

HEALTH, HUMAN PERFORMANCE, AND RECREATION

The Department offers degree programs in Athletic Training, Exercise Physiology, Health, Kinesiology, and Leisure Studies, Health Science Studies, Physical Education (All-level teacher certification), and Recreation & Leisure Services. These programs offer a comprehensive array of didactic courses and laboratory experiences designed to develop high-quality professionals. The purpose of these programs is to prepare students for careers as physical education teachers and coaches, athletic trainers, public health educators, exercise physiologists, health/fitness specialists, and public or faith-based recreation professionals. The undergraduate degree program in Health Science Studies prepares students for careers in healthcare, such as dentistry, medicine, occupational therapy, and physical therapy through the pre-professional degree programs. The Department also offers a Health, Kinesiology, Leisure Studies program, which is designed to provide students a wide variety of career options. In addition, the Department houses the Lifetime Fitness nonmajor program, which offers over 25 different physical activity skill development courses to all Baylor students, including aerobics, bowling, golf, tennis, weight training, etc. Students pursuing the Bachelor of Science in Education degree with a teaching field in All-level Physical Education must meet School of Education certification requirements.

- Exercise Physiology, B.S. (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/exercise-physiology-bs/>)
- Health Sciences Studies, B.S. (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/health-sciences-studies-bs/>)
- Health, Kinesiology, and Leisure Studies (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/health-kinesiology-leisure-studies/>)
- Intrauniversity Dance Minor (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/intrauniversity-dance-minor/>)
- Lifetime Fitness (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/lifetime-fitness/>)
- Outdoor Education and Leadership Minor (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/outdoor-education-leadership-minor/>)
- Physical Education (All-Level) (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/physical-education-all-level/>)
- Recreation and Leisure Services (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/recreation-leisure-services/>)
- Recreation and Leisure Services - Secondary Major (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/recreation-leisure-services-secondary-major/>)
- Recreation Ministry Minor (<https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/health-human-performance-recreation/recreation-ministry-minor/>)

Human Performance (HP)

HP 1101 Theory and Practice in Gymnastics (1)

Pre-requisite(s): Departmental consent required
An introductory skill course beginning with educational gymnastics and progressing to Olympic gymnastics.

HP 1102 Theory and Practice in Track and Field (1)

Pre-requisite(s): Department consent required
An introductory skill course in track and field meeting during the spring semester of the freshman year.

HP 1103 Theory and Practice in Dance (1)

Pre-requisite(s): Departmental consent required
A comprehensive skills course in the fundamentals of dance. Included are folk, aerobic, and modern dance skills.

HP 1108 Elementary School Physical Activities (1)

This is an activity course for students interested in working with elementary age students. It is designed to introduce Baylor students to developmentally appropriate activities for elementary age children in the areas of fundamental skills, perceptual motor skills, games and sports skills, rhythmic activities and gymnastic skills. Through the context of movement, students will be exposed to the techniques, behaviors and approaches used by effective elementary physical education teachers.

HP 1144 Theory and Practice in Tumbling and Dance (1)

Pre-requisite(s): Departmental consent required
A course designed to develop fundamental skills in tumbling and dance (folk, modern and aerobic) and to introduce students to the responsibilities of a cheerleader and/or drill team sponsor.

HP 1201 Driver Education and Training (2)

A comprehensive driver education course covering all aspects of driving-learning to drive, traffic laws, mechanics of driving, the automobile, proper driving attitudes, and defensive driving. Upon successful completion of course requirements, students receive a Driver Training Certificate for insurance purposes.

HP 1202 First Aid (2)

Cross-listed as RLS 1202

Pre-requisite(s): For RLS 1202: RLS majors only; for HP 1202: no prerequisite required

A course designed to teach the knowledge and techniques of first aid and emergency procedures. A Red Cross Standard First Aid Certificate is granted on completion.

HP 1233 Red Cross Water Safety (2)

Pre-requisite(s): Departmental approval required

The most advanced aquatic course offered for certification by the American Red Cross. Prerequisites include prior certification in CPR and either Emergency Water Safety or Life Guarding. This course includes a review of swimming and lifesaving skills, analysis and remediation of stroke mechanics, lesson planning, classroom management, and teaching technique for the aquatic environment.

HP 1236 Dance Choreography (2)

Pre-requisite(s): A minimum grade of C in HP 1103 or LF 1106 or consent of instructor

See required courses for the major.

HP 1420 Human Anatomy (4)

Pre-requisite(s): HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only

An introductory course designed to teach the basic life systems in the human body. Detailed examination of the circulatory, muscular, skeletal, respiratory, and endocrine systems will be emphasized.

HP 1421 Introduction to Human Physiology (4)

Pre-requisite(s): HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only

Provides the scientific foundation for the field of medicine, exercise physiology and all professions related to human health. Basic chemical and biological concepts will provide students the framework to comprehend physiological principles.

HP 2102 Fitness Concepts and Testing Procedures (1)

The acquisition of essential skills and knowledge in fitness education that lead to excellent physical conditioning and the ability to administer a variety of fitness tests. Students must demonstrate specified levels of physical fitness to complete the course.

HP 2304 Advanced First Aid (3)

Acquisition of skills and knowledge to qualify for Advanced First Aid certification through the American Red Cross or equivalent agency. Additional material in emergency care from a supplementary text is included. Practical application skills are performed.

HP 2306 Anatomical Kinesiology (3)

Pre-requisite(s): A minimum grade of C in HP 1420; HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only

A course designed to develop an understanding of human movement through the study of neuromuscular control, anatomical structures, and mechanical principles.

HP 2307 Biomechanics (3)

Pre-requisite(s): HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only

An overview of the principles and methods of analyzing human movement from a mechanical and quantitative perspective.

HP 2309 Medical Conditions and Pharmacology (3)

Pre-requisite(s): HP 2340 and HP 2342

Athletic Training Majors Only. This course covers the evaluation and prevention of the most common medical conditions. It also covers medications commonly encountered in the practice of physical medicine. It will include categories of drugs; generic and trade names of common drugs; the use, effects and precautions of common drugs; and drug-drug-interactions and pharmacokinetic principles.

HP 2341 Prevention and Care of Athletic Injuries (3)

Pre-requisite(s): A minimum grade of C in HP 1420

The course is designed to teach the basic athletic training needs, to teach fundamental skills and methods in athletic training, and to train an individual to take care of both injured and uninjured athletes.

HP 2409 Emergency Medical Technician - Basic (4)

Pre-requisite(s): Departmental consent required

This is a Texas Department of Health approved course leading to state certification as an Emergency Medical technician. The class requires classroom and field studies in applicable skills and environment. National Registry Exam available on completion.

HP 2420 Exercise Physiology (4)

Pre-requisite(s): A minimum grade of C in HP 1420; HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only

This course provides lecture and lab experience in that aspect of sports medicine which involves the study of the body's response, adjustments, and adaptations to exercise.

HP 3136 Innovative Games and Adventure Activities (1)

Designed to assist the student in studies of the mechanics and techniques of each activity. Includes the skills, rules, principles and purposes of each activity. First semester sophomores and above are eligible to enroll in this course.

HP 3300 Pedagogy of Team Sports (3)

This course is designed to provide practice in teaching skills, to increase knowledge of games and difference sports rules, and to develop an appreciation for the basic skills in a variety of team sports. First semester sophomores and above are eligible to enroll in this course.

HP 3301 Pedagogy of Individual Sports (3)

This course is designed to provide practice in teaching skills, to increase knowledge of the games and different sports rules, and to develop an appreciation for the basic skills in a variety of individual sports. First semester sophomores and above are eligible to enroll in this course.

HP 3302 Pedagogy of Dance (3)

Pre-requisite(s): LF 1118 and 1148; or LF 1119

Course includes history, pedagogy, curriculum design, music selection, costuming, creative activities, and dance resources. Field experience includes observation, journal entries, and assisting in a dance environment.

HP 3311 Essentials of Ethics in Healthcare (3)

Cross-listed as HED 3311

Pre-requisite(s): REL 1310 and REL 1350

This course presents students with the opportunity to explore current healthcare ethical dilemmas, consider bias, and participate in the formulation of Christian responses in difficult healthcare situations. REL 1310 The Christian Scriptures and REL 1350 The Christian Heritage are prerequisites.

HP 3312 Introduction to Standardized Patient Methodology (3)

Cross-listed as THEA 3310

Pre-requisite(s): HHPR THEA majors only

Prior to enrollment students must audition and be selected. In this course students will be provided an introduction to the methodology of standardized patient encounters. Students will learn to be Simulation Performers (e.g., patients, family members) to provide standardized, real-life healthcare scenarios in the training of healthcare providers to improve medical and communication skills.

HP 3320 Fundamentals of Exercise Biochemistry (3)

Pre-requisite(s): Upper-level standing

Credit or concurrent enrollment in HP 2420. HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only. An overview of biochemistry and metabolism related to exercise, training adaptations, and nutrition.

HP 3330 Research Methods and Design in Exercise Science (3)

Pre-requisite(s): HHPR (EP, HSS, PHSS, HKLS, PEDA, REC) and Public Health (PH) majors only

Introduction to research methods in exercise science including research designs, collection of data with appropriate statistical techniques, as well as the critique of peer reviewed research.

HP 3346 Elementary School Physical Education (3)

Pre-requisite(s): Elementary education majors and sophomore standing or above, HHPR majors, or permission from HP program director

This course is designed for elementary education majors (EC-6 Generalist) and for those interested in working with young children. Students are introduced to the techniques and approaches used by effective physical education teachers as they design and implement elementary physical education programs. Class time is spent in the classroom, the gym, and in local schools exploring how children learn motor skills and adopt physically active lifestyles.

HP 3368 Adapted Human Performance (3)

Pre-requisite(s): Upper level standing

A study of the theory of corrective human performance with special emphasis on the analysis of movement and postural deviations and the choice of and application of exercises and activities for their correction.

HP 3369 Perceptual Motor Skills Development (3)

Pre-requisite(s): A minimum grade of C in HP 3346; and upper level standing

This course will identify normal developmental sequences and performance patterns of primary and intermediate age children. The emphasis will be the correlation of this information with skills.

HP 3381 Fundamentals of Human Performance (3)

Pre-requisite(s): Upper-level standing

This course examines the goals, objectives, and evaluation of exemplary programs.

HP 3382 Risk Management in HHPR (3)

Cross-listed as RLS 3382

Pre-requisite(s): Junior level standing; RLS 3382 for RLS majors only; HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only

Course explores the legal principles and rules of laws affecting administration and operation of health, physical education, recreation, sports programs, resources, areas, and facilities. Risk management and legal concepts are applied to contracts, human rights, property, products liabilities, negligence, and torts.

HP 3V50 Clinical Research Collaboration (1-3)

See HED 3V50 for course description.

HP 3V79 Seminar in HHPR (1-6)

hrs.

HP 4301 Choreography and Production (3)

Pre-requisite(s): LF 1118 and 1148; or LF 1119

This course is designed to enhance a student's performance skills in modern, ballet, and jazz dance. "Choreography" will include original routines using music selection, development of choreography, costuming, lighting, peer teaching, and written step instructions. "Production" will include performance in class as well as experience in production of a show at the end of the semester.

HP 4352 Exercise and Sport Nutrition (3)

Pre-requisite(s): HP 2420 and upper-level standing or consent of instructor

An overview of the role of nutrition as a means to enhance health and performance in exercise and sport. Topics to be covered include principles of healthful nutrition, energy metabolism, and nutrients, regulation of metabolism by vitamins and minerals, weight control, and analysis of the validity of proposed nutritional ergogenic aids.

HP 4354 Techniques of Strength Training and Conditioning (3)

Pre-requisite(s): HP 2306 and 2420

This course is to study current principles and procedures essential to strength training and conditioning practices. Emphasis is placed on the development and practical applications of aerobic conditioning, joint flexibility, muscular strength, power, and endurance programs.

HP 4363 Philosophy, Principles, and Administration of Human Performance (3)

Cross-listed as EDL 4363

Pre-requisite(s): Upper-level standing

Understanding of the fundamental principles and philosophy of human performance as they relate to program development, methodology, organization, and administration. Historical concepts, objectives, and purposes of human performance are also emphasized.

HP 4368 Motor Learning and Development (3)

Pre-requisite(s): Upper level standing

HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only. Skill learning and skill performance, covering the gradual development of human physical abilities over the centuries. The states of an individual's development from childhood to maturity will be studied. Included are factors affecting physical development, the nature of the learning process, and the methods suitable for both the early stages of skill learning and the advanced skill levels.

HP 4369 Sports Psychology (3)

Pre-requisite(s): Upper-level standing; HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only

Examines psychological theories and techniques applied to sport to enhance the performance and personal growth of athletes and coaches. Lecture with an emphasis on discussion. The course is designed to help both present and future coaches to use sound psychological principles to be more effective. Emphasis is given to understanding personality, motivation, confidence, discipline, imagery use, psyching techniques, relaxation training, anxiety and choking, attention and concentration, the psychology of injury and rehabilitation, and clinical issues common in athletics.

HP 4370 Successful Coaching (3)

Pre-requisite(s): Upper-level standing

The course is designed to provide a foundation in the practical application of sport science and management. Specifically, the class will address the sport psychology, sport pedagogy, sport physiology and sport management aspects of successful coaching. A 20-hour field-based experience with a middle or high school sports team is required.

HP 4372 Sociology of Sport (3)

Cross-listed as SOC 4311

Pre-requisite(s): Upper-level standing

A course that studies the interaction of various social influences such as the mass media, economics, race, gender, religion, group behavior, politics, and education on sport.

HP 4375 Exercise Prescription in Health and Disease (3)

Pre-requisite(s): HP 4450 This course will enable the student to apply the skills learned to writing exercise prescriptions for healthy and diseased populations

Emphasis will be given to developing exercise programs for individuals with chronic diseases and disabilities.

HP 4384 Qualitative Analysis of Human Movement (3)

Pre-requisite(s): A minimum grade of C in HP 2306 and upper level standing

Advanced instruction in qualitative analysis of human movement, with training in methods of perceiving and measuring errors of movement in a variety of environments (teaching, coaching, and clinical evaluation).

HP 4393 Facilities and Equipment in HHPR (3)

Cross-listed as RLS 4393

Pre-requisite(s): Upper level standing; HHPR (EP, HSS, PHSS, HKLS, PED, REC) and Public Health (PH) majors only

Structural standards, operation, maintenance, function, design, and planning of human performance and recreation resources, areas, and facilities; and the selection, purchasing, and care of equipment appropriate to these programs and services.

HP 4396 Religion and Sport (3)

Cross-listed as REL 4396

See REL 4396 for course information.

HP 4398 Sports-Related Ethics (3)

Cross-listed as REL 4398

Perspective of the Judeo-Christian tradition of the moral concerns related to sports in American society. Various dimensions of the organized sports phenomenon, including those at the youth, secondary school, intercollegiate, and professional level. This course will not be accepted for credit toward a major or minor in religion or toward the six hour religion requirement by the University.

HP 4450 Exercise Testing and Interpretation I (4)

Pre-requisite(s): HP 1421, Credit or concurrent registration in HP 2420; Current First Aid and CPR Certification

Lectures will address the principles of common physical assessments used in clinical and fitness settings, the selection of appropriate assessments, results interpretation and the application of assessment results for exercise prescription and chronic disease risk reduction. Laboratory experiences are designed to develop competencies in physical assessment and results interpretation.

HP 4471 Exercise Testing and Interpretation II (4)

Pre-requisite(s): HP 4450, Current First Aid and CPR Certification

Lectures and laboratory experiences build on information covered in HP 4450. This course is designed to develop and refine core competencies in conducting common physical assessments and interpreting results for exercise prescription and chronic disease risk reduction. Laboratory experiences include student engagement in comprehensive health and fitness profiles.

HP 4V79 Internship in Human Performance (3-6)

Pre-requisite(s): Departmental consent required

The internship provides hands-on experience for the human performance major in the area of his or her concentration. The experience includes a special project determined jointly by the student and the agency intern supervisor.

Lifetime Fitness (LF)**LF 1104 Adaptive Lifetime Fitness (1)**

Pre-requisite(s): Departmental consent required

Lifetime fitness activity class for students needing accommodation due to injury or disability. Prior to registration, students must present a medical statement from their physician outlining both the nature of the disability and recommendations for a variety of exercises to be done in class. The individualized exercise program is a total-body program with appropriate accommodations. A physical therapy exercise protocol that does not require an attending physical therapist may be utilized in class sessions. Participation in physical therapy sessions in a clinical setting will not substitute for an activity class. There is no waiver of the LF requirement. Course may be repeated for credit if necessary due to ongoing medical condition. Course is graded pass-fail.

LF 1106 Beginning Aerobics (1)

Concepts of physical fitness and the development of movement routines are fundamental to this course. Material covered includes a basic understanding of fitness with various assignments relating to that knowledge. Purchase of a lab manual is required.

LF 1107 Intermediate Aerobics (1)

This course incorporates all of the aspects of the beginner course. In addition, it teaches complex dance/exercise routines to music and provides a vigorous and complete workout for the more advanced student. Purchase of a lab manual is required.

LF 1109 Aqua Fitness (1)

This course provides an enjoyable alternative to exercising on land. A water exercise class is an extremely efficient means of achieving fitness (particularly muscle tone) while using the natural resistance of water to exercise your body to the music.

LF 1110 Aerobic Walking (1)

This course is designed to provide students with a fitness foundation through the means of walking. Students will be given a fitness assessment profile, develop an exercise program, and participate in a series of small group and individual walks of varying lengths conducted over various terrains. Walking techniques and fitness strategies will be stressed. Conditioning emphasis will be placed on stamina, strength, flexibility, body composition, and muscle endurance. Student's progress of fitness and walking skills will be monitored and assessed regularly to assure completion of their goals and objectives.

LF 1111 Aerobic Running (1)

Students must be capable of running a mile without stopping at the beginning of the course. This class provides runners the opportunity to train and increase aerobic running capacity. Workouts are designed to meet individual fitness levels and goals. Health-related fitness components, safety, injury prevention, and training programs will be taught. Students develop an ability to maintain a high degree of aerobic fitness through long-distance running.

LF 1112 Backpacking and Camping (1)

A course designed to teach the values of wilderness experiences and the knowledge and skill necessary for enjoyable and safe basic wilderness living. Topics receiving emphasis include: safety, fitness, ecology, clothing, equipment, food preparation, emergency care, navigation and survival.

LF 1113 Advanced Wilderness Pursuits (1)

Application of baseline knowledge of land based activities to more specialized/advanced pursuits like thru-hiking, winter and/or glacier travel, canyoneering, or long expedition-style backpacking experiences. Development of physical fitness and specialized skills, techniques, concepts, and terminology requisite in adventure pursuits. A multi-day wilderness experience is required.

LF 1114 Beginning Badminton (1)

A course designed to teach the fundamental skills in badminton including appropriate stroke mechanics, serving, strategy, game variations, equipment selection, and rules and regulations.

LF 1115 Intermediate Badminton (1)

This course allows students to refine the skills previously developed, to participate at a higher level of competition, including refereed games, to increase their knowledge of court strategy, and to improve physical conditioning through increased performance.

LF 1117 Beginning Ballet (1)

This is an introductory course to ballet. The course provides training in technique, body placement, movement theory and terminology. Progressive classical ballet barre center work and floor combinations enable students to train their bodies in the proper classical technique of basic ballet.

LF 1118 Intermediate Ballet (1)

This course reviews the material present in basic ballet. More advanced ballet moves are used in an effort to progress to more difficult ballet routines.

LF 1119 Advanced Ballet (1)

Pre-requisite(s): Departmental consent required

This course is designed for the student who has had advanced level experiences in school or private ballet academy or has successfully completed the intermediate ballet class. Skills include refining basic moves and extensive work on dance routines.

LF 1121 Beginning Bicycling (1)

An introductory course covering bicycling knowledge, skills, and safety. Class rides will be from eight to ten miles. Required equipment: bicycle (safe, dependable, functioning, ten or more speeds), approved helmet, and means of repairing flat tire (frame pump, tire tools, patch kit, and wrench to get hub nut off, if needed).

LF 1122 Intermediate Bicycling (1)

An advanced-level course covering bicycling knowledge, skills, and safety. Class rides will be ten to fourteen miles. Although LF 1121, Beginning Bicycling, is not a prerequisite, students are expected to have mastered basic bicycling skills before enrolling in this course. Required equipment: safe, dependable, efficient bicycle with ten or more speeds; approved helmet; tire pump (frame type); and basic tool kit.

LF 1123 Beginning Mountain Biking (1)

This course is designed to prepare students with the basic skills needed for a lifetime of enjoyable mountain bike riding. Students are provided with an overall view of mountain biking, rules of the trail and road, safety, riding technique, clothing, equipment, and basic bike maintenance. Emphasis will be placed on the development of skills necessary to safely climb, descend, and maneuver a mountain bike through technical areas on various terrains.

LF 1124 Beginning Bowling (1)

The instructional format for this course includes skill development in grip, stance, approach, and ball delivery. Ball selection, scoring, rules and regulations, and practice will also be important ingredients of this class.

LF 1125 Intermediate Bowling (1)

This course incorporates the concepts learned in the beginner class with increased analysis and corrective feedback of present bowling techniques. Additional performance time allows students to enhance their skills.

LF 1128 Varsity Sports Conditioning I (1)

Pre-requisite(s): Departmental consent required

This course is designated as an entry level course for varsity athletes participating in intercollegiate sports.

LF 1129 Varsity Sports Conditioning II (1)

Pre-requisite(s): Departmental approval required

This course is a continuation of Varsity Conditioning I and allows athletes the opportunity to demonstrate the skills and knowledge acquired in Varsity Conditioning I.

LF 1130 Social Dance (1)

Introduction to social dance for the purpose of developing a lifetime recreational activity, often linked to social and professional situations. Various styles of social dance, such as fox trot, waltz, swing, rock and roll, country western, cha-cha, and tango, will be covered.

LF 1131 Contemporary Dance (1)

An introduction of movement principals as the body relates to space, time, energy, and relationships. Students will explore how the body moves through patterns, phrase work, improvisation, and choreography.

LF 1134 Fitness Theory and Practice (1)

A comprehensive course designed for the student desiring an in-depth understanding of the concepts of physical fitness including strength development, muscular endurance, cardiovascular endurance, body composition, stress, mood modifiers, and nutrition. A variety of energetic, practical experiences are incorporated to enhance the lectures.

LF 1138 Beginning Golf (1)

This course offers the students the opportunity to develop skills appropriate to the enjoyment of this healthy, lifetime sport. Students learn the proper stance, grip, and swing techniques for all clubs, as well as rules, terminology, and equipment selection.

LF 1139 Intermediate Golf (1)

Pre-requisite(s): LF 1138 or departmental consent required

A course designed for students who already possess the basic skills and knowledge necessary to play golf. Topics at the intermediate level include rules, productive practice, mental aspects, course management, ball flight laws, and continued in-depth look at the short game and full swing. Video analysis is utilized to enhance student learning.

LF 1140 Advanced Golf (1)

Pre-requisite(s): Departmental consent required

This course is for those students who own a set of clubs and have a handicap of less than twenty.

LF 1147 Beginning Jazz Dance (1)

A dramatic, disciplined, and versatile style of theatrical dance. Students will gain a broader base for creative development, expression, and movement than ballet. The major concepts of jazz dance include principles of proper body alignment, strength, and flexibility development, and knowledge of movement theory.

LF 1148 Intermediate Jazz Dance (1)

The intermediate-level jazz class greatly strengthens and builds upon a student's dance technique, increases knowledge and application of body alignment, flexibility and muscle control. Intermediate level includes more complex progressions, dance combinations, choreography, dance routines, and teaching skills.

LF 1151 Beginning Martial Arts (1)

This is a course designed to improve beginning self-defense techniques. Skills include kicking, punching, blocking, and offensive and defensive maneuvers. Martial Arts improve strength flexibility, body control, and self-confidence.

LF 1152 Intermediate Martial Arts (1)

Pre-requisite(s): LF 1151 or departmental consent required

This course reviews material covered at the beginning level of Martial Arts. The practice of fluid movements, sweeps, throws, falling and rolling, joint-locks and beginning self-defense maneuvers are introduced. This course also develops kata applications and introduces free sparring.

LF 1153 Advanced Martial Arts (4)

Pre-requisite(s): LF 1152 or departmental consent required
Students must have successfully completed Intermediate Martial Arts or have special permission of the instructor to enter advanced class. The advanced class will focus on applying the techniques of self-defense, as well as introducing the strategy and tactics used in free sparring. New martial arts techniques appropriate for each skill level will also be taught.

LF 1156 Beginning Racquetball (1)

Equipment selection, safety procedures, serves, strokes, volley, court strategy, rules, and actual play are combined to give the basics needed for enjoyable and knowledgeable participation.

LF 1157 Intermediate Racquetball (1)

This course refines the basics and offers the more advanced student the opportunity for increased participation and analysis and corrective feedback. Advanced shots such as overhead, backwall, Z, and drills strategy.

LF 1158 Paddle Sports (1)

This course is designed to provide the student with the knowledge and skills needed to participate in and enjoy kayaking, canoeing and stand up paddle boarding (SUP) as lifetime fitness and recreational activities. Special emphasis will be given to the development of sound fundamental knowledge and skills such as paddling and steering techniques; rolling; fitting, care and use of equipment; personal safety and fitness skills; and reading moving water.

LF 1159 Sailing and Canoeing (1)

A highly enjoyable recreational activity that provides the basic skills of seamanship necessary to canoe or sail safely and efficiently. The course content includes nautical terminology, types of sailing vessels, proper sailing mechanics, weather conditions, and emergency first aid care. American Red Cross certification is available upon completion of the course.

LF 1160 Beginning Rock Climbing (1)

This course is intended to provide students with the fundamentals of rock climbing for lifelong leisure involvement. Course content will address personal fitness, knowledge of sport, equipment, climbing safety, and technique. The majority of this course will take place within the indoor rock wall environment but skills taught will be transferable to a top rope, outdoor environment.

LF 1161 Intermediate Rock Climbing (1)

Pre-requisite(s): LF 1160 or departmental consent required
This course is intended to provide students with intermediate rock climbing skills and practices including multi-pitch belaying and rappelling, anchor systems, partner and self-rescue, route finding, minimal impact climbing, climbing hazards, and safety, as well as an introduction to sport lead climbing (indoor lead climbing). The majority of this course will take place within the indoor rock wall environment. A class weekend field trip is required.

LF 1162 Outdoor Adventure Sports (1)

Introduction to a variety of outdoor adventure sports, e.g., mountain biking, cycling, canoeing, kayaking, caving, rock climbing, bouldering, hiking, ice climbing, snow-shoeing, and geocaching. Focus will be on two to four activities to develop the entry level skills and fundamental techniques necessary for lifelong engagement in those pursuits. The course may include an overnight culminating experience.

LF 1163 Beginning Self Defense (1)

Practical self-defense for people with no previous training in martial arts. The course will emphasize risk avoidance, risk recognition, and escape. The tactics and strategy of physical confrontation will be introduced - falling, throws, punching, blocking, and kicking.

LF 1168 Soccer (1)

A comprehensive course in the fundamentals of soccer including dribbling, passing, kicking, and tackling skills, offensive and defensive strategies, rules and regulations, and conditioning.

LF 1169 Intermediate Self Defense (1)

Pre-requisite(s): A minimum grade of C in LF 1151 or 1163
Intermediate self-defense strategy and tactics for students who have already been introduced to the basic techniques of karate and/or self-defense training.

LF 1170 Advanced Self Defense (1)

Pre-requisite(s): A minimum grade of C in LF 1152 or 1169
Advanced self-defense strategy and tactics for students who already have an intermediate level of skill in karate and/or self-defense training with an emphasis on self-defense in a professional setting (teacher, therapist, counselor, etc.).

LF 1171 Softball (1)

This course stresses the fundamentals of throwing, catching, fielding, batting, rules and regulations, equipment selection, drills, and actual play.

LF 1175 Beginning Swimming (1)

This course in basic water safety is designed to make adults reasonably safe while in or near the water. Topics include: physical and mental adjustment to water, breathing and breath holding, kick on front and back, buoyancy and body positioning, propulsion and coordinated stroking, entries to water, and personal safety.

LF 1176 Intermediate Swimming (1)

A course that develops correct stroke technique, introduction to breast stroke, side stroke, butterfly, turns, diving, basic and emergency water safety, and daily conditioning through lap swimming.

LF 1177 Advanced Swimming (1)

This course is designed for the swimmer possessing sufficient skills in aquatics to allow for an understanding of the hydrodynamic principles associated with six strokes. This course will enable the individual to increase physical conditioning by designing individualized programs incorporating distance and interval training techniques into daily swim routines. Emergency water safety is stressed.

LF 1178 Lifeguard Training (1)

Pre-requisite(s): Departmental consent required
An advanced aquatic course that prepares the individual to deal with life-threatening situations in various aquatic environments. Advanced swimming skills are required. Skill areas include assists, carries, defenses, releases, equipment rescues, facility safety, and many others. National Red Cross Lifeguarding certification is offered upon successful completion.

LF 1179 Beginning Tai Chi (1)

Beginning Tai Chi focuses on slow body movements used to improve balance, coordination, concentration, awareness and timing. Instruction follows a practical scientific approach yielding illustrations of applications for each of the movements in daily life. The classical Tai Chi form will be used as a model to facilitate the known benefits of exercise and stress reduction. Cardiovascular training, strength and flexibility training, balance and coordination are interval parts of Tai Chi training, as well as the meditative/stress management techniques that are a part of the form.

LF 1181 Beginning Tennis (1)

This course teaches the basics for tennis. Included are tennis terminology, rules and regulations, etiquette, equipment selection, serve, volley, ball control, forehand and backhand strokes. In-class practice of drills and individual play is provided.

LF 1182 Intermediate Tennis (1)

This class refines previously learned skills of ball control, serve, forehand and backhand strokes. Included in intermediate tennis is doubles play and class games and tournaments.

LF 1183 Advanced Tennis (1)

The advanced tennis player must possess a detailed knowledge and understanding of stroke mechanics and corrective drills, rules, equipment, and terminology. The advanced tennis class provides an opportunity for play with others of the same proficiency in the game. Refining strokes and physical conditioning are stressed.

LF 1187 Racquet Sports (1)

Introduction to a variety of racquet sports for the purpose of developing the basic skills and knowledge necessary for lifelong activity. Various racquet sports include tennis, pickleball, badminton, table tennis, etc.

LF 1189 Volleyball (1)

This exciting team sport incorporates knowledge of the rules and court strategy with skills such as setting, bumping, serving, and conditioning to make a well-rounded player.

LF 1190 Multi-terrain Volleyball (1)

Pre-requisite(s): LF 1189 or formal competitive play
For the student who has experience in volleyball through competitive play, Multi-terrain Volleyball offers analysis and development of techniques and game strategy for Wallyball, played in racquetball courts; Outdoor Volleyball, played on sand courts; and Indoor Volleyball. Emphasis is on refinement of skills of the game, conditioning, safety, court strategy, rules, and actual play for enjoyable and knowledgeable lifelong participation.

LF 1192 Weight Control (1)

A course designed to teach weight control through a combination of proper diet, nutritional advice, and exercise. Toning and conditioning your body is accomplished through weight training, circuit training and exercise routines performed to music.

LF 1194 Beginning Weight Training (1)

This course incorporates basic anatomic and physiological principles to specific lifts, exercises, muscles, and training techniques pertinent to the development of an individualized weight training program.

LF 1195 Intermediate Weight Training (1)

This course is designed for the advanced students and will review basic concepts covered in the beginning course. In addition, more advanced techniques and training principles will be incorporated into each student's individual exercise routine.

LF 1197 Beginning Relaxation/Fitness (1)

The beginning level provides a basic set of exercises which form the foundation of a regular daily routine. Relaxation techniques provide an effective approach to stress reduction. Emphasis is on improving postural alignment increasing strength, flexibility, endurance, improving concentration, and reducing stress.

LF 1198 Intermediate Relaxation/Fitness (1)

Pre-requisite(s): LF 1197 or departmental consent required
The intermediate level provides a comprehensive series of exercises designed to maintain the proper curvature of the spine, and to keep all systems of the body healthy. A wide range of intermediate exercises are presented for students to incorporate into their basic exercise routine. Therapeutic exercises are introduced for specific disabilities.

LF 1199 Advanced Relaxation/Fitness (1)

Pre-requisite(s): LF 1198 or departmental consent required
The advanced level is structured for the student who has developed strength, stamina and flexibility. Advanced exercises are introduced to maximize the potential for good health and vitality. Students learn to adapt the exercises to suit the various life cycles. Concentration on postural refinement is emphasized.

Recreation & Leisure Services (RLS)

RLS 1202 First Aid (2)

Cross-listed as HP 1202, RED 1202
See HP 1202 for course information.

RLS 1234 Canoeing Instructor Certification (2)

This course is designed to qualify a student as an American Red Cross Canoeing Instructor. Upon completion of the course the student will be able to organize, teach, and issue certification for Red Cross basic canoeing courses.

RLS 1235 Sailing & Canoeing Instructor (2)

Pre-requisite(s): LF 1159
Qualifies a student as an American Red Cross Instructor for sailing and canoeing. Upon completion of the course the student will be able to organize, teach, and issue certification for Red Cross basic sailing and canoeing courses.

RLS 1396 Introduction to Leisure Services (3)

Introduction to the concepts of leisure and recreation, the components of leisure service systems and the role of recreation in human experience and society. A survey of the historical development of recreation and leisure and its corresponding philosophical and theoretical thought.

RLS 2201 Adventure Recreation Leadership and Challenge Course Facilitation (2)

This course is designed to provide students with the knowledge, skills, and practical experience necessary to lead adventure recreation experiences: group initiatives, low challenge courses, and high challenge courses. The course will consist of classroom and laboratory experiences in the Rec Lab and at the Challenge Course at Eastland Lakes.

RLS 2202 Climbing Wall Instructor Certification Course (2)

Pre-requisite(s): Must have a Baylor University belay certification prior to the first day of class or have belaying experience
At least one year documented personal climbing experience (a minimum of occasions climbing indoors and/or outdoors.) Prior teaching experience or have observed at least two belay classes at the Baylor Rock Wall are highly recommended. Approval by course instructor required.
Climbing ability for AMGA certification: 5.9 top rope and 5.8 for lead certification on artificial structures. This course is designed for climbers interested in becoming climbing wall instructors. This class will focus on how to teach climbing skills, develop lessons, manage risk, and perform rescues. The focus areas are specific to the AMGA Climbing Wall Instructor Course but are similar skill sets required for outdoor leaders in many settings. The course will emphasize educational theories, lesson plan development, and giving/receiving feedback.

RLS 2301 Camp Counseling and Administration (3)

This course will deal with the administration and organization of resident and day camps. It will also cover the responsibilities of the different camp leadership (counselor, nurse, cook, etc.).

RLS 2388 Leisure and Lifestyle Well-Being (3)

Develop the knowledge and skill to develop programs and services to educate the public for leisure and to improve student's personal health through lifestyle decision-making. To understand the role of leisure in the American lifestyle and to assist the American public to develop a more enjoyable life (experience quality of life) through leisure education, skills, leadership strategies and resources. Lab experience required.

RLS 2389 Leadership and Facilitation in Leisure Services (3)

Facilitate development of leisure lifestyle and use of leisure resources, and the ability to use leadership techniques to organize and conduct leisure programs and services. Acquire a knowledge of the role and content of leisure programs and services. This is accomplished through such as indoor/outdoor games, mixers, table games, skits/stunts, songs, stories, hobbies/crafts, and planning socials/picnics/retreats.

RLS 2395 Foundations of Therapeutic Recreation (3)

Psychological, sociological, physiological, historical significance of therapeutic recreation, philosophy, theories, practices of health and human service professionals, and functioning needs and implications of therapeutic recreation with persons with disabilities with experiential opportunity.

RLS 3301 Theory & Practice of Outdoor Adventure Programs (3)

Pre-requisite(s): RLS major or upper-level standing
Outdoor Adventure experiences are a desired programming element offered in comprehensive leisure service agencies and may also be the primary or sole focus of an agency. This course is designed to introduce students to the philosophical and theoretical foundations of outdoor adventure programming. The course will also explore the many core competency areas required of outdoor adventure administrators that occur in the field, managerial, educational and leadership realms. Through classroom and field experiences, students will be able to increase knowledge related to the career path for the professional, implications/benefits for the participant and programming considerations of outdoor adventure experiences. Weather and schedule permitting, the course will expose students to a variety of institutional, front country type outdoor adventure experiences including caving, biking, rock climbing, backpacking, camping and rappelling. All equipment furnished except bicycle. Two week-end trips, one Saturday, and three evenings required.

RLS 3302 Program Planning in Leisure Services (3)

Pre-requisite(s): RLS major or upper-level standing
Students will become aware of programming content and process including assessment, planning, implementation and evaluation of services. Students will develop an awareness of professional practices/principles, resources, promotion and marketing, and computer applications.

RLS 3303 Outdoor Adventure Certifications (3)

Designed to help students acquire foundational knowledge of outdoor leadership and receive certifications in three areas covering Wilderness Medicine, Leave No Trace: Outdoor Ethics, and Wilderness Education Associates: National Standard Protocol. All equipment furnished. One weekend trip required.

RLS 3382 Risk Management in HHPR (3)

Cross-listed as HP 3382, RED 3382
See HP 3382 for course information.

RLS 3396 Field Laboratory in Leisure Services (3)

Pre-requisite(s): A minimum grade of C in RLS 1396, 2388, 2389, and 3302
Field experience in selected leisure service delivery settings with supervision by qualified professional. Documentation of 200 clock hours during semester. (Graded)

RLS 4301 Outdoor Education (3)

Pre-requisite(s): RLS major or upper-level standing
This course will deal with ways to use the outdoors to facilitate and enrich learning related to the school curriculum. It will also deal with ways to enjoy and protect our natural environment. Some of the skills involved are the use of nature games, compass and map games, conservation projects, natural crafts, field investigations, trail building, and teaching various classroom subjects in an outdoor setting.

RLS 4331 Meanings, Culture, and Philosophy of American Landscapes (3)

A critical approach to understanding the meanings, culture, and philosophies Americans ascribe to natural landscapes. Traditional perspectives including colonial American, romantic, and science-based conservation are characterized, as well as revisionist themes aligned with gender, cultural pluralism, and societal meanings of natural resource based protected areas.

RLS 4390 Independent Study in Recreation (3)

Pre-requisite(s): For majors only
Additional in-depth study in a particular area under the supervision of a faculty member.

RLS 4391 Leisure Service Management (3)

Develop understanding of management as applied to leisure systems. Content includes organizational theories/behavior, personnel and fiscal management, legal and legislative concepts, and computer use in the management functions.

RLS 4392 Professional Issues and Practices in Leisure Services (3)

Pre-requisite(s): A minimum grade of C in RLS 1396, 2388, 2389, 3302, and 3396
Examination and application of research and evaluation models and methodologies to planning and delivering programs. Computer applications with statistical analysis of data to evaluate actual programs. Students study current professional issues, trends, organizations, and professionalism. Students prepare for internship, develop professional resources, and practice articulating professional philosophies.

RLS 4393 Facilities and Equipment in HHPR (3)

Cross-listed as HP 4393, RED 4393
See HP 4393 for course information.

RLS 4395 Principles of Church Recreation (3)

History, philosophy, objectives, and administration of recreation in the church and how it relates to the total ministry of the church. It will include an overview of various areas of church recreation and an investigation of leisure and its value in a church setting.

RLS 4396 Considerations for Diverse Populations in Leisure Programming (3)

Pre-requisite(s): RLS major or upper-level standing
In-depth investigation into the nature and implications of social class, ethnicity and race, gender, age, illness and disability upon individuals and their leisure/recreation patterns and leisure service delivery, with consideration of societal attitudes, role of leisure professionals, relevant legislation, programming opportunities, and resources for service delivery. Field experience required.

RLS 4V13 Recreation & Leisure Services Field School (3-9)

Short-term educational travel to a selected area(s) to observe and analyze social, economic, and environmental systems relative to natural resource management and outdoor recreation environments and to develop leadership and technical skills necessary to manage both environments and people associated with recreation programming. Methodologies may include ethnography, service and/or experiential learning, and application of the scientific method.

RLS 4V94 Internship in Leisure Services (3-9)

Pre-requisite(s): 2.25 overall GPA and 2.5 GPA in major and completed all major courses in RLS

Full-time work placement internship with a leisure service agency involving application of major courses in day-to-day operations and a project mutually agreed upon by the instructor and agency. (Graded)