

# DEPARTMENT OF HEALTH SCIENCES

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## Overview of Health Sciences Degrees:

The Department of Health Sciences degree programs are designed to educate students as health professionals in community health agencies, health maintenance organizations, business and industry, wellness programs, and also to prepare students to enter graduate programs. Students may also earn a PK-12 teaching licensure in Physical Education Wellness and Leisure.

The student seeking a Bachelor of Science degree in Health Sciences may select from the following emphasis areas:

- Emphasis in Health and Exercise Science in Secondary Education
- Emphasis in Health Education and Promotion: select minor

## Health Sciences Minors:

- Minor in Health Sciences
- Minor in Health and Exercise Science

## Admission Requirements

Students who select health sciences as a major must have completed a minimum of 12 credit hours with a cumulative grade point average of 2.00 or greater, and must have completed HSCI 1370 Personal Health (or an equivalent course) with a grade of C or greater. Decisions regarding course equivalency and situations in which students have tested out of courses or transferred credit from other programs will be made by the department chair.

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## Bachelor of Science Degree programs in the Department of Health Sciences

### Emphasis areas:

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### Emphasis Health & Exercise Science in Secondary Education

The health and exercise science in Secondary Education emphasis prepares students to become licensed teachers in the area of Physical Education, Wellness, and Leisure P-12. Students earning this degree will also complete the courses necessary to obtain a coaching endorsement.

The secondary education minor occurs in three sequential blocks. Students interested in this degree should review the minor in secondary education under Secondary Teacher Licensure in this catalog. Please contact the health sciences department at (501) 683-7201 for advising as early as possible to reduce any possible delays in progress toward this degree.

Core Curriculum (44 hours)<sup>1</sup>

General Health Sciences Concentration Area (8 hours)

**HSCI 3401 Nutrition**  
**HSCI 3412 Applied Human Sciences**  
or **BIOL 1411 Introduction to Human Anatomy and Physiology I**  
or **BIOL1412 Introduction to Human Anatomy and Physiology I**

Professional Area Requirements (55 hours)

**HSCI 2372 Care & Prevention of Injuries**  
**HSCI 3210 Individual Sports**  
**HSCI 3211 Health & Safety of Early Childhood**  
**HSCI 3212 Teaching Individual Sports II**

**HSCI 3220 Teaching Team Sports**  
**HSCI 3222 Teaching Team Sports II**  
**HSCI 3302 Exercise Physiology**  
**HSCI 3310 Coaching Theory and Methodology**  
**HSCI 3320 History of Physical Education**  
**HSCI 3330 Teaching PK-5 Physical Education**  
**HSCI 3372 Advanced First Aid**  
**HSCI 3377 Drug Education K-12**  
**HSCI 3402 Kinesiology**  
**HSCI 3410 Biomechanics of Human Movement**  
**HSCI 3422 Exercise, Wellness, & Lifestyles**  
**HSCI 4340 Adapted Physical Ed. K-12**  
**HSCI 4350 Methods & Techniques of Teaching Physical Education 6-12**  
**HSCI 4379 Methods & Techniques of Teaching HLED**  
**HSCI 4384 Motor Development**

SCED Minor (18 hours)

- Refer to "Secondary Teacher Licensure" in this catalog for more specifics
- Praxis exams required:
  - Praxis II: # 621 or 623 or 624 Principles of Learning and Teaching (PLT)
  - Praxis II: #0095 and 0856 Specialty area

## Emphasis in Health Education and Promotion

This course of study is designed to prepare students as health professionals in community health agencies, health maintenance organizations, as well as business and industry wellness programs. It is also designed to assist the entry-level health educator in taking the National Health Education Credentialing examination. This degree requires a minor course of study.

This degree is offered in either face-to-face or online course delivery modalities. For information concerning our online Bachelor of Sciences emphasis in Health Education and Promotion degree contact: Nita Copeland at njcopeland@ualr.edu or 569-3541.

Core Curriculum (44 hours)

General Health Sciences Concentration Area (21 hours)

**HSCI 1101 Dieting & Weight Control**  
or **HSCI 1102 Substance Abuse & Addiction**  
or **HSCI 1103 Smoking Cessation**  
or **HSCI 1104 Stress Management**  
or **One hour LESC course**  
**HSCI 1370 Personal Health**  
**HSCI 3372 Advanced First Aid**  
**HSCI 3377 Drug Education K-12**  
**HSCI 3401 Nutrition**  
**HSCI 3422 Exercise, Wellness & Lifestyle**  
**HSCI 4376 Mental Health Education**

Professional Area Requirements (37 hours)

**ENHS 4430 Epidemiology: Environment & Health**  
**HSCI 2303 The Theory and Practice of Health Education**  
**HSCI 3374 Community Health Agencies**  
**HSCI 4371 HLED Concepts & Applications**  
**HSCI 4373 Controversial Issues in HLED**  
**HSCI 4374 Family Life and Sex Education**  
**HSCI 4378 Organization & Administration of HLED Programs**  
**HSCI 4379 Methods & Techniques of Teaching HLED**  
**HSCI 4380 HLED Program Evaluation**  
**HSCI 4381 Health Sciences Seminar**  
**HSCI 4695 Internship in Health Education**

## Related Area Requirements (4 hours)

**HSCI 3412 Applied Human Science**  
or **BIOL 1411 Introduction to Human Anatomy and Physiology I**  
or **BIOL 1412 Introduction to Human Anatomy and Physiology II**  
**BIOL 2401 Microbiology**

## Minor (18 hours)

### Minors offered in the Department of Health Sciences

#### Minor in Health Sciences

The minor in health sciences is designed for students interested in community health education. This minor requires 18 credit hours which should include the following courses:

**HSCI 1370 Personal Health**  
**HSCI 3401 Nutrition,**  
or **HSCI 3422 Exercise, Wellness, and Lifestyle,**  
or **HSCI 3302 Exercise Physiology**  
**HSCI 3377 Drug Education K-12**  
or **HSCI 4373 Controversial Issues in Health Education**  
**HSCI 4374 Family Life and Sex Education**  
**HSCI 4376 Mental Health Education**  
or **HSCI 4371 Health Education Concepts and Applications**  
**HSCI 3374 Community Health Agencies**  
or **HSCI 4378 Organization and Administration of Health Education Programs**

#### Minor in Health and Exercise Science: 20 hours

**HSCI 3422 Exercise, Wellness, & Lifestyles**  
**HSCI 3210 Individual Sports**  
**HSCI 3220 Teaching Team Sports**  
**12 hours of Upper-Level Health and Exercise Science Courses.**

## Courses in Health Sciences (HSCI)

### HSCI 1101 Dieting and Weight Control

A practical short course designed to teach the proper methods of dieting and controlling body weight. Students will be taught how to determine, achieve, and maintain their correct body mass by using the scientific principles of proper nutrition and exercise. The futility of using drugs and fad diets to control weight will be explained. One credit hour.

### HSCI 1102 Substance Abuse and Addiction

A practical short course designed to provide basic knowledge of drug abuse and addiction. Students will evaluate the role of drugs and other addictive behaviors in their life, and identify their risk factors for abuse or dependence. Students will be given information on available resources and options for behavior change and coping skills. One hours lecture/discussion per week. One credit hour.

### HSCI 1103 Smoking Cessation

A practical short course designed to explore nicotine dependency/addiction and smoking cessation options. Based on assessment of individual tobacco use and knowledge of the advantages and disadvantages of smoking cessation options, students will plan and implement, if appropriate, a strategy for long term smoking cessation. One hour lecture/discussion per week. One credit hour.

### HSCI 1104 Stress Management

A practical short course designed to assist the individual in identifying sources and situations that trigger reactions, both positive and negative, that display the physiological stress response. The individual will be taught how to identify stressors in their lives and explore possible ways of changing responses in order to develop satisfactory reactions to these stressors. The approach to this course is both personal and practical. One hour lecture/discussion. One credit hour.

### HSCI 1170 Cardiopulmonary Respiration

Current lifesaving techniques used on individuals with heart or breathing emergencies. Appropriate first aid techniques also included. Two hours lecture/laboratory. One credit hour.

### HSCI 1370 Personal Health

Designed to develop the understanding, attitudes, and practices which contribute to optimum physical, mental, and social well-being. Emphasis on major health problems and causes of death in various age groups. Three hours lecture per week. Three credit hours.

## Arkansas Coaching Endorsement information:

- Students wishing to coach athletics in the State of Arkansas must obtain a Coaching Endorsement from the Arkansas State Department of Education.
- All individuals enrolled in teacher licensure programs who wish to coach, will have to wait until completion of their degree program and until they have received an initial teaching license.
- Students who have teaching licensures from another subject area who complete the coaching endorsement course of study and successfully complete Praxis #10091 coaching will meet requirements for an Arkansas coaching endorsement.
- The BS in Health and Exercise in Secondary Education offered in the Department of Health Sciences includes all required courses necessary for the Coaching Endorsement.
- After obtaining an Arkansas Teaching Licensure, students may then add the Coaching Endorsement by:
  - i. Completing the required program of study
    - HSCI 2372 Care & Prevention of Injuries**
    - HSCI 3302 Exercise Physiology**
    - HSCI 3372 Advanced First Aid**
    - HSCI 3210 Individual Sports**
    - HSCI 3402 Kinesiology**
    - or
    - BIOL 1411 Human Anatomy and Physiology I**
    - HSCI 3310 Coaching Theory**
    - HSCI 4350 Methods of Teaching Physical Ed.**
  - ii. Praxis II: # 0095 Physical Education: Content and Design

## Leisure Science Program: (LESC)

The Department of Health Sciences offers leisure science and wellness courses to help students to develop appreciation, knowledge, and understanding of the importance of exercise in daily living.

Leisure science and wellness courses also enable students to develop a satisfactory level of skill in leisure time activities. Emphasis is placed on developing an individual lifetime activity program to improve health-related fitness components.

### HSCI 2303 The Theory and Practice of Health Education

Prerequisite: HSCI 1370 Personal Health or departmental approval. An introduction to the scientific basis for developing health education interventions from program assessment through program evaluation. History, theory, concepts and applications will be discussed. Issues related to the design of relevant, practical and effective health education programs will be considered. Three hours lecture per week. Three Credit hours.

### HSCI 2372 Care and Prevention of Injuries

Care, prevention, and treatment of injuries to various parts of the body; taping and wrapping; laboratory practicum activities; exercise therapy techniques and basic understanding necessary to sound exercise programs. Three hours lecture/laboratory per week. Three credit hours.

### HSCI 3195 Practicum in Health Education

Prerequisites: junior standing, consent of program coordinator. Directed observation and supervised field work in a health education professional setting. Emphasis on planning, conducting, and evaluating activities in the program. One credit hour for 30 clock hours. One credit hour.

### HSCI 3196 Practicum in Exercise Science

Prerequisites: HSCI 2302, consent of program coordinator and instructor of HSCI 2302. Practicum students will administer physical fitness tests to those enrolled in HSCI 2302 at both the beginning and end of the semester. They will help prescribe exercise and be responsible for helping HSCI 2302 class members achieve their stated fitness goals. This aid will consist of advice and motivation, leadership of exercise groups, nutrition planning, and modification of exercise prescriptions where required. One credit hour for 30 clock hours. One credit hour.

### HSCI 3210 Teaching Individual Sports

The course is an examination of the theory and practice of teaching and coaching: tennis and golf. Two hours lecture per week. Two credit hours.

### HSCI 3211 Health and Safety in Early Childhood

A practical short course designed to provide an introductory experience to the basic concepts of health and safety in early childhood environments. Specific attention is given to recognition of common illnesses in young children, infection control practices, in jury prevention, and basic emergency treatment procedures. Some of the regulations that guide health and safety practices in early educational environments will be examined. Two hours lecture per week. Two credit hours.

### HSCI 3212 Teaching Individual Sports II

This course is an examination of the theory and practice of teaching/coaching Tumbling and Track. Two hours lecture per week. Two credit hours.

**HSCI 3220 Teaching Team Sports**

The course is an examination of the theory and practice of teaching and coaching: basketball, volleyball, and baseball. Two hours lecture per week. Two credit hours.

**HSCI 3222 Teaching Team Sports II**

This course is an examination of the theory and practice of teaching/coaching baseball/fastpitch softball, soccer, and football. Two hours lecture per week. Two hour credit.

**HSCI 3302 Exercise Physiology**

Prerequisites: HSCI 3412 or department approval. The relationship between regular, moderate exercise and the resultant increase in the efficiency of the heart, lungs, and muscles. Students learn to assess fitness by the use of various laboratory instruments and techniques and to improve fitness by the judicious use of specific training programs. Two hours lecture, two hours laboratory. Three credit hours.

**HSCI 3310 Coaching Theory and Methodology**

Course is designed to improve the knowledge and understanding of methods and coaching theories. Students learn how to manage young athletes in conditioning, skill development, competition, motivation, and strategies. Three hours lecture per week. Three credit hours.

**HSCI 3320 History of Physical Education**

A study of the historical development of organized physical activity designed to improve the understanding and appreciation of the purpose, value, nature, scope, and significance of physical education throughout history. Three hours lecture per week. Three credit hours.

**HSCI 3330 Teaching PK-5 Physical Education**

This course is designed to help students understand the need for an effective pre kindergarten - 5 physical education program. It will provide the prospective PK-5 school classroom teacher, as well as the PK-5 physical education specialist, with a knowledge base in the principles of physical fitness, elementary physical education curriculum planning and appropriate selection of physical activities for children. The students will be working with hands-on projects integrating the discipline of physical education and other curriculum subjects found in grades PK-5th. Three hours lecture per week. Three Credit hours.

**HSCI 3372 Advanced First Aid**

Training individuals to realize ethical and legal obligations in rendering competent first aid in case of accident or injury until a physician can be found. American Heart Association advanced first aid certification on successful completion of the course. Three hours lecture per week. Three credit hours.

**HSCI 3374 Community Health Agencies**

Principles and practices of public health and voluntary health programs and agencies. Students make guided observation in laboratory situations and engage in seminars. Three hours lecture per week. Three credit hours.

**HSCI 3377 Drug Ed. K-12**

An in-depth study of drug education designed to help teachers, administrators, and other special interest groups present drug education programs. Three hours lecture. Three credit hours.

**HSCI 3391 Cooperative Education in Health Education**

Prerequisites: junior standing, acceptance as a health sciences major, minimum GPA of 2.50, and consent of program coordinator. Cooperative education seeks to integrate academic and professional work experiences. Students will be placed in a work setting consistent with their health sciences career objectives. This course requires a minimum of 200 semester work hours. Three credit hours.

**HSCI 3401 Nutrition**

Fundamental principles of human nutrition, nutritional value of foods, nutritional requirements of individuals at all ages, application of principles of nutrition under various physiological and economic conditions. Four hours lecture-demonstration per week. Four credit hours.

**HSCI 3402 Kinesiology**

Prerequisites: HSCI 3412 or department approval. An anatomical and physiological analysis of body movements with relation to the muscles, articulations, and nervous tissues involved. Does not count toward a major or a minor in biology. Two hours lecture, four hours laboratory per week. Four credit hours.

**HSCI 3410 Biomechanics of Human Movement**

Prerequisites: HSCI 3402 and MATH 1302 or department approval. This course is intended to serve as an introduction to the biomechanics of human movement, including terminology and mechanical concepts using both quantitative and qualitative problems and applications. Three hours lecture and one hour lab per week. Four credit hours.

**HSCI 3412 Applied Human Science**

This course is designed to develop within the prospective health, physical education and wellness professional an understanding and applicable knowledge of the human organism. Those systems appropriate for understanding humans within the activity setting are emphasized such as the skeletal, muscular, nervous, circulatory, endocrine, and respiratory. Three hours lecture and one hour lab per week. Four credit hours.

**HSCI 3422 Exercise, Wellness & Lifestyle**

This course is designed to give the student an initial fitness assessment and exercise prescription experience. Basic concepts of assessment and principles of physical training will be covered. Students will implement an individual training program and demonstrate proficiency in assessment techniques of various skill and health-related fitness components. This course also requires students to actively participate in field work consisting of advice and motivation, leadership of exercise groups, nutrition planning, and modification of exercise prescriptions. Three hour lecture and one hour lab per week. Four credit hours.

**HSCI 4330 Activity and Sports Management**

A study of the organization and administration of programs in physical education and sports. Topics include the development of administrative policy regarding budget, finance, marketing, philosophy, public relations, facilities, sports law, and program management. Dual-listed in the UALR Graduate Catalog as HSCI 5330. Three hours lecture. Three credit hours.

**HSCI 4340 Adapted Physical E. K-12**

Course presents the philosophy and methods pertaining to the adaptation of physical education for handicapped and exceptional students. A basic knowledge of handicapped conditions and their complications for participating in physical education along with classroom, laboratory, and practical experience will be provided to increase the awareness of the handicapped and to facilitate the application of knowledge to real life situations. Dual-listed in the UALR Graduate Catalog as HSCI 5340. Three hours lecture per week. Three credit hours.

**HSCI 4350 Methods Teaching Phys Ed 6-12**

A study of the methods and techniques of teaching physical activity in high school physical education programs. Emphasis is on opportunities to learn about organizing and planning programs, developing lesson plans, selection of activities, and evaluation procedures. Three hours lecture per week. Three credit hours.

**HSCI 4371 Health Education Concepts and Applications**

Examination of the concepts, philosophy, and applications of health education in public, private, professional, and commercial organizations that exist to improve and maintain health. Dual-listed in the UALR Graduate Catalog as HSCI 5371. Three hours lecture per week. Three credit hours.

**HSCI 4372 First Aid Instructor Training**

Prerequisites: HSCI 3372, current American Red Cross first aid certification. Students under supervision develop a lesson plan, observe teachers, develop tests, and participate in the American Red Cross first aid program. Instructor training course for candidates to become certified by the American Red Cross to teach standard first aid and personal safety. Three hours lecture per week. Three credit hours.

**HSCI 4373 Controversial Issues in Health Education**

Designed to expand the health educator's knowledge of health issues as they are influenced by laws, public opinion, and scientific knowledge; an in-depth study of current controversial issues in health education. Dual-listed in the UALR Graduate Catalog as HSCI 5373. Three hours lecture per week. Three credit hours.

**HSCI 4374 Family Life and Sex Education**

A study of dating, engagements, marriage, children, divorce, and sexual behavior patterns. Three hours lecture per week. Three credit hours.

**HSCI 4376 Mental Health Education**

Examination of methods to be used by teachers to develop the mental health of individual students. Emphasis on the health educator's role in reducing mental and emotional problems. Three hours lecture per week. Three credit hours.

**HSCI 4378 Organization and Administration of Health Education Programs**

Prerequisites: HSCI 2303 or department approval. Designed to provide a foundation in the organization and management of community-based health education programs. Students will explore, in depth, theories, models, strategies, and methods of application to prevent and solve societal health problems. Dual-listed in the UALR Graduate Catalog as HSCI 5378. Three hours lecture per week. Three credit hours.

**HSCI 4379 Methods and Techniques of Teaching Health Education**

Prerequisite: HSCI 2303 or department approval. This course will focus on basic philosophic structure of an efficient, meaningful, and effective application of health education, teaching methods, learning models and theories. Students will gain experience in the organization and planning of programs intended to motivate, sustain individual behavior, and change community attitudes and policies. Three hour lecture per week. Three hour credit.

**HSCI 4380 Health Education Program Evaluation**

Prerequisites: HSCI 4371 or department approval. This course is designed to provide students with an opportunity to learn about program evaluation and measurement concepts in health education and their application. Content includes: evaluation terminology, how to write measurable objectives, how to identify evidence based models, how to design and collect data using quantitative and qualitative methods, how to interpret data. Three hours lecture per week. Three credit hours.

**HSCI 4381 Health Sciences Seminar**

Prerequisites: HSCI 1370, HSCI 2303, HSCI 4371, HSCI 4373, HSCI 4378, and HSCI 4379, or department approval. This course provides a detailed review of the analysis and application of the major responsibilities and competencies required for national certification as a health education specialist. Emphasis will be placed on the practical application of health education theories and models. Three hours lecture per week. Three hours credit.

### **HSCI 4384 Motor Development**

Prerequisites: HSCI 3412 or department approval This course analyzes the basic concepts relating to human motor development. Basic research and relevant theories of general human development are discussed in relation to motor development and the learning of motor skills. The course provides an understanding of the motor development from early childhood through adulthood. Three hours per week lecture. Three hours credit.

### **HSCI 4391 Cooperative Education in Health Education**

Prerequisites: junior standing, acceptance as a health sciences major, minimum GPA of 2.50, minimum of one semester of HSCI 3391, and consent of program coordinator. Cooperative education seeks to integrate academic and professional work experiences. Students will be placed in a work setting consistent with their health sciences career objectives. This course requires a minimum of 200 semester work hours. Three credit hours.

### **HSCI 4194, 4294, 4394 Workshop in Health Education**

Provides opportunities for students, inservice teachers, and interested individuals to work and study with health education professionals. The student can expect to spend two to four hours per week (15 week semester) on the workshop for each hour of credit earned. The exact hourly commitment per week will depend on the nature of the workshop and will be specified in advance by the instructor. One, two, or three credit hours.

### **HSCI 4402 Fitness Management**

Prerequisites: BIOL 1411, 1412, HSCI 3302 or the equivalents. This course is designed to train students in the theory and skills required for the administration of fitness programs in industry, YMCAs, rehabilitation clinics, and similar facilities. Emphasis will be on standards and guidelines for facility staffing, programming, and equipment. Overview and discussion of organizational structure, client screening, emergency/safety procedures, and legal issues. Two hours lecture and two hours of program/facility fieldwork per week.

### **HSCI 4100-4600 Independent Study in Health Education**

Prerequisite: consent of department chairperson. Provides an opportunity for advanced students to conduct an in-depth study in a specific area of interest or a special problem. May be taken for one to six credit hours. The student is expected to spend two to four hours per week on the project for each hour of credit earned. The exact hourly commitment per week will depend on the nature of the project and will be agreed on in advance by the student and instructor. One, two, three, four, five, or six credit hours.

### **HSCI 4695 Internship in Health Education**

Prerequisites: senior standing, 3195, 3196, consent of program coordinator. Directed observation and supervised field work in a health education professional setting. Emphasis on administration, supervision, and program leadership in public, private, or voluntary health agencies, institutions, or business. Six hours credit for 200 clock hours. Six credit hours.

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## Courses in Leisure Science (LESC)

### **LESC 1100 Team Sports I**

Theory and practice needed to understand and develop an appropriate level of skill in flag football and volleyball. One credit hour.

### **LESC 1101 Team Sports II**

Theory and practice needed to understand and develop an appropriate level of skill in basketball and softball. One credit hour.

### **LESC 1102 Sports Officiating**

Emphasis is placed on developing the mechanics of signals, rules, and regulations to successfully officiate football, basketball, baseball, and softball. Practical applications of signals, rules, and regulations will be applied by the actual officiating of games. One credit hour.

### **LESC 1103 Beginning Ice Skating**

For individuals who do not know how to ice skate. Emphasis on fundamentals, safety, and the basic steps. One credit hour.

### **LESC 1105 Beginning Swimming**

For nonswimmers. Emphasis on fundamentals of swimming and water safety and the basic strokes: front crawl, back crawl, elementary backstroke, and side stroke. One credit hour.

### **LESC 1106 Scuba Diving**

Theory and practice in the skills involved in the safe and effective use of snorkel, fins, face mask, and scuba equipment. Deep water training sessions are required for certification. A fee is charged for use of equipment and expense of deep water training sessions. One credit hour.

### **LESC 1107 Water Polo**

Fundamental knowledge, techniques, and skills necessary to develop an understanding of and ability to play water polo. One credit hour.

### **LESC 1108 Water Aerobic Exercise**

This course incorporates the health-related fitness components of muscular strength, muscular endurance and cardiovascular endurance in an aquatic environment. Due to increased resistance provided by water overload training, improvement should occur in these areas. Deep water exercises such as water walking and water jogging along with aerobic exercises done to music, combine to make up a stress-free fitness program. The ability to swim is not a prerequisite for water aerobic exercise. One credit hour.

### **LESC 1109 Racquetball**

Emphasis is on developing skills in racquetball, presenting information on equipment safety, preliminaries to the strokes in racquetball, and introduction of the game itself. Practical application will enable the novice to develop both physical and mental skills to achieve in racquetball. One credit hour.

### **LESC 1111 Restrictive Activity**

Designed for men and women who are physically unable to participate in other physical education activities. A statement from the family physician is required regarding the nature of the physical problem. One credit hour.

### **LESC 1112 Judo**

Theory and practice of fundamentals of judo. Emphasis on the development of skills, rules, regulations, and necessary equipment. One credit hour.

### **LESC 1113 Karate**

Theory and practice of fundamentals of karate. Emphasis on the development of skills, rules, regulations, and necessary equipment. One credit hour.

### **LESC 1114 Self-Defense**

Fundamentals of self-defense designed for the individual interested in studying the scientific principles of gravity and body control over opposing forces as a self-protective device. One credit hour.

### **LESC 1115 Hunter Safety**

A basic course in the principles of safe hunting. Qualifies students over 21 years of age for an Arkansas Game and Fish Commission Certificate as a Hunter Safety Instructor. One credit hour.

### **LESC 1116 Beginning Tennis**

Emphasis on rules, scoring, selection of racket, grip, footwork, and body positioning. Also emphasizes forehand, backhand, serve, net volley, lob, fundamental strategy, and techniques of singles and doubles play. One credit hour.

### **LESC 1117 Beginning Golf**

Theory and practice of fundamental skills and techniques of golf. Emphasis on rules and etiquette, use of one wood and three irons, grip, stance, backswing, head position, follow-through, approach shots, full strokes, and putting. A fee is charged. Held off campus. One credit hour.

### **LESC 1118 Beginning Badminton**

Theory and practice of fundamental skills and techniques of badminton. Emphasis on stroke perfection and on strategy and techniques of singles and doubles play. One credit hour.

### **LESC 1119 Beginning Bowling**

Theory and practice of fundamentals of bowling. Emphasis on four-step approach, consistency, body position, release, spot bowling, follow-through, timing, rebound, scoring, rules, and bowling etiquette. A fee is charged. Held off campus. One credit hour.

### **LESC 1120 Beginning Horseback Riding**

Fundamental knowledge, techniques, and skills needed to develop appropriate skill. Emphasis on care of and adjustment to the horse and safety in riding. The walk, trot, canter, and introduction of jumping will also be emphasized. A fee is charged. Held off campus. One credit hour.

### **LESC 1121 Fencing I Beginning**

An introduction to foil fencing. Designed to provide a sound basic understanding of the history, rules, etiquette, and safety aspects of the sport of fencing. Develops basic technical and tactical skills needed for novice-level competition through emphasis on basic offense and defense, continuation of attack, compound attacks, and practical bouting. One credit hour.

### **LESC 1122 Tumbling**

This course includes the theory and practice for conditioning and developing basic skills in tumbling. Intermediate skills will be introduced during the latter half of the semester. Development of strength and flexibility is emphasized. One credit hour.

### **LESC 1123 Body Mechanics and Conditioning**

Emphasis on self-improvement in fitness, conditioning, nutrition, strength development, weight loss or gain, efficient body mechanics, posture, and decreasing or increasing body measurements. One credit hour.

### **LESC 1124 Stretch/Stress Program**

Emphasis is placed on a series of relaxing and effective stretches to help relieve tension, increase flexibility, and range of motion. The stress reduction section provides techniques to help relieve stress and tension. One credit hour.

### **LESC 1125 Lifetime Fitness**

Emphasis is placed on developing an individual lifetime program to improve the health-related components of fitness and wellness. Practical application of principles of exercise and the science of nutrition will be major components in achieving and maintaining ideal body weight. One credit hour.

### **LESC 1126 Walking to Fitness**

Emphasis is placed on developing an individual level of walking performance. Practical applications of principles of exercise and the components of an effective cardiovascular workout are used in achieving fitness through a walking program. One credit hour.

**LESC 1128 Weight Lifting/Training**

An introduction to the fundamentals of weight lifting applicable to the development of muscular strength and endurance. Principles of exercise, body composition goals, lift techniques, safety instruction, and flexibility maintenance are emphasized. One credit hour.

**LESC 1131 Aikido**

Theory and practice of fundamentals of Aikido. Concentration will be on the development of skills, rules, regulations, and necessary equipment. One credit hour.

**LESC 2103 Intermediate Ice Skating**

Review of material in LESC 1103. New material includes: back crossover, T stop, back crossover in a figure eight pattern, fast forward crossover, three turns, and T take off; review of door carries, forced outside and inside edges, open Mohawk turn, one foot snow plow, hockey stop, spin, and bunny hop. One credit hour.

**LESC 2105 Intermediate Swimming**

Prerequisite: LESC 1105 or equivalent. Review of three basic strokes: front crawl, back crawl, and elementary backstroke. Coordinated stroking in side strokes, breaststroke, inverted breaststroke. Development of strong isolated arm strokes and leg kicks, safety and survival skills, simple diving, simple rescue skills, artificial respiration, and distance swimming. One credit hour.

**LESC 2116 Intermediate Tennis**

Prerequisite: LESC 1116 or equivalent. Review of rules and scoring, selection of racket, grip, footwork and body positioning, forehand, backhand, serve and volley strokes, and game strategy. Developing the approach shot, lob, and overhead, and strengthening the volley and serve. Analysis of singles and doubles play strategy. One credit hour.

**LESC 2117 Intermediate Golf**

Prerequisite: LESC 1117 or equivalent. Review of the game of golf: rules, etiquette, selection of clubs, grip, stance, backswing, head position, follow-through, approach shots, full strokes, and putting. Appropriate use of one, three, and five woods and two, three, five, seven, eight, and nine irons. Irons: short approach shots, high loft, distance shots; woods: driver and use on fairway; putting: playing from rough hillside lies and sand traps. A fee is charged. Held off campus. One credit hour.

**LESC 2119 Intermediate Bowling**

Prerequisite: LESC 1119 or equivalent. Review of scoring rules, bowling etiquette, fundamentals, consistency, four-step approach, body position, aiming, back swing, release, follow-through, and rebound. Analysis of three-, four-, and five-step approaches, natural hook, severe hook, backup, and straight release; theories of aiming and principles of motion as they apply to bowling. A fee is charged. Held off campus. One credit hour.

**LESC 2120 Intermediate Horseback Riding**

Prerequisite: LESC 1120 or equivalent. Review and perfection of walk, trot, and canter, with emphasis on effective leads; effective use of rider's body, hands, and legs. Introduction to barrel and cross-country course. A fee is charged. Held off campus. One credit hour.

**LESC 2121 Fencing II Intermediate**

An intermediate course designed to improve technical and tactical skills in the use of the foil. Intensive review of Fencing I, attacks on the blade, compound attacks, defense against compound attacks, tactics, defense, rules, and officiating; individual lessons, practice bouting, and class competition. One credit hour.

**LESC 2122 Intermediate Gymnastics**

Prerequisite: LESC 1122 or equivalent. Review of conditioning, basic skills in tumbling, and the vault. Free exercise routines, balance beam, and uneven bars for women; pommel horse, still rings, horizontal bar, and parallel bars for men. Introduction to composition of gymnastic routines. Strength and flexibility are emphasized. Students will perform required skills and routines and create routines. One credit hour.

**LESC 2123 Body Mechanics II**

Methods and techniques of developing strength, flexibility, and cardiovascular fitness using aerobic and self-improvement exercises. Conditioning will start slowly and progress to desirable levels of stress. One credit hour.

**LESC 3103 Advanced Ice Skating**

Review of material covered in LESC 2103. New material includes: squat and shoot-the-duck, review edges, layover step, layover and return, spinning, forward pivots, two-foot spins, half Mapes jumps, outside forward rolls, and spirals. One credit hour.

**LESC 3105 Advanced Swimming**

Prerequisite: LESC 2105 or equivalent. Review of coordinated strokes, side strokes, breaststroke, butterfly, and inverted breaststroke. Continued development of isolated arm strokes and leg kicks, safety and survival skills, rescue skills, and artificial respiration. Emphasis on coordinated strokes for extended distances, trudgen and trudgen crawl, floating and survival skills, surface diving, and underwater swimming and diving. One credit hour.

**LESC 3106 Advanced Scuba Diving**

Review of basic scuba techniques and safety procedures. Emphasis on water diving experience: safe diving procedures, limited visibility diving, light salvage and recovery diving, and deep and decompression diving. Advanced National Association of Underwater Instructors open water certification course. One credit hour.

**LESC 3116 Advanced Tennis**

Prerequisite: LESC 2116 or equivalent. Review of tennis fundamentals. Continued development of all strokes. Emphasis on development of serve, greater force and addition of spins, overhead smash, different types of lobs, different types of volleys, ground stroke, slice, and chop. Concentration on skill development in singles and doubles play and practice in tennis officiating. One credit hour.

**LESC 3117 Advanced Golf**

Prerequisite: LESC 2117 or equivalent. Review of golf fundamentals. Emphasis on development of approach shots, full shots with a club, and playing difficult lies, with concentration on improving putting skills. A fee is charged. Held off campus. One credit hour.

**LESC 3119 Advanced Bowling**

Prerequisite: LESC 2119 or equivalent. Review of bowling fundamentals. Emphasis on developing skill using a natural or severe hook. Concentration on body mechanics and principles of motion. A fee is charged. Held off campus. One credit hour.

**LESC 3120 Advanced Horseback Riding**

Prerequisite: LESC 2120 or equivalent. Emphasis on fine qualities of gaits; cause and solution to resistance problems; introduction to hunt seat; false and counter leads; cross-country and jumping tests; and understanding the health of the horse. A fee is charged. Held off campus. One credit hour.

**LESC 4105 Lifeguard Training**

Prerequisite: student must be able to swim 500 yards continuously. This is a course which will provide instruction of skills necessary for lifeguarding, CPR, and first aid training which will lead to Red Cross Lifeguard Certification. One credit hour.

**LESC 4205 Water Safety Instructor**

Prerequisites: LESC 4105, American National Red Cross water safety instructor's certification. Methods and techniques of teaching swimming. Two hours lecture, two hours laboratory. Two credit hours.