

Physical Activity and Health

OBJECTIVES

The Division of Physical Activity and Health (PAH) degree program at Eastern Oregon University seeks to produce graduates who possess the skills necessary to promote health and physical activity in their community. The inter-relationship of health, physical activity and the exercise sciences creates within the division a commitment to preparing individuals who can competently promote wellness, sport, recreation, and exercise in school, community and other societal settings.

The division offers a bachelor's degree as a BA/ BS in Physical Activity and Health with three concentration options In addition to the bachelor degree program three academic minors are available: Physical Education - 30 credits, Health Studies - 30 credits and Outdoor Recreation and Leadership – 30 credits.

PROGRAM OUTCOMES / REQUIREMENTS

Admission to All Programs

Complete PES 131 Foundations of Physical Activity and Health (2) with a grade of C- or better.

Learning Outcomes required for graduation

The Physical Activity and Health Degree Program requires that students meet the following standards that exemplify what a professional in the field should achieve:

Communication

- *Inquire, Create, Communicate*: Demonstrate a standard of communication through writing proficiency by completing writing intensive classes. Every student must complete this requirement either through specific coursework in designated classes (EXS 311, EXS 323, and HWS 351), or another acceptable format. Program specific writing requirements are measured using a common rubric.
- *Complete the Computer Literacy Requirement*: Take EXS 312, EXS 322, EXS 323, HWS 325, HWS 412, and/or PES 470.

Community-Based Learning

- *Civic or Community Engagement*: Demonstrate engagement with diverse communities through experience working with Older Adults (HWS 422 and 423); with special needs populations (EXS 440, 444); or within the community (HWS 350, HWS 351, HWS 352, HWS 412, HWS 413).

Physical Fitness

- *Applied Learning*: Demonstrate a standard of health- related fitness by achieving at least the 65th percentile on a physical ability test*. Every student must complete this requirement either through specific coursework in designated classes (HWS 298, EXS 323), or they will demonstrate completion in another approved format
- Competency in First Aid and CPR (either through completion of PES 252 or by demonstrating certification through a recognized organization, e.g. Red Cross.)

- (Only required of students completing the Concentration in Physical Education and Sport). Competency in the following areas as demonstrated through completion of PES 180 course work, professional activity courses, intramural participation, intercollegiate competition, or completion of a skill test: team sports (such as basketball, soccer, and softball), individual lifetime sports and activities (such as bowling, tennis, golf and rock climbing), games/ gymnastics/dance, and other recreational activities. This is measured by skill test performance within a given course.

Academic Performance

- *Content Knowledge*: Demonstrate competency in the academic content of physical activity and health by completing all PAH course work a grade of "C-" or better**. Each individual course lists specific outcomes. Through discussion, examination, laboratory experiences, and application of concepts; students are assessed and graded according to their performance.

Practical Application

- Integrated and Applied Learning: Demonstrate understanding of physical activity and/or health concepts and ability to communicate essential elements of the discipline through completion of the capstone experience. Within the capstone experience, all students are required to do the following:
- Complete a capstone project (PES 495 and PES 496) during the final academic year of study. Each capstone project is different, but must include a setting applicable to a recognized content area of the program.
- Students may complete a certification examination such as the Praxis, ACSM, NATA, ACEP, CHES or other nationally recognized certification exam.

*Norms are available for persons with disabilities.

**Students wishing to enter the Master of Arts in Teaching program (MAT) must achieve a 3.0 GPA on the last 60 credit hours of coursework and meet other admission requirements. Also, if you plan to seek K-12 teacher licensure in Physical Education, and/or in Health Education through programs available at EOU, you must complete both the Physical Education and

Sport concentration and the Health and Wellness Studies concentration. The teacher education program through EOU requires that students seeking to enter the program with an emphasis in Physical Education and Health Education must show subject matter competence by completing the aforementioned programs or show equivalency.

BACHELOR OF SCIENCE OR BACHELOR OF ARTS DEGREE PHYSICAL ACTIVITY AND HEALTH MAJOR CHECKLIST CORE REQUIREMENTS FOR ALL PROGRAMS -

30 hours

BIOL 231 Human Anatomy and Physiology I (4)
BIOL 232 Human Anatomy and Physiology II (4)
BIOL 233 Human Anatomy and Physiology III (4)
PES 131 Foundations of Physical Activity & Health (2)
PES 270 History, Philosophy and Ethics of Sport (3)
EXS 312 Measurement/Eval in Physical Act & Health (3)
EXS 323 Physiology of Exercise (4) *UWR*
HWS 350 Behavior Change Theory (3)
PES 495 Capstone Seminar (1)
PES 496 Capstone Course (2)

PHYSICAL EDUCATION AND SPORT CONCENTRATION

42 hours

Required Courses (39 Credits):

EXS 213 Qualitative Analysis of Human Movement (3)
EXS 311 Sport Psychology (3) *UWR*
EXS 321 Applied Anatomy (4) + 321L Lab (0)
EXS 322 Biomechanics (4) + 322L Lab (0)
EXS 440 Motor Development (3)
EXS 444 Adapted Physical Activity (3)
EXS 453 Motor Learning and Control (4)
PES 294 Teaching Team Sports (3)
PES 359 Prev/Care of Injury in Physical Activity (3)
PES 394 Teaching Games, Dance, and Gymnastics (3)
PES 470 Sport Management (3)
PES 494 Teaching Individual Lifetime Sports (3)

Choose one of the following courses:

HWS 252 First Aid and Safety (3)
PES 364 Scientific Basis of Coaching Youth Sports (3)

EXERCISE SCIENCE CONCENTRATION 31 hours

Required courses (24 credits):

EXS 321 Applied Anatomy (4) + 321L Lab (0)
EXS 322 Biomechanics (4) + 322L Lab (0)
EXS 451 Physiology of Exercise II (4)
EXS 452 Physical Activity in Disease Prevention (3)
EXS 453 Motor Learning and Control (4)
HWS 325 Nutrition and Sport Performance (4)

Select at least 7 credits from the following courses:

EXS 311 Sport Psychology (3) *UWR*
HWS 351 Introduction to Community Health (3)
PES 359 Prevention and Care of Injury in Physical Activity Settings (3)
STAT 327 Statistics (5) or other advisor approved statistics course

COMMUNITY HEALTH CONCENTRATION

Required courses (19 credits):

***HWS 298** Health and Fitness for Life (3)
***HWS 225** General Nutrition (3)
***HWS 351** Introduction to Community Health (3)
***HWS 352** Cultural Competency in Health Education and Health Promotion (4)
***HWS 412** Program Planning (3)
***HWS 413** Program Evaluation (3)

Choose at least 17 credits from the following:

EXS 452 Physical Activity in Disease Prevention (3)
HWS 198 Outdoor Activity and Lifetime Wellness (3)
HWS 317 Global Health (3)
HWS 334 Female Develop in Adolesc (4)
HWS 335 Male Develop In Adolesc (4)
HWS 423 Aging & Society (3)
HWS 431 Alcohol and Drugs: Prevention (5)
HWS 432 Substance Abuse and Family Relations (5)
May count 1 of the following courses as an elective:
PSY 211 Intro to Lifespan Development (3)
PSY 231 Human Sexuality (3)
PSY 311 Child Development (5)
SOC 338 Sociology of Families (5)

DIVISION OF PHYSICAL ACTIVITY AND HEALTH (PHYSH) MINORS CHECKLIST

Majors may complete a minor only if there is no duplication of coursework between the major degree (CORE and CONCENTRATION) and the minor. A minimum of 10 credits toward a minor must be earned through EOU courses.

PHYSICAL EDUCATION MINOR

(Complete a minimum of 30 credits)

PES 270 History, Philosophy & Ethics in Sport (3)
PES 294 Teaching Team Sports (3)
EXS 311 Sport Psychology (3) *UWR*
PES 359 Prevention and Care of Injury in Physical Activity Settings (3)
PES 364 Scientific Basis for Coaching Youth Sports (3)
PES 394 Teaching Games, Dance, and Gymnastics (3)
PES 410 Selected Topics (1-6) with advisor approval
EXS 444 Adapted Physical Activity (3)
PES 470 Sport Management (3)
PES 494 Teaching Individual Lifetime Sports (3)

HEALTH STUDIES MINOR (30 credit hours required)

Required Courses

HWS 250 Personal Skills for Healthy Living (3)
HWS 298 Health and Fitness for Life (3)
HWS 325 Nutrition and Sport Performance (4)
HWS 350 Behavior Change Theory (3)
HWS 351 Introduction to Community Health (3)
HWS 352 Competency in Health Education and Health Promotion (4)
HWS 412 Program Planning (3)
Elective Courses (at least 9 credits)
HWS 314 Health and Humanities (2)
HWS 317 Global Health (3)
HWS 320 Healthy Activities and Games (3)
HWS 422 Gerontology and Healthy Activities (2)
HWS 423 Aging and Society (3)
HWS 431 Alcohol and Drugs: Prevention (5)
HWS 432 Substance Abuse and Family Relations (5)
HWS 433 Alcohol and Drugs: Use Misuse & Addiction (5)
PSY 211 Intro Lifespan Development (3)
PSY 231 Human Sexuality (3)
PSY 311 Child Development (5)
SOC 360 Gender and Power (5)
SOC 338 Sociology of Families (5)

OUTDOOR RECREATION & LEADERSHIP MINOR

(30 credit hours required)

Required Courses

HWS 198 Outdoor Activities for Lifetime Wellness (3)

OUT 201 Intro to Outdoor Recreation Mngmnt (3)

COM 211 Small Group Communications (3)

EXS 333 Environmental Exercise Physiology (3)

OUT 352 Wilderness First Responder (2)

BA 321 Principles of Management (4)

BA 462 Leaders and Leadership Process (4)

OUT 409 Internship in Outdoor Recreation (2)

6 credits in **OUT 180**, **OUT 220** or **OUT 221** courses.

EXERCISE SCIENCE COURSE DESCRIPTIONS

EXS 213 - Qualitative Anal of Human Movement (Credits: 3)

This course is for the student to develop an ability to perform systematic qualitative analyses of physical skills. The student will acquire observational skills and be able to detect and correct faults in technique that limit human performance. Practical hands-on experience will be required with various ages and abilities of subjects. Prerequisite: PES 131.

EXS 311 - Sport Psychology (Credits: 3) Institutional Graduation Requirement – UWR

Study of psychological factors affecting sport performance and exercise participation. Specific attention will be given to techniques for effectively coaching athletes and teaching physical education classes. Topics include motivation, arousal, psychological skill training, goal setting, and group dynamics. Student must have at least sophomore standing to register for this course.

EXS 312 - Measurement/Eval Physical Activity/Hlth (Credits: 3)

This course investigates the development of physical activity and health curriculums and programs in school and non-school settings. This course will emphasize measurement and evaluation of individuals as it relates to physical activity, physical education and health. Student must have at least sophomore standing to register for this course.

EXS 321 - Applied Anatomy (Credits: 4)

Study of the musculoskeletal structure of the living human body; bones and their specific articulations; segments and their movements; muscles and their attachments and actions. Special emphasis is placed on musculoskeletal analysis of basic exercise and movement patterns. Prerequisite: BIOL 231, 232, and 233, or consent of instructor. Student must have at least junior standing to register for this course.

EXS 321L - Applied Anatomy Laboratory (Credits: 0)

Must be taken concurrently with EXS 321. Student must have at least sophomore standing to register for this course.

EXS 322 - Biomechanics (Credits: 4)

Integration of skeletal and neuromuscular anatomy with mechanical principles of human motion. Analysis of sports skills for performance improvement. Prerequisite: EXS 321 or consent of instructor. Student must have at least junior standing to register for this course.

EXS 322L - Biomechanics Laboratory (Credits: 0)

Must be taken concurrently with EXS 322. Student must have at least sophomore standing to register for this course.

EXS 323 - Physiology of Exercise (Credits: 4)

Institutional Graduation Requirement – UWR

Investigation of the relationship between physical activity and physiological processes, with special emphasis on energy metabolism, neuromuscular structures and functions, cardiorespiratory responses to exercise, environmental stress and exercise and training principles. Prerequisite: BIOL 231 6/23/16, BIOL 232, or consent of instructor. Student must have at least sophomore standing to register for this course.

EXS 323L - Physiology of Exercise Laboratory (Credits: 0)

Must be taken concurrently with EXS 323. Student must have at least sophomore standing to register for this course.

EXS 333 - Environmental Exercise Physiology (Credits: 3)

In this course we will be investigating physical activity, physiological processes, nutrition, and how these are affected by environmental conditions. The human body undergoes acute and long term physiologic changes in response to changes in environmental conditions. These can include exposure to heat, cold, altitude, and other physical demands required for outdoor recreation and expeditions. These physiological changes lend insight in the processes critical for the maintenance of homeostasis and adaptation.

EXS 440 - Motor Development (Credits: 3)

A study, critique, and analysis of human motor growth and development and skill acquisition in regular populations. Topics include performance assessment and remediation, and adaptation of activities for individuals throughout the lifespan of development, with an emphasis on early childhood and older adults. Prerequisite: PSY 311 recommended. Student must have at least junior standing to register for this course.

EXS 444 - Adapted Physical Activity (Credits: 3)

Investigations of the historical aspects of providing adapted/ special physical education programs for special populations including implications of Federal Legislation; practice in the development and implementation of Individual Education Programs (I.E.P.) including assessment, program planning and evaluation; and practicum experience. Prerequisite: EXS 440 or consent of instructor. Student must have at least junior standing to register for this course.

EXS 451 - Physiology of Exercise II (Credits: 4)

Advanced principles of exercise metabolism, including exercise energetics, and cardiovascular dynamics. Particular emphasis on body adaptations to exercise stress under normal and altered environmental conditions. Student must have at least junior standing to register for this course.

EXS 452 - Physical Activity in Disease Prevention (Credits: 3)

Application of scientific theory and findings to understand and analyze the role of physical activity in chronic disease prevention and treatment. The following diseases or conditions will be reviewed: coronary heart disease, high blood pressure, blood cholesterol, high lipids, stroke, cancer, diabetes, osteoporosis, arthritis and asthma. Prerequisite: EXS 323 or consent of the instructor. Student must have at least junior standing to register for this course.

EXS 453 - Motor Learning and Control (Credits: 4)

Study of the neurological basis for movement. Course content will include central and peripheral neurologic control, reflexes, motor theory, and the relationship between control of movement and acquisition of motor skills. Both theoretical and hands on approaches to motor control and learning will be utilized. Prerequisite: EXS 323 or consent of instructor. Student must have at least junior standing to register for this course.

EXS 544 - Advanced Studies Adapted PE (Credits: 2)

Overview of the historical, cognitive, neuromuscular, sensory, and orthopedic impairments associated with programs for individuals with disabilities. Course study will include discussions of design, implementation, and assessment of programs and individuals. Student must have graduate standing to register for this course.

HEALTH COURSE DESCRIPTIONS

HWS 198 - Outdoor Act/Lifetime Wellness (Credits: 3)

This course provides an overview of the major components of lifetime activities (outdoor) for wellness. Special emphasis is placed on developing knowledge and skills related to participation in a range of outdoor physical activities. Class sessions will introduce students to lifetime physical activities with topics such as health-related fitness components, hazards and risk management, planning and recording activity, hydration and energy intake, and teamwork and decision making. The weekly lab sessions will engage students in activities such as hiking, trail running, triathlon, mountain biking, road biking, rock climbing, downhill and cross country skiing, stand-up paddling, snowshoeing, ice climbing, and swimming (actual outdoor activities will vary depending on factors such as season, weather, and access). All activities are introduced at a beginner level. No previous experience is required.

HWS 225 - General Nutrition Credits: (Credits 3)

A study of the biological functions and dietary sources of the essential nutrients is provided. The relationship between nutrition and health is emphasized. Healthy nutrition principles are investigated by evaluating the diets of self and others.

HWS 250 - Personal Skills for Healthy Living (Credits: 3)

The course explores current personal health issues. Topics include family health, mental health, stress management, and human sexuality. Special emphasis is placed on preventative practices.

HWS 252 - First Aid & Safety (Credits: 3)

First aid for emergency treatment of injuries with emphasis on the use of this knowledge as applied in everyday life and school situations. National Safety Council cards are issued to those who qualify.

HWS 298 - Health/Fitness For Life (Credits: 3)

An overview of the major components of wellness. Special emphasis is placed on needs and interests of college students approached from a social, emotional, physiological, and preventative basis that include diet, exercise, stress management, and substance abuse.

HWS 314 - Health & Humanities (Credits: 2)

This course will foster opportunities for students to identify and clarify humanistic and ethical values in medical care and technology, health education, health related jurisprudence, and health related research. Studies in bioethics, communication, history, literature, religious studies, and philosophy provide opportunities for students to consider the cultural, social, and interpersonal dimensions in the planning and implementation of care and activities of the health professions. The course will utilize several reading selections as discussion points for the course. Student must have at least sophomore standing to register for this course.

HWS 317 - Global Health (Credits: 3)

Today's world has shrunk due to the ability of individuals to travel rapidly from place to place. This has created a world where health issues are no longer confined to a limited region, but can potentially affect the entire planet. This course will examine global health issues, including historic impacts of advancing civilization on health, HIV/AIDS and the distribution of antiretroviral (ARVs), Pandemic Flu and other infectious diseases such as malaria and tuberculosis, health care, chronic illness, and other issues. Student must have at least sophomore standing to register for this course.

HWS 320 - Healthy Activity and Games for Youth (Credits: 3)

This course is directed at students in the Health Studies concentration and in the MUD program. It is specifically intended to provide a background into understanding how to plan, teach and assess games and activities for young children. Student must have at least sophomore standing to register for this course.

HWS 325 - Nutrition and Sport Performance (Credits: 4)

Study of macro- and micronutrient dietary requirements for healthy living. Topics include diet design, nutrient digestion, absorption and metabolism, energetics, and weight control. Emphasis on sport performance for all topic areas. Five- day computer dietary analysis and planning are included. Prerequisite BIOL 231, BIOL 232 or HWS 225. Student must have at least sophomore standing to register for this course.

HWS 334 - Female Develop in Adolesc (Credits: 4)

This course is designed to provide students with a focused knowledge base regarding female adolescent development in arenas related to risk and health. It assumes that students have a solid grasp of basic human development during the adolescent/teenaged years.

HWS 335 - Male Develop in Adolesc (Credits: 4)

This course is designed to provide students with a focused knowledge base regarding male adolescent development in arenas related to risk and health. It assumes that the students have a solid grasp of basic human development during the adolescent/teenaged years.

HWS 350 - Behavior Change Theory (Credits: 3)

The purpose of this course is to increase students' understanding of the complex nature of human behavior; to provide students with information and experiences that will enhance listening and communication skills; and to provide students with basic strategies for facilitating changes in behavior that are conducive to health while recognizing professional limitations and the need for coordination with other health care professionals. Prerequisite: Sophomore standing.

HWS 351 - Intro to Community Health (Credits: 3) Institutional Graduation Requirements – UWR

The course studies contemporary wellness issues that include consumer health, community health, prevention and control of disease, health careers, socio-political issues related to community health, and environmental health. Student must have at least sophomore standing to register for this course.

HWS 352 - Cultural Competence in Health Education and Health Promotion (Credits: 4) Institutional Graduation Requirements – DPD

This course is designed to explore the impact of diversity, power, and cultural differences that effect health issues within our population. Prerequisite: Admit to program required.

HWS 412 - Program Planning (Credits: 3)

The course will provide students with knowledge and skills pertinent to the development, implementation, and evaluation of successful health promotion programs in a variety of settings. Further, students will have the opportunity to apply that knowledge and their skills in a service learning situation. Prerequisite: Statistics course, HWS 350 and HWS 351, or consent of instructor. Student must have at least junior standing to register for this course.

HWS 413 - Health Promotion Program Evaluation (Credits: 3)

This course will familiarize students to health promotion program evaluation, including needs assessment, formative research, process evaluation, monitoring of objectives and outputs, impact assessment, and cost analysis. Students will develop basic skills in a variety of approaches to evaluation, including techniques that are particularly suitable for evaluating health promotion, and community health improvement. Course learning will be synthesized through designing an evaluation framework and methodology for a relevant program. Students gain practical experience through a series of exercises involving the design of a conceptual framework, development of indicators, statistical analysis, and the development of an evaluation plan to measure impact. Prerequisite: HWS 412.

HWS 422 - Gerontology and Healthy Activities (Credits: 2)

The study of the dynamics of later life and the process of aging with an emphasis on healthy activities. Includes overview of aging, physiological and behavioral dimensions of the aging process, screening and assessment, training methods, and successful program design, leadership and risk management. Student must have at least junior standing to register for this course.

HWS 423 - Aging & Society (Credits: 3)

This course examines the relationship between the quality of one's life in old age and the life experiences, choices made in younger years, the opportunities that a person has grasped, and the many constraints and potential barriers that life has presented. The course discusses how race, class, gender, and culture combine with age to determine how an individual can achieve a healthy life in all of life's many dimensions such as physical, spiritual, and emotional areas. Prerequisite: HWS 422; admission to the Health & Wellness Studies program; or consent of instructor. Student must have at least junior standing to register for this course.

HWS 431 - Alcohol & Drugs: Prevention (Credits: 5)

This course is intended to provide a basic theoretical understanding of the primary and secondary prevention of alcohol and drug problems and a recognition of major issues involved in developing prevention programs. Topics include risk-focused prevention strategies, evaluation of current prevention programs, and public policy and alcohol and drug prevention. Student must have at least junior standing to register for this course.

HWS 432 - Substance Abuse & Family Relations (Credits: 5)

This course is designed to provide the student with a broad overview of the issues of substance abuse in terms of interpersonal process and family dynamics. We will look at family and interpersonal relationships as they are affected by and, in turn, affect, substance abuse and addiction. This course will also give a basic overview of intervention approaches and related issues in families affected by substance abuse. Student must have at least junior standing to register for this course.

HWS 433 - Alcohol & Drugs: Use Misuse/ Addictn (Credits: 5)

This course is designed to provide an in-depth understanding of the use, misuse and addictive use of mood altering substances. This course will cover a variety of topics ranging from the physiological effects of alcohol and other addictive chemicals to the treatment of addiction. This is not a “counseling” course but rather is intended to provide essential information towards understanding alcohol, drugs and addiction. Student must have at least junior standing to register for this course.

HWS 510 - Selected Topics (Credits: 1 to 6)

This course explores the theoretical, practical, and applied approaches to advanced study in Physical Activity and Health. Topics will be selected that reflect contemporary issues in Exercise Science, Health, and Physical Activity. Prerequisite: Approved Graduate student. Student must have graduate standing to register for this course.

HWS 522 - Health Promotion in Schools (Credits: 1)

The student will demonstrate an understanding of current health and wellness issues that influence performance in an educational setting. Topics that will be discussed include substance abuse, sexually transmitted diseases, nutrition, and health promotion; the effects of exercise on various fitness factors; and personal/community health issues such as stress management. Student must have graduate standing to register for this course.

HWS 523 - Adolescent Health (Credits: 1)

Provides an understanding of health and wellness issues for adolescent students in middle and high school settings. Topics include positive and risky health behaviors, individual health responsibility and developing school prevention strategies. Prerequisite: Graduate standing and admission to the MAT program.

OUTDOOR COURSE DESCRIPTIONS

OUT 180 - Activity Courses (Credit: 1)

Development and proficiency in outdoor and physical education experiential skills and field experience. Individual activities: archery, aquatics – whitewater rafting, kayaking, and paddle boarding, cycling, cross-country skiing, downhill skiing and snowboarding, indoor and outdoor rock climbing, backcountry skiing and snowboarding, avalanche safety, camping, fly fishing, backpacking, horsemanship, mountain biking, hiking, snowshoeing, wilderness survival, wilderness first aid, mountaineering, animal tracking, and other outdoor focused activities.

OUT 180s

OUT 180A - Beginning Archery (Credits: 1)

This one credit course is designed for students with little or no archery experience. Students will learn the fundamental skills and enjoyment of the sport of archery. The purpose of the course is to introduce students to the basic techniques of target archery emphasizing the care and use of equipment, range safety, stance and shooting techniques, scoring and competition. Offered Fall & Spring Terms.

OUT 180B - Intermediate Archery (Credits: 1)

Continuation of beginning archery. Students will learn the fundamental skills and enjoyment of the sport of archery. The purpose of the course is to continue the basic techniques of target archery emphasizing the care and use of equipment, range safety, stance and shooting techniques, scoring and competition. Offered Spring Term.

OUT 180C - Basic Horsemanship (Credits: 1)

This one credit course is designed for students with little or no riding experience. Students will learn the fundamental skills and enjoyment of the riding and caring for a horse. Emphasis will be on learning how to care for a horse, tack a horse, and basic riding skills. Students will learn how to walk, trot, and jump small obstacles. Classes will be held Monday –

Thursday, with students attending one class per week. Check Webster for class times. The class will be held off-campus at Victory Acres riding arena. Offered Fall & Spring Terms

OUT 180D - Intermediate Horsemanship (Credits: 1)

Continuation of the basic horsemanship course. Students will learn the fundamental skills and enjoyment of the riding and caring for a horse. Emphasis will be on learning how to care for a horse, tack a horse, and basic riding skills. Students will learn how to walk, trot, and jump small obstacles. Classes will be held Monday – Thursday, with students attending one class per week. Check Webster for class times. The class will be held off-campus at Victory Acres riding arena. Offered Fall & Spring Terms

OUT 180E - Intro to Backpacking (Credits: 1)

This one credit course is designed for students with little or no backpacking or hiking experience. Students will learn the fundamentals of multi-day wilderness travel and low impact camping techniques in a backcountry setting. Students will spend two nights out in the Hells Canyon Wilderness Area. The course is taught in the Outdoor Program office, Hoke 118, for two evening sessions to prepare students for the required overnight field session. The weekend trip allows students to apply the skills they’ve learned in the classroom in a backcountry environment. The course is designed to help students develop skills, form an appreciation for wilderness and nature, and gain an understanding of “Leave No Trace” techniques and outdoor equipment. Offered Spring Term.

OUT 180F - Fly Fishing Fundamentals (Credits: 1)

No experience is needed for this one-credit introduction to fly fishing course. Learn everything you need to know to embark on a lifetime of angling enjoyment. Offered Fall Term.

OUT 180G - Stand Up Paddleboarding (Credits: 1)

This one-credit course is for students with little or no paddleboard experience. Students will learn the fundamental skills and enjoyment of one of the newest and most popular water sports in America. Offered Fall Term.

OUT 180H – Hiking (Credits: 1)

This one credit course is designed for students with little or no hiking experience. Students will learn the fundamentals and enjoyment of hiking on the many trails surrounding EOU. The class will meet in the Outdoor Program office, Hoke 118, and then head to the field for the remainder of the class time. The class will go for 10 weeks in 3 hour long sessions to give us enough time to venture out on the trails and in the mountains around La Grande. The course is taught in a way that allows students to gain an appreciation of backcountry hiking, ecology of the local landscape, and physical activity in general, as a healthy and viable lifetime recreational activity. Offered Fall & Spring Terms.

OUT 180I - Indoor Rock Climbing (Credits: 1)

This one credit course is designed for students with little or no climbing experience. Students will learn the fundamentals and enjoyment of climbing on the gym wall in Quinn Coliseum. The course covers climbing skills basics including knot tying, belaying, rappelling, top rope anchor systems, and safety procedures in an indoor climbing gym. Offered Fall & Winter Terms.

OUT 180J - Basic Mountaineering (Credits: 1)

This one-credit course is designed for those new to the sport of mountaineering and wanting the skills and knowledge necessary to climb safely in an alpine environment. Students must be in good physical condition and able to climb over 2,000 vertical feet and hike for miles in adverse conditions and carrying a pack. This course emphasizes learning proper climbing techniques such as belaying, rappelling, establishing anchors and protection, proper crampon and ice axe use, and self arrest procedures. Students will learn about avalanche hazard and safety, orienteering, snow travel, and group management. Offered Spring Term.

OUT 180K - Beginning Kayaking (Credits: 1)

This is an AMAZING opportunity for EOU students to learn the basics of kayak paddling, safety, and perfecting the Eskimo roll. These skills are necessary for moving to the next level and getting you in whitewater on our local rivers. Offered Spring Term.

OUT 180L - Intro to Rock Climbing (Credits: 1)

This one-credit course is designed for students who have little or no experience rock climbing. Participants will learn the fundamentals of top-roping and sport climbing. Offered Fall Term.

OUT 180M - Intermediate Rock Climbing (Credits: 1)

This course is for those with some previous rock or gym climbing experience. The focus of this course is on developing solid sport climbing skills and introducing lead climbing techniques. If you have done a bit of climbing and want to learn more about lead climbing, anchors placement, and rappelling

safely, then this is the course for you. Offered Spring Term.

OUT 180N - PES 180S - Beginning Skiing (Credits: 1)

In this course you will learn how to turn and how to effectively control your speed using turns and the slope you are on. Learn how to increase your speed without loss of control and confidence. Ride the lift and dabble in intermediate terrain. Offered Winter Term.

OUT 180P - Advanced Skiing (Credits: 1)

This course is for those who can ski on intermediate slopes and ski them with style and confidence. As an advanced skier you want to tackle steep groomed runs and venture off groomed runs. Look to refine the parallel turn and progress to steeper terrain. Improve your steering skills so you can make shorter or smaller radius turns which will enable you to tackle more varied terrain. Continue to develop your short turn, learn to go fast with confidence, and look at the tactics involved with skiing off piste and on the black (most difficult) slopes. Offered Winter Term.

OUT180Q - Beginning Snowboarding (Credits: 1)

These lessons are all about putting the fun in your fundamentals. Learn about your equipment, how to stop and get up from a fall, and make different sizes and types of turns. Developing confidence with rhythm and speed will be a major lesson component. Ride the lift and dabble in intermediate terrain. Offered Winter Term.

OUT 180R - Advanced Snowboarding (Credits: 1)

This course is for those who can ride proficiently on intermediate slopes. As an advanced snowboarder you want to tackle steep groomed runs and venture off groomed runs. Look to improve your steering skills so you can make shorter or smaller radius turns which will enable you to tackle more varied terrain. Continue to develop your short turn, learn to go fast with confidence, and look at the tactics involved with skiing off piste and on the black (most difficult) slopes. Offered Winter Term.

OUT 180S - Ski/Snowboard Instructor Training (Credits: 1)

Do you want to teach others how to ride or ski? Do you want to work up at Anthony Lakes and get a free season pass? Anthony Lakes Ski School instructors will coach you on the various teaching methods and have you developing the skills necessary to be able to teach others the correct form and technique to either ski or snowboard at the beginner, intermediate, and advanced levels. Offered Winter Term.

OUT 180T - Winter Camping/Backcountry Travel (Credits: 1)

This is a fantastic opportunity to learn how to camp and travel safely in a winter environment. Students will build their own snow shelters and sleep in them overnight. The weekend in the field will take place near Anthony Lakes Mountain Resort. An emphasis will be placed on proper clothing, equipment, and techniques needed for traveling and camping safely in snow. Students will travel using snow shoes or cross-country skis and carry camping gear in a backpack

less than one mile from the trailhead. Be ready for an adventure! Winter camping is actually pretty fun!
Offered Winter Term.

OUT 180U - Whitewater Rafting (Credits: 1)

This course introduces students to the sport of multi-day whitewater rafting. An emphasis is placed on learning the techniques of navigating a raft safely through whitewater and the logistics of planning a multi-day rafting trip on a remote river. Students will get to experience a two-day trip on the Wallowa and Grande Ronde rivers. The scenery on this 45-mile run is characterized by basalt terraces and open forests that provide excellent wildlife viewing opportunities. Sightings of elk, deer, and even the occasional bear are common. This section of river is designated Wild and Scenic and a long stretch of the trip is through roadless wildlands. Offered Spring Term.

OUT 180V – Mountain Biking (Credits: 1)

This course is for those just getting into mountain biking or wanting more experience on local trails. The main objectives of this course is to get students familiar with the bike and the equipment used in the sport, and expose students to the many fantastic trails and single track riding opportunities that surround La Grande. Students should be able to ride a bike and peddle uphill for several miles. Mountain bikes will be provided for those that do not have their own ride. Spring term

OUT 180W – Basic Yoga (Credits: 1)

This class offers a relaxing, restorative experience for all levels, especially those new to yoga or working with special concerns or injuries. Fall, Winter, and Spring Terms

OUT 180X – Level 1 Yoga (Credits: 1)

A calming, stress-relieving yoga class for all levels, focused on vinyasa style yoga (connecting breath to movement) building heat, strength, and flexibility. Fall, Winter, and Spring Terms.

OUT 201 - Intro to Outdoor Recreation Management (Credits: 3)

This course will introduce students to the philosophy, principles, and practices underlying outdoor recreation management by examining agency land management and program administration.

OUT 220 - Avalanche Fundamentals: Processes and Leadership (Credits: 2)

Designed for students with an interest in developing the skills and knowledge necessary to travel and lead groups safely through avalanche prone terrain. An emphasis is placed on hazard evaluation and mitigation, snow morphology and structural characteristics, terrain management-including route selection and travel techniques, meteorological factors, techniques, forecasting, and group management and leadership considerations.

OUT 221 - Wilderness Survival (Credits: 2)

This course is designed to equip students with an understanding of basic backcountry safety and survival skills, including trip planning considerations, equipment selection, outdoor travel and survival skills, encounters with wild animals, and what to do if lost.

OUT 352 - Wilderness First Responder (Credits:2)

This 80-hour national certification course is designed to introduce students to emergency medicine and provide the knowledge and skills necessary to administer emergency and medical care in non-urban environments. This course basic anatomy and physiology, assessment and treatment of injuries, appropriate short-term to multi-day patient care and evacuation considerations.

OUT 409 - Internship in Outdoor Recreation and Leadership (Credits: 2)

Under the supervision of a faculty mentor and/or outdoor professional, students will assist and lead in the planning, execution, and evaluation of an outdoor wilderness/adventure trip. Prerequisites: OUT 201, Senior status.

PHYSICAL EDUCATION AND SPORT COURSE DESCRIPTIONS

PES 131 - Foundation of Phys Activity & Health (Credits: 2)

Overview of career opportunities and success skills in physical activity and health. The class focuses on topics such as professional writing, academic literature, pedagogy, technical knowledge, and national certification exams. Fitness tests are also conducted for each student.

PES 180 - Activity Courses (Credits: 1)

Development of skill and proficiency in physical education. Aquatics: Lifesaving. Individual activities: Aerobic dance, archery, badminton, bowling, cross country skiing, circuit weight training, golf, power lifting, and sport conditioning, cycling, fencing, cross training. Team sports: Basketball, soccer, softball and volleyball.

PES 180s

PES 180X - Weight Training (Credits: 1)

Development of skill and proficiency in physical education.

PES 180W - Weight Training for Women (Credits: 1)

Development of skill and proficiency in physical education.

PES 180C - Advanced Sports Conditioning (Credits: 1)

Development of skill and proficiency in physical education.

PES 180T - Army Physical Fitness Training (Credits: 1)

Development of skill and proficiency in physical education.

PES 199 - Selected Topics Credits: 1 to 6)

PES 200I- Intact Courses (Credits: 1)

PES 201 - Intercollegiate Athletics (Credits: 1)

Intercollegiate athletic activities. Participation on a varsity, or club sport team providing programs for the highly skilled. Up to twelve hours may apply as elective credits toward graduation.

PES 209 - Practicum (Credits: 1 to 6)

PES 270 - History, Philosophy and Ethics of Sport (Credits: 3)

Consideration of the historical, philosophical, and ethical foundations of physical education and health. Exploration of contemporary values, issues, and controversies concerning sport and wellness.

PES 291 - Lifeguarding (Credits: 2)

Red Cross certificate program. Prerequisite: Current First Aid CPR certification.

PES 292 - Water Safety Instructor (Credits: 3)

Red Cross certificate program. Prerequisite: 1. Be at least 17 years old at the start of the course. (Provide driver's license or birth certificate as proof.) 2. Demonstrate successful completion of the Introduction to Health Services Education course by showing one of the following: a) a current instructor authorization in an American Red Cross health and safety course; b) a certificate of completion of Introduction to Health Services Education within one year of this instructor course. 3. Show a current certificate for the American Red Cross Emergency Water Safety course or the American Red Cross Lifeguard Training course.

PES 293 - Lifeguard Instructor Trng (Credits: 2)

Red Cross certificate program. Prerequisite: Current First Aid/ CPR certification and lifeguarding certification.

PES 294 - Teaching Team Sports (Credits: 3)

Study and application of pedagogy for team sports. Fundamental skills, appreciation, knowledge of rules, and instructional strategy are emphasized for soccer, track & field, baseball/softball, football, rugby, volleyball, and basketball. Prerequisite: EXS 213 .

PES 359 - Prevention and Care Athletic Injury (Credits: 3)

Study and practice in taping, treatment of strains, sprains, contusions, and change wounds. Study of the importance of conditioning of the athlete. Prerequisite: EXS 321. Student must have at least sophomore standing to register for this course.

PES 363 - Curric Methods: PE/Hlth (Credits: 3)

Acquaints students with the goals, standards, and curriculum of Physical Education and Health in grades K-12. Topics include lesson design, classroom management, student assessment, curriculum content, and school district health services. Core 1 High School Focus. Prerequisite: Secondary Education Program Admission. Student must have at least sophomore standing to register for this course.

PES 363L - Curric Meth: PE/Hlth Lab (Credits: 0)

Must be taken concurrently with PES 363. Field experiences in Physical Education and Health in

grades K-12. Student must have at least sophomore standing to register for this course.

PES 364 - Scientific Basis of Coach Youth Sports (Credits: 3)

Course provides a general understanding of Exercise Physiology, Sport Pedagogy, Sport Psychology, and Sport Medicine for individuals who wish to coach in school or youth sport settings. The course is designed to provide certification through the American Sport Education Program. Student must have at least sophomore standing to register for this course.

PES 365 - Football Coach & Off (Credits: 3)

Study and analysis of playing rules, fundamentals, techniques and materials for coaching and officiating football. Demonstrations and practice procedures are included. Student must have at least sophomore standing to register for this course.

PES 366 - Basketball Coach & Off (Credits: 3)

Study and analysis of playing rules, fundamentals, techniques and materials for coaching and officiating basketball. Demonstrations and practice procedures are included. Student must have at least sophomore standing to register for this course.

PES 367 - Baseball Coach & Off (Credits: 3)

Study and analysis of playing rules, fundamentals, techniques and materials for coaching and officiating baseball. Demonstrations and practice procedures are included. Student must have at least sophomore standing to register for this course.

PES 368 - Track/Flld Coach & Off (Credits: 3)

Study and analysis of fundamentals, techniques and materials in coaching track and field and cross country activity. Demonstrations and practice procedures are included. Student must have at least sophomore standing to register for this course.

PES 369 - Wrestling Coach & Off (Credits: 3)

Study and analysis of fundamentals, techniques and materials in coaching and officiating wrestling. Emphasis on administration, organizations and officiating meets. Student must have at least sophomore standing to register for this course.

PES 370 - Volleyball Coach & Off (Credits: 3)

The analysis and development of fundamental skills and techniques for coaching power volleyball. Students learning to plan practices, prepare for matches, and understand the duties of the volleyball coach. Student must have at least sophomore standing to register for this course.

PES 371 - Soccer Coach & Off (Credits: 3)

The course will study and analyze the playing rules, fundamentals, techniques and materials for coaching and officiating soccer. Student must have at least sophomore standing to register for this course.

PES 372 - Tennis Coach & Off (Credits: 3)

Study and analysis of playing rules, fundamentals, techniques and material for coaching a tennis team. Student must have at least sophomore standing to register for this course.

PES 373 - Golf Coach & Off (Credits: 3)

Study and analysis of playing rules, fundamentals, techniques and materials for coaching a golf team. Student must have at least sophomore standing to register for this course.

PES 394 - Teach Games/Dance/Gym (Credits: 3)

Study and application of pedagogy for games, dance and gymnastics. Fundamental skills, appreciation, knowledge of rules, and instructional strategy are emphasized for cricket, netball, speedball, team handball, and many games appropriate for elementary school. Topics also include self-defense, gymnastics, group exercise, and dance. Prerequisite: PES 294. Student must have at least sophomore standing to register for this course.

407 - Seminar (Credits: 1 to 6)

Student must have at least junior standing to register for this course.

PES 409 - Practicum (Credits: 1 to 6)

Prerequisite: Consent of instructor. Student must have at least junior standing to register for this course.

PES 410 - Selected Topics (Credits: 1 to 6)

Student must have at least junior standing to register for this course.

PES 459 - Adv Athletic Training (Credits: 3)

Theory and practice in the prevention and care of athletic injuries. This course will cover the basic injury evaluation techniques, protective strapping, and the use of therapeutic modalities in the training room. Prerequisite: Admission to Sports Medicine Program. Student must have at least junior standing to register for this course.

PES 460 - Recond Athletic Injuries (Credits: 3)

An advanced course in the theory and practice in the use of specific therapeutic modalities used in an athletic training or physical therapy setting. This course will also cover the theory and practice of basic reconditioning exercises used for pre and post-surgical, and post-injury management. Prerequisite: Admission to Sports Medicine Program. Student must have at least junior standing to register for this course.

PES 461 - Therapeutic Modalities (Credits: 3)

Student must have at least junior standing to register for this course.

PES 462 - Admin Athletic Trng Prgm (Credits: 3)

Student must have at least junior standing to register for this course.

PES 463 - Curric Meth: PE/Health (Credits: 2)

Acquaints students with the goals, standards, and curriculum of Physical Education and Health in grades K-12. Topics include lesson design, classroom management, student assessment, curriculum content, and school district health services. Core 2 Middle School Focus. Prerequisite: Secondary Education PES 363. Student must have at least junior standing to register for this course.

PES 463L- Curric Meth: PE/Hlth Lab (Credits: 0)

Must be taken concurrently with PES 463. Field experiences in Physical Education and Health in grades K-12. Student must have at least junior standing to register for this course.

PES 470 - Sport Management (Credits: 3)

Principles and procedures in development, organization, administration and supervision of physical education, health and athletic programs. Emphasis on facilities use and construction, program supervision and legal liability. Prerequisite: Senior standing.

PES 481 - Curr Stnd: PE & Health (Credits: 1)

Students determine the essential goals and standards of the ECE and Elementary curriculum. The course discusses appropriate content, methods and strategies for teaching physical education and health in grades Pre-K through 8. Prerequisite: CUESTE Core 1. Student must have at least junior standing to register for this course.

PES 481L - Curr/Stnd: PE/HE Pr Grd Lab (Credits: 0)

Must be taken concurrently with PES 481. Student must have at least junior standing to register for this course.

PES 494 - Teaching Individual Lifetime Sports (Credits: 3)

Study and application of pedagogy for individual sports. Fundamental skills, appreciation, knowledge of rules, and instructional strategy are emphasized for badminton, skiing, swimming, rock climbing, mountaineering, backpacking, orienteering, bicycling, tennis, archery, golf and bowling. Prerequisite: PES 394. Student must have at least junior standing to register for this course.

PES 495 - Capstone Seminar (Credits: 1)

Students will select a topic for their capstone experience. Students will research and prepare to undertake their capstone project under the guidance of the course instructor. Prerequisite: At least 120 credits completed, consent of instructor.

PES 496 - Capstone (Credits: 1 to 5)

Students will complete their capstone under their capstone advisor. The result will be a project that demonstrates student's competency in field of study. May be taken multiple terms. Prerequisite: PES 495, consent of instructor.

PES 507 - Seminar (Credits: 1 to 6)

Student must have graduate standing to register for this course.

PES 571 - Physical Activity & Health Methods: ECE (Credits:1)

Explores principles of ECE school health and physical education and developmentally appropriate teaching strategies for current health and wellness issues in an ECE setting. Emphasis will be on movement education and motor skill development, educational games, educational gymnastics, educational dance, health curriculum, state standards, health literacy and effective health practices. Prerequisites: Graduate standing and admission to the MAT program.

**PES 572 - Physical Activity & Health Methods: ELE
(Credits: 1)**

Explores principles of elementary school health and physical education and developmentally appropriate teaching strategies for current health and wellness issues in an elementary setting. Emphasis will be on movement education and motor skill development, educational games, educational gymnastics, educational dance, health curriculum, state standards, health literacy and effective health practices. Prerequisites: Graduate standing and admission to the MAT program.

PES 574 - Physical Activity and Health ML (Credits: 3)

Enhances the prospective teacher's knowledge and understanding of physical education and health in the middle/ high school grades. Focuses on contemporary activities that produce and promote wellness in children and young people. Students will learn and utilize strategies that are appropriate for both classroom and movement settings. Prerequisites: Graduate standing and admission to the MAT program.

PES 575 - Physical Activity and Health HS (Credits: 3)

Enhances the prospective teacher's knowledge and understanding of physical education and health in the middle/ high school grades. Focuses on contemporary activities that produce and promote wellness in children and young people. Students will learn and utilize strategies that are appropriate for both classroom and movement settings. Prerequisites: Graduate standing and admission to the MAT program.

**PES 576 - Physical Activity and Health K-12
(Credits: 2)**

Focuses on contemporary activities that produce and promote wellness in children and young people. Addresses state and/ or national standards, available resources, support systems, and strategies for instructing K-12 students, including the ECE/ELE levels. Enhances the prospective teacher's knowledge and understanding of physical education and health K-12. Prerequisites: Graduate standing and admission to the MAT program.