

EXERCISE, SPORT, AND HEALTH SCIENCES (ESHS)

ESHS 100 Introduction to Exercise Science and Health (1 credit)

1 credit Introduction to foundational content, subdisciplines of study in exercise science, and fields of health. Students will also gain an understanding of career opportunities within the areas of exercise science & health. (Fall only)

ESHS 107 Movement Fundamentals (1 credit)

1 credit Skill development and teaching knowledge of the fundamentals and concepts of movement. Two lecture-labs per week.

Prereqs: ESHS, Dance, or Recreation major or Permission

ESHS 132 Skill and Analysis of Striking and Net/Wall Activities (1 credit)

1 credit This course is designed to develop proficiency in basic skills, strategies, tactics, error detection and correction, rules, teaching skills and curricular models for striking and net/wall activities (e. g. tennis, badminton, pickleball, volleyball, softball, cricket, etc.). Lecture-lab.

Prereqs: ESHS, Dance, or Recreation major or Permission

ESHS 133 Skill and Analysis of Target and Invasion Activities (1 credit)

1 credit This course is designed to develop proficiency in basic skills, strategies, tactics, error detection and correction, rules, teaching skills, and curricular models for target and invasion activities (e. g. golf, bowling, basketball, soccer, team handball, hockey, football, ultimate Frisbee, etc.). Lecture-lab.

Prereqs: ESHS, Dance, or Recreation major or Permission

ESHS 134 Skill and Analysis of Recreation and Outdoor Activities (1 credit)

1 credit This course is designed to develop proficiency in basic skills, strategies, rules, ethics, teaching skills, and designing teaching progressions and curricular models for recreation and outdoor activities (e. g. snow shoeing, wall climbing, orienteering, geocaching, skating, bicycling, hiking/walking, jogging, camping). Field trips required.

Prereqs: ESHS, Dance, or Recreation major or Permission

ESHS 150 Wellness Lifestyles (3 credits)

Health concepts and strategies that affect one's wellness; emphasis on personal responsibility and life-style choices.

ESHS 171 Athletic Training Clinical Experience I - Observation (1 credit)

1 credit Introductory clinical experience and insight into the profession of Athletic Training. Students will receive supervised clinical education experience in UofL's Athletic Training Room. Students will complete the application process into the clinical experience portion of the Athletic Training major in this course. 40 hours/clinical observation. Graded P/F. (Spring only) Graded Pass/Fail.

Prereqs: Permission

ESHS 200 (s) Seminar (1-16 credits, max 99)

Credit arranged

ESHS 203 (s) Workshop (1-16 credits, max 99)

Credits arranged.

ESHS 204 (s) Special Topics (1-16 credits)

Credit arranged

ESHS 232 Medical Terminology (2 credits)

Introduction to basic concepts of medical terminology and symbols related to medical and allied health professionals.

ESHS 245 Introduction to Athletic Injuries (3 credits)

Online. Basic prevention, recognition, and immediate care of athletic injuries with application of course material through lab activities. Typically Offered: Varies.

ESHS 275 Moral Reasoning in Sport (2 credits)

Joint-listed with ESHS 475

Current ethical issues in sport, such as performance-enhancing drugs, mechanization, cheating, eligibility; challenges students to creatively examine their beliefs.

ESHS 299 (s) Directed Study (1-16 credits)

Credit arranged

ESHS 300 Applied Human Anatomy and Biomechanics (3 credits)

This course is designed to provide the student with the anatomical and biomechanical knowledge essential to conduct a systematic qualitative analysis of human movement in clinical, educational, performance, and wellness settings. Two hours of lecture, two hours of lab per week.

Prereqs: BIOL 227 or Permission

ESHS 301 Peer Health Education (2 credits)

This course prepares students to inform, educate, intervene and assist their campus peers to make healthy lifestyle choices. Upon completion of the course and Certified Peer Health Educator (CPE) test, students become a CPE with the Bacchus Network. Students meet once a week for 2 hours in class.

ESHS 305 Sport and Exercise Psychology (3 credits)

Overview of the theories, concepts, and practical issues related to human behavior in sport, exercise, and physical activity. Topics include personality, motivation, anxiety and stress management, group and team dynamics, psychological skills training, imagery, goal setting, and exercise behavior/adherence. Typically Offered: Fall and Varies.

ESHS 328 Community Health: Theory, Systems, and Practice (3 credits)

This course examines concepts of community and public health history, philosophy, theory, science, and practice. Community health is presented as an interdisciplinary and interactive system organized to promote and protect health, prevent disease, and eliminate health disparities. It also addresses professional competencies, standards, and the important role of community health in the health care system. Typically Offered: Fall.

ESHS 350 Elementary Health and Physical Education (1 credit)

Provides learner with knowledge, experiences, and skills in the pedagogy of health, physical education, and physical activity for diverse K-8 students. Typically Offered: Fall.

ESHS 352 Stress Management and Mental Health (2 credits)

Application of behavioral stress management techniques that have the potential to relieve mental and physical stress; emphasis on development of skills related to mental and physical health.

ESHS 360 Motor Behavior (3 credits)

Overview of development, control, and learning throughout the lifespan. Four hours of lecture-lab per week. Prereqs or

Coreqs: BIOL 227

ESHS 400 (s) Seminar (1-16 credits, max 99)

Credit arranged.

ESHS 403 (s) Workshop (1-16 credits, max 99)

Credit arranged.

ESHS 404 (s) Special Topics (1-16 credits, max 99)

Credit arranged

ESHS 405 (s) Professional Development (1-16 credits, max 99)

Credit arranged. Credit earned may not be applied toward grad degree programs but may be accepted for fifth-year certification. Professional development in physical education and sport professional personnel.

ESHS 407 Sport Biomechanics (3 credits)

Joint-listed with ESHS 507

The purpose of this course is to investigate sport performance from an applied mechanical approach. Students will assess sport techniques, injury risk factors and equipment designs incorporating concepts of Newtonian Mechanics. Typically Offered: Varies.

Prereqs: PEP 300

ESHS 409 Concepts in Strength and Conditioning (3 credits)

This course provides students with the theory and practice of resistance training that prepares students to take certification exams such as the National Strength and Conditioning Association Certified Strength and Conditioning Specialist (CSCS) exam. Two lectures and one lab per week. Typically Offered: Fall.

Prereqs: BIOL 227

ESHS 412 Elementary Methods in Physical Activity Pedagogy (3 credits)

This course focuses on the study and application of effective teaching behaviors, methods and curricular models, and the process of planning, implementing, and evaluating teaching and administering a program at the elementary level. A practicum with elementary students is required during this course. Lecture-lab.

Prereqs: Admission to teacher education program and MVSC 201, ESHS 107, ESHS 133, ESHS 360 and ESHS 413 or by permission

ESHS 413 Foundations and Assessment in Physical Activity Pedagogy (3 credits)

This course will develop learner competencies in the foundations of physical education, i. e. profession, professional standards, philosophical, cultural, historical and social aspects of physical education and physical activity pedagogy; and assessment, research and technology in physical activity pedagogy.

Prereqs: MVSC 201 and ESHS 132 and ESHS 133 and ESHS 134

ESHS 418 Physiology of Exercise (3 credits)

Effects of physical activity on the circulatory, respiratory, and other systems. Two lectures and 2 hours of lab per week. Typically Offered: Fall and Spring.

Prereqs: MVSC 201, BIOL 227 and BIOL 228; or Permission

ESHS 421 Secondary Methods in Physical Activity Pedagogy (3 credits)

This course focuses on the study and application of effective teaching behaviors, methods and curricular models, and the process of planning, implementing, and evaluating teaching and administering a program at the secondary level. A practicum with middle and high school students is required during this course. Lecture-lab.

Prereqs: Admission to teacher education program and MVSC 201, ESHS 132, ESHS 134, ESHS 300 or by permission

ESHS 423 Health Education Methods (3 credits)

Joint-listed with ESHS 523

Curriculum design, planning and instruction, methods and strategies, and resource materials for teaching health in school and community settings. Additional work required for graduate credit.

Prereqs: H&S 150 or MVSC 201, EDCI 201, and acceptance into teacher preparation

ESHS 424 Inclusive Physical Education and Recreation (3 credits)

Cross-listed with RSTM 424

To provide an overview of movement and physical activities in physical education and recreational settings for individuals with disabilities. Emphasis will be on history, etiology, characteristics, services, resources, professional competencies, and instructional strategies. Practical experience (16 hours in the community) is required to enhance instructional abilities to adapt and create an inclusive physical education and recreational setting for all participants.

Prereqs: Senior standing or Permission.

ESHS 450 Critical Health Issues (3 credits)

Provides a sampling of information that represents the current and projected trends in health; students will gain an understanding of broad public health issues and what strategies would be useful to address these problems.

Prereqs: BIOL 227 and BIOL 228; or MVSC 201

ESHS 451 Psychosocial Determinants of Health (3 credits)

Investigates the social, emotional, intellectual, social, and spiritual factors influencing health behaviors. Emphasis is placed on understanding and evaluating the biopsychosocial model and the interrelation between one's physical, psychological, and social well being.

Prereqs: MVSC 201

ESHS 455 Design & Analysis of Research in Movement Sciences (3 credits, max 3)

This course is designed to survey the basic types of research methods often found in exercise science and health; and recreation. A variety of research designs and computerized statistical analyses are studied to help students understand the systematic nature of problem solving. Various research problems as they relate to exercise science and health; and recreation are discussed for the purpose of identifying the broad and diverse nature of research in the movement, leisure, and health professions.

Prereqs: Junior or Senior standing.

ESHS 459 Sport Nutrition (3 credits)

Cross-listed with FN 459

Joint-listed with ESHS 559

This course will explore the fundamentals of nutrition and how nutrition plays a role in sports performance. This course will also cover the macronutrient requirements for sport and the role carbohydrates, fats and proteins play in fueling the body at rest and during exercise. Additionally, special topics about vitamins, minerals, and dietary supplements as well as certain nutritional concerns of various types of athletes will be discussed. Additional projects/assignments required for graduate credit.

Prereqs: Permission

ESHS 463 Epidemiology of Physical Activity and Health (3 credits)

Joint-listed with ESHS 563

This class focuses on the history of physical activity and health, adaptations to training, benefits of physical activity, and consequences of inactivity and sedentary behavior as related to specific disease states and conditions. Students will be required to read and discuss pertinent literature in physical activity and health. Additional projects/assignments required for graduate credit. Typically Offered: Fall.

ESHS 475 Moral Reasoning in Sport (2 credits)

Joint-listed with ESHS 275

Current ethical issues in sport, such as performance-enhancing drugs, mechanization, cheating, eligibility; challenges students to creatively examine their beliefs.

ESHS 484 (s) Internship in Physical Education Teaching (1-14 credits)
 Guided observation, supervised instruction, and comprehensive team and independent teaching in elementary and secondary school settings. Students will be following the school district full semester calendar. Graded P/F. Graded Pass/Fail.

Prereqs: Admission to teacher education program and PETE faculty approval

Coreqs: EDCI 401

ESHS 490 Health Promotion (3 credits)

Examines the philosophical, ethical and theoretical foundations of the professional practice of health promotion in school, community, and work site settings, as well as in health promotion consultant activities. Emphasis will be placed on facilitating prepared units/lessons to respective target populations such as students, employees, patients, or community members. Typically Offered: Spring.

Prereqs: ESHS 450 or Permission

ESHS 493 Fitness Assessment and Prescription (3 credits)

Development of skills in exercise testing, data interpretation, and prescription for health related fitness. Two lectures and 2 hours of lab per week. Typically Offered: Fall and Spring.

Prereqs: ESHS 418 or Permission

ESHS 495 (s) Practicum (1 credit, max 99, max arranged)

1 credit, Gen Ed: Senior Experience Supervised field work. Graded Pass/Fail.

Prereqs: Permission

ESHS 498 Internship in Exercise Science & Health (1-16 credits, max 99)

General Education: Senior Experience
 Credit arranged. Supervised field work.

Prereqs: MVSC 445 or Permission

ESHS 499 (s) Directed Study (1-16 credits, max 99)

Credit arranged

ESHS 500 Master's Research and Thesis (1-16 credits, max 99)

Credit arranged

ESHS 501 (s) Seminar (1-16 credits, max 99)

Credit arranged

ESHS 502 (s) Directed Studies (1-16 credits, max 99)

Credit arranged

ESHS 503 (s) Workshop (1-16 credits, max 99)

Credit arranged

ESHS 504 (s) Special Topics (1-16 credits, max 99)

Credit arranged

ESHS 505 (s) Professional Development (1-16 credits, max 99)

Credit arranged. Credit earned in this course will not be accepted toward graduate degree programs.

Prereqs: Permission

ESHS 507 Sport Biomechanics (3 credits)

Joint-listed with ESHS 407

The purpose of this course is to investigate sport performance from an applied mechanical approach. Students will assess sport techniques, injury risk factors and equipment designs incorporating concepts of Newtonian Mechanics. Typically Offered: Varies.

ESHS 518 Advanced Physiology of Exercise (3 credits)

Principles and methods essential to the experimental approach to understand how the human body responds to short-term bouts of exercise and subsequently adapts to exposure to long-term exercise training. Two lectures per week.

ESHS 522 Pedagogy Applied to Health, Physical Education, Recreation, and Dance (3 credits)

Provides theoretical and practical skills in the study and analysis of the teaching and learning process in health, physical education, recreation, and dance.

ESHS 523 Health Education Methods (3 credits)

Joint-listed with ESHS 423

Curriculum design, planning and instruction, methods and strategies, and resource materials for teaching health in school and community settings. Additional work required for graduate credit.

ESHS 524 Physical Activity Assessment and Enrichment (3 credits)

This course is designed to focus learners on physical activity assessment and enrichment research with specific application to active travel, community, park, school site, and workplace physical activity.

ESHS 544 Program Development (3 credits)

Developing programs associated with physical education and sport science using current conceptual frameworks and models. Field-testing of programs may be required.

ESHS 559 Sport Nutrition (3 credits)

Joint-listed with ESHS 459, FN 459

This course will explore the fundamentals of nutrition and how nutrition plays a role in sports performance. This course will also cover the macronutrient requirements for sport and the role carbohydrates, fats and proteins play in fueling the body at rest and during exercise. Additionally, special topics about vitamins, minerals, and dietary supplements as well as certain nutritional concerns of various types of athletes will be discussed. Additional projects/assignments required for graduate credit.

ESHS 560 Sport Psychology (3 credits)

Provides an understanding of how psychological factors influence performance and how simple and easy-to-use mental training techniques may be employed to enhance performance and enjoyment; using the Coaches' Guide to Sport Psychology and accompanying workbook, teachers/coaches will address such important psychological topics as peak performance, motivation, communication, leadership, self-confidence, concentration, stress management, imagery, goal setting, arousal control, and mental plans/performance routines; workbook exercises, case studies, and hands-on projects will teach mental training principles and help practitioners develop skills that they can successfully use to enhance performance with their students/athletes. (Fall only)

ESHS 561 Motivation in Sport and Recreation (3 credits)

Practical, hands-on course designed to teach basics of motivation to physical educators, coaches, and recreation professionals; major achievement motivation theories and primary antecedents and consequences of motivated behavior; five major motivational enhancement strategies including goal setting, personal science, competition, feedback, and reinforcement; guidelines for maximizing effectiveness; analysis of applied motivation questions such as dropouts/burnouts, peak performance, exercise adherence, injury rehabilitation, increasing enjoyment, designing reward systems, and positive parental involvement. (Spring only)

ESHS 563 Epidemiology of Physical Activity and Health (3 credits)

Joint-listed with ESHS 463

This class focuses on the history of physical activity and health, adaptations to training, benefits of physical activity, and consequences of inactivity and sedentary behavior as related to specific disease states and conditions. Students will be required to read and discuss pertinent literature in physical activity and health. Additional projects/assignments required for graduate credit. Typically Offered: Fall.

ESHS 570 Ethical Practice and Communication in Physical Activity (3 credits)

Problem-solving approach to communication and practice of ethics in physical activity. (Fall only)

ESHS 597 (s) Practicum (1-3 credits, max 3)

ESHS 598 (s) Internship (1-16 credits, max 99)

Credit arranged. Supervised field experience in an appropriate public or private agency. Graded Pass/Fail.

Prereqs: Permission

ESHS 599 (s) Research (1-16 credits, max 99)

Credit arranged

ESHS 600 Doctoral Research and Dissertation (1-45 credits, max 99)

Credit arranged

ESHS 699 Non-Dissertation Doctoral Research (1-16 credits, max 99)

Credit arranged. Research not directly related to dissertation.

Prereqs: Enrollment to a doctoral program