



COLLEGE OF PHYSICAL EDUCATION, ATHLETICS AND RECREATION

- Lifetime Activities Program
- Recreation and Intramural Sports
- Intercollegiate Athletics Program
- Dean's Scholar Program
- Bachelor of Science in Health and Physical Education

- Bachelor of Science in Physical Education Studies
- Bachelor of Science in Recreation and Park Administration
- Bachelor of Science in Athletic Training
- Coaching Science Program

The activities of the college include elective lifetime sports courses, intramural sports, intercollegiate athletics, and four degree programs.

LIFETIME ACTIVITIES PROGRAM

A varied activity program featuring more than twenty different offerings each semester is available to all students on a credit basis. Courses are provided for all levels of ability and interests including beginners, intermediate, and advanced.

The objectives of the lifetime activities program are: (1) to provide students with knowledge and skills essential for leisure-time enjoyment, (2) to develop healthy exercise habits in students as well as a sound knowledge base in the scientific principles of physical activity, and (3) to provide an enjoyable atmosphere for learning skills that encourage lifetime participation.

RECREATION AND INTRAMURAL PROGRAMS

See page 40 for details.

INTERCOLLEGIATE ATHLETICS PROGRAM

There are 22 intercollegiate varsity sports, 11 for men and 11 for women. See page 40 for details.

DEAN'S SCHOLAR PROGRAM

Each year the College of Physical Education, Athletics and Recreation selects a number of highly motivated students who have clear educational goals and the ability to achieve those goals and appoints

them as Dean's Scholars. These students are freed of all college requirements so that they can build their entire program with faculty advisers. They are generally selected after they have finished their freshman year. Additional information is available from the Physical Education Advisement Office upon request.

DEGREE PROGRAMS

The college features a physical education program with four Bachelor of Science degree options: physical education and health education, physical education studies, athletic training, and recreation and park administration. Each curriculum features a liberal arts base and opportunities for in-depth study in a specialty field. Internships or clinical experiences are available in each degree option.

BACHELOR OF SCIENCE IN HEALTH AND PHYSICAL EDUCATION

The Health and Physical Education program is approved by the National Association of State Directors of Teacher Education and Certification (NASDTEC). Students who complete program requirements are eligible for teacher certification through the individual states in the NASDTEC agreement.

BACHELOR OF SCIENCE IN PHYSICAL EDUCATION STUDIES

Students interested in graduate study, exercise physiology, biomechanics, fitness management or figure skating science enroll in this program.

BACHELOR OF SCIENCE IN ATHLETIC TRAINING

The athletic training education program at the University of Delaware is a National Athletic Trainers' Association (N.A.T.A.) approved undergraduate program awarding the Bachelor of Science Degree in Athletic Training (B.S.A.T.)

BACHELOR OF SCIENCE IN RECREATION AND PARK ADMINISTRATION

This program is designed to accommodate students interested in preparing for careers in the leisure service industry.

**DEGREE: BACHELOR OF SCIENCE IN HEALTH AND PHYSICAL EDUCATION
MAJOR: HEALTH AND PHYSICAL EDUCATION**

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110	Critical Reading and Writing**	3 ¹
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content #		3 ¹⁻⁴

COLLEGE REQUIREMENTS***

Writing Course 3,3,4

A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content. Appropriate writing courses are normally designated in the semester's Registration Booklet at "Satisfies Arts and Science second writing course."

Group Dynamics Course

A course chosen from the following:		
COMM 356	Small Group Communication	3
EDDV 373	Psychology of Human Relationships	3

Area A—Communication Skills 3¹⁻³

Three credits from one of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures

Area B—Humanities and Fine Arts 3²⁻⁴

Three credits from the following departments: Art, Art History, English (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics).

Area C—Biological Sciences 4¹

Four credits taken in the Department of Biological Sciences

Area D—History and Social Science

PSYC 201	General Psychology	3 ¹
IFST 401	Foundations of Human Sexuality	3

Three additional credits from one of the following departments: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, Geography (except physical and meteorology), History, Political Science and International Relations, Psychology and Sociology. Specific courses from the College of Human Resources (Department of Individual and Family Studies).

Area E—Natural Science and Mathematics

NTDT 200	Nutrition Concepts	3 ²
Mathematics course		3 ¹

MAJOR REQUIREMENTS

External to the College

EDST 201	Education in a Multicultural Society	3 ¹
EDST 304	Educational Psychology – Social Aspects	3 ^{2,3}
EDST 305	Educational Psychology – Cognitive Aspects	3 ^{2,3}
EDDV 400	Student Teaching****	9 ⁴

Within the College††, **

HPER 140	Fundamental Skills Analysis	2
HPER 150	Movement Education for Children	3 ¹

HPER 214	Wellness: A Way of Life	3 ¹
HPER 220	Anatomy and Physiology	3 ²
HPER 250	Motor Development	3 ²
HPER 276	Personal Computers in Health, Physical Education and Recreation	2 ¹
HPER 300	Issues in Physical Activity Studies and Sports	3 ³
HPER 310	Safety, First Aid and Emergency Care	3
HPER 314	Methods and Materials in Health Education†††	3 ³
HPER 315	Methods and Materials in Drug Education	3 ²
HPER 324	Measurement and Evaluation	3 ³
HPER 325	Human Sexuality: Methods and Materials	3
HPER 330	Mental Health	3
HPER 342	Survey in Adaptive Physical Education/Recreation	3 ³
HPER 360	Psychology of Coaching	1 ³
HPER 426	Biomechanics of Sports	4 ⁴
HPER 430	Physiology of Activity	3 ⁴
HPER 431	Physiology of Activity Lab	1 ⁴
Skill courses		11 ¹⁻³
HPER 370	Practicum in Methods of Elementary Physical Education†	3 ³
HPER 380	Practicum in Methods of Secondary Physical Education†	3 ³
HPER 468	Teaching Seminar in Health/Physical Education	3 ⁴

ELECTIVES

Electives 4

CREDITS TO TOTAL A MINIMUM OF..... 128

**DEGREE: BACHELOR OF SCIENCE IN PHYSICAL EDUCATION STUDIES
MAJOR: PHYSICAL EDUCATION STUDIES**

NOTE: Students in this program must declare a Minor or a concentration consisting of a minimum of 15 credits

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110	Critical Reading and Writing**	3 ¹
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content #		3 ¹⁻⁴

COLLEGE REQUIREMENTS§

Writing Course 3,3,4

A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content. Appropriate writing courses are normally designated in the semester's Registration Booklet at "Satisfies Arts and Science second writing course."

Area A—Communication Skills 6¹⁻³

Six credits from at least two of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures

Area B—Humanities and Fine Arts 6²⁻⁴

A minimum of six credits from at least two of the following departments: Art, Art History, English (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser.

Area C—Biological Sciences 6¹⁻⁴

Biology courses

Area D—History and Social Science 9^{2,4}

A minimum of nine credits from at least two of the following departments: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, Geography (except physical and meteorology),

*Superior figures indicate year or years in which the course is normally taken, i.e., 1^{freshman year}, 2^{sophomore year}, etc.

**Minimum grade of C- required.

#This requirement may be fulfilled through a course or courses taken to complete other degree requirements; it cannot be fulfilled by a course taken pass/fail. See page 21.

***Minimum number of credit hours required

****Students must have a minimum cumulative g.p.a. of 2.50, a g.p.a. in the major of at least 2.75, and have completed all required HPER courses except for HPER 360, HPER 426, HPER 430, and HPER 431 to register for EDDV 400

†Students must have a minimum cumulative g.p.a. of 2.5, a g.p.a. in the major of at least 2.75, and have completed all skills courses prior to enrolling in HPER 370 and HPER 380

††Students may take a maximum of two beginning-level HPER 120 activity courses prior to enrolling in a similar activity within the major skill blocks; e.g., if the student feels a weakness in tennis, that person might wish to do a HPER 120 Tennis I course before enrolling in the major block tennis activity. After having completed a particular skill in the major program, students must register for the advanced-level course if desiring to do the same skill in the nonmajors (HPER 120) curriculum; e.g., Tennis II, Self Defense II, etc. Major students are permitted four credits of Physical Education (HPER 120) work under the above guidelines that may be counted toward graduation credit.

†††Students must have a minimum cumulative g.p.a. of 2.50, a g.p.a. in the major of at least 2.65, and have completed HPER 214, HPER 315, HPER 325, and IFST 401 prior to enrolling in HPER 314.

§Minimum number of credit hours required. An additional twelve (12) credit hours is to be selected so that work completed in college requirements (Areas A, B, C, D, and E) will total 54 credit hours

History, Political Science and International Relations, Psychology and Sociology. Specific courses from the College of Human Resources (Department of Individual and Family Studies).

Area E—Natural Science and Mathematics

Mathematics course	3 ¹
A minimum of six credits from at least two departments	6 ^{2,4}
Includes courses in Anthropology (physical), Chemistry, Engineering, Entomology, Geography, (physical and meteorology), Geology, Health Sciences (natural science area), Mathematics (except MATH 251, 252), Physics (including Astronomy), Physical Science, Plant Science, Psychology (physiological), Statistics and Computer Science. Specific courses from the Department of Food Science, the College of Human Resources (Department of Nutrition and Dietetics) and the College of Marine Studies.	

MAJOR REQUIREMENTS

Within the College††

HPER 214 Wellness: A Way of Life	3 ²
HPER 220 Anatomy and Physiology	3 ²
HPER 276 Personal Computers in Health, Physical Education and Recreation	2 ¹
HPER 300 Issues in Physical Activity Studies and Sports	3 ³
HPER 305 Fundamentals of Athletic Training	3 ³
HPER 324 Measurement and Evaluation	3 ³
HPER 342 Survey in Adaptive Physical Education/Recreation	3 ³
HPER 360 Psychology of Coaching	1 ³
Coaching Technique courses	2 ³
HPER 426 Biomechanics of Sports	4 ⁴
HPER 430 Physiology of Activity	3 ⁴
HPER 431 Physiology of Activity Lab	1 ⁴
Skill courses	6 ¹⁻⁴

MINOR OR CONCENTRATION

At least 15 elective credits must be selected to satisfy a declared minor or concentration 15¹⁻⁴

General Electives

Sufficient elective credits must be taken to meet the minimum credit requirement for the degree 18¹⁻⁴

CREDITS TO TOTAL A MINIMUM OF 128

**DEGREE: BACHELOR OF SCIENCE
IN PHYSICAL EDUCATION STUDIES
MAJOR: PHYSICAL EDUCATION STUDIES
CONCENTRATION: FITNESS MANAGEMENT (PEF)**

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing**	3 ¹
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content #	3 ¹⁻⁴

COLLEGE REQUIREMENTS†

ENGL 312	3 ³
Area A—Communication Skills	6 ^{2,4}

Six credits from at least two of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures.

Area B—Humanities and Fine Arts

At least three credits from any of the following departments: Art, Art History, English (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser.

Area C—Biological Sciences

Biology courses 7^{1,2}

Area D—History and Social Science

A minimum of three credits from any of the following departments: Anthropology (except physical), Black American Studies, Criminal Jus-

tics, Economics, Geography (except physical and meteorology), History, Political Science and International Relations, Psychology and Sociology. Specific courses from the College of Human Resources (Department of Individual and Family Studies).

Sociology course	3 ^{1,2,3}
Psychology course	3 ^{1,2,3}

Area E—Natural Science and Mathematics

NTDT 200 Nutrition Concepts	3 ¹
Mathematics course	3 ¹
Chemistry course	4 ²
A minimum of three credits from any of the following departments: Anthropology (physical), Chemistry, Engineering, Entomology, Geography, (physical and meteorology), Geology, Health Sciences (natural science area), Mathematics (except MATH 251, 252), Physics (including Astronomy), Physical Science, Plant Science, Psychology (physiological), Statistics and Computer Science. Specific courses from the College of Human Resources (Departments of Food Science or Nutrition and Dietetics) and the College of Marine Studies.	3 ^{2,4}

MAJOR REQUIREMENTS

External to the College

BUAD 301 Introduction to Marketing	3 ³
or	
BUAD 309 Management and Organizational Behavior	3 ³
FREC 201 Records and Accounts	3 ²

Within the Department

HPER 214 Wellness: A Way of Life	3 ¹
HPER 220 Anatomy and Physiology	3 ²
HPER 263 Leadership Practicum	1 ³
HPER 265 Programming and Leadership for Fitness Mgmt	3 ²
HPER 276 Personal Computers in Health, Physical Education and Recreation	2 ¹
HPER 300 Issues in Physical Activity Studies and Sports	3 ³
HPER 305 Fundamentals of Athletic Training	3 ²
HPER 310 Safety, First Aid and Emergency Care	3 ³
HPER 320 Principles Strength and Conditioning	3 ³
HPER 324 Measurement and Evaluation	3 ³
HPER 354 Seminar in Fitness Management	1 ³
HPER 430 Physiology of Activity	3 ³
HPER 431 Physiology of Activity Laboratory	1 ³
HPER 432 Individualized Physical Fitness	3 ³
HPER 434 Exercise Test Technology	3 ⁴
HPER 445 Concepts of Physical Fitness Testing	3 ⁴
HPER 452 Principles of Fitness Management	3 ³
HPER 464 Internship in Fitness Management***	9 ⁴
HPER 490 Development of Health Promotion Programs	3 ⁴

ELECTIVES

Electives 16^{2,3,4}

CREDITS TO TOTAL A MINIMUM OF 128

**DEGREE: BACHELOR OF SCIENCE
MAJOR: PHYSICAL EDUCATION STUDIES
CONCENTRATION: FIGURE SKATING SCIENCE**

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing**	3 ¹
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content #	3 ¹⁻⁴

COLLEGE REQUIREMENTS§

Writing Course 3²⁻⁴

A writing course involving significant writing experience. Appropriate writing courses are normally designated in the Registration Booklet.

*Superior figures indicate year or years in which the course is normally taken, i.e., 1 freshman year, 2 sophomore year, etc.

**Minimum grade of C- required.

#This requirement may be fulfilled through a course or courses taken to complete other degree requirements; it cannot be fulfilled by a course taken pass/fail. See page 21.

†Minimum number of credit hours required. An additional six (6) credit hours is to be selected so that work completed in college requirements (Areas A, B, C, D, and E) will total 50 credit hours.

††Students may take a maximum of two beginning-level HPER 120 activity courses prior to enrolling in a similar activity within the major skill blocks; e.g., if the student feels a weakness in tennis, that person might wish to do a HPER 120 Tennis I course before enrolling in the major block tennis activity. After having completed a particular skill in the major program, students must register for the advanced-level course if desiring to do the same skill in the nonmajors (HPER 120) curriculum; e.g., Tennis II, Self Defense II, etc. Major students are permitted four credits of Physical Education (HPER 120) work under the above guidelines that may be counted toward graduation credit.

***A 2.5 overall index is required to register for HPER 464.

§Minimum number of credit hours required. An additional twelve (12) credit hours is to be selected so that work completed in college requirements (Areas A, B, C, D, and E) will total 54 credit hours.

Area A—Communication Skills 9¹⁻⁴
 A minimum of nine credits from at least two of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures.

Area B—Humanities and Fine Arts 6¹⁻⁴
 A minimum of six credits from at least two of the following departments: Art, Art History, English (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser.

Area C—Biological Sciences 6¹⁻⁴
 Biology courses

Area D—History and Social Science 9¹⁻⁴
 A minimum of nine credits from at least two of the following departments: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, Geography (except physical and meteorology), History, Political Science and International Relations, Psychology and Sociology. Specific courses from the College of Human Resources (Department of Individual and Family Studies).

Area E—Natural Science and Mathematics
 NTD 200 Nutrition Concepts 3¹
 Mathematics course 3¹

A minimum of three credits from any of the following departments. Includes courses in Anthropology (physical), Chemistry, Engineering, Entomology, Geography, (physical and meteorology), Geology, Health Sciences (natural science area), Mathematics (except MATH 251, 252), Physics (including Astronomy), Physical Science, Plant Science, Psychology (physiological), Statistics and Computer Science. Specific courses from the Department of Food Science, the College of Human Resources (Department of Nutrition and Dietetics) and the College of Marine Studies 3³

MAJOR REQUIREMENTS

External to the College

FREC 201 Records and Accounts 3

Within the College††

HPER 220	Anatomy and Physiology	3 ¹
HPER 260	Leisure Service Programming	3 ²
HPER 270	Recreation Leadership	3 ¹
HPER 276	Personal Computers in Health, Physical Education and Recreation	2 ¹
HPER 305	Fundamentals of Athletic Training	3 ²
HPER 310	Safety, First Aid, Emergency Care	3 ¹
HPER 355	Figure Skating Practicum I	3 ³
HPER 356	Figure Skating Practicum II	3 ³
HPER 360	Psychology of Coaching	1 ²
HPER 424	Sport Sociology	3 ³
HPER 425	Athletics and Sport Psychology	3 ³
HPER 426	Biomechanics of Sports	4 ⁴
HPER 430	Physiology of Activity	3 ³
HPER 431	Physiology of Activity Laboratory	1 ³
HPER 437	Principles of Sport Management	3 ²
or		
HPER 438	Facilities Management in Health, Physical Education and Recreation	3 ²
HPER 440	Strategies for Athletic Peak Performance	3 ⁴
HPER 455	Figure Skating Practicum III	3 ⁴
HPER 456	Figure Skating Practicum IV	3 ⁴

ELECTIVES

After required courses are completed sufficient elective credits must be taken to meet the minimum credit requirement for the degree.

CREDITS TO TOTAL A MINIMUM OF..... 128

**DEGREE: BACHELOR OF SCIENCE IN RECREATION AND PARK ADMINISTRATION
 MAJOR: RECREATION AND PARK ADMINISTRATION
 CONCENTRATION: PARKS**

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing** 3¹
 Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content # 3¹⁻⁴

COLLEGE REQUIREMENTS

Writing Course 3^{3,4}

A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content. Appropriate writing courses are normally designated in the semester's Registration Booklet at "Satisfies Arts and Science second writing course"

Area A—Communication Skills*** 9¹⁻³

Nine credits from the following departments: English (except literature), Speech/Communication, Foreign Languages and Literatures (except literature) and EDST 521.

Area B—Humanities and Fine Arts*** 6^{2,3}

A minimum of six credits from the following departments: Art, Art History, English (literature), Languages and Literature (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser.

Area C—History and Social Science*** 9¹²⁴

A minimum of nine credits from at least two of the following: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, History, Political Science, Psychology, Sociology and Women's Studies. In addition, courses from the College of Human Resources in Individual Family Studies may be selected.

Area D—Mathematics, Natural and Biological Sciences***

Mathematics course 3¹

A minimum of nine credits from at least two of the following departments: Anthropology (physical), Biology, Chemistry, Engineering, Entomology, Food Science, Nutrition and Dietetics, Geography (physical and meteorology), Geology, Health Sciences (natural science area), Marine Studies, Mathematics (except MATH 251, 252, 253), Physics, Physical Science, Psychology (physiological), Statistics and Computer Science. 9^{1,24}

MAJOR REQUIREMENTS

External to the College

Professional Studies Core†
 FREC 201 Records and Accounts 3^{1,2}

Within the College

Professional Studies Core†	
HPER 105	Foundations of Recreation and Leisure Skills 3 ¹
HPER 164	Practicum in Recreation and Parks 3 ²
HPER 260	Leisure Service Programming 3 ³
HPER 270	Recreation Leadership 3 ²
HPER 276	Personal Computers in Health, Physical Education and Recreation 2 ¹⁻³
HPER 310	Safety, First Aid and Emergency Care 3 ³
HPER 318	Special Recreation 3 ³
HPER 341	Principles of Outdoor Recreation 3 ³
HPER 354	Seminar in Recreation 1
HPER 404	Organization, Administration, Recreation and Leisure Service 3 ⁴
HPER 450	Facility and Park Management 3 ⁴
HPER 464	Internship in Recreation 9 ⁴

Parks Concentration

Twenty-one credit hours selected from the following: 21²⁻⁴
 PLSC 105 Introductory Forestry 3

*Superior figures indicate year or years in which the course is normally taken, i.e., ¹ freshman year, ² sophomore year, etc.

**Minimum grade of C required.

#This requirement may be fulfilled through a course or courses taken to complete other degree requirements; it cannot be fulfilled by a course taken pass/fail. See page 21.

†† Students may take a maximum of two beginning-level HPER 120 activity courses prior to enrolling in a similar activity within the major skill blocks; e.g., if the student feels a weakness in tennis, that person might wish to do a HPER 120 Tennis I course before enrolling in the major block tennis activity. After having completed a particular skill in the major program, students must register for the advanced-level course if desiring to do the same skill in the nonmajors (HPER 120) curriculum; e.g., Tennis II, Self Defense II, etc. Major students are permitted four credits of Physical Education (HPER 120) work under the above guidelines that may be counted toward graduation credit.

***Areas A, B, C and D must combine for a total of 48 credit hours.

† Each course within the Professional Studies Core and Option Area requires a grade of C or better. Note: An index of 2.75 in the major and a 2.00 overall index is required to take HPER 464. All courses in the Professional Studies Core are considered for minimum index.

PLSC 133	Ornamental Horticulture.....	3
PLSC 211	Herbaceous Landscape Plants.....	3
PLSC 212	Woody Landscape Plants.....	3
PLSC 213	Turf Establishment and Maintenance.....	3
PLSC 331	Landscape Construction I.....	4
PLSC 332	Basic Landscape Design I.....	4
EGTE 103	Land and Water Management.....	2
EGTE 105	Power and Machinery.....	4
EGTE 107	Welding and Metals.....	2
EGTE 108	Utilities.....	2
EGTE 109	Technical Drafting.....	2
EGTE 113	Land Surveying.....	1
EGTE 306	Cost Estimating.....	2
EGTE 307	Building Construction.....	1
GEOG 235	Conservation of Natural Resources.....	3

ELECTIVES

Electives 16

CREDITS TO TOTAL A MINIMUM OF..... 128

DEGREE: BACHELOR OF SCIENCE IN RECREATION AND PARK ADMINISTRATION

MAJOR: RECREATION AND PARK ADMINISTRATION CONCENTRATION: PROGRAMMING AND LEADERSHIP

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing** 3¹
 Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content # 3¹⁻⁴

COLLEGE REQUIREMENTS

Writing Course 3,3,4

A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content. Appropriate writing courses are normally designated in the semester's Registration Booklet at "Satisfies Arts and Science second writing course"

Area A—Communication Skills*** 9¹⁻³

A minimum of nine credits from the following departments: English (except literature), Speech/Communication, Foreign Languages and Literatures (except literature) and EDST 521

Area B—Humanities and Fine Arts*** 6^{2,3}

A minimum of six credits from the following departments: Art, Art History, English (literature), Languages and Literature (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser

Area C—History and Social Science*** 9¹⁻⁴

A minimum of nine credits from at least two of the following departments: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, History, Political Science and International Relations, Psychology, Sociology and Women's Studies. In addition, courses from the College of Human Resources in Individual Family Studies may be selected

Area D—Mathematics, Natural and Biological Sciences*** 3³

Mathematics course 3³
 A minimum of nine credits from at least two of the following departments: Anthropology (physical), Biology, Chemistry, Engineering, Entomology, Food Science, Nutrition and Dietetics, Geography (physical and meteorology), Geology, Health Sciences (natural science area), Marine Studies, Mathematics (except MATH 251, 252, 253), Physics, Physical Science, Psychology (physiological), Statistics and Computer Science

MAJOR REQUIREMENTS

External to the College

Professional Studies Core†
 FREC 201 Records and Accounts 3^{1,2}

Within the Department

Professional Studies Core†

HPER 105	Foundations of Recreation and Leisure Skills.....	3 ¹
HPER 164	Practicum in Recreation and Parks.....	3 ²
HPER 270	Recreation Leadership.....	3 ²
HPER 276	Personal Computers in Health, Physical Education and Recreation.....	2 ¹⁻³
HPER 310	Safety, First Aid and Emergency Care.....	3 ³
HPER 341	Principles of Outdoor Recreation.....	3 ³
HPER 354	Seminar in Recreation.....	1 ³
HPER 260	Leisure Service Programming.....	3 ³
HPER 464	Internship in Recreation.....	9 ⁴
HPER 404	Organization, Administration, Recreation and Leisure Service.....	3 ⁴
HPER 450	Facility and Park Management.....	3 ⁴
HPER 318	Special Recreation.....	3 ²

Programming and Leadership Concentration 21

Courses reflecting a sub-discipline of leisure chosen under the direction of faculty advisor and submitted for approval to the Recreation sub-committee no later than the first semester of the junior year.

ELECTIVES

Electives 16

CREDITS TO TOTAL A MINIMUM OF..... 128

DEGREE: BACHELOR OF SCIENCE IN ATHLETIC TRAINING MAJOR: ATHLETIC TRAINING EDUCATION PROGRAM

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing** 3¹
 Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content # 3¹⁻⁴

COLLEGE REQUIREMENTS

Second Writing Course 3²⁻⁴

A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content.

Mathematics 3^{1,2}

Area A—Communication Skills*** 9

A minimum of 9 credits with at least two departments represented; courses may be selected from the following departments: English (writing/composition courses), Foreign Languages and Literatures (language/communication courses), Communication, Linguistics and Speech classes (sign language courses)

Area B—Humanities and Fine Arts**** 6

A minimum of 6 credits; course(s) may be selected from: Art, Art History, Comparative Literature, English (literature), Music, Philosophy, Theatre and approved courses from Textiles, Design and Consumer Economics

Area C—Biological Sciences**** 3

Area D—History and Social Science**** 6

A minimum of 6 credits with at least two departments represented: Anthropology (except physical and biological), Black American Studies, Criminal Justice, Economics, Geography (except physical and meteorology), History, Legal Studies, Political Science and International Relations, Psychology, Sociology, Women's Studies, and specific courses from Individual and Family Studies

Area E—Natural Science and Mathematics**** 3

A minimum of 3 credits; course(s) may be selected from: Anthropology (physical and biological), Chemistry, Computer and Information Science, Entomology, Geography (physical and meteorology), Geology, Health Sciences (natural science courses), Mathematics (excluding MATH 251 & 252), Medical Technology, Physics, Plant Science, Science, Statistics, and specific courses from the Department of Nutrition and Dietetics, the College of Engineering and the College of Marine Studies

*Superior figures indicate year or years in which the course is normally taken, i.e., ¹ freshman year, ² sophomore year, etc

**Minimum grade of C- required.

#This requirement may be fulfilled through a course or courses taken to complete other degree requirements; it cannot be fulfilled by a course taken pass/fail. See page 21.

***Areas A, B, C and D must combine for a total of 48 credit hours.

†Each course within the Professional Studies Core and Option Area requires a grade of C or better. Note: An index of 2.75 in the major and a 2.00 overall index is required to take HPER 464. All courses in the Professional Studies Core are considered for minimum index.

****An additional three (3) credits may be taken in any area.

MAJOR REQUIREMENTS

External to the College

NTDT 200	Nutrition Concepts	3 ²
PSYC 201	General Psychology	3 ¹
BISC 106	Elementary Human Physiology	3 ¹
and		
BISC 116	Elementary Human Physiology Lab	1 ¹
or		
BISC 276	Human Physiology	4 ^{3,4}
CHEM 101	General Chemistry	4 ²
or		
CHEM 103	General Chemistry	4 ²
PHYS 201	Introductory Physics I	4 ^{3,4}
STAT 201	Introduction to Statistics I	3 ²
EDST 304	Educational Psychology-Social Aspects	3 ⁴
or		
EDST 305	Educational Psychology-Cognitive Aspects	3 ⁴

Within the College

HPER 214	Wellness: A Way of Life	3 ^{1,2}
HPER 220	Anatomy and Physiology	3 ¹
HPER 276	Personal Computers/HPER	2 ¹
HPER 305	Fundamentals of Athletic Training	3 ¹
HPER 310	Safety, First Aid and Emergency Care	3 ¹
HPER 320	Principles of Strength/Conditioning	3 ³
HPER 405	Program Development/Athletic Injury Rehabilitation	3 ³
HPER 407	Prevention/Recognition/Athletic Injuries	3 ³
HPER 409	Therapeutic Modalities	4 ^{2,3}
HPER 420	Functional Human Anatomy	4 ^{3,4}
HPER 426	Biomechanics of Sports	4 ²
HPER 430	Physiology of Activity	3 ²
HPER 431	Physiology of Activity Lab	1 ²
HPER 448	Organization & Administration/Athletic Training	3 ⁴
HPER 480	Practicum in Athletic Training I	3 ²
HPER 481	Practicum in Athletic Training II	3 ²

ELECTIVES†

After required courses are completed sufficient elective credits must be taken to meet the minimum credit requirement for the degree.

CREDITS TO TOTAL A MINIMUM OF..... 128

Incoming freshmen and transfer students interested in the athletic training major at the University of Delaware are admitted to "Athletic Training Interest." At the completion of the freshman year, students desiring admission into the athletic training major must have completed the following:

(1) Freshman Year – B.S.A.T. Curriculum:

BISC 106/116	4	ENGL 110	3
HPER 310	3	MATH	3
HPER 220	3	HPER 305	3
HPER 276	3	HPER 320	3
Elective	3	General Studies	3
	<u>16</u>		<u>15</u>

- (2) Minimal overall cumulative index of 2.75;
- (3) Academic performance in the following courses will be evaluated for admission consideration into the B.S. in Athletic Training: BISC 106 & 116, ENGL 110, HPER 220, HPER 276, HPER 305, HPER 320, HPER 310
- (4) Complete a minimum of 100 hours of direct observation in the University of Delaware training room under the supervision of qualified faculty/professionals;
- (5) Three letters of recommendation;¹
- (6) Completion of N.A.T.A. taping checksheet;
- (7) Successful interview with the Athletic Training Education Program Director and faculty.²

N.A.T.A. guidelines state the student-clinical instructor ratio shall not exceed eight (8) students to one (1) clinical instructor during the course of an academic year. Acceptance into the program is based upon the stated criteria and the number of available openings in the program. Meeting the minimum admission requirements does not guarantee acceptance into the program. Offers of admission into the athletic training education program are presented on a competitive basis to those individuals who are most qualified. Students may apply for admission to the program at the end of each fall and spring semester (January 15th and June 15th). Acceptance/rejection letters will be mailed to each candidate by February 1 and July 1, respectively.

Students interested in transferring from another institution, another College at the University of Delaware or another major within the College of P.E.A.R. must meet University and College of P.E.A.R. transfer requirements and complete the same requirements as freshmen in the Pre-Athletic Training Program.

Students enrolled in the University of Delaware Athletic Training Education Program meet with the Program Director to plan the clinical education experience. Students are required to gain clinical experience in the training room and at practices and home and away games in the men's and women's athletic program. The clinical experience is structured so the student trainer gains progressive development of technical skills and knowledge. Once students are admitted to the program, they are required to work five weeks in the training room. When this requirement is completed, they begin working with individual teams. Students are required to work with at least one men's high-risk sport, one men's low-risk sport, one women's high-risk sport and one women's low-risk sport. Students are required to work a minimum of five weeks with each of the sports selected. Once this requirement is completed, the student, in consultation with the Program Director, is allowed to select specific sports for future assignments until completion of their clinical education experience. In addition, all candidates for NATA Certification must verify that at least 25% of their clinical hours credited in fulfilling the NATA Certification Requirements were attained in actual (on location/site) practice and/or games coverage with one or more of the following sports: football, soccer, hockey, wrestling, basketball, volleyball and lacrosse. The Athletic Training Faculty formally evaluates each student's progress at the end of each semester.

Once students are admitted to the program, they are required to maintain the following minimum standards:

1. complete 200 clinical hours per semester;
2. cumulative index of 2.0;
3. satisfactory clinical education evaluations.

Students who do not maintain the above minimum standards are placed on probation and are required to correct all deficiencies by the end of the next semester. Students who do not correct deficiencies are dropped from the curriculum.

N.A.T.A. GUIDELINES FOR CERTIFICATION

1. Completion of the Athletic Training Education Program.
2. Minimum of 800 hours practical work under the supervision of the training room staff ††
3. Completion of the NATA Competency Evaluation Checklist.
4. Proof of current American National Red Cross Advanced First Aid Certification and CPR. Must be current on examination date.
5. Proof of graduation (official transcript).

†Students are encouraged to select advanced and/or specialized courses in the core subject matter areas and courses in biology, chemistry, physics, research methods, etc. Students interested in pursuing advanced degrees in allied health care professions should select the appropriate required courses for admission

¹Students must obtain the University of Delaware Athletic Training Education Program Admission Recommendation Form from the program director

²During the interview, students will be evaluated by the Athletic Training Education Program faculty, a senior student trainer enrolled in the program and/or a certified athletic trainer working in the profession. All evaluators will use a standardized evaluation form.

††The hours must be accumulated over a minimum of two years and not more than four years. No more than 400 hours may be accumulated in one year.

COACHING SCIENCE MINOR

In Delaware and surrounding states there is a need for trained and qualified athletic coaches (particularly at the scholastic level). Many current coaches have not had any formal training in coaching skills. This minor will help students develop a personal coaching philosophy, an understanding of the body, how it performs, injury and injury prevention, teaching of skills and progressions, sport psychology, and a variety of team responsibilities. A practicum or field experience will be required in the student's chosen sport in order to further enhance the development of coaching skills and philosophy.

The Coaching Science Minor requires 18 credits. Students applying for the minor must have completed at least one semester of

full time study with a minimum GPA of 2.25. A minimum grade of C- is required in all courses for the minor.

This minor requires the following courses:

		CREDITS
HPER 310	First Aid, Safety, CPR	3
HPER 220	Anatomy and Physiology	3
HPER 320	Strength and Conditioning	3
HPER 390	Principles of Coaching	3
HPER 360	Psychology of Coaching	1
HPER 460	Coaching/Performance Practicum	2
*Sport Specific Electives in Skills/Coaching		3

*A total of twenty-six elective options exist to meet the 3 credits of Skills/Coaching requirement. Selection will be made with minor advisor's approval.

