School of Kinesiology, Allied Health and Human Services

(College of Education)

www.uni.edu/coe/hpels

The School of Kinesiology, Allied Health and Human Services offers the following undergraduate and graduate programs and program certificates. Specific requirements for these programs are listed within this School of Kinesiology, Allied Health and Human 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 Kinesiology, Allied Health and Human 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

- **Masters of Athletic Training (M.ATR.)**

- **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 Humanitarian Assistance

Division of Physical Education -

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

- **Minors**
  - Coaching

- **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>
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<tr>
<td>Dissertation</td>
<td>6</td>
</tr>
<tr>
<td>Total Hours</td>
<td>60</td>
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</tbody>
</table>

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:

- **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 knitted 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 Kinesiology, Allied Health and Human 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 Kinesiology, Allied Health and Human Services Academic Advisor and the Athletic Training Program 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 AT Program admission procedure requirements and are officially admitted. All application documents can be downloaded from the 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 (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, 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 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)
School of Kinesiology, Allied Health and Human Services

b. Application form
c. Essay
d. Recommendation forms (x 3)
e. CPR certification for the professional rescuer
f. First Aid Certification
g. *30 hours of athletic training observation experience (prospective students are assigned to a student peer mentor for this experience)
h. *OSHA/Blood-borne pathogen certification (This must be obtained before beginning observation experience at UNI. This training is offered free of charge at UNI every semester.)
i. Technical standards form
j. Criminal background check ($15)
k. Preferred GPA of 2.5
l. Learning objectives (This is optional and meant to be completed during the observation experience. They are included within our application forms.)
m. Complete an interview with UNI Athletic Training personnel (this is scheduled only after application materials are completed)
n. HIPAA Privacy Training.

4. Application Process: Although the requirements are the same, the application process is somewhat different for UNI students and transfer students.

a. Current UNI Students:
   • Obtain the application documents from the website which are updated annually.
   • Submit all materials by *March to the Athletic Training Program office (HPC 003). (forms)
   • *Submitting application materials after March does not exclude a student from consideration for the upcoming Summer/Fall admission. However, students are encouraged to declare the intentions to our Program Director as soon as possible. A student must be admitted prior to the beginning of the summer session in order to join that year's cohort.
   • Interview: Once a student's application is complete, they will be contacted for an interview.

b. Transfer Students:
   • Obtain the application documents from the website which are updated annually.
   • Transfer students should submit all materials to the Athletic Training Program office (HPC 003). (forms)
   • Students must be admitted prior to the beginning of the summer session in order to join that year's cohort
   • Interview: Once a student's application is complete, they will be contacted for an interview.

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. HIPAA Privacy Training
   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 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 AT Program Director.
   b. Begin the Hepatitis B Vaccination series or sign the waiver form.
   c. Complete all other paper work available at the office.
   d. Maintain current CPR, OSHA, and First Aid certifications and child mandatory reporter training.
   e. Become a student member of the NATA ($80/year)
   f. Complete a physical exam.
   g. Maintain Professional Liability Insurance ($38/year)

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
      • See the AT program's full Retention Policies
   b. Complete a clinical experience (Clinical Integration) each semester, covering a minimum of four semesters.
      • If a student decides to delay or forego their clinical experience, to graduate, they must replace their clinical integration credits (AT 3000 (42T:140)) with an equal number of elective credits offered within the Athletic Training Division. Students who choose this option must gain prior approval from the AT Program Director. All elective course substitutions for AT 3000 (42T:140) must be approved by the AT Program Director. **NOTE: Students will NOT be eligible for the BOC Exam until at least four**
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 AT program. 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 AT program director. (Additional transfer student policies are available at the AT office.)
   ii Transfer students should assume that they will be enrolled in the AT program for at least four academic semesters after they are admitted to the program.

d. Follow the athletic training curricular plan as outlined in the UNI Catalog of courses and mandated by the CAATE.

12. All other program information is available at the athletic training program office (003 HPC) or our Web site www.uni.edu/coe/departments/school-health-physical-education-leisure-services/athletic-training.

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 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 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) 2

Required core:
Biology:
BIOL 3101 (840:101) Anatomy and Physiology I 4
BIOL 3102 (840:102) Anatomy and Physiology II 4

Athletic Training:
AT 3000 (42T:140) Athletic Training Clinical Integration 6-8
AT 3010 Athletic Training Terminology 1
AT 3011 Clinical Skills in Athletic Training 1

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>AT 3020</td>
<td>Clinical Anatomy</td>
<td>3</td>
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<tr>
<td>AT 3030</td>
<td>Acute Care in Athletic Training</td>
<td>2</td>
</tr>
<tr>
<td>AT 3031</td>
<td>Acute Care Clinical Skills</td>
<td>2</td>
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<tr>
<td>AT 3040 (42T:137)</td>
<td>Orthopedic Injury Assessment I</td>
<td>3</td>
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<tr>
<td>AT 3042</td>
<td>Injury Assessment Clinical Skills I</td>
<td>2</td>
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<td>AT 3050 (42T:134)</td>
<td>Orthopedic Injury Assessment II</td>
<td>3</td>
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<td>AT 3052</td>
<td>Injury Assessment Clinical Skills II</td>
<td>2</td>
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<tr>
<td>AT 3060/5060 (42T:110)</td>
<td>Athletic Training Administration and Professional Development</td>
<td>3</td>
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<tr>
<td>AT 3070/5070 (42T:143)</td>
<td>Therapeutic Interventions I</td>
<td>3</td>
</tr>
<tr>
<td>AT 3072</td>
<td>Therapeutic Interventions Clinical Skills I</td>
<td>1</td>
</tr>
<tr>
<td>AT 3080/5080 (42T:157)</td>
<td>Therapeutic Interventions II</td>
<td>3</td>
</tr>
<tr>
<td>AT 3082</td>
<td>Therapeutic Interventions Clinical Skills II</td>
<td>1</td>
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<tr>
<td>AT 3110 (42T:165)</td>
<td>Psychological Considerations for Athletic Injuries and Rehabilitation</td>
<td>2</td>
</tr>
<tr>
<td>AT 3120 (42T:170)</td>
<td>Clinical Decision Making in Athletic Training and Orthopedic Pathology I</td>
<td>3</td>
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<tr>
<td>AT 3125</td>
<td>Clinical Decision Making in Athletic Training &amp; Orthopedic Pathology II</td>
<td>3</td>
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<tr>
<td>AT 3130/5130 (42T:175)</td>
<td>General Medical Conditions</td>
<td>3</td>
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<tr>
<td>AT 3250/5250</td>
<td>Advanced Preventative Health Techniques</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Hours: 60-62

* BIOL 3101 (840:101) Anatomy and Physiology I prerequisites are not required for Athletic Training majors.
^ 6-8 hrs.- minimum 6 hrs. but may be repeated for maximum of 8 hrs., over 4-6 semesters.

Masters of Athletic Training Degree
Athletic Training Major

The Masters of Athletic Training major requires a minimum of 60 total hours to graduate.

The Masters of Athletic Training major is designed to prepare students to become athletic training professionals. It prepares students for the Board of Certification Examination as well as eligibility for an Athletic Training State License Credential. The curriculum is based upon cognitive and psychomotor learning experiences. The athletic training education program is seeking accreditation by the Commission on the Accreditation of Athletic Training Education (CAATE).
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 non-thesis option. Acceptable non-thesis options include critically appraised topics, interrelated series of research proposals, conducting an empirical study, or a problem-based analysis of the literature, each of which require an extensive writing component.

A minimum of 60 semester credit hours is required. The non-thesis option requires 3 hours of AT 6299 (42T:299). A minimum of 21 semester hours at the 6000-level is required.

A cumulative grade index of 3.00 (B average) must be earned in all courses required for the degree or applying to the degree. No more than six (6) semester hours of C credit (C+, C, C-) may be applied toward credit for graduation. When C-range grades on the advisement report exceed the six hour limit, one or more of such courses must be repeated. A course taken to satisfy degree requirements in which a student receives a D+, D, D- F grade will not be considered satisfactory and must be repeated. The original grade for any repeated course will be included in the computation for the Plan GPA, as well as in the overall cumulative GPA.

The 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 develop 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 Kinesiology, Allied Health and Human 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 3
AT 6220 (42T:220) Pathoetiology and Orthopaedic Assessment II 3
AT 6240 (42T:230) Evidence Based Practice I 3
AT 6260 (42T:250) Orthopaedic Surgical Interventions 3
AT 6275 Mental Health Care and Athletic Training Practice 3
AT 6289 (42T:289) Seminar in Athletic Training (6 hrs.) 6

Kinesiology, Allied Health, and Human Services, Interdepartmental:
HPELS 6210 (440:210) Quantitative Methods in HPELS 1
HPELS 6290 (440:290) Research Methods for Health, Physical Education and Leisure Services 1

Research: 3 or 6
AT 6299 Research 1
Non-thesis option (3 hrs.)

Electives: 3-6
Thesis option (3 hrs.)
Non-thesis option (6 hrs.)

Total hours 36

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:
Wellness and Fitness (54 hours)
Women's Health (52 hours)
Global Health and Humanitarian Assistance (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 Community Health 1
HPE 3693 (410:193) Internship Seminar 1
HPE 4663/5663 (410:163g) Human Diseases 3
HPE 4393/5393 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 - Wellness and Fitness

Required:
Health Promotion and Education:
HPE 3118 (410:118) Teaching Aerobics 1
HPE 4155 (410:155g) Stress Management 2
HPE 4164 (410:164g) Health Care and the Consumer 2
HPE 4353/5353 (410:153g) Public Health Theory 3
HPE 4373/5373 Planning and Evaluating Health Promotion Programs 4
HPE 4383/5383 Health Promotion Implementation and Advocacy 4
## School of Kinesiology, Allied Health and Human Services

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>HPE 4431/5431</td>
<td>Worksite Health Promotion</td>
<td>3</td>
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<tr>
<td>HPE 4551/5551</td>
<td>Nutrition for Health Promotion</td>
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<tr>
<td>PEMES 2050 (420:050)</td>
<td>Anatomy and Physiology of Human Movement</td>
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</tr>
<tr>
<td>PEMES 3153 (420:153)</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 3156 (420:156)</td>
<td>Fitness Assessment and Programming</td>
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</table>

**Total hours for Wellness and Fitness Area**: 54

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

**Required:**

- **Health Promotion and Education:**
  - HPE 2120 (410:020) Maternal and Infant Health 3
  - HPE 4162/5162 Introduction to Women's Health 3
  - HPE 4328/5328 Selected Topics in Women's Health 3
  - HPE 4353/5353 Public Health Theory 3
  - HPE 4373/5373 Planning and Evaluating Health Promotion Programs 4
  - HPE 4383/5383 Health Promotion Implementation and Advocacy 4
  - HPE 4551/5551 Nutrition for Health Promotion 3

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

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

**Psychology:**

- PSYCH 2201 Psychology of Gender (400:060)

- **Health Promotion and Education:**
  - HPE 4125/5125 Aging and Health (410:125g)

- **Leisure, Youth and Human Services:**
  - LYHS 4055 Financial Resource Management for LYHS Agencies (430:151)

- **Communication Studies:**
  - COMM 4346/5346 Gender Issues in Communication (48C:153g)
  - COMM 4347/5347 Family Communication (*) (48C:142g)

- **Humanities:**
  - WGS 1040 Women's and Gender Studies: Introduction (680:040)

- **Social Science:**

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

### Accreditation/Credentialing Area - Global Health and Humanitarian Assistance

**Required:**

- **Health Promotion and Education:**
  - HPE 4161/5161 Global Service Mission (3 hours required) (410:161g)
  - HPE 4167/5167 Cultural Competency for the Helping Professions (410:167g)
  - HPE 4247/5247 Minority Health (410:147g)
  - HPE 4353/5353 Public Health Theory (410:153g)
  - HPE 4373/5373 Planning and Evaluating Health Promotion Programs (410:153g)
  - HPE 4383/5383 Health Promotion Implementation and Advocacy (410:153g)

- **Electives (select 6 hours from the following):**
  - HPE 2120 Maternal and Infant Health (410:020)
  - HPE 3650 Complementary, Alternative, and Integrative Health (410:152g)

- **Health Promotion and Education:**
  - HPE 4125/5125 Aging and Health (410:125g)

- **Social Work:**
  - SW 4163 Diversity and Difference (450:163g)

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

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

**Total Hours for Global Health and Humanitarian Assistance Area**: 51

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

**Required:**

- **Health Promotion and Education:**
  - HPE 4161/5161 Global Service Mission (3 hours required) (410:161g)
  - HPE 4167/5167 Cultural Competency for the Helping Professions (410:167g)
  - HPE 4247/5247 Minority Health (410:147g)
  - HPE 4353/5353 Public Health Theory (410:153g)
  - HPE 4373/5373 Planning and Evaluating Health Promotion Programs (410:153g)
  - HPE 4383/5383 Health Promotion Implementation and Advocacy (410:153g)

- **Electives (6 hours from the following):**
  - HPE 2120 Maternal and Infant Health (410:020)
  - HPE 3650 Complementary, Alternative, and Integrative Health (410:152g)

- **Health Promotion and Education:**
  - HPE 4125/5125 Aging and Health (410:125g)

- **Social Work:**
  - SW 4163 Diversity and Difference (450:163g)

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

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

**Total Hours for Environmental Health: Science Intensive Area**: 51
**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 Health and Physical Education for Elementary Teachers *(440:045)*
- or HPE 3240 Secondary School Health Education Methods *(410:140)*

**Educational Psychology:** 2-3

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

**Applied Human Sciences, School of:** 3

- FAM SERV 1020 Family Relationships **(31F:020)**
- or HPE 3230 Drug Prevention Education for School Health Educators *(410:140)*

**Psychology:** 3

- PSYCH 3102/5102 Drugs and Individual Behavior *(400:170g)*
- or HPE 3230 Drug Prevention Education for School Health Educators *(410:140)*

**Health Promotion and Education:** 8

- HPE 1101 Introduction to Community Health *(410:005)*
- or CAP 3160 Community and Public Health *(CAP:160)*

- HPE 3344 Health Education Curriculum *(410:144)*
- or PEMES 2053 Physical Activity and Nutrition for Health and Fitness *(420:053)*
- HPE 4164 Health Care and the Consumer *(410:164g)*
- or HPELS 1020 and HPELS 1030 *(2 hrs.)*

**HPE 3220 Human Diseases for School Health Educators**

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

**Total hours** 26

---


Approved electives include EDPSYCH 2030 (200:030) Dynamics of Human Development, PEMES 2019 First Aid and CPR for Physical Educators, PEMES 2050 (420:050) Anatomy and Physiology of Human Movement, PEMES 3151 (420:151) Introductory Biomechanics, PEMES 3153 (420:153) Physiology of Exercise, PEMES 4152/5152 (420:152g) Adapted Physical Education 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>HPE 1101</td>
<td>Introduction to Community Health</td>
</tr>
<tr>
<td>HPE 4164</td>
<td>Health Care and the Consumer</td>
</tr>
<tr>
<td>HPE 4353/5353</td>
<td>Public Health Theory</td>
</tr>
<tr>
<td>HPE 4373/5373</td>
<td>Planning and Evaluating Health Promotion Programs</td>
</tr>
<tr>
<td>HPE 4383/5383</td>
<td>Health Promotion Implementation and Advocacy</td>
</tr>
<tr>
<td>HPE 4393/5393</td>
<td>Epidemiological Methods, Research Design, and Analysis</td>
</tr>
<tr>
<td>HPE 4663/5663</td>
<td>Human Diseases</td>
</tr>
</tbody>
</table>

Total Hours 21

* 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 Kinesiology, Allied Health and Human 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

- Kinesiology, Allied Health and Human Services, Interdepartmental:
  - HPELS 6210 (440:210) Quantitative Methods in HPELS or HPELS 6215 (440:215) Qualitative Methods

Choose one of the following: 3

- Measurement and Research:
  - MEASRES 6205 (250:205) Educational Research

- Kinesiology, Allied Health and Human Services, Interdepartmental:
  - HPELS 6290 (440:290) Research Methods for Health, Physical Education and Leisure Services

Health Promotion and Education: 15

- HPE 4393/5393 (410:131g) Epidemiological Methods, Research Design, and Analysis
- HPE 4431/5431 (410:166g) Worksite Health Promotion
- HPE 4666/5666 (410:163g) Environmental and Occupational Health Regulations
- HPE 6271 (410:271) Cardiovascular Physiology
- HPE 6390 (410:290) Philosophy and Ethics of Public Health and Health Promotion

Health Promotion Graduate Seminar: 1

- HPE 6289 (410:289) Seminar

Physical Education: 3

- PEMES 6253 (420:253) Advanced Exercise Physiology
Management:

MGMT 3965/5965  Organizational Behavior  3
(150:165g)

Research:  2 or 6

HPE 6299 (410:299)  Research

Thesis option (6 hrs.)

Non-thesis option (2 hrs.)

Total hours thesis option  34
Total hours non-thesis option  30

II. Community Health Education Emphasis

Required:

Health Promotion and Education:  17

HPE 4167/5167  (410:167g)  Cultural Competency for the Helping Professions

HPE 4393/5393  Epidemiological Methods, Research Design, and Analysis

HPE 4431/5431  (410:131g)  Worksite Health Promotion

HPE 4665/5665  (410:165g)  Environmental Health Science

HPE 6220 (410:220)  Health Determinants

HPE 6390 (410:290)  Philosophy and Ethics of Public Health and Health Promotion

Select one of the following:  3

Measurement and Research:

MEASRES 6205  Educational Research  (250:205)

Health, Physical Education, and Leisure Services, Interdepartmental:

HPELS 6290  (440:290)  Research Methods for Health, Physical Education and Leisure Services

Health Promotion Graduate Seminar:  1

HPE 6289 (410:289)  Seminar

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 Kinesiology, Allied Health and Human Services or the Office of the Registrar, which serves as the centralized registry.

Environmental Health Certificate

Required:  9

Health Promotion and Education/Environmental Science:  6

HPE/ENV SCI 4665  Environmental Health Science

HPE/ENV SCI 4666  Environmental and Occupational Health Regulations

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

I. Public Health Focus Area:

Health Promotion and Education:

HPE 4162/5162  (410:162g)  Introduction to Women's Health

HPE 4373/5373  Planning and Evaluating Health Promotion Programs

HPE 4383/5383  Health Promotion Implementation and Advocacy

HPE 4393/5393  Epidemiological Methods, Research Design, and Analysis

Biology:

BIOL 3147  Cancer and Emerging Infectious Diseases

(840:147)

II. Environmental Sciences Focus Area:
School of Kinesiology, Allied Health and Human Services

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:

Physical Training:

- AT 1018 (42T:018) Prevention and Care of Athletic Injuries

Physical Education:
- 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
- PEMES 3163 Career and Professional Development

Physical Education (select a minimum of 6 hours from the following):
- PEMES 3191 Senior Project
- PEMES 3193 Research Experiences
- PEMES 3197 Internship in Physical Education
- PEMES 4194 Senior Thesis

Choose one of the following emphases:

Emphasis 1 - Exercise Science:

- PEMES 3155/5155 Exercise Physiology: Applications for Health and Human Performance
- PEMES 3156 Fitness Assessment and Programming
- PEMES 3157 Sports Nutrition
- PEMES 3186 ("Studies in", 3 hrs.)
### Emphasis 2 - Sport Psychology:

**Athletic Training:**
- **AT 1019 (42T:019)** Prevention and Care Laboratory

**Physical Education:**
- **PEMES 3122** (420:122) Psycho-Social Aspects of Competitive Sport
- **PEMES 3154** (420:154) Psychological Skills for Sport Participants

Physical Education (select a minimum of 6 hours from the following):
- **PEMES 2025** (420:025) Conditioning Theory and Practice
- **PEMES 3155/5155** (420:155g) Exercise Physiology: Applications for Health and Human Performance
- **PEMES 3156** (420:156) Fitness Assessment and Programming
- **PEMES 3186** ("Studies in", 1-6 hrs.)

Total Hours: **39**

* 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.

1 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.

2 To continue in the program and take 3000-level courses and above, a student must have a C- or better in PEMES 2050, "Anatomy and Physiology of Human Movement". A cumulative plan (major) GPA of 2.50 is required to do the culminating internship and to graduate.

### Physical Education-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.

Current certifications in First Aid & Community CPR are required for assignment to student teach.

Disciplinary Knowledge core: **17**

**Physical Education:**
- **PEMES 2050** (420:050) Anatomy and Physiology of Human Movement

<table>
<thead>
<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>PEMES 2053</td>
<td>Physical Activity and Nutrition for Health and Fitness</td>
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<tr>
<td>PEMES 2056</td>
<td>Introduction to Motor Behavior</td>
</tr>
<tr>
<td>PEMES 3121</td>
<td>Sociology and Psychology of Physical Activity</td>
</tr>
<tr>
<td>PEMES 3151</td>
<td>Introductory Biomechanics</td>
</tr>
<tr>
<td>PEMES 3153</td>
<td>Physiology of Exercise</td>
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<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>PEDPSYCH 2030</td>
<td>Dynamics of Human Development</td>
</tr>
<tr>
<td>PEDPSYCH 3148</td>
<td>Learning and Motivation in Classroom Contexts</td>
</tr>
<tr>
<td>PEMES 2031</td>
<td>Teaching Physical Education with Technology</td>
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<tr>
<td>SOCFOUND 3119</td>
<td>Schools and American Society</td>
</tr>
<tr>
<td>TEACHING 2017</td>
<td>Level 1 Field Experience: Exploring Teaching</td>
</tr>
<tr>
<td>TEACHING 3128</td>
<td>Level 2 Field Experience: Teacher as a Change Agent</td>
</tr>
</tbody>
</table>
TEACHING 3140 (280:140)  Special Area Teaching: Art, ESL, Music, and Physical Education

TEACHING 4170/5170 (280:170g)  Human Relations: Awareness and Application

Total Hours 76

* Students with a major in Physical Education-Teaching will substitute PEMES 2031 Teaching Physical Education with Technology for INSTTECH 1031 (240:031) Educational Technology and Design; PEMES 4152/5152 (420:152g) Adapted Physical Education for SPED 3150 (220:150) Meeting the Needs of Diverse Learners in Classrooms; and PEMES 3174 (420:174) Assessment Processes in Physical Education for MEASRES 3150 (250:150) Classroom Assessment in the Professional Education Requirements.

Minor

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:

Educational Psychology: 3
EDPSYCH 2030 (200:030)  Dynamics of Human Development

Athletic Training: 3
AT 1018 (42T:018)  Prevention and Care of Athletic Injuries
AT 1019 (42T:019)  Prevention and Care Laboratory

Physical Education: 10
PEMES 2024 (420:024)  Anatomy and Kinesiology
PEMES 2025 (420:025)  Conditioning Theory and Practice
PEMES 3118 (420:118)  Practicum in Coaching
PEMES 3122 (420:122)  Psycho-Social Aspects of Competitive Sport
PEMES 4217/5217 (420:127g)  Organization and Administration of Competitive Sports

Electives from the following: 4-6

PEMES 3101 (420:101)  Advanced Skill and Coaching Theory -- Baseball
PEMES 3102 (420:102)  Advanced Skill and Coaching Theory -- Basketball
PEMES 3104 (420:104)  Advanced Skill and Coaching Theory -- Football

Total Hours 20-22

Note: Students in teaching majors will complete EDPSYCH 2030 (200:030) within the Professional Education Requirements. PEMES 3118 (420:118) (Practicum) must be completed prior to student teaching.

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 Kinesiology, Allied Health and Human 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. No comprehensive examination is required.

This major offers two emphases:

1. Physical Education - Pedagogy:

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 my 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.
The primary focus of this emphasis is the study of teaching (pedagogy). The program does not lead to a teaching license in Physical Education.

Required:

Measurement and Research/Kinesiology, Allied Health and Human Services, Interdepartmental:

- **HPELS 6290** (440:290) Research Methods for Health, Physical Education and Leisure Services

Choose one of the following:

- **MEASRES 6205** (250:205) Educational Research
- **HPELS 6210** (440:210) Quantitative Methods in HPELS
- **HPELS 6215** (440:215) Qualitative Methods

Physical Education:

- **PEMES 6230** (420:230) Curriculum Theory and Design in Physical Education
- **PEMES 6231** (420:231) Effective Teaching in Physical Education
- **PEMES 6273** (420:273) Contemporary Issues in Physical Education and Athletics

Physical Education:

- **PEMES 6297** (420:297) Practicum

2 hours

Research:

- **PEMES 6299** (420:299) Research

Thesis option (6 hrs.)

Non-thesis option (2 hrs.)

Electives from the following courses:

- **PEMES 6222** (420:222) Sport Psychology
- **PEMES 6251** (420:251) Biomechanics
- **PEMES 6255** (420:255) Motor Control and Learning
- **PEMES 6285** (420:285) Readings in Physical Education
- **PEMES 6289** (420:289) Seminar in Physical Education (maximum 12 hours on different topics)

Thesis option (7 hrs.)

Non-thesis option (11 hrs.)

Total hours: 30

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. The Exercise Science and Sports Performance Focus is available on the thesis and non-thesis option. The Coaching and Sport Education Focus is offered as a non-thesis option only. 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:

- **PEMES 6251** (420:251) Biomechanics
- **PEMES 6253** (420:253) Advanced Exercise Physiology
- **PEMES 6260** (420:260) Laboratory Instrumentation and Test Interpretation

Kinesiology, Allied Health and Human 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

Thesis option (6 hrs.)

Non-thesis option (2 hrs.)

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

Coaching and Sport Education Focus:

Required:

Physical Education:

- **PEMES 6222** (420:222) Sport Psychology
- **PEMES 6255** (420:255) Motor Control and Learning
- **PEMES 6273** (420:273) Contemporary Issues in Physical Education and Athletics
**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...
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</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>LYHS 2010</td>
<td>Introduction to Leisure, Youth and Services</td>
<td></td>
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<tr>
<td>(430:010)</td>
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<tr>
<td>LYHS 2020</td>
<td>Leadership in Leisure, Youth and Services</td>
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<td>(430:020)</td>
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<td>LYHS 3050</td>
<td>Management of Leisure, Youth and Services</td>
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<td>(430:114)</td>
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<tr>
<td>LYHS 3060</td>
<td>Programming for Leisure, Youth and Services</td>
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<td>(430:110)</td>
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<tr>
<td>LYHS 3121</td>
<td>Philosophical Foundations of Leisure, Youth and Services</td>
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<td>(430:121)</td>
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<tr>
<td>LYHS 4070/5070</td>
<td>Research and Evaluation in Leisure, Youth and Services</td>
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<td>LYHS 4080</td>
<td>Seminar (2 hrs.)</td>
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<td>LYHS 4090</td>
<td>Senior Project (3 hrs.)</td>
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<td>LYHS 4095</td>
<td>Internship (12 hrs.)</td>
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<td>Students will work with their assigned advisor to develop an area of professional interest with appropriate corresponding LYHS supporting courses:</td>
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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

<table>
<thead>
<tr>
<th>Course</th>
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<tr>
<td>LYHS 2010</td>
<td>Introduction to Leisure, Youth and Services</td>
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<td>LYHS 2020</td>
<td>Leadership in Leisure, Youth and Services</td>
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<td>LYHS 3030</td>
<td>Inclusive Recreation and Diversity in LYHS</td>
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<td>(430:030)</td>
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<tr>
<td>LYHS 3060</td>
<td>Programming for Leisure, Youth and Services</td>
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<td>(430:110)</td>
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<tr>
<td>Electives (select two of the following):</td>
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</table>

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>LYHS 3050</td>
<td>Management of Leisure, Youth and Services</td>
<td></td>
</tr>
<tr>
<td>(430:114)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Hours: 18

**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 Admission to Graduate Study 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 Kinesiology, Allied Health and Human 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.
**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 Kinesiology, Allied Health and Human Services or the Office of the Registrar, which serves as the centralized registry.

### Aquatics Specialization Certificate

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### Nonprofit Management Certificate

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Students interested in this certificate should contact the School of Kinesiology, Allied Health and Human Services (319-273-2141).

### Required:

#### Physical Education:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2011</td>
<td>Fundamental Physical Activities -- Aquatics</td>
<td>7</td>
</tr>
<tr>
<td>PEMES 2060</td>
<td>Lifeguard Training and Instruction</td>
<td></td>
</tr>
<tr>
<td>PEMES 2061</td>
<td>Water Safety Instruction</td>
<td></td>
</tr>
<tr>
<td>PEMES 3120</td>
<td>Certified Pool Operators</td>
<td></td>
</tr>
</tbody>
</table>

#### Leisure, Youth and Human Services:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>LYHS 2010</td>
<td>Introduction to Leisure, Youth and Human Services</td>
<td>6</td>
</tr>
<tr>
<td>LYHS 3060</td>
<td>Programming for Leisure, Youth and Human Services</td>
<td></td>
</tr>
</tbody>
</table>

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

#### Physical Education:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 1A39</td>
<td>Canoeing, 1 hr.</td>
<td></td>
</tr>
<tr>
<td>PEMES 1A66</td>
<td>Skin &amp; Scuba Diving, 2 hrs.</td>
<td></td>
</tr>
<tr>
<td>PEMES 3168</td>
<td>Assisting in Physical Activity and Wellness</td>
<td></td>
</tr>
<tr>
<td>PEMES 3186</td>
<td>Studies in PE: Coaching Swimming, 2 hrs.</td>
<td></td>
</tr>
<tr>
<td>PEMES 3186</td>
<td>Studies in Small Craft Safety/Water Rescue, 1 hr.</td>
<td></td>
</tr>
<tr>
<td>PEMES 3186</td>
<td>Studies in Physical Education: Lifeguard Instructor Training, 1 hr.</td>
<td></td>
</tr>
</tbody>
</table>

#### Leisure, Youth and Human Services:

<table>
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<tr>
<th>Course Code</th>
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<th>Credits</th>
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<tbody>
<tr>
<td>LYHS 4115</td>
<td>Areas and Facilities for Leisure, Youth and Human Services</td>
<td>18</td>
</tr>
</tbody>
</table>

Total Hours: 18

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**Required:**

**Minimum of one research course from the following:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>HPELS 6215</td>
<td>Qualitative Methods</td>
<td>3</td>
</tr>
<tr>
<td>HPELS 6290</td>
<td>Research Methods for Health, Physical Education and Leisure Services</td>
<td></td>
</tr>
</tbody>
</table>

Sociology:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOC 4025</td>
<td>Quantitative Research</td>
<td></td>
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</tbody>
</table>

**Statistical Analysis course:**

<table>
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<tr>
<th>Course Code</th>
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<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPELS 6210</td>
<td>Quantitative Methods in HPELS</td>
<td></td>
</tr>
</tbody>
</table>

Research:

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<tr>
<th>Course Code</th>
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<th>Credits</th>
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<tbody>
<tr>
<td>LYHS 6299</td>
<td>Research</td>
<td>3 or 6</td>
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</table>

Thesis option (6 hrs.)

Non-thesis option (3 hrs.)

Leisure, Youth and Human Services:

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<tr>
<td>LYHS 6200</td>
<td>Historical and Philosophical Foundations of Leisure, Youth and Human Services</td>
<td>6</td>
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At least one of the following:

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<tr>
<td>LYHS 6201</td>
<td>Social Policy and Issues in Leisure, Youth and Human Services</td>
<td></td>
</tr>
<tr>
<td>LYHS 6202</td>
<td>Social Psychology of Leisure</td>
<td></td>
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Select from the following of PEMES/420:xxx/5xxx/6xxx, LYHS/430:xxx/5xxx/6xxx, HPELS/440:xxx/5xxx/6xxx or other graduate level courses on campus as approved by advisor:

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**Total Hours**: 36

**Total hours non-thesis option**: 33

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### Required:

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<tr>
<th>Course Code</th>
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<tr>
<td>LYHS 2335</td>
<td>Principles of Nonprofit and Youth Agencies</td>
<td>12</td>
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<tr>
<td>LYHS 3050</td>
<td>Management of Leisure, Youth and Human Services</td>
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</tr>
<tr>
<td>LYHS 3337</td>
<td>Human Resource Development for Nonprofit and Youth Agencies</td>
<td></td>
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<tr>
<td>LYHS 4055</td>
<td>Financial Resource Management for LYHS Agencies</td>
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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 Principles of Outdoor Recreation (430:050)
- LYHS 4552/5552 Theory and Practice of Experiential Education (430:130g)
- LYHS 4553/5553 Trends and Issues in Outdoor Recreation (430:143g)
- LYHS 4554/5554 Managing Recreation Impacts on the Natural Environment (430:146g)

Outdoor recreation activity skills classes: 3

Total Hours 15

Tourism Certificate

The Tourism Certificate is administered by the Leisure, Youth and Human Services Division within the School of Kinesiology, Allied Health and Human 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 hrs):
- LYHS 2075 Tourism and Recreation Marketing (430:075)
- LYHS 2770 Principles of Tourism (430:070)

Select three of the following:

Leisure, Youth and Human Services (9 hrs):
- LYHS 3774 Conferences, Expositions and Conventions in Tourism Management (430:173)
- LYHS 4116/5116 Festivals and Special Events Management (430:172g)
- LYHS 4554/5554 Managing Recreation Impacts on the Natural Environment (430:146g)
- LYHS 4776/5776 Eco, Adventure and Sport Tourism (430:170g)
- LYHS 4778/5778 Community Based Tourism (430:171g)
- LYHS 4779/5779 Community Planning Workshop (430:138g)

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.