MOVEMENT SCIENCES (MVSC)

MVSC 201 Physical Activity, Wellness & Behavior Change for Healthy Active Lifestyles
3 credits
Examines personal awareness and responsibility for maintenance of health, proper nutrition, fitness, and well-being. It teaches skills necessary for individual program development and implementation to effect positive health-related behavior change.
Prereq: Major in Dance, Exercise Science and Health, Physical Education Teacher Education or Recreation.
Prereq or Coreq: PEP 100, PEP 161, REC 104, or DAN 101 .

MVSC 404 (s) Special Topics
Credit arranged.

MVSC 445 Internship Preparation and Professional Development
1 credit
This course explores the different factors that go into finding, obtaining, and getting the most out of an internship. Emphasis is placed on such skills related to understanding the student's chosen field/career path, professionalism, communication, and dealing with adversity in the work place.
Prereq: MVSC 201 .

MVSC 486 Healthy Active Lifestyle Assessment and Intervention
3 credits
Gen Ed: Senior Experience
Joint-listed with MVSC 586
Develops skills in leadership, assessment, planning and pedagogy to promote and deliver a healthy active lifestyles intervention for individuals, groups and/or communities.
Prereq: Junior, Senior or Graduate Student .

MVSC 570 Research in Physical Activity, Theory and Design
3 credits
To understand and apply principles of scientific inquiry using both quantitative and qualitative research methodology; and apply such principles through individual research projects in physical activity.

MVSC 580 Research: Writing and Dissemination
1 credit
Professional writing of research not directly related to a thesis or dissertation. (Spring only)
Prereq: MVSC 570.

MVSC 581 Research: Group Programming
1 credit
Group professional service projects based on research, needs assessment and implementation strategies. (Spring only)
Prereq: REC 575 .

MVSC 582 Research: Individual Programming
1 credit
Individual professional service projects based on research, needs assessment and implementation strategies. (Spring only)
Prereq: REC 575 .

MVSC 586 Healthy Active Lifestyle Assessment and Intervention
3 credits
Joint-listed with MVSC 486
Develops skills in leadership, assessment, planning and pedagogy to promote and deliver a healthy active lifestyles intervention for individuals, groups and/or communities.
Prereq: Junior, Senior or Graduate Student.

MVSC 610 Pedagogical Immersion in Movement Sciences
Credit arranged
This immersion course is designed to guide the learner in developing and improving effective pedagogical skills while teaching coursework to adults in university and/or community settings.
Prereq: Instructor Permission.

MVSC 611 Outreach and Engagement Immersion in the Movement Sciences
Credit arranged
This immersion course is designed to guide the learner in participating in and/or developing outreach, engagement and/or service activities to clients, communities, and/or professional organizations.
Prereq: Instructor Permission.

MVSC 612 Research Immersion in the Movement Sciences
Credit arranged
The research Immersion course is designed as a first exposure to doctoral non-dissertation research and a precursor to non-dissertation research, where the student collaborates with the major professor on implementing research.
Prereq: Instructor Permission.