

# 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.

**Prereqs:** Major in Dance, Exercise Science and Health, Physical Education Teacher Education or Recreation. Prereqs or

**Coreqs:** PEP 100, PEP 161, or DAN 101

## **MVSC 404 (s) Special Topics (1-16 credits)**

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.

**Prereqs:** MVSC 201

## **MVSC 486 Healthy Active Lifestyle Assessment and Intervention (3 credits)**

General Education: 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. Lecture-lab. Students are required to work with an agency in the field as part of the lab hours.

**Prereqs:** 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)

**Prereqs:** MVSC 570

## **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. Lecture-lab. Students are required to work with an agency in the field as part of the lab hours.

**Prereqs:** Junior, Senior or Graduate Student

## **MVSC 610 Pedagogical Immersion in Movement Sciences (1-16 credits)**

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.

## **MVSC 611 Outreach and Engagement Immersion in the Movement Sciences (1-16 credits)**

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.

**Prereqs:** Instructor Permission

## **MVSC 612 Research Immersion in the Movement Sciences (1-16 credits)**

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.