

# Early Childhood/Elementary Education

## Major

	MAJOR
Hours Required in Education:	72
Hours Required in Other Departments:	60
<b>Total Hours Required:</b>	<b>132</b>

### Professors:

Azzi, Cushall, Dow, Golden, Ornstein, T. Palardy, Simmons, Wakefield (Chair), Wheaton

### Associate Professors:

Childs, Diehl, Holmes, S. Pack, Rotruck, Stephenson, Welsch

### Assistant Professors:

Boayue, Ladores, Milleson, Nichols, Scarloss, Stoothoff, Tobery-Nystrom

- The requirements in numbers 1-4 list specific hours required in other departments. These requirements include but go beyond the University GEP.
- You must complete the 24 hour early childhood specialization.
- You must complete application for each phase of the program.
- The requirements for entry into phases are listed in the Educational Professions section of this catalog.
- Consider a double major in Liberal Studies (see the major description in this catalog).
- The Early Childhood/Elementary Education major (early childhood specialization) can be completed on the Frostburg campus and, in cooperation with area community colleges, at the University System of Maryland at Hagerstown.

## Summary of Requirements for Major in Early Childhood/Elementary Education

Directed academic course requirements within and beyond the University GEP

### Major

#### 1. Completion of Core Skills: (9 hours)

#### 2. Specific Hours for Early Childhood/Elementary Education Majors: (27 hours)

##### Fine Arts Component (3 hours; satisfies GEP Group A)

ART 110 Visual Imagery

##### English (Literature) (3 hours; GEP Group B)

ENGL 150/250 Intro. to Literature

##### History (3 hours; GEP Group B)

HIST 100/111 The Contemporary World in Historical Perspective

##### Mathematics (9 hours; 3 hours satisfy Core Skill 3)

MATH 206 Problem Solving for Elementary Teachers I

MATH 207 Problem Solving for Elementary Teachers II

MATH 209 Elements of Applied Probability and Statistics (Core Skill 3)  
or MATH 102 College Algebra (Core Skill 3)

##### Natural Science (12 hours; at least 8 satisfy GEP Group C)

a. BIOL 109 Human Biology and the Environment or BIOL 149 General Biology I

b. PHYS 203 Physical Science

c. 4 hour lab science elective - GEP recommended

##### Social Science (3 hours; GEP Group D)

GEOG 104 Human Geography

#### 3. Additional GEP Requirements: (12 hours)

a. Social Science (3 hours minimum – GEP Group D) (Check specialization for GEP possibilities).

b. IDIS 150/151 First-Year FSU Colloquium (required) and IDIS 350/351 Advanced FSU Colloquium or select one additional Modes of Inquiry course from Groups A-D. You may select a GEP 4- credit science course for the third science course required for Early Childhood/Elementary majors or check specialization for GEP possibilities.

c. Identity and Difference (3 hours; GEP Group F) (Check specialization for GEP possibilities).

#### 4. Professional Education Courses Required Prior to Entrance to Phase III: (6 hours)

MUSC 350 Music and Creative Interaction for the Elementary Classroom (3)

PHEC 309 Health and Physical Education for the Elementary Classroom (3)

#### 5. Specialization (24 hours; 2 courses satisfy GEP)

a. ART 110 Visual Imagery (3 hours satisfy GEP Group A)

b. PSYC 150/151 General Psychology (3 hours satisfy GEP Group D)

c. PSYC 210 Child Development

d. EDUC 390 Field Experience in Early Childhood Education (3 hours required during Phase I. Proposal written during ECED 293.)

e. All of the following (12 hours)

ECED 150 Early Childhood Foundations (taken Pre-Phase I)

ECED 293 Early Childhood Learning Environment, Materials and Methods (taken Pre-Phase I after ECED 150)

ECED 431 Early Childhood Education Curriculum Development, Implementation and Assessment (taken during Block II)

ECED 443 Adults in the Child's World (taken during Block I)

## EARLY CHILDHOOD/ELEMENTARY EDUCATION

**6. Professional Education Courses Required Prior to or Concurrent with Phase I: (4 hours)**

- EDUC 100 Career Analysis in Education (1)  
 EDUC 201 Students, Teachers, and Learning Environments (3)

**7. Professional Education Sequence: (53 hours)****PHASE I (11 hours)**

- EDUC 200 Phase I Teaching and Professional Assessment Laboratory (1)  
 EDUC 202 Foundations of Learning and Instruction (3)  
 EDUC 346 Educational Technology Laboratory I (1)  
 EDUC 376 Special and Multicultural Education (3)  
 REED 323 Process and Acquisition of Reading (3)

**PHASE II, Block 1 (14 hours)**

- EDUC 447 Educational Technology Laboratory II (1)  
 ELED 307 Block 1 Clinical and Professional Assessment Component (1)  
 ELED 471 Mathematics Curriculum, Methods and Assessment (3)  
 ELED 474 Science Curriculum, Methods and Assessment (3)  
 ELED 475 Social Studies Curriculum, Methods and Assessment (3)  
 REED 473 Reading Instruction (3)

**PHASE II, Block 2 (13 hours)**

- EDUC 448 Educational Technology Laboratory III (1)  
 REED 420 Assessment for Reading Instruction (3)  
 REED 425 Materials and Motivations for Reading (3)  
 ELED 494 Teaching Internship I: N-8 (6)

**PHASE III (15 hours)**

- EDUC 422 Leadership Seminar N-8\*(3) (*Capstone*)  
 ELED 495 Teaching Internship II: N-8 (12) (*Capstone*)

**8. Other Graduation/Program Exit Requirements**

- a. Successful presentation of a portfolio that meets institutional, Maryland state, and national standards.
- b. Verification of taking PRAXIS II content knowledge and pedagogy tests required by the Maryland State Department of Education (before Phase III).

# Elementary Education

## Major

	MAJOR
Hours Required in Education:	57
Hours Required in Other Departments:	75
<b>Total Hours Required:</b>	<b>132</b>

### Professors:

Azzi, Cushall, Dow, Golden,  
Ornstein, T. Palardy, Simmons,  
Wakefield (Chair), Wheaton

### Associate Professors:

Childs, Diehl, Holmes, S. Pack,  
Rotruck, Stephenson, Welsch

### Assistant Professors:

Boayue, Ladores, Milleson,  
Nichols, Santamaria-Makang,  
Scarloss, Stoothoff,  
Tobery-Nystrom

- The requirements in numbers 1-3 at right list specific hours required in other departments. These requirements include but go beyond the University GEP.
- You must complete an approved 24 hour specialization.
- You must complete application for each phase of the program.
- The requirements for entry into phases are described in the Educational Professions section of this catalog.
- Consider a double major in Liberal Studies (see the major description in this catalog).

## Summary of Requirements for Major in Elementary Education

Directed academic course requirements within and beyond the University GEP

### Major

#### 1. Completion of Core Skills: (9 hours)

#### 2. Specific Hours for Elementary Education Majors: (27 hours)

##### Fine Arts Component (3 hours; satisfies GEP Group A)

ART 110 Visual Imagery

##### English (Literature) (3 hours; GEP Group B)

ENGL 150/250 Intro. to Literature

##### History (3 hours; GEP Group B)

HIST 100/111 The Contemporary World in Historical Perspective

##### Mathematics (9 hours; 3 satisfy Core Skill 3)

MATH 206 Problem Solving for Elementary Teachers I

MATH 207 Problem Solving for Elementary Teachers II

MATH 209 Elements of Applied Probability and Statistics (Core Skill 3)  
or MATH 102 College Algebra (Core Skill 3)

##### Natural Science (12 hours; at least 8 satisfy GEP Group C)

a. BIOL 109 Human Biology and the Environment or BIOL 149 General Biology I

b. PHYS 203 Physical Science

c. 4 hour lab science elective - GEP recommended

##### Social Science (3 hours; GEP Group D)

GEOG 104 Human Geography

#### 3. Additional GEP Requirements: (12 hours)

a. Social Science (3 hours minimum — see GEP Group D)

b. IDIS 150/151 First-Year FSU Colloquium (required) and IDIS 350/351 Advanced FSU Colloquium or select one additional Modes of Inquiry course from Groups A-D. You may select a 4-credit GEP science course for the third science course required for Elementary majors or check specialization for GEP possibilities.

c. Identity and Difference, GEP Group F (3 hours). Check specialization for GEP possibilities.

#### 4. Professional Education Courses Required Prior to Entrance to Phase III: (6 hours)

MUSC 350 Music and Creative Interaction for the Elementary Classroom (3)

PHEC 309 Health and Physical Education for the Elementary Classroom (3)

#### 5. Specializations (24 hours, 2 courses count for GEP)

A 24 hour specialization must be completed in one of the following areas: Mathematics, General Science, Social Studies, Language Arts or an Approved Individualized Specialization. Requirements for each specialization are available in the Department of Educational Professions.

#### 6. Professional Education Courses Required Prior to or Concurrent with Phase I: (4 hours)

EDUC 100 Career Analysis in Education (1)

EDUC 201 Students, Teachers, and Learning Environments (3)

#### 7. Professional Education Sequence (53 hours)

##### PHASE I (11 hours)

EDUC 200 Phase I Teaching and Professional Assessment Laboratory (1)

EDUC 202 Foundations of Learning and Instruction (3)

EDUC 346 Educational Technology Laboratory I (1)

## ELEMENTARY EDUCATION

EDUC 376 Special and Multicultural Education (3)  
 REED 323 Process and Acquisition of Reading (3)

**PHASE II, Block 1 (14 hours)**

EDUC 447 Educational Technology Laboratory II (1)  
 ELED 307 Block 1 Clinical and Professional Assessment Component (1)  
 ELED 471 Mathematics Curriculum, Methods and Assessment (3)  
 ELED 474 Science Curriculum, Methods and Assessment (3)  
 ELED 475 Social Studies Curriculum, Methods and Assessment (3)  
 REED 473 Reading Instruction (3)

**PHASE II, Block 2 (13 hours)**

EDUC 448 Educational Technology Laboratory III (1)  
 ELED 494 Teaching Internship I: N-8 (6)  
 REED 420 Assessment for Reading Instruction (3)  
 REED 425 Materials and Motivations for Reading (3)

**PHASE III (15 hours)**

EDUC 422 Leadership Seminar N-8 (3) (*Capstone*)  
 ELED 495 Teaching Internship II: N-8 (12) (*Capstone*)

**8. Other Internship Requirements**

Students wishing to have an internship placement in a middle school must take EDUC 445 Middle School Curriculum Methods (3 hours) during the semester in which they are enrolled in Phase II Block I.

**9. Other Graduation/Program Exit Requirements**

- a. Successful presentation of a portfolio that meets institutional, Maryland state, and national standards.
- b. Verification of taking Praxis II content knowledge and pedagogy tests required by the Maryland State Department of Education (before Phase III).

# P-12 Programs

## Teaching Certification

### Contact:

Todd Rosa, Assistant  
Professor, Department of  
Educational Professions

### Professor:

Soderberg-Sarnaker

### Associate Professor:

Welsch

### Assistant Professors:

Milleson, Nichols, Scarloss

### Instructors:

R. Gallagher, P. Klickman,  
L. Simpson

### Lecturer:

Bosley

- You must complete an application for each phase of the program.
- The requirements for entry into phases are listed in the Educational Professions section of this catalog.
- The courses of study to be followed in academic content areas are established by the individual departments (art, health and physical education, music).
- You cannot major or minor in P-12 education.

## Professional Education Sequence for P-12 Programs

### ART

**Pre-Phase I** EDUC 201 Students, Teachers, and Learning Environments

(3 hours)

**Phase I** EDUC 200 Phase I Teaching and Professional Assessment Laboratory

(7 hours)

EDUC 202 Foundations of Learning & Instruction

REED 317 Content Area Reading

**Phase II** EDUC 300 Phase II Teaching and Professional Assessment Laboratory

(14.5 hours)

EDUC 392 K-12 Field Experience

EDUC 450 Art Education Methods for the Secondary Teacher

EDUC 451 Art Education Methods for the Elementary Teacher

REED 418 Reading and Writing Connections

SPED 451 Adapting Instruction in Diverse Classrooms

**Phase III** EDUC 406 Leadership Seminar

(14 hours)

EDUC 497 Teaching Internship, K-12 Program

### Other Graduation/Program Exit Requirements

- Successful presentation of a portfolio that meets institutional, Maryland state, and national standards.
- Verification of taking PRAXIS II content knowledge and pedagogy tests required by the Maryland State Department of Education (before Phase III).

### MUSIC

**Pre-Phase I** EDUC 201 Students, Teachers, and Learning Environments

(3 hours)

**Phase I** EDUC 200 Phase I Teaching and Professional Assessment Laboratory

(7 hours)

EDUC 202 Foundations of Learning & Instruction

REED 317 Content Area Reading

**Phase II** EDUC 300 Phase II Teaching and Professional Assessment Laboratory

(16.5 hours)

EDUC 354 General Music Methods in Elementary School

EDUC 355 General Music Methods in Secondary School

EDUC 392 K-12 Field Experience

MUSC 352 Choral Music Methods

or MUSC 353 Instrumental Music Methods

REED 418 Reading and Writing Connections

SPED 451 Adapting Instruction in Diverse Classrooms

**Phase III** EDUC 406 Leadership Seminar

(14 hours)

EDUC 497 Teaching Internship, K-12 Program

### Other Graduation/Program Exit Requirements

- Successful presentation of a portfolio that meets institutional, Maryland state, and national standards.
- Verification of taking PRAXIS II content knowledge and pedagogy tests required by the Maryland State Department of Education (before Phase III).

## HEALTH & PHYSICAL EDUCATION

**Pre-Phase I** EDUC 100 Career Analysis in Education

(4 hours)

EDUC 201 Students, Teachers, and Learning Environments

**Phase I**

(7 hours)

EDUC 202 Foundations of Learning & Instruction

EDUC 346 Educational Technology Lab I

REED 317 Content Area Reading

**Phase II**

(11 hours)

EDUC 392 K-12 Field Experience

EDUC 447 Educational Technology Lab II

HEED 404 Health Instruction

PHEC 418 Physical Education in the Secondary School

REED 418 Reading and Writing Connection

## SECONDARY PROGRAMS

**Phase III**  
(15 hours) EDUC 406 Leadership Seminar  
EDUC 448 Educational Technology Lab III  
PHEC 497 Teaching Internship, K-12 Program (*Capstone*)

**Other Graduation/Program Exit Requirements**

- Successful presentation of a portfolio that meets institutional, Maryland state, and national standards.
- Verification of taking PRAXIS II content knowledge and pedagogy tests required by the Maryland State Department of Education (before Phase III).

# Secondary Programs

## Teaching Certification

**Contact:**

Todd Rosa, Assistant  
Professor, Department of  
Educational Professions

**Professors:**

Azzi, Cushall, Simmons

**Associate Professor:**

R. Brewer

**Assistant Professor:**

Milleson, Nichols, Scarloss

- You must complete an application for each phase of the program.
- The requirements for entry into phases are listed in the Educational Professions section of this catalog.
- You cannot major or minor in Education: Secondary Programs

The courses of study to be followed in academic content areas are established by individual departments. You may select the secondary school teaching certification option in addition to completing the major in the following fields:

- biology
- chemistry
- foreign languages & literature (certification in concentration, French or Spanish)
- earth science
- mathematics
- physics
- social science

If you are majoring in economics, geography, history, political science, social science, or sociology, you are strongly advised to meet Maryland State certification requirements in social studies or have a second major in which you can be assigned for student teaching.

## Professional Education Sequence for Secondary Programs

**Pre-Phase I** (4 hours) EDUC 100 Career Analysis in Education  
EDUC 201 Students, Teachers, and Learning Environments

**Phase I** (8 hours) EDUC 200 Phase I Teaching and Professional Assessment Laboratory  
EDUC 202 Foundations of Learning & Instruction  
EDUC 346 Educational Technology Lab I  
REED 317 Content Area Reading

**Phase II** (15.5 hours) EDUC 300 Phase II Teaching and Professional Assessment Laboratory  
EDUC 391 Teaching Internship I: Secondary Education  
REED 418 Reading and Writing Connections  
SCED 410 Secondary Methods and Curriculum  
EDUC 447 Educational Technology Lab II  
SPED 451 Adapting Instruction in Diverse Classrooms

*One course from among the following:*

SCED 411, 414, 415, 419, or 420 (*content-specific methods courses*).

**Phase III** (15 hours) EDUC 406 Leadership Seminar  
EDUC 448 Educational Technology Lab III  
SCED 496 Teaching Internship II: Secondary Education (*Capstone*)

**Other Graduation/Program Exit Requirements**

- Successful presentation of a portfolio that meets institutional, Maryland state, and national standards.
- Verification of taking PRAXIS II content knowledge and pedagogy tests required by the Maryland State Department of Education (before Phase III).

# Secondary/Adult Generic Special Education

## Teaching Certification

### Certificate

Hours Required in Education:	30
Hours Required in Other Departments:	3
<b>Total Hours Required:</b>	<b>33</b>

#### Coordinator:

Oma Gail Simmons, Professor,  
Department of Educational  
Professions

- You must meet all phase admission requirements as listed in the Educational Professions section of this catalog.
- If you have officially declared your intent to complete this certificate, you may count the nine graduate credits required towards your undergraduate degree.
- If you have dual certification in a content area and in special education, you will be sought after as a master teacher.
- If you already have a bachelor's degree and hold secondary or P-12 certification, you may attain dual certification through the M.Ed. in Special Education (see the FSU Graduate Catalog).

You are eligible to complete the upper-division certificate in Secondary/Adult Generic Special Education if you are a currently enrolled undergraduate student earning secondary or P-12 teaching certification along with a major in your content discipline.

## Summary of Requirements for Certificate in Secondary/Adult Generic Special Education

(33 hours)

EDUC 202	Foundations of Learning and Instruction*
PSYC 210	Child Development or PSYC 212 Adolescence and Adulthood
REED 317	Content Area Reading*
REED 418	Reading and Writing Connections*
SPED 451	Adapting Instruction in Diverse Classrooms*
SPED 462	Introduction to the Education of Exceptional Children
SPED 601	Assessment, Diagnosis, and Evaluation of Exceptional Children
SPED 602	Instructional Content and Practices for Exceptional Children
SPED 605	Communication and Collaborative Partnerships in Special Education Programs
SCED 496	Teaching Internship II: Secondary Education or EDUC 497/PHEC 497 Teaching Internship: K-12 Programs**

\* Also required for secondary and some P-12 teaching certification programs.

\*\*Six of the 12 credits required for secondary P-12 teaching certification must involve working with students with special needs.

#### PRAXIS II Requirements:

Candidates need to take the PRAXIS II: Special Education tests required in Maryland for certification. Passing scores are required by the Maryland State Department of Education for endorsement.

## ATHLETIC TRAINING

# Athletic Training

## Major

	MAJOR
Hours Required in HPE:	70
Hours Required in Other Departments:	18
<b>Total Hours Required:</b>	<b>88</b>

### Director:

Tony Zaloga, Director of Athletic Training Education Program and Head Athletic Trainer

### Clinical Coordinators:

Schoenly, Tonsing

### Approved Clinical Instructors:

Schoenly, Sweitzer, Tonsing, Wright, Zaloga

- The Athletic Training Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).
- Special entrance requirements are designed to insure that students are capable of completing the rigorous curriculum and will have the ability to pass the Board of Certification (BOC) exam for athletic training.
- You must pass the BOC exam to become a Certified Athletic Trainer.

## Admission Requirements

To be considered for full admission into the Athletic Training Education Program (ATEP), the student must meet each of the following criteria:

1. Completion of a minimum of 28 semester hours. Transfer students are required to have prerequisite course work approved by the Program Director.
2. A minimum 2.5 overall GPA.
3. A minimum of a "C" grade in each of the following courses:
  - a. BIOL 149 General Biology
  - b. HEED 103 Foundations of Exercise & Sport Science
  - c. HEED 206 Introduction to Athletic Training
4. Satisfactory completion of 50 observational hours in the FSU athletic training room. The student must make arrangements with the Program Director prior to starting observation.
5. A completed formal application for admission into the ATEP including an essay.
6. Two completed recommendation forms from non-Athletic Training faculty members.
7. Completion of a formal interview with the ATEP selection committee.
8. Signed copy of the Technical Standards for admission into the Athletic Training Program.

The total number of students that can be accepted into the program is dependent on the availability of clinical placements. Meeting the criteria listed in the section on the Application Review Process does not guarantee acceptance into the Athletic Training Program.

In addition to the previous criteria, the student must complete a physical examination that includes each of the following:

- Clearance on TB testing
- Meningococcal vaccination
- Hepatitis B vaccination

## Application Review Process

1. Students who have met the above minimum requirements will be evaluated on the following scale:

Overall GPA	25 points possible
Prerequisite GPA	25 points possible
Faculty Recommendations	20 points possible
Interview	15 points possible
Application/Essay	15 points possible
	100 points possible

2. The following scale will be used to evaluate the quality of the applicant.

<b>100 – 75 points</b>	Student recommended for full admission
<b>74 - 70 points</b>	Student <i>provisionally admitted</i> for one academic year (if clinical placements available)
<b>Below 70 points</b>	Student rejected for admission/may reapply next academic year
<b>Provisional Admission</b>	Student is admitted into program with the stipulation that he/she must rectify deficiencies identified by the ATEP admission committee by the end of the next academic year

## Maintaining Advanced Good Standing in Athletic Training Education Program

Once admitted, the Athletic Training student must maintain the following to remain fully admitted:

1. A minimum overall GPA of 2.5
2. A minimum grade of "C" in each of the required courses in the major
3. Current certifications in First Aid and CPR
4. Attendance at the annual OSHA bloodborne pathogens presentation

Students who fail to meet 1 and/or 2 have one academic year to correct the deficiency before being dismissed from the ATEP. Violations of 3 and/or 4 will result in an immediate suspension of clinical experiences until the student is in compliance.

## Summary of Requirements for Major in Athletic Training

### Major

#### 1. HPE Courses: (70 hours)

HEED 103	Foundations of Exercise & Sport Science
HEED 200	Nutrition
HEED 206	Introduction to Athletic Training
HEED 210	Athletic Taping and Bracing Techniques
HEED 222	Emergency Medical Techniques in Athletic Training
HEED 223	Clinical Experiences in Athletic Training I
HEED 318	Orthopedic Assessment I Upper Extremity
HEED 319	Orthopedic Assessment II Lower Extremity
HEED 320	Pharmacology and General Medical Conditions
HEED 322	Clinical Experiences in Athletic Training II
HEED 323	Clinical Experiences in Athletic Training III
HEED 340	Organization and Administration of Athletic Training
HEED 408	Therapeutic Modalities in Sports Medicine
HEED 413	Rehabilitation Techniques in Sports Medicine
HEED 422	Clinical Experiences in Athletic Training IV ( <i>Capstone</i> )
HEED 423	Clinical Experiences in Athletic Training V ( <i>Capstone</i> )
HEED 450	Evidence-Based Practice in Athletic Training
HEED 480	Capstone I in Athletic Training
HEED 485	Capstone II in Athletic Training
PHEC 175	Foundations of Resistance Training
PHEC 303	Biomechanics for Exercise and Sport Science
PHEC 341	Psychology of Physical Activity
PHEC 401	Physiology of Exercise
PHEC 410	Advanced Strength Training
PHEC 411	Evaluation and Prescription in Fitness
PHEC 435	Lifespan Health and Fitness

#### 2. Courses in Other Departments: (18 hours)

BIOL 149	General Biology ( <i>GEP Group C</i> )
BIOL 321	Anatomy & Physiology I
BIOL 322	Anatomy & Physiology II
MATH 209	Elements of Applied Probability and Statistics ( <i>Core Skill 3</i> )
PSYC 150	General Psychology ( <i>GEP Group D</i> )

# Coaching

## Minor

MINOR	
Hours Required in HPE:	22
Hours Required in Other Departments:	0
<b>Total Hours Required:</b>	<b>22</b>

### Coordinator:

Troy Strieby, Assistant Professor,  
Department of Health and Physical  
Education

### Professor:

R. Lewis

### Assistant Professors:

Strieby, Wright

- Field experience required in school program. Recommended during senior year.
- You cannot major in coaching.

## Summary of Requirements for Minor in Coaching

### Minor

#### All of the following: (16 hours)

HEED 305	Care and Prevention of Athletic Injuries
PHEC 175	Foundations of Resistance Training
PHEC 405	Psycho-Social Foundations of Sport
PHEC 412	Principles of Coaching
PHEC 420	Sports Law and Ethics
PHEC 481	Field Experience in Coaching

#### Two from among: (6 hours)

PHEC 360	Theory of Track & Field
PHEC 361	Theory of Football
PHEC 362	Theory of Baseball
PHEC 364	Theory of Basketball
PHEC 365	Theory of Volleyball
PHEC 366	Theory of Soccer
PHEC 369	Theory of Softball

## EXERCISE &amp; SPORT SCIENCE AND HEALTH &amp; PHYSICAL EDUCATION

# Exercise & Sport Science

## Major

**Professor:**

Surgent

**Associate Professor:**

A. Siemann

**Assistant Professor:**

Wright

**Lecturer:**

Brakeall, M. Siemann

**Head Athletic Trainer:**

Zaloga

- You must complete a 9-credit internship during your senior year.
- Upon completion of degree requirements you will be eligible to take the National Strength and Conditioning Association (NSCA) certification exam for Personal Trainer and/or Certified Strength and Conditioning Specialist.

	MAJOR
Hours Required in HPE:	49
Hours Required in Other Departments:	27
<b>Total Hours Required:</b>	<b>76</b>

## Summary of Requirements for Major in Exercise and Sport Science

### Major

#### 1. Discipline Core Courses:

*(40 hours)*

HEED 103	Foundations of Exercise and Sport Science
HEED 200	Nutrition
HEED 305	Care and Prevention of Athletic Injuries
HEED 306	Organization & Admin. of Exercise & Sport Science
PHEC 115	Methods of Group Exercise Instruction
PHEC 175	Foundations of Resistance Training
PHEC 303	Biomechanics for Exercise and Sport Science
PHEC 341	Psychology of Physical Activity
PHEC 401	Physiology of Exercise
PHEC 410	Advanced Strength Training
PHEC 411	Evaluation and Prescription in Fitness
PHEC 435	Lifespan Health and Fitness
PHEC 482	Field Experience in Health Fitness <i>(3 hours)</i>
PHEC 492	Seminar in Health Fitness
PHEC 495	Internship in Health Fitness <i>(Capstone - 9 hours)</i>

#### 2. Courses Required in Other Departments:

*(27 hours)*

ACCT 211	Financial Accounting
BIOL 149	General Biology I <i>(GEP Group C)</i>
BIOL 321	Anatomy and Physiology I
BIOL 322	Anatomy and Physiology II
BUAD 100	Introduction to Business
MATH 209	Elements of Applied Probability and Statistics <i>(Core Skill 3)</i>
MGMT 315	New Business Ventures
PSYC 150	General Psychology <i>(GEP Group D)</i>

# Health & Physical Education

## Major with Teaching Certification

### MAJOR AND TEACHING CERTIFICATION

Hours Required in HPE:	75
Hours Required in Other Departments:	30
<b>Total Hours Required:</b>	<b>105</b>

**Professors:**

R. Lewis, Surgent

**Associate Professor:**

A. Siemann (Chair)

**Assistant Professor:**

Strieby

**Instructors:**

R. Gallagher, L. Simpson

**Lecturers:**

Bosley, M. Siemann

- Upon successful completion of the program, you will be eligible to apply for 7-12 health certification and K-12 physical education certification.
- The Department of HPE also offers majors in athletic training and exercise and sport science.
- A minor is offered in coaching (see separate section of this catalog). You cannot minor in Health and Physical Education.

## Summary of Requirements for Major in Health & Physical Education

### Major

#### 1. Discipline Core: *(57 hours)*

##### Health Education *(26 hours)*

HEED 100	Personal Wellness
HEED 104	Foundations of Health Education
HEED 208	Health Education for Special Populations
HEED 230	Assessment Design in Health & PE
HEED 232	School Health 1: ATOD and Safety Education
HEED 233	School Health 2: Human Sexuality & Nutrition Education
HEED 234	School Health 3: Disease Prevention
HEED 311	Assessment & Evaluation Methodology
HEED 416	Curriculum Design in Health Education
HEED 418	Current Issues in Health

##### Physical Education *(31 hours)*

PHEC 103	Foundations of Physical Education
PHEC 164	Teaching of Physical Education Through Outdoor Adventure Education
PHEC 165	Teaching of Physical Education Through Cooperative Team Challenges
PHEC 166	Teaching of Physical Education Through Game and Activity Skills

PHEC 167	Teaching of Physical Education Through Educational Gymnastics
PHEC 168	Teaching of Physical Education Through Dance Forms
PHEC 169	Teaching of Physical Education Through Health Fitness
PHEC 301	Applied Biomechanics
PHEC 310	Organization & Administration of Health and Physical Education
PHEC 402	Adapted Physical Activities
PHEC 406	Applied Physiology
PHEC 407	Motor Learning and Performance
PHEC 408	Movement Experiences for Children
PHEC 416	Curriculum Design in Physical Education

**Transfer Students (1 hour)**

PHEC 170	Physical Education Teaching Lab
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**2. Required Courses in Other Departments: (11 hours)**

BIOL 149	General Biology I (GEP Group C)
BIOL 211	Essentials of Anatomy and Physiology
GEOG 104	Human Geography (GEP Group D or F)

**3. Education Courses (37 hours)**

<b>Pre-Phase</b>	EDUC 100	Career Analysis in Education
(4 hours)	EDUC 201	Students, Teachers, and Learning Environments

<b>Phase I</b>	EDUC 202	Foundations of Learning & Instruction
(7 hours)	EDUC 346	Educational Technology Lab I
	REED 317	Content Area Reading

<b>Phase II</b>	EDUC 392	K-12 Field Experience
(11 hours)	EDUC 447	Educational Technology Lab II
	HEED 404	Health Instruction
	PHEC 418	Physical Education in the Secondary School
	REED 418	Reading and Writing Connections

<b>Phase III</b>	EDUC 406	Leadership Seminar
(15 hours)	EDUC 448	Educational Technology Lab III
	PHEC 497	Teaching Internship, K-12 Program (Capstone)

**4. Other graduation/program exit requirements**

- Successful presentation of a developmental portfolio according to department format.
- Verification of taking Praxis II content knowledge and pedagogy tests required by the Maryland State Department of Education before Phase III.

# Health Promotion

**Minor**

MINOR

Total Hours Required:

21

**Coordinator:**

Susan Gray, Associate Professor,  
Department of Recreation and  
Parks Management

- The curriculum is based on the professional responsibilities and competencies for health education and health promotion specialists developed by the American Association of Health Education.
- If you have a GPA of 2.75 or higher, you may be accepted into the master's degree program in Community Health Promotion at West Virginia University.
- You cannot major in health promotion.

**Summary of Requirements for Minor in Health Promotion****Minor**

(21 hours)

HLTH 101	Community Health Promotion
HLTH 125	Health and Culture (GEP Group F)
HLTH 330	Epidemiology of Health
HLTH 405	Sexuality
HLTH 430	Methods and Materials for Health Promotion
HLTH 435	Health Promotion Programming or RECR 382 Program Planning
HLTH 483	Field Experience in Health Promotion (3 cr.)

## RECREATION AND PARKS MANAGEMENT

# Recreation and Parks Management

## Major

## Minor

### Concentrations in

- ADVENTURE SPORTS
- COMMUNITY PROGRAM DELIVERY
- HOSPITALITY MANAGEMENT & TOURISM
- THERAPEUTIC RECREATION

#### Professor:

Kauffman

#### Associate Professors:

Blankenship, Gray

#### Assistant Professor:

Dougherty

#### Affiliated Faculty:

Debra Frank, Allegany College of Maryland; Wilma Brooks, The Community College of Baltimore County, Catonsville Campus; Mike Logsdon, Garrett College

- Program accredited by NRPA/AAPAR (American Association for Physical Activity and Recreation).
- You are required to complete RECR 497, which includes attendance at one state, regional or national conference during your junior or senior year, current certification in CPR and first aid and completion of a professional portfolio and review of the portfolio.
- Current certification in CPR and first aid is required.
- This program may also be completed at the Community College of Baltimore County - Catonsville. Interested students may contact Maureen Dougherty, coordinator of the FSU Recreation and Parks program at CCBC, 443.840.4603.
- Legal residents of Delaware may complete a recreation and parks management degree at Maryland resident tuition rates through the SREB Academic Common Market (ACM). You may retain your eligibility ONLY if you select the additional requirement options of a minor, an associate degree or a concentration. If you already have a bachelor's degree from another institution or pursue a second major at FSU, you are not eligible to participate in ACM.

	No Concentration	Comm. Prg. Delivery	Adventure Sports	Hospitality & Tourism	Thera. Recr.	MINOR
Concentrations:						
Hours Required in Department:	39	48	42	42	48	21
Hours Required in Other Departments:	3-variable	21	12-13	9	29	0
Additional Hours Required:	0	0	15	19	0	0
<b>Total Hours Required:</b>	<b>42-variable</b>	<b>69</b>	<b>69-70</b>	<b>70</b>	<b>77</b>	<b>21</b>

## Summary of Requirements for Major/Minor in Recreation and Parks Management

### Major

#### 1. Discipline Core: (39 hours)

RECR 201	Introduction to Recreation and Parks
RECR 221	Introduction to Therapeutic Recreation
RECR 342	Park and Facility Design
RECR 380	Recreation Leadership
RECR 382	Program Planning
RECR 388	Research Methods in Recreation and Parks
RECR 440	Organization and Administration of Recreation and Parks
RECR 443	Issues and Legal Liability in Recreation & Parks
RECR 491	Practicum and Professional Seminar
RECR 492	Internship Project ( <i>Capstone</i> )
RECR 495	Internship in Recreation
RECR 497	Out-of-class Requirements ( <i>see bullets at left</i> )

#### 2. Courses Outside Department: (3 hours)

COSC 100/110	Intro. to Computer Science ( <i>Tech. Fluency</i> ) or COSC 220 Introduction to Software Applications or EDUC 454 Microcomputer Application in Education or approved computer application course
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#### 3. Complete one of the following:

- a second major
- a minor
- an associate's degree
- a bachelor's degree from another institution
- a concentration within the major as follows:

### I. Community Program Delivery Concentration (27 hours)

#### A. Recreation (9 hours)

Select three of the following:

RECR 100	Leisure and the Diverse American Culture ( <i>GEP Group F</i> )
RECR 381	Facilitation Skills and Techniques in Recreation and Parks
RECR 384	Special Event Management
RECR 393	History and Philosophy of Outdoor Recreation
RECR 480	Field Experience (3 credits)
HLTH 101	Community Health Promotion
HLTH 125	Health and Culture ( <i>GEP Group F</i> )
HLTH 330	Epidemiology of Health
ASI 110	Backcountry and Outdoor Living Skills*

#### B. Psychology (6 hours)

PSYC 150	General Psychology ( <i>GEP Group D</i> )
PSYC 210	Child Development or PSYC 212 Adolescence and Adulthood

### Minor

#### 1. Required Courses (6 hours)

RECR 380	Recreation Leadership
RECR 382	Recreation Programming

#### 2. Electives (15 hours)

Select five additional RECR courses, at least four of which must be at the 300- or 400- level, excluding field experiences and internships (RECR 480, RECR 491, RECR 492 and RECR 495).

#### C. Sociology (6 hours)

SOCI 100	Intro. to Sociology ( <i>GEP Group D</i> )
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And one of the following:

SOCI 200	Social Problems
SOCI 203	Sociology of Deviant Behavior
SOCI 322	Social Demography
SOCI 325	Community Analysis
SOCI 326	Sociology of Rural Life
SOCI 328	Sociology of Urban Life
SOCI 366	Social Inequality

#### D. Communications Studies (6 hours)

Select one of the following:

CMST 102/112	Introduction to Human Communications
CMST 122	Introduction to Public Speaking
CMST 132	Intro. to Interpersonal and Small Group Communication

Select one of the following:

- CMST 215 Small Group Communication  
 CMST 300 Interpersonal Communication  
 CMST 322 Presentational Communication

- The adventure sports concentration is a collaborative program between Garrett College and Frostburg State University.
- You may enroll in this program at Frostburg State University and take adventure sports courses at Garrett College, or you may complete your first two years at Garrett College and then transfer to FSU.
- If you complete the Adventure Sports concentration, you will be eligible to receive an AAS in adventure sports at Garrett College.
- Legal residents of South Carolina, Virginia and West Virginia may complete a recreation and parks management degree (adventure sports concentration only) at Maryland resident tuition rates through the SREB Academic Common Market (see Admissions section of the catalog).

## II. Adventure Sports Concentration (27-28 hours)

### A. Two ASI skills courses (2 hours)\*

Any two courses from Section B, C, D or E

### B. Two Introductory Level Courses (2 hours)\*

Examples include but are not limited to:

- ASI 111 Beginning Orienteering  
 ASI 115 Wilderness Survival Skills  
 ASI 120 Introduction to Traditional Rock Climbing  
 ASI 121 Rock Craft 1  
 ASI 130 Introduction to Whitewater Kayaking  
 ASI 131 Introduction to Paddlesports  
 ASI 133 Introduction to Whitewater Canoeing  
 ASI 136 Introduction to Rafting and River Guiding  
 ASI 138 Introduction to Sea Kayaking  
 ASI 140 Introduction to Cross Country Mountain Biking  
 ASI 145 Mountain Bike Mechanics I  
 ASI 150 Beginning Alpine Skiing  
 ASI 154 Beginning Snowboarding  
 ASI 158 Cross Country Skiing  
 ASI 159 Introduction to Telemark Skiing  
 ASI 180 Introduction to New Games-Initiatives/Low Ropes Challenge Course  
 ASI 190 Beginning Open Water SCUBA  
 ASI 192 Basic Sailing

### C. Three Intermediate Level Courses (3 hours)\*

Examples include but are not limited to:

- ASI 117 Cold Weather Outdoor Living Skills  
 ASI 210 Winter Adventure Skill  
 ASI 212 Eastern Mountaineering  
 ASI 220 Rock Craft 2  
 ASI 221 Rock Craft 4  
 ASI 222 Rock Craft 5  
 ASI 226 Ice Climbing  
 ASI 230 Whitewater Kayaking Techniques I  
 ASI 231 Whitewater Kayaking Techniques II  
 ASI 232 Whitewater Freestyle Kayaking  
 ASI 233 Whitewater Canoeing Techniques I  
 ASI 236 Whitewater Rafting Technique Development  
 ASI 238 Sea Kayaking Techniques I  
 ASI 240 Intermediate Cross Country Mountain Biking  
 ASI 244 Downhill and Dual-Slalom  
 ASI 247 Mountain Bike Mechanics Certification  
 ASI 258 Cross Country Skiing Techniques I  
 ASI 280 Intermediate Ropes Course

### D. One Instructor/Guide Level Course (1 hour)\*

Examples include but are not limited to:

- ASI 270 Rock Craft 6: Rock Climbing Instructor Development  
 ASI 271 Wilderness Guide Instructor Training (LNT Master Educator)  
 ASI 273 Mountain Bike Guide Development and Certification  
 ASI 274 Ski School Instructor Training  
 ASI 276 Whitewater Kayak Instructor Training  
 ASI 277 Whitewater Rafting Instructor Training  
 ASI 279 Challenge Course Facilitation

### E. One Rescue Level Course (1 hour)\*

Examples include but are not limited to:

- ASI 160 Swift Water Rescue  
 ASI 162 Fundamentals of Search and Rescue  
 ASI 260 Rock Craft 3: Vertical Rock Rescue

### F. Take all of the following: (9 hours)

- ASI 110 Backcountry Living Skills\*  
 ASI 164 Wilderness First Responder\*  
 RECR 393 History and Philosophy of Outdoor Recreation  
 or HUM 210 Society & the Environment\*

### G. Communications Studies (3 hours)

Select one of the following:

- CMST 102/112 Intro to Human Communications  
 CMST 122 Introduction to Public Speaking  
 CMST 132 Introduction to Interpersonal and Small Group Communication  
 CMST 215 Small Group Communication

### H. Select two of the following: (6-7 hours)

- ACCT 211 Financial Accounting  
 BIO 110 Natural History (4 credit hours)\*  
 FINA 303 Principles of Finance  
 MGMT 351 Management of Organizations  
 PSYC 150 General Psychology (GEP Group D)  
 PSYC 210 Child Psychology  
 PSYC 212 Adolescence and Adulthood  
 PSYC 317 Abnormal Psychology  
 PSYC 385 Group Processes  
 PSYC 386 Drugs and Human Behavior  
 PSYC 410 Introduction to Counseling  
 RECR 421 Program Design and Evaluation in Therapeutic Recreation

\*Garrett College courses

## RECREATION AND PARKS MANAGEMENT

- The hospitality & tourism concentration is a collaborative program with Allegany College of Maryland (ACM).
- You may enroll in this program at Frostburg State University and take the hospitality courses at ACM, or you may complete your first two years at ACM and then transfer to FSU.

\*Garrett College courses

\*\*Allegany College of Maryland courses

- The therapeutic recreation concentration prepares you to sit for the National Council for Therapeutic Recreation Certification Exam.
- You may complete the B.S. in Recreation and Parks Management with a therapeutic recreation concentration at the main campus or at the CCBC Catonsville campus.
- You may complete a minor in either Psychology or Sociology by taking several additional courses.

\*\*Allegany College of Maryland courses

\*\*\* CCBC, Catonsville courses

### III. Hospitality Management & Tourism Concentration (27 hours)

#### A. Recreation course: (3 hours)

RECR 384 Special Events Management

#### B. Tourism courses: (3 hours)

GEOG 454 Geography of Tourism

or GEOG 455 Tourism Planning

or \*\*30-120 Principles of Travel/Tourism

#### C. Hotel and Resort courses: (19 hours)

\*\*30-110 Food Service Sanitation

\*\*30-160 Quantity Food Production

\*\*30-203 Food Purchasing, Inventory and Cost Control

\*\*30-204 Menu Planning and Food Merchandising

\*\*30-205 Food and Beverage Cost Control

\*\*30-209 Hotel/Motel Front Office Management

\*\*30-215 Hotel/Motel Property Management

#### D. Business courses: (3 hours)

ACCT 211 Financial Accounting

or \*\*61-109 Practical Accounting/Bookkeeping

### IV. Therapeutic Recreation Concentration (35 credits)

#### A. Complete a 480 hour consecutive internship

under an NCTRC certified supervisor.

#### B. Recreation Courses: (9 hours)

RECR 321 Theories and Concepts of Therapeutic Recreation

RECR 421 Program Design and Evaluation in Therapeutic Recreation

RECR 422 Principles and Practices in Therapeutic Recreation

#### C. Anatomy and Physiology: (4 hours)

BIOL 211 Essentials of Anatomy and Physiology

or BIOL 321 Anatomy and Physiology I

or BIOL 201 Human Anatomy and Physiology I\*\*\*

#### D. Abnormal Psychology: (3 hours)

PSYC 317 Abnormal Psychology

or PSYC 201 Abnormal Psychology\*\*\*

#### E. Human Growth and Development through the Life Span: (3-6 hours)

PSYC 210 Child Psychology

and PSYC 212 Adolescence and Adulthood

or PSYC 103 Principles of Human Growth/Development\*\*\*

#### F. Human Services and Related Biological and Physical Sciences:

(Frostburg: 13 hours. CCBC: 16 hours)

Required for students on Frostburg campus:

BIOL 149 General Biology I (GEP Group C)

PSYC 150/151 General Psychology (GEP Group D)

Frostburg campus students select two of the following:

BIOL 322 Anatomy and Physiology II

PHEC 303 Biomechanics for Exercise and Sport Science

PSYC 213 Psychology of Adjustment

PSYC 250 Death and Dying

PSYC 318 Social Psychology

PSYC 404 Psychology of the Exceptional Child

PSYC 409 Human Learning and Cognition

PSYC 410 Introduction to Counseling

PSYC 489 Abnormal Child Psychology

SOCI 100 Introduction to Sociology (GEP Group D)

SOCI 200 Social Problems

SOCI 203 Sociology of Deviant Behavior

SOCI 340 Criminology

SOCI 442 Juvenile Delinquency

SOCI 468 Sociology of Later Life

CCBC campus students select at least 16 hours (five courses) from:

BIOL 101 General Biology\*\*\*

BIOL 202 Human Anatomy & Physiology II\*\*\*

PSYC 101 Introduction to Psychology\*\*\*

SOCI 101 Introduction to Sociology\*\*\*

or other equivalents of the courses listed above