

# DEPARTMENT OF INTEGRATIVE HEALTH & EXERCISE SCIENCE

The B.S. in Exercise Science, Wellness, and Sports program prepares students to work in the health and fitness industry, evaluate health behaviors and risk factors, motivate others to develop healthy lifestyles, assess fitness, and developing fitness and exercise programs. Graduates of the program will be employed in universities, corporate settings, and commercial and community settings. Students may choose a track in Pre-Physical Therapy and/or a concentration in Coaching. Students who are not Exercise Science, Wellness, and Sports majors may earn a minor in Exercise Science, Wellness, and Sports or a minor in Coaching. The exercise science, wellness and sports program will also prepare students for graduate programs in the fields of exercise science, physician's assistant, occupational therapy, physical therapy, or athletic training. Students may wish to minor in sports management, business, integrative health, psychology or one of the natural sciences to achieve their career goals.

The Exercise Science, Wellness, and Sports program will:

- provide students with a scientific foundation for helping others set and achieve exercise, health, and fitness goals;
- prepare students for employment in health promotion and wellness settings;
- prepare students for further study in graduate programs; and
- build skills in speaking, writing, critical thinking and evaluation to succeed in the field.

The B.A. in Health Profession Studies and the B.S. in Health Sciences programs are designed to prepare students for a variety of careers in the health care industry by providing them with the following skills and information:

- knowledge of the human body including anatomy, physiology, functions, and chemistry;
- communication, interpersonal skills, and professionalism;
- knowledge of the business and legal parameters related to the health care professions; and
- professional development through the use of academic research and experiential learning.

Both health studies programs are based on a core set of courses with choices of many elective courses so that students can construct a curriculum designed to prepare them for their future career or graduate study.

For information about special partnerships in medicine and physical therapy, see Partnerships & Preparation for Careers in Engineering, Law, & Health Related Fields (<http://catalog.georgian.edu/undergraduate/academic-programs/preparation-careers-engineering-law-medicine-pharmacy-physical-therapy/>).

The courses in the physical education program provide lifetime activities that will further enhance the development of the total person physically, mentally, socially and emotionally. The primary focus of the program revolves around activities related to physical fitness, recreation, and stress reduction. Courses designated with the prefix PE are open to

any student. Team sport courses offered as part of the intercollegiate athletic program are designated with the prefix TS and are considered physical education credits. Students may apply 4 credits in physical education toward their degree, except that students pursuing the health and physical education concentration in the exercise science, wellness, and sports major may count 6 credits of physical education toward the 120 credits required for the degree. Although students may repeat a favorite course for credit, no student, matriculated or non-matriculated, may earn credit for the same course more than four times. Except for online courses, most PE courses will meet twice a week, for a total of 2.5 hours per week for 7.5 weeks.

In conjunction with the Department of Dance, the department also offers a B.S. in Dance Science program (<http://catalog.georgian.edu/undergraduate/school-arts-sciences/dance/dance-science-bs/>). Dance Science fosters personal, intellectual, artistic, and spiritual growth. The program seeks to educate students in global approaches to human health and somatic well-being while providing a solid basis of scientific, technical, and creative skills. Students will develop skills in critical thinking and interpersonal relations, through the lens of physical wellness and kinesthetic knowledge. Dance Science practitioners enable others to anchor themselves through both anatomy and movement, creating a healthier and more embodied world.

## New Jersey Teaching Credentials

The New Jersey certification below is available for students earning the B.S. in Exercise Science, Wellness, and Sports:

- Teacher of Health & Physical Education (K–12) with Teacher of Students with Disabilities Endorsement

For required professional courses in education, please refer to the Education (<http://catalog.georgian.edu/undergraduate/school-education/>) section of the catalog.

## Programs Majors

- Advanced Admission to Integrative Health, M.A. (<http://catalog.georgian.edu/undergraduate/school-nursing-wellness/integrative-health-exercise-science/adv-admission-integr-health-ma/>)
- Exercise Science, Wellness & Sports, B.S. (<http://catalog.georgian.edu/undergraduate/school-nursing-wellness/integrative-health-exercise-science/exercise-science-wellness-sports-bs/>)
- Health Profession Studies, B.A. (<http://catalog.georgian.edu/undergraduate/school-nursing-wellness/integrative-health-exercise-science/health-profession-studies/>)
- Health Sciences, B.S. (<http://catalog.georgian.edu/undergraduate/school-nursing-wellness/integrative-health-exercise-science/health-sciences/>)

## Minors

- Coaching, Minor/Concentration/Certificate (<http://catalog.georgian.edu/undergraduate/school-nursing-wellness/integrative-health-exercise-science/coaching-minor-concentration-certificate/>)
- Exercise Science, Wellness & Sports, Minor (<http://catalog.georgian.edu/undergraduate/school-nursing-wellness/>)

integrative-health-exercise-science/exercise-science-wellness-sports-minor/)

- Integrative Health, Minor (<http://catalog.georgian.edu/undergraduate/school-nursing-wellness/integrative-health-exercise-science/integrative-health-minor/>)

## Certificates

- Integrative Health, Certificate (<http://catalog.georgian.edu/undergraduate/school-nursing-wellness/integrative-health-exercise-science/integrative-health-certificate/>)

## Courses

### Exercise Science (ES)

#### ES100 Exploration of Exercise Science (1.0 Credits)

In this course students will be exposed to a wide array of career options in the field of exercise science. This course will include guest speakers from careers such as physical therapy, sport medicine physician, coaching, sport nutritionist, employee wellness director, and researcher will speak to the class about their careers and the preparation needed for their careers. Students will be asked to think about their own career aspirations and the challenges they will have to overcome in order to meet their goals. Offered each spring.

#### ES111 Found Ex Science & Wellness (3.0 Credits)

Introduction to wellness through investigation of lifestyle and other critical issues in fitness, sports, exercise science and wellness. Changing philosophies and basic concepts are introduced. Offered each semester.

#### ES160 First Aid & CPR (1.0 Credits)

This course is designed to provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives. American Red Cross First Aid, CPR, and AED certifications will be received upon successful completion of the course. Offered each spring.

#### ES211 Theory of Coaching (3.0 Credits)

An overview of current theory and practice in coaching education. Topics include sport pedagogy, physiology, psychology, administration, and risk management. This course addresses issues common across all levels of performance and competition as well as issues specific to child, youth, and collegiate coaching. Offered alternating spring semesters.

#### ES213 Human A&P for Health & Phys Ed (3.0 Credits)

This course offers an in-depth exploration of human anatomy and physiology, tailored specifically for students pursuing careers in exercise science, health, coaching, and physical education. The curriculum is designed to provide a foundational understanding of the human body's structure and function, highlighting its relevance in promoting health and physical well-being.  
Prerequisite(s): BI111.

#### ES220 Introduction to Nutrition (3.0 Credits)

In this course students will discover how the body uses food by learning various functions of each key nutrient. An overview of digestion, absorption, and metabolism is provided. Food sources of the key nutrients and recommended intakes are explored in depth. The student's own diet is evaluated, using a computerized diet analysis. Eating disorders and gender/age-specific needs are also discussed. Offered each semester.

#### ES251 Biomechanics (3.0 Credits)

An introduction to the function of the human body as described using the laws of classical mechanics. Beginning from descriptions of movement, students will learn how to identify the forces acting on a body, ultimately connecting the mechanical work done through exercise and physical activity to the physiological demands for energy.  
Prerequisite(s): MA109, MA110, or MA115.

#### ES252 Kinesiology & Applied Anatomy (3.0 Credits)

The study of the function of the musculoskeletal system using the mechanical laws introduced in ES251. Beginning at the level of individual joints, students will build an understanding of the coordination between multiple joints and the flow of energy through a multi-segment chain, ending with a framework for analyzing motion to improve performance or prevent injury.  
Prerequisite(s): BI213.

#### ES260 Motor Development Learning & Teaching (3.0 Credits)

This course provides foundational knowledge of lifespan motor development and learning. Based on this foundation, teaching strategies for all ages including early childhood will be discussed. This course is cross-listed with HPE260.  
Prerequisite(s): ES111.

#### ES275 Pathophysiology (3.0 Credits)

This course introduces the students to basic concepts in pathophysiology as applied in current nursing practice. It builds on previous foundations in the biological sciences and focuses on the integration of pathophysiological with the principles of the nursing process. It introduces students to pathophysiological disturbances to normal body functions emphasizing differences in etiology, epidemiology, pathophysiology, clinical manifestations and treatments in individuals across the lifespan. The student will analyze objective and subjective manifestations of common health problems resulting from environmental, genetic and stress related conditions. Diagnostic testing, interventions and pharmacological treatments and related nursing implications are discussed as they relate to specific health problems. 3 hours lecture. This course is cross-listed with BI275 and NU275.  
Prerequisite(s): BI213, BI214, and either NU111 or permission of the Nursing Department Chair.

#### ES280 Substance Use Abuse (1.0 Credits)

This course examines current substance use in the United States as well as the physical, psychological, and societal impacts of substance abuse in the U.S. population. The learners will prepare teaching modules on substance use and abuse, including making healthier behavior choices, for elementary, middle, and high school levels. This course is cross-listed with HPE280.

#### ES281 Sexuality and Health (1.0 Credits)

This course explores the effects of personal experience, development, family influence, values, and societal influence on a person's sexuality. To that end, students will examine the current scholarly literature as well as media content on sexuality and health. Topics include anatomy and physiology, birth control, sexually transmitted infections, sexuality, sexual orientation, gender identity, healthy relationship, pregnancy and childbirth, sexual assault, sexual behaviors, and sexuality in media. The learners will prepare grade-level appropriate teaching modules on sexuality and health for elementary, middle, and high school levels. This course is cross-listed with HPE281.

**ES310 Sport & Exercise Psychology (3.0 Credits)**

An overview of the theories and principles that explain factors which influence human behavior in sport and physical activity. Sport and exercise psychology focuses primarily on: (1) Helping individuals use psychological principles and skills to achieve optimal mental health and to improve performance. (2) Understanding how participation in sport, exercise, and physical activity affects their psychological development, health, and well-being. Offered alternating spring semesters.

**ES315 Sports in Society (3.0 Credits)**

An in-depth analysis of the role of sport in society. This course examines sport as both affected by sociocultural forces and as affecting the basic institutions of society; family, education, politics, religion, and the economy. The influence of age, gender, and race will be explored as well. Discussion of contemporary controversies will be included. The course is recommended for students in the behavioral sciences, exercise science, health and athletics.

Prerequisite(s): SO101 or permission of the instructor.

**ES320 Gender in Sports (3.0 Credits)**

Examination of gender-specific issues surrounding participation in sports that includes epidemiology of injuries, psychosocial aspect of athletes, physiological conditions, and biomechanics of the body. This course is cross-listed with WS320. Offered alternating spring semesters.

**ES325 Wellness Program Management (3.0 Credits)**

An introduction to methods of conducting needs assessments of target populations. Working with their intended audience, students will learn to create programs with quantifiable goals and outcomes. Included in the program design will be considerations of budgetary, personnel, and facility requirements. Program marketing, client recruitment strategies, plus outcomes assessment and program evaluation will be examined and discussed. Offered alternating fall semesters.

**ES326 Wellness Program Practices (3.0 Credits)**

This class is designed to teach the prospective health promotion/wellness professional ways in which to help the public affect positive health behavioral changes. The student will learn how to develop and implement educational programming about current health issues. Students will also learn how to instruct clients in behavior change techniques and they will acquire rudimentary life coaching skills. Attention will also be paid to cultural diversity issues and sensitivities. These techniques will include one on one coaching, seminars, comprehensive program series, educational materials (pamphlets, fliers, etc.) and various forms of information technology. Emphasis will be placed on methods of knowledge acquisition: visual, auditory, and experiential learning in order to effectively communicate with a diverse audience.

**ES330 Exercise Physiology (4.0 Credits)**

Study of human physiological response and adaptations during exercise. Scientific principles will be applied in nutrition, metabolism & systems such as neurological, cardio-respiratory, endocrine and musculoskeletal, to promote health and fitness of the general population as well as peak performance in athletes. Lecture and Laboratory. Offered each fall. Prerequisite(s): BI213, and CH113 or CH151.

**ES335 Care & Prevention of Athletic Injuries (3.0 Credits)**

Combination of didactic and practical learning methods of athletic injury recognition, evaluation and first aid care. Emphasis will be placed on musculoskeletal system injuries; however other systems will also be discussed. Offered alternating fall semesters.

**ES340 Health & Weight Management (3.0 Credits)**

Obesity is a worldwide epidemic and weight loss has become an American obsession and multibillion dollar industry. The class will examine the causes of obesity and the health risks associated with being overweight or obese. For women excessive weight loss can also be a problem. We will discuss current scientific theories about the best ways to maintain a healthy weight throughout one's life.

**ES350 Exercise Testing & Prescription (4.0 Credits)**

Provides the practical knowledge and skills in health screening, risk stratification, administering exercise testing, interpreting test results and prescribing exercise to general as well as specific populations. Lecture and Laboratory. Offered each spring.

Prerequisite(s): ES330 or permission of advisor.

**ES355 Methods of Secondary Health & Phys Ed. (3.0 Credits)**

Students will learn methods of teaching secondary health and physical education, including characteristics of secondary school student assessment, grading, teaching lifetime activities, and effective teaching techniques in the classroom, gym, and outdoors. Students will gain teaching experiences through peer teaching and observation in schools outside the university. This course is cross-listed with HPE355.

Prerequisite(s): ES260/HPE260.

**ES360 Administrative Aspects of Sport (3.0 Credits)**

Students will be introduced to the concepts of sports management, including the administrative processes, systems and styles with application to various sports environments, including program, facility, fiscal, and personnel management in informal, intramural, or club sports settings. Offered alternating fall semesters.

**ES370 Special Topics (1.0 Credits)**

Allows greater depth of study of an area selected by faculty or jointly by student and faculty member.

**ES371 Exercise Science Research Experience (1.0 Credits)**

This course gives exercise science major students the opportunity to gain research experience by helping a faculty member implement his or her project. Under faculty supervision, students may assist in reviewing the literature, designing a study, meeting the ethical obligations of human subject research, recruiting and interacting with research participants, using specific pieces of research equipment, and processing data. There may also be opportunities to present findings at a conference or publish study results in a journal. If the course is taken for 1 or 2 credits, the course may be repeated for additional credit up to a maximum of 3 credits.

Prerequisite(s): ES111.

**ES390 Internship I (3.0 Credits)**

Supervised individual fieldwork in exercise science, wellness or sports environment. 3-credit internship is equivalent to 120 hours in the field. Prerequisite(s): 60 academic credits completed and a minimum of 12 credits in exercise science.

**ES391 Internship II (3.0 Credits)**

Supervised individual fieldwork in exercise science, wellness or sports environment. 3-credit internship is equivalent to 120 hours in the field. Prerequisite(s): ES390.

**ES392 Coaching Internship (3.0 Credits)**

Supervised individual fieldwork in coaching. 3-credit internship is equivalent to 120 hours in the field.

**ES425 Strength & Conditioning (3.0 Credits)**

This course will apply scientific principles into the development of sports-specific training programs. Topics to be covered include: exercise physiology applications, fitness testing, exercise techniques, program design, periodization, training utilizing different energy systems, sports nutrition, and ergogenic aids. This course will prepare the student to take the Certified Strength and Conditioning Specialist exam offered by the National Strength and Conditioning Association. Offered alternating spring semesters.

Prerequisite(s): ES330.

**ES470 Research Methods in Exercise & Sport (3.0 Credits)**

This course provides an introduction to basic research methods and techniques used in exercise and sport science. Students will learn how to conduct and read research, design research tools, and evaluate results. Both quantitative and qualitative research methods are discussed. Offered each fall.

Prerequisite(s): MA103 or BI203, and either ES111 or HRP111.

**ES471 Research Project in Exercise Science (3.0 Credits)**

Conduct a research study. Open to exercise science majors interested in research. This course may be substituted for a second internship in exercise science.

Prerequisite(s): Permission of instructor.

**Health & Physical Education (HPE)****HPE260 Motor Development, Learning & Teaching (3.0 Credits)**

This course provides foundational knowledge of lifespan motor development and learning. Based on this foundation, teaching strategies for all ages including early childhood will be discussed. This course is cross-listed with ES260.

Prerequisite(s): ES111.

**HPE280 Substance Use Abuse (1.0 Credits)**

This course examines current substance use in the United States as well as the physical, psychological, and societal impacts of substance abuse in the U.S. population. The learners will prepare teaching modules on substance use and abuse, including making healthier behavior choices, for elementary, middle, and high school levels. This course is cross-listed with ES280.

**HPE281 Sexuality and Health (1.0 Credits)**

This course explores the effects of personal experience, development, family influence, values, and societal influence on a person's sexuality. To that end, students will examine the current scholarly literature as well as media content on sexuality and health. Topics include anatomy and physiology, birth control, sexually transmitted infections, sexuality, sexual orientation, gender identity, healthy relationship, pregnancy and childbirth, sexual assault, sexual behaviors, and sexuality in media. The learners will prepare grade-level appropriate teaching modules on sexuality and health for elementary, middle, and high school levels. This course is cross-listed with ES281.

**HPE310 Adaptive Physical Education (3.0 Credits)**

This course provides students with the knowledge and skills to design, implement and evaluate physical activity programs for individuals with disabilities. The course covers the principles of organization and assessment, individualized education plans, instructional and behavior management strategies, and a variety of physical, intellectual, and behavioral disabilities.

Prerequisite(s): HPE260.

**HPE355 Methods of Secondary Health & Phys.Ed. (3.0 Credits)**

Students will learn methods of teaching secondary health and physical education, including characteristics of secondary school student assessment, grading, teaching lifetime activities, and effective teaching techniques in the classroom, gym, and outdoors. Students will gain teaching experiences through peer teaching and observation in schools outside the university. This course is cross-listed with ES355.

Prerequisite(s): HPE260/ES260.

**Health Related Professions (HRP)****HRP111 Introduction to Health Science (3.0 Credits)**

This course is designed to introduce students to the many career options in health sciences. The course will also include basic concepts required by any health professional including history, literacy, ethics, interpersonal skills, and professionalism. Students will explore health career paths in government, private, and nonprofit settings.

**HRP200 Medical Terminology (3.0 Credits)**

This course will provide students with the necessary skills to understand the complex terminology commonly used within health care professions where precise communication is imperative. Students will gain familiarity with Greek and Latin root words as well as prefixes and suffixes, and will learn to correctly assemble and define medical terms. Students will also learn to use and apply medical language in a variety of real-world medical contexts. Students will also learn proper pronunciation of complex medical terms.

Prerequisite(s): BI213.

**HRP202 Special Topics in Health (3.0 Credits)**

Students will further their knowledge and understanding of health science and the health professions by exploring a range of topics including, but not limited to, health equity, health justice, medical ethics, racism in health care, health care access, and social aspects of health. Course is offered for 1 to 3 credits. Course may be retaken if the course topic is not one the student has previously taken.

Prerequisite(s): HRP111

**HRP351 Health Policy (3.0 Credits)**

This course will delve into the core elements that define health policy. It will describe factors such as the health care delivery systems (public/nonprofits versus private/for-profits), access to care, health care financing, quality of care issues, and social issues such as gender and culture and their impact on health and health care. The dynamics of the policymaking process at different levels (federal, state, and local) will be explored, along with policy analysis and how policy influences health care decisions. The complexities and challenges of health care reform will be identified. This course is cross-listed with NU351.

**HRP404 Internship in Health Care (3.0 Credits)**

This course provides the student with 125 hours of supervised experience in a health care setting performing all duties and responsibilities of the entry-level health care worker. A weekly two-hour seminar is held in conjunction to integrate classwork with field experience.

Prerequisite(s): C or better in HRP111, Research Methods, and Communication Skills courses; minimum 2.5 GPA in all courses required for the major; junior standing or higher in the major.

**HRP444 Capstone in Health Science (1.0 Credits)**

This course provides advanced students a unifying, culminating experience in health science. Students are challenged to use and extend intellectual skills and knowledge of health science acquired throughout the undergraduate program.

Prerequisite(s): C or better in HRP404, and minimum 2.5 GPA in all required courses for major.

## Integrative Health (IH)

### IH110 Integrative Medical Terminology (2.0 Credits)

Basic and most common conventional medical terminology as well as holistic/integrative medicine/CAM terms are defined and discussed through case study samples and empirical research in relevant fields. Abbreviations and their appropriate usage are represented.

### IH210 Integrative Self-Care Planning (3.0 Credits)

This course will examine the past present future of health and healing. Learners will practice perspective taking (first, second, and third person) to gain a more integrative view of contemporary health concerns, such as obesity, cardiovascular disease, cancer, and aging, and addictive behaviors. Learners will develop a framework emphasizing the importance of balance and integration of mind, body and spirit, as well as an understanding of disease vs. dis-ease. Learners will explore prevention models and design a personal care plan for achieving optimum health and well-being.

### IH220 Integrative Nutrition & Movement (3.0 Credits)

Contrasting with the current ADA's nutritional guidelines utilizing macro and micro nutrients, develop an understanding of the Eastern approach to nutrition and exercise in obtaining overall health, including effects of movement as it relates to the meridians. Investigate how the energetic properties of food can contribute to overall well-being.

### IH305 Found Health & Wellness Coaching (3.0 Credits)

Examine the history, theories, and emergent profession of Health and Wellness Coaching in the U.S. Diverse theories and techniques of behavior changes, wellness coaching competencies, coaching relationship skills, and self-discovery tools will be discussed. Professionalism, ethos, and educational training and career preparation for Health and Wellness Coaching are also discussed. Prerequisite(s): IH210.

### IH310 Integrative Women's Health (3.0 Credits)

This course examines current women's health issues throughout the life span in the integrative/holistic view. Discuss the impact of women's health on family, community, and society. The life-span will be divided into three stages: reproductive, pre-reproductive, and post-reproductive with emphasis on various human relations that co-occur with women's integration of mind, body, and spirit. Encourage learners to closely examine their current health behaviors and attitudes. This course is cross-listed with WS315.

### IH320 Integrative Healing Methods (3.0 Credits)

Provides the foundation on which students can develop an awareness of the various forms of integrative healing options. Students will cover the historical background, the philosophical basis and the methodology of some of the foremost integrative healing methods available to our society.

### IH325 Integrative Nutrition (3.0 Credits)

Examine holistic and integrative influence of nutrition on individual's health and well-being. Research-based dietary/nutrition therapies are explored for most common chronic diseases, such as cardiovascular diseases, cancer, diabetes, obesity, as well as for special populations, such as women and children. While research-based nutritional therapy information helps improve coaching practice directly, this course emphasizes the importance of knowing how and when to refer clients to health care professionals in health and wellness coaching practice.

### IH330 Health, Humor & Healing (3.0 Credits)

Designed to define basic concepts of the mind/body connection, the innate healing potential of humor, ancient and current approaches toward healing, and the relationship between humor and health. This course is cross-listed with HH540.

### IH335 Integrative Stress Management & Health (3.0 Credits)

An examination of the multidimensional phenomenon of stress, the relationship between the mind and body connection, as well as conditions, attitudes and behaviors that contribute to the stress response. Includes the psychosomatic theory of disease and the mechanisms that link stress and illness. Using an integrative/holistic approach for intervention, students will be able to design stress management programs for themselves and others.

### IH337 Integrative Lifestyle Modifications (3.0 Credits)

This course examines the multidisciplinary theoretical bases and applied coaching practice of facilitating lifestyle modifications, distinguishing coaching from counseling, educating, and consulting. Coaching competencies in facilitating changes and learning are demonstrated, modeled, and practiced with the use of case studies and role playing. Prerequisite(s): IH110.

### IH340 Integrative Health: East & West (3.0 Credits)

A comprehensive study of the similarities and differences between Ayurvedic medicine and Traditional Chinese medicine. In the context of the current Western living environment, students will not only explore the common thread underlying most ancient forms of medicine but they will also study the body as an integrated whole in which the physical, mental, emotional and spiritual aspects of life are one.

### IH345 Native American Medicine (3.0 Credits)

Course will examine the contributions Native Americans have made in the area of natural healing and explore the historical and philosophical perspective of Native American culture and their beliefs concerning their relationship to the environment and the animal kingdom.

### IH350 Special Topics in Integrative Health (1.0 Credits)

Course will include discussion, lecture, and selected readings in areas of integrative health that are not offered as formal course offerings during the year. Different topics are offered each semester. Course may be offered for 1 to 3 credits. Students may repeat IH350 when a topic they have not taken before is offered. This course is cross-listed with HH570.

### IH365 Health & Wellness Coaching Practice (3.0 Credits)

Build upon the theoretical foundations and conceptual framework of Health and Wellness Coaching gained through IH305, this course focuses on practicing skills necessary for Health and Wellness Coaching. Learners will use this course to prepare themselves to have their field experience (IH405). Emphasis is placed on ethical practice, effective communication with the client and health care professionals, Health and Wellness Coach competency. A Health Coaching competency list will be used to practice and self-assess each skill during the course. Prerequisite(s): IH305.

### IH380 Health & the Environment (3.0 Credits)

By inquiring into the effects of human social organization and relationship with natural environment on physical, emotional, mental, and spiritual well-being, this course will contextualize individual health issues and seek healing responses to imbalances in social, environmental, and personal health. This course is cross-listed with HH580.

**IH405 Field Ex Health & Wellness Coaching (3.0 Credits)**

Learners will spend a total of 100 hours with a coaching mentor in order to observe and apply Health and Wellness Coaching skills in various settings. An online discussion forum will be utilized for peer discussions as well as communication with the instructor of one's progress. Prerequisite(s): IH305 and IH365.

**Physical Education (PE)****PE106 Fitness Walking (1.0 Credits)**

Provides students with a lifelong aerobic activity that will not only help weight loss and maintenance but will also develop agility, heighten awareness and increase the efficiency of the heart and lungs.

**PE110 Tennis (1.0 Credits)**

The course is designed for the beginning tennis player. The course content will cover the basic skills, strategy and knowledge of tennis rules and regulations.

**PE200 Lifetime Fitness Online Program (1.0 Credits)**

This course enables students to select activities related to aerobic conditioning and weight training. The exercise program is designed by the student and instructor to meet individual fitness objectives of the student. 2.68 class hours per week, 7 weeks.

**PE206 Nordic Pole Walking (1.0 Credits)**

This course introduces walking poles into the fitness walking program for a total body workout. Use of the poles increases the effectiveness of the cardiovascular system, tones and strengthens the core muscles in the upper body, burns more calories, and improves balance and posture.

**PE230 Volleyball (1.0 Credits)**

The course is designed to teach the beginning or recreational volleyball player the necessary skills used to play recreational volleyball. Application of team strategy and individual skills will be included.

**PE300 Tai Chi (1.0 Credits)**

Tai Chi, an excellent exercise for physical and mental health is meditation in movement and emphasizes the coordination of mind and body. Its fluid and continuous movements stress balance, controlled breathing, and relaxation.

**PE305 Yoga (1.0 Credits)**

Students will learn how to unite the body, mind, and spirit for holistic wellness. The beginning and intermediate yoga postures covered enhance flexibility and balance, increase muscle strength and tone, exercise the spine, release toxins by stimulating the lymphatic system, and increase self-confidence and overall energy.

**PE310 Chi Kung for Stress Reduction (1.0 Credits)**

Through a combination of meditation and gentle movements, Chi Kung not only balances the yin and yang energies in the body, but it also brings together the mind, body and spirit for stress reduction. Students practicing these gentle exercises will be able to remove the energy blocks in the meridians.

**PE315 Pilates (1.0 Credits)**

Pilates is an excellent way to connect the mind and body through a series of controlled movements. It focuses on balance, flexibility, and relaxation.

**PE350 Special Topics in Physical Education (3.0 Credits)**

Special topics not listed in the regular department's offerings will be offered in response to student interest or to determine student interest.

**Team Sports (TS)****TS301 Women's Softball (1.0 Credits)**

Team Sport - Women's Softball.

**TS303 Women's Cross Country (1.0 Credits)**

Team Sport - Women's Cross Country.

**TS304 Men's Cross Country (1.0 Credits)**

Team Sport - Men's Cross Country.

**TS305 Women's Basketball (1.0 Credits)**

Team Sport - Women's Basketball.

**TS306 Men's Basketball (1.0 Credits)**

Team Sport - Men's Basketball.

**TS307 Women's Soccer (1.0 Credits)**

Team Sport - Women's Soccer.

**TS308 Men's Soccer (1.0 Credits)**

Team Sport - Men's Soccer.

**TS309 Women's Track and Field (1.0 Credits)**

Team Sport - Women's Track and Field.

**TS310 Men's Track and Field (1.0 Credits)**

Team Sport - Men's Track and Field.

**TS311 Women's Volleyball (1.0 Credits)**

Team Sport - Women's Volleyball.

**TS313 Women's Tennis (1.0 Credits)**

Team Sport - Women's Tennis.

**TS315 Women's Lacrosse (1.0 Credits)**

Team Sport - Women's Lacrosse.

**TS316 Men's Lacrosse (1.0 Credits)**

Team Sport - Men's Lacrosse.

**TS317 Women's Acrobatics & Tumbling (1.0 Credits)**

Team Sport - Women's Acrobatics & Tumbling

**Faculty**

**Michael Wortley, Associate Professor of Exercise Science; Chair, Department of Integrative Health and Exercise Science; Chair, Faculty Assembly**

Ph.D., M.S., The University of Tennessee, Knoxville  
B.S., Johns Hopkins University

**Vincent C.W. Chen, Associate Professor of Exercise Science; Coordinator, Health Studies Internships; Director of the University Honors Program**

Ph.D., Texas A & M University  
B.S., National University of Kaohsiung, Taiwan

**Sachiko Komagata, Associate Professor of Integrative Health; Director of the M.A. in Integrative Health Program**

Ph.D., M.P.T., Temple University  
B.P.E., Japan Women's College of Physical Education

**Joshua Burns, Assistant Professor of Integrative Health; Director of Military & Veterans Services & Outreach**

D.C., N.D., National University of Health Sciences  
B.A., University of Maryland University College