth and Human Services: 35

<table>
<thead>
<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>LYHS 2010</td>
<td>Introduction to Leisure, Youth and Human Services</td>
</tr>
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<td>LYHS 2020</td>
<td>Leadership in Leisure, Youth and Human Services</td>
</tr>
<tr>
<td>LYHS 3050</td>
<td>Management of Leisure, Youth and Human Services</td>
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<td>LYHS 3060</td>
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<td>LYHS 3121</td>
<td>Philosophical Foundations of Leisure, Youth and Human Services</td>
</tr>
<tr>
<td>LYHS 4070/5070</td>
<td>Research and Evaluation in Leisure, Youth and Human Services</td>
</tr>
<tr>
<td>LYHS 4080</td>
<td>Seminar (2 hrs.)</td>
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<tr>
<td>LYHS 4090</td>
<td>Senior Project (3 hrs.)</td>
</tr>
<tr>
<td>LYHS 4095</td>
<td>Internship (12 hrs.)</td>
</tr>
</tbody>
</table>

Students will work with their assigned advisor to develop an area of professional interest with appropriate corresponding LYHS supporting courses: 21

**Total Hours** 56

**Minor**

For Academic Policies regarding minors within the Division of Leisure, Youth and Human Services see Minor Requirements.

**Leisure, Youth and Human Services Minor**

Required:

Leisure, Youth and Human Services: 12

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<tr>
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<td>Principles of Therapeutic Recreation II</td>
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<tr>
<td>LYHS 4115/5115</td>
<td>Areas and Facilities for Leisure, Youth and Human Services</td>
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Electives (select two of the following): 6

Leisure, Youth and Human Services:

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</table>
A final oral comprehensive examination (research paper/thesis) is required for LYHS 6299 (430:299) Research. Of 12 hours of 200/6000-level course work, including 3 hours of LYHS 6299 (430:299) Research. The non-thesis option requires a minimum of 15 hours of 200/6000-level course work, including 6 hours of LYHS 6299 (430:299) Research. Successful completion of a final comprehensive examination (research paper/thesis) is required for both the thesis and non-thesis options. A final oral comprehensive examination will occur simultaneously during the oral defense of the thesis and non-thesis options.

Total Hours

**Master of Arts Degree Program**

**Major in Leisure, Youth and Human Services**

This major is designed to foster preparation for professional leadership roles in the administration of leisure, youth and human services agencies. The program offers the student the opportunity to take an active role in determining personal learning objectives and developing individual programs of study. The program supports professional development through the utilization of relevant philosophy, content, and skills in order to provide management and leadership for effective and efficient delivery of leisure, youth and human services. Students are encouraged to focus on study that has direct relevance to professional practice. Students can design programs of study for work in campus recreation, nonprofit settings, community recreation, tourism organizations, sports administration, and outdoor resource management.

Students interested in this program must submit a completed Application for Graduation and should refer to their MyUNIverse Student Center To-Do list or contact the Division of Leisure, Youth and Human Services (within the School of Health, Physical Education, and Leisure Services) for other application requirements. Graduate information and application for graduate admission can be found at www.grad.uni.edu/admission.

The Graduate Record Examination (General Test) is not required for admission to the program.

Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.

This major is available on the thesis and non-thesis options. A minimum of 36 semester hours is required for the thesis option, and a minimum of 33 semester hours is required for the non-thesis option. Up to an additional 12 hours of undergraduate work may be required for students who do not have undergraduate preparation in the area. The thesis option requires a minimum of 15 hours of 200/6000-level course work, including 6 hours of LYHS 6299 (430:299) Research. The non-thesis option requires a minimum of 12 hours of 200/6000-level course work, including 3 hours of LYHS 6299 (430:299) Research. Successful completion of a final comprehensive examination (research paper/thesis) is required for both the thesis and non-thesis options. A final oral comprehensive examination will occur simultaneously during the oral defense of the research paper or thesis.

**Required:**

| Minimum of one research course from the following: | 3 |
| Health, Physical Education, and Leisure Services, Interdepartmental: | |
| HPELS 6215 (440:215) | Qualitative Methods |
| HPELS 6290 (440:290) | Research Methods for Health, Physical Education and Leisure Services |
| Sociology: | |

**Program Certificates**

The University of Northern Iowa makes available, in addition to traditional programs, the opportunity for students to earn program certificates. Program certificates provide an alternative to programs leading to a degree, a major, or a minor; they certify that an individual has completed a program approved by the university. For information on the following program certificates, contact the School of Health, Physical Education, and Leisure Services or the Office of the Registrar, which serves as the centralized registry.

**Aquatics Specialization Certificate**

The purpose of this certificate is to develop and produce quality graduates who have the appropriate skills and certifications to obtain employment in the aquatic profession. Upon completion of the certificate, students will be able to teach Lifeguarding, Water Safety, and be certified as a pool operator through national certifications.

**Required:**

| Physical Education: | 7 |
| PEMES 2011 (420:011) | Fundamental Physical Activities -- Aquatics |
| PEMES 2060 (420:060) | Lifeguard Training and Instruction |
| PEMES 2061 (420:061) | Water Safety Instruction |
| PEMES 3120 (420:120) | Certified Pool Operators |
Leisure, Youth and Human Services:

LYHS 2010 (430:010) Introduction to Leisure, Youth and Human Services
LYHS 3060 (430:110) Programming for Leisure, Youth and Human Services

Electives: 5 hours as approved by advisor, selected from the following:

Physical Education:
PEMES 1A39 (420:A39) (Canoeing, 1 hr.)
PEMES 1A66 (420:A66) (Skin & Scuba Diving, 2 hrs.)
PEMES 3168 (420:168) Assisting in Physical Activity and Wellness
PEMES 3186 (420:186) (Studies in PE: Coaching Swimming, 2 hrs.)
PEMES 3186 (420:186) (Studies in Small Craft Safety/Water Rescue, 1 hr.)
PEMES 3186 (420:186) (Studies in Physical Education: Lifeguard Instructor Training, 1 hr.)

Leisure, Youth and Human Services:
LYHS 4115/5115 (430:168g) Areas and Facilities for Leisure, Youth and Human Services

Total Hours 18

Nonprofit Management Certificate

This certificate provides knowledge, skill-building and professional experience for students interested in working in the nonprofit sector. Earning this certificate at UNI also enables students to earn a national certificate in Nonprofit Management from Nonprofit Leadership Alliance.

Students interested in this certificate should contact the School of Health, Physical Education, and Leisure Services (319-273-2141).

Required:

Youth and Human Service Administration:
LYHS 2335 (430:060) Principles of Nonprofit and Youth Agencies
LYHS 3050 (430:114) Management of Leisure, Youth and Human Services
LYHS 3337 (430:154) Human Resource Development for Nonprofit and Youth Agencies
LYHS 4055 (430:151) Financial Resource Management for LYHS Agencies

Leisure Services Internship:
LYHS 4095 (430:187) Internship

Nonprofit Leadership Practicum:
LYHS 4339/5339 (430:188g) Nonprofit Leadership Practicum

Total Hours 15

Outdoor Recreation Certificate

The Outdoor Recreation Certificate program is designed to train students for professional employment in the varied and growing field of outdoor recreation and adventure education. This program offers students the opportunity to develop skills in a variety of outdoor recreation activities while studying the theories, trends and issues involved in working with groups, facilitating adventure education, and managing the impacts of recreation on our natural environment. The Certificate in Outdoor Recreation is available to students in all majors.

Required:

Leisure, Youth and Human Services:
LYHS 2551 (430:050) Principles of Outdoor Recreation
LYHS 4552/5552 (430:130g) Theory and Practice of Experiential Education
LYHS 4553/5553 (430:143g) Trends and Issues in Outdoor Recreation
LYHS 4554/5554 (430:146g) Managing Recreation Impacts on the Natural Environment

Outdoor recreation activity skills classes:
PEMES xxxx (420:xxx)

Total Hours 15

School-Age Care Leadership Certificate

This certificate is designed to provide students participating in the Camp Adventure Youth Services program an opportunity to receive credit for their application of youth development principles to school-age children (ages 5-12) in global settings.

Required:

Leisure, Youth and Human Services:
LYHS 4265/5265 (430:165g) Leisure, Youth and Human Services Field Experience
LYHS 4623/5623 (430:141g) Field Experience in Camp Counseling
LYHS 4625/5625 (430:144g) Camp Management Systems

Electives: selected from the following:

TEACHING 2017 Level 1 Field Experience: Exploring Teaching
EDPSYCH 4109/5109 (200:109g) Development and Assessment of Young Children
EDPSYCH 4116/5116 (200:116g) Psychology of Adolescence
EDPSYCH 6235 (200:235) Theories of Human Development
FAM SERV 1010 (31F:010) Human Identity and Relationships
FAM SERV 1020 (31F:020) Family Relationships

Total Hours 22
School of Health, Physical Education, and Leisure Services

FAM SERV 1055  Human Growth and Development
(31F:055)  

Total Hours 17-18

Tourism Certificate

The Tourism Certificate is administered by the Leisure, Youth and Human Services Division within the School of Health, Physical Education, and Leisure Services, College of Education. For information on this program certificate, contact the Division of Leisure, Youth and Human Services, Tourism Advisor, 203 WRC.

Required:

Leisure, Youth, and Human Services: 6

<table>
<thead>
<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>LYHS 2075</td>
<td>Tourism and Recreation Marketing</td>
</tr>
<tr>
<td>(430:075)</td>
<td></td>
</tr>
<tr>
<td>LYHS 2770</td>
<td>Principles of Tourism</td>
</tr>
<tr>
<td>(430:070)</td>
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</table>

Select two of the following: 6

Leisure, Youth and Human Services:

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</thead>
<tbody>
<tr>
<td>LYHS 3774</td>
<td>Conferences, Expositions and Convention in Tourism</td>
</tr>
<tr>
<td>(430:173)</td>
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</tr>
<tr>
<td>LYHS 4778/5778</td>
<td>Community Based Tourism</td>
</tr>
<tr>
<td>(430:171g)</td>
<td></td>
</tr>
<tr>
<td>LYHS 4779/5779</td>
<td>Community Planning Workshop</td>
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<td>(430:138g)</td>
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Select one of the following: 3

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<tr>
<td>LYHS 4116/5116</td>
<td>Festivals and Special Events Management</td>
</tr>
<tr>
<td>(430:172g)</td>
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</tr>
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<td>LYHS 4554/5554</td>
<td>Managing Recreation Impacts on the Natural Environment</td>
</tr>
<tr>
<td>(430:146g)</td>
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<tr>
<td>LYHS 4776/5776</td>
<td>Eco, Adventure and Sport Tourism</td>
</tr>
<tr>
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<td></td>
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</table>

Health, Physical Education, and Leisure Services, Interdepartmental:

<table>
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</thead>
<tbody>
<tr>
<td>HPELS 3120</td>
<td>Technology Integration for the HPELS Professional</td>
</tr>
<tr>
<td>(440:120)</td>
<td></td>
</tr>
</tbody>
</table>

Total Hours 15

* If student has successfully completed MKTG 2110 (130:101) Principles of Marketing, this course can be substituted for LYHS 2075 (430:075) Tourism and Recreation Marketing.