



# COLLEGE OF PHYSICAL EDUCATION, ATHLETICS AND RECREATION

- Lifetime Activities 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.

## 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 advisors. 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: health and physical 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**

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

**UNIVERSITY REQUIREMENTS**

ENGL 110 Critical Reading and Writing (minimum grade C-)	3 <sup>1</sup>
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 20).	3 <sup>1-4</sup>

**COLLEGE REQUIREMENTS (Minimum number of credit hours required)**

**Writing Course** 3<sup>3,4</sup>

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** 3<sup>1-3</sup>

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

**Area B—Humanities and Fine Arts** 3<sup>2-4</sup>

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** 4<sup>1</sup>

Four credits taken in the Department of Biological Sciences

**Area D—History and Social Science**

PSYC 201 General Psychology	3 <sup>1</sup>
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 <sup>2</sup>
Mathematics course	3 <sup>1</sup>

**MAJOR REQUIREMENTS**

**External to the College**

EDST 201 Education in a Multicultural Society	3 <sup>1</sup>
EDST 304 Educational Psychology – Social Aspects	3 <sup>2,3</sup>
EDST 305 Educational Psychology – Cognitive Aspects	3 <sup>2,3</sup>
EDDV 400 Student Teaching	9 <sup>4</sup>

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.

**Within the College**

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.

HPER 140 Fundamental Skills Analysis (minimum grade C-)	2
HPER 150 Movement Education for Children (minimum grade C-)	3 <sup>1</sup>
HPER 214 Wellness: A Way of Life (minimum grade C-)	3 <sup>1</sup>
HPER 220 Anatomy and Physiology (minimum grade C-)	3 <sup>2</sup>
HPER 250 Motor Development (minimum grade C-)	3 <sup>2</sup>
HPER 276 Personal Computers in Health, Physical Education and Recreation (minimum grade C-)	2 <sup>1</sup>
HPER 300 Issues in Physical Activity Studies and Sports (minimum grade C-)	3 <sup>3</sup>
HPER 310 Safety, First Aid and Emergency Care (minimum grade C-)	3
HPER 314 Methods and Materials in Health Education (minimum grade C-)	3 <sup>3</sup>
HPER 315 Methods and Materials in Drug Education (minimum grade C-)	3 <sup>2</sup>
HPER 324 Measurement and Evaluation (minimum grade C-)	3 <sup>3</sup>
HPER 325 Human Sexuality: Methods and Materials (minimum grade C-)	3 <sup>3</sup>
HPER 330 Mental Health (minimum grade C-)	3 <sup>3</sup>
HPER 342 Survey in Adaptive Physical Education/Recreation (minimum grade C-)	3 <sup>3</sup>
HPER 360 Psychology of Coaching (minimum grade C-)	1 <sup>3</sup>
HPER 426 Biomechanics of Sports (minimum grade C-)	4 <sup>4</sup>
HPER 430 Physiology of Activity (minimum grade C-)	3 <sup>4</sup>
HPER 431 Physiology of Activity Lab (minimum grade C-)	1 <sup>4</sup>
Skill courses (minimum grade C-)	11 <sup>1-3</sup>
HPER 370 Practicum in Methods of Elementary Physical Education (minimum grade C-)	3 <sup>3</sup>
HPER 380 Practicum in Methods of Secondary Physical Education (minimum grade C-)	3 <sup>3</sup>
HPER 468 Teaching Seminar in Health/Physical Education (minimum grade C-)	3 <sup>4</sup>

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 HPER 214, HPER 315, HPER 325, and IFST 401 prior to enrolling in HPER 314.

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.

**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**

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

**UNIVERSITY REQUIREMENTS**

ENGL 110 Critical Reading and Writing (minimum grade C-)	3
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 20).	3

**COLLEGE REQUIREMENTS**

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.

**Writing Course** 3

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** 6

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** 6<sup>2-4</sup>

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 advisor.

**Area C—Biological Sciences** 6<sup>1-4</sup>

Biology courses

**Area D—History and Social Science** ..... 9<sup>2,4</sup>  
 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** ..... 3<sup>1</sup>  
 Mathematics course ..... 6<sup>2,4</sup>  
 A minimum of six credits from at least two 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

**MAJOR REQUIREMENTS**

**Within the College**

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.

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

**MINOR OR CONCENTRATION**

At least 15 elective credits must be selected to satisfy a declared minor or concentration ..... 15<sup>1-4</sup>

**General Electives** ..... 18<sup>1-4</sup>

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 PHYSICAL EDUCATION STUDIES  
 MAJOR: PHYSICAL EDUCATION STUDIES  
 CONCENTRATION: FITNESS MANAGEMENT (PEF)**

CURRICULUM ..... CREDITS

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

**UNIVERSITY REQUIREMENTS**

ENGL 110	Critical Reading and Writing (minimum grade C-)	3 <sup>1</sup>
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 20).		3 <sup>1-4</sup>

**COLLEGE REQUIREMENTS**

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

ENGL 312	Written Communications in Business	3 <sup>3</sup>
----------	------------------------------------	----------------

**Area A—Communication Skills** ..... 6<sup>2,4</sup>

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** ..... 3<sup>1,2</sup>

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 advisor.

**Area C—Biological Sciences** ..... 7<sup>1,2</sup>

Biology courses

**Area D—History and Social Science** ..... 3

A minimum of three credits from any 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).

Sociology course ..... 3<sup>1,2,3</sup>

Psychology course ..... 3<sup>1,2,3</sup>

**Area E—Natural Science and Mathematics**

NTDT 200 Nutrition Concepts ..... 3<sup>1</sup>

Mathematics course ..... 3<sup>1</sup>

Chemistry course ..... 4<sup>2</sup>

A minimum of three credits from any of the following departments ..... 3<sup>2-4</sup>

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

**MAJOR REQUIREMENTS**

**External to the College**

BUAD 301 Introduction to Marketing ..... 3<sup>3</sup>

or

BUAD 309 Management and Organizational Behavior ..... 3<sup>3</sup>

FREC 201 Records and Accounts ..... 3<sup>2</sup>

**Within the Department**

HPER 214 Wellness: A Way of Life ..... 3<sup>1</sup>

HPER 220 Anatomy and Physiology ..... 3<sup>2</sup>

HPER 263 Leadership Practicum ..... 1<sup>3</sup>

HPER 265 Programming and Leadership for Fitness Mgmt ..... 3<sup>2</sup>

HPER 276 Personal Computers in Health, Physical Education and Recreation ..... 2<sup>1</sup>

HPER 300 Issues in Physical Activity Studies and Sports ..... 3<sup>3</sup>

HPER 305 Fundamentals of Athletic Training ..... 3<sup>2</sup>

HPER 310 Safety, First Aid and Emergency Care ..... 3<sup>3</sup>

HPER 320 Principles Strength and Conditioning ..... 3<sup>3</sup>

HPER 324 Measurement and Evaluation ..... 3<sup>3</sup>

HPER 354 Seminar in Fitness Management ..... 1

HPER 430 Physiology of Activity ..... 3<sup>3</sup>

HPER 431 Physiology of Activity Laboratory ..... 1<sup>3</sup>

HPER 432 Individualized Physical Fitness ..... 3<sup>3</sup>

HPER 434 Exercise Test Technology ..... 3<sup>4</sup>

HPER 445 Concepts of Physical Fitness Testing ..... 3<sup>4</sup>

HPER 452 Principles of Fitness Management ..... 3<sup>3</sup>

HPER 464 Internship in Fitness Management ..... 9<sup>4</sup>

HPER 490 Development of Health Promotion Programs ..... 3<sup>4</sup>

A 2.5 overall index is required to register for HPER 464

**ELECTIVES**

**Electives** ..... 16<sup>2,3,4</sup>

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

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

CURRICULUM ..... CREDITS

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

**UNIVERSITY REQUIREMENTS**

ENGL 110 Critical Reading and Writing (minimum grade C-) ..... 3<sup>1</sup>

Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 20) ..... 3<sup>1-4</sup>

**COLLEGE REQUIREMENTS**

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

**Writing Course** ..... 3-2-4

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

**Area A—Communication Skills** ..... 9-1-4

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** ..... 6-1-4

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 advisor.

**Area C—Biological Sciences** ..... 6-1-4

Biology courses

**Area D—History and Social Science** ..... 9-1-4

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** ..... 3-1

NTDT 200 Nutrition Concepts ..... 3-1  
Mathematics course ..... 3-1

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.

**MAJOR REQUIREMENTS**

**External to the College**

FREC 201 Records and Accounts ..... 3

**Within the College**

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 non-majors (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

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

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

**UNIVERSITY REQUIREMENTS**

ENGL 110 Critical Reading and Writing (minimum grade C-) ..... 3  
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 20) ..... 3

**COLLEGE REQUIREMENTS**

**Writing Course** ..... 3

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."

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

**Area A—Communication Skills** ..... 9

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

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 advisor

**Area C—History and Social Science** ..... 9

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** ..... 3

Mathematics course ..... 3

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 (minimum grade C) ..... 3-1,2

**Within the College**

**Professional Studies Core**

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.

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:	21 <sup>2,4</sup>
PLSC 105 Introductory Forestry	3
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**

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

**UNIVERSITY REQUIREMENTS**

ENGL 110 Critical Reading and Writing (minimum grade C-)	3
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 20).	3

**COLLEGE REQUIREMENTS**

**Writing Course** ..... 3

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."

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

**Area A—Communication Skills** ..... 9

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

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 advisor.

**Area C—History and Social Science** ..... 9

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**

Mathematics course ..... 3

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 (minimum grade C) ..... 3<sup>1,2</sup>

**Within the Department**

**Professional Studies Core**

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 overall index is required to take HPER 464. All courses in the professional studies core are considered for minimum index.

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

**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**

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

**UNIVERSITY REQUIREMENTS**

ENGL 110 Critical Reading and Writing (minimum grade C-)	3
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 20)	3

**COLLEGE REQUIREMENTS**

**Second Writing Course** ..... 3

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

An additional three (3) credits may be taken in any of the following areas:

**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** ..... 3

A minimum of 3 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

**MAJOR REQUIREMENTS**

**External to the College**

NTDT 200	Nutrition Concepts	3 <sup>2</sup>
PSYC 201	General Psychology	3 <sup>1</sup>
BISC 106	Elementary Human Physiology	3 <sup>1</sup>
and		
BISC 116	Elementary Human Physiology Lab	1 <sup>1</sup>
or		
BISC 276	Human Physiology	4 <sup>3,4</sup>
CHEM 101	General Chemistry	4 <sup>2</sup>
or		
CHEM 103	General Chemistry	4 <sup>2</sup>
PHYS 201	Introductory Physics I	4 <sup>3,4</sup>
STAT 201	Introduction to Statistics I	3 <sup>2</sup>

**Within the College**

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

**ELECTIVES**

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

**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 214	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 214, 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; Students must obtain the University of Delaware Athletic Training Education Program Admission Recommendation Form from the program director.
- (6) Completion of N.A.T.A. taping checksheet;
- (7) Successful interview with the Athletic Training Education Program Director and faculty. During 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 standard evaluation form.

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, for 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. 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.
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).

## COACHING SCIENCE MINOR

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.

