



COLLEGE OF PHYSICAL EDUCATION, ATHLETICS AND RECREATION

- Lifetime Activities Program
- Intramural Sports
- Intercollegiate Athletics Program
- Dean's Scholar Program
- Bachelor of Science in Physical Education and Health Education
- Bachelor of Science in Physical Education Studies
- Bachelor of Science in Recreation and Park Administration
- Athletic Training Education Program

The activities of the college include elective lifetime sports courses, intramural sports, intercollegiate athletics, and three degree programs.

LIFETIME ACTIVITIES PROGRAM

A varied activity program featuring more than twenty different offerings each semester is available to all students on a credit basis. Courses are provided for all levels of ability and interests including beginners, intermediate, and advanced.

The objectives of the lifetime activities program are: (1) to provide students with knowledge and skills essential for leisure-time enjoyment, (2) to develop healthy exercise habits in students as well as a sound knowledge base in the scientific principles of physical activity, and (3) to provide an enjoyable atmosphere for learning skills that encourage lifetime participation.

INTRAMURAL SPORTS

The University provides an extensive intramural athletic program for men and women as an alternative to intercollegiate competition. The Intramural Council, made

up of representatives from campus organizations participating in the program and the Associate or Assistant Director, meet once a week to organize schedules and set up ground rules for the various sports. Usually, more than half the students compete in some phase of the intramural program. There are leagues, tournaments, and contests established for the men's, women's, and coed divisions in the following sports: badminton, basketball, billiards, field hockey, golf, indoor soccer, innertube water polo, lacrosse, racquetball, soccer, softball, street hockey, table tennis, 10K run, tennis, flag football, ultimate frisbee, volleyball and walleyball.

INTERCOLLEGIATE ATHLETICS PROGRAM

There are 22 intercollegiate varsity sports, 11 for men and 11 for women. All programs, except football and women's lacrosse, compete for overall athletic excellence within the North Atlantic Conference each year. Delaware competes for athletic championships in NCAA Division I except for the football program which competes in Division I-AA through the Yankee Conference and women's lacrosse which is a Division I independent. Among Delaware's varsity sports are nationally-recog-

nized programs in football, baseball, men's and women's basketball, men's and women's lacrosse, women's field hockey, and volleyball. In recent years, 26 University athletes have been named CoSIDA Academic All-Americans and six have been awarded the prestigious NCAA Post-Graduate Scholarship. Delaware also competes for championships as a member of the ECAC and IC4A.

DEAN'S SCHOLAR PROGRAM

Each year the College of Physical Education, Athletics and Recreation selects a number of highly motivated students who have clear educational goals and the ability to achieve those goals and appoints them as Dean's Scholars. These students are freed of all college requirements so that they can build their entire program with faculty advisers. They are generally selected after they have finished their freshman year. Additional information is available from the Physical Education Advisement Office upon request.

DEGREE PROGRAMS

The college features a physical education program with three Bachelor of Science degree options: physical education and health education, physical education studies, and recreation and park administration. Each curriculum features a liberal arts base and opportunities for in-depth study in a specialty field. Internships or clinical experiences are available in each degree option.

BACHELOR OF SCIENCE IN PHYSICAL EDUCATION AND HEALTH EDUCATION

Students interested in teacher preparation should review curriculum guidelines for this program. It provides K-12 certification in both physical education and health.

BACHELOR OF SCIENCE IN PHYSICAL EDUCATION STUDIES

Students interested in graduate study, exercise physiology, biomechanics, athletic training, fitness management or figure skating science enroll in this program.

BACHELOR OF SCIENCE IN RECREATION AND PARK ADMINISTRATION

This program is designed to accommodate students interested in preparing for careers in the leisure service industry.

DEGREE: BACHELOR OF SCIENCE IN PHYSICAL EDUCATION AND HEALTH EDUCATION MAJOR: PHYSICAL EDUCATION AND HEALTH EDUCATION

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing	3 ¹
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content.#	3 ^{1,4}

COLLEGE REQUIREMENTS**

<i>Writing Course</i>	3 ^{3,4}
A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content. Appropriate writing courses are normally designated in the semester's Registration Booklet at "Satisfies Arts and Science second writing course."	
<i>Area A—Communication Skills</i>	6 ^{1,3}
Six credits from at least two of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures.	
<i>Area B—Humanities and Fine Arts</i>	6-12 ^{2,4}
Six to twelve credits from at least two of the following departments: Art, Art History, English (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics).	
<i>Area C—Biological Sciences</i>	6 ¹
Six credits taken in the Department of Biological Sciences	
<i>Area D—History and Social Science</i>	
PSYC 201 General Psychology	3 ¹
PSYC 317 Sexual Behavior and Motive	3 ⁴
or	
IFST 401 Foundations of Human Sexuality	3
Up to six credits from one of the following departments: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, Geography (except physical and meteorology), History, Political Science and International Relations, Psychology and Sociology. Specific courses from the College of Human Resources (Department of Individual and Family Studies).	0-6 ¹
<i>Area E—Natural Science and Mathematics</i>	
NTDT 200 Nutrition Concepts	3 ²
Mathematics course	3 ¹
Up to six additional credits may be taken from the following departments: Anthropology (physical), Chemistry, Engineering, Entomology, Geography, (physical and meteorology), Geology, Health Sciences (natural science area), Mathematics, Physics (including Astronomy), Physical Science, Plant and Soil Sciences, Psychology (physiological), Statistics and Computer Science. Specific courses from the	0-6 ^{1,3}

*Superior figures indicate year or years in which the course is normally taken, i.e., ¹freshman year, ²sophomore year, etc.

#This requirement may be fulfilled through a course taken to complete major, group, breadth, or elective requirements. See page 26

**Minimum number of credit hours required. An additional 12 credit hours is to be selected so that work completed in college requirements (Areas A, B, C, D, and E) will total 45 credit hours. The areas of Humanities and Fine Arts, History and Social Science, and Natural Science and Mathematics combine for a total of 27 credits—no less than six credits nor more than 12 credits in any one year.

Department of Food Science, the College of Human Resources (Department of Nutrition and Dietetics) and the College of Marine Studies.

MAJOR REQUIREMENTS

External to the College

EDST 201	Education and Society	3 ¹
EDST 304	Educational Psychology – Social Aspects	3
EDST 305	Educational Psychology – Cognitive Aspects	3 ⁴
EDDV 400	Student Teaching	9 ⁴

Within the College††

PHED 150	Movement Education for Children	3 ¹
PHED 214	Wellness: A Way of Life	3 ¹
PHED 220	Anatomy and Physiology	3 ²
PHED 250	Motor Development	3 ²
PHED 276	Personal Computers in Health, Physical Education and Recreation	3 ²
PHED 300	Issues in Physical Activity Studies and Sports	3 ³
PHED 305	Fundamentals of Athletic Training	3 ³
PHED 314	Methods and Materials in Health Education	3 ³
PHED 315	Methods and Materials in Drug Education	3 ²
PHED 324	Measurement and Evaluation	3 ³
PHED 342	Survey in Adaptive Physical Education/Recreation	3 ³
PHED 360	Psychology and Techniques of Coaching	1 ³
Coaching Technique courses		2 ³
PHED 426	Biomechanics	4 ⁴
PHED 430	Physiology of Activity	3 ⁴
PHED 431	Physiology of Activity Lab	1 ⁴
Skill courses		12 ^{1,3}
PHED 370†	Practicum in Methods of Elementary Physical Education	3 ³
PHED 380†	Practicum in Methods of Secondary Physical Education	3 ³
PHED 468	Teaching Seminar in Health/Physical Education	3 ⁴

ELECTIVES

Electives	6
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CREDITS TO TOTAL A MINIMUM OF 134

**DEGREE: BACHELOR OF SCIENCE
IN PHYSICAL EDUCATION STUDIES
MAJOR: PHYSICAL EDUCATION STUDIES**

NOTE: Students in this program must declare a Minor or a concentration consisting of a minimum of 15 credits.

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110	Critical Reading and Writing	3 ¹
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content #		3 ¹⁻⁴

COLLEGE REQUIREMENTS§

Writing Course 3^{3,4}

A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content. Appropriate writing courses are normally designated in the semester's Registration Booklet at "Satisfies Arts and Science second writing course."

Area A—Communication Skills 6¹⁻³

Six credits from at least two of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures.

Area B—Humanities and Fine Arts 6²⁻⁴

A minimum of six credits from at least two of the following departments: Art, Art History, English (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser.

Area C—Biological Sciences 6¹⁻⁴

Biology courses

Area D—History and Social Science 9^{2,4}

A minimum of nine credits from at least two of the following departments: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, Geography (except physical and meteorology), History, Political Science and International Relations, Psychology and Sociology. Specific courses from the College of Human Resources (Department of Individual and Family Studies).

Area E—Natural Science and Mathematics

Mathematics course 3¹

A minimum of six credits from at least two departments 6²⁻⁴

Includes courses in Anthropology (physical), Chemistry, Engineering, Entomology, Geography, (physical and meteorology), Geology, Health Sciences (natural science area), Mathematics (except MATH 251, 252), Physics (including Astronomy), Physical Science, Plant Science, Psychology (physiological), Statistics and Computer Science. Specific courses from the Department of Food Science, the College of Human Resources (Department of Nutrition and Dietetics) and the College of Marine Studies.

MAJOR REQUIREMENTS

Within the College††

PHED 150	Movement Education for Children	3 ¹
PHED 214	Wellness: A Way of Life	3 ²
PHED 220	Anatomy and Physiology	3 ²
PHED 276	Personal Computers in Health, Physical Education and Recreation	3 ¹
PHED 300	Issues in Physical Activity Studies and Sports	3 ³
PHED 305	Fundamentals of Athletic Training	3 ³
PHED 324	Measurement and Evaluation	3 ³
PHED 342	Survey in Adaptive Physical Education/Recreation	3 ³
PHED 360	Psychology and Techniques of Coaching	1 ³

*Superior figures indicate year or years in which the course is normally taken, i.e., ¹freshman year, ²sophomore year, etc.

#This requirement may be fulfilled through a course taken to complete major, group, breadth, or elective requirements See page 26.

†Students must have a minimum g.p.a. of 2.0, a major g.p.a. of at least 2.75, and have completed all skills courses prior to enrolling in the methods courses.

††Students may take a maximum of two beginning-level PHED 120 activity courses prior to enrolling in a similar activity within the major skill blocks; e.g., if the student feels a weakness in tennis, that person might wish to do a PHED 120 Tennis I course before enrolling in the major block tennis activity. After having completed a particular skill in the major program, students must register for the advanced-level course if desiring to do the same skill in the nonmajors (PHED 120) curriculum; e.g., Tennis II, Self Defense II, etc. Major students are permitted four credits of PE 120 work under the above guidelines that may be counted toward graduation credit.

§Minimum number of credit hours required. An additional 12 credit hours is to be selected so that work completed in college requirements (Areas A, B, C, D, and E) will total 54 credit hours.

Coaching Technique courses	2 ³
PHED 426 Biomechanics	4 ⁴
PHED 430 Physiology of Activity	3 ⁴
PHED 431 Physiology of Activity Lab	1 ⁴
Skill courses†	6 ^{1,4}

ELECTIVES

<i>Electives</i>	33 ^{1,4}
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Sufficient elective credits must be taken to meet the minimum credit requirement for the degree.

CREDITS TO TOTAL A MINIMUM OF	128
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**DEGREE: BACHELOR OF SCIENCE
IN PHYSICAL EDUCATION STUDIES
MAJOR: PHYSICAL EDUCATION STUDIES
CONCENTRATION: FITNESS MANAGEMENT (PEF)**

CURRICULUM	CREDITS*
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UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing	3 ¹
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content #	3 ^{1,4}

COLLEGE REQUIREMENTS†

ENGL 312	3 ³
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Area A—Communication Skills

Six credits from at least two of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures.

Area B—Humanities and Fine Arts

At least three credits from any of the following departments: Art, Art History, English (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser.

Area C—Biological Sciences

Biology courses

Area D—History and Social Science

A minimum of three credits from any of the following departments: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, Geography (except physical and meteorology), History, Political Science and International Relations, Psychology and Sociology. Specific courses from the College of Human Resources (Department of Individual and Family Studies).

Sociology course

Psychology course

Area E—Natural Science and Mathematics

NTDT 200 Nutrition Concepts

Mathematics course

Chemistry course

A minimum of three credits from any of the following departments: Anthropology (physical), Chemistry, Engineering, Entomology, Geography, (physical and meteorology), Geology, Health Sciences (natural science area),

Mathematics (except MATH 251, 252), Physics (including Astronomy), Physical Science, Plant Science, Psychology (physiological), Statistics and Computer Science. Specific courses from the College of Human Resources (Departments of Food Science or Nutrition and Dietetics) and the College of Marine Studies.

MAJOR REQUIREMENTS

External to the College

BUAD 301 Introduction to Marketing	3 ³
OR	
BUAD 309 Management and Organizational Behavior	3 ³
FREC 201 Records and Accounts	3 ²

Within the Department

PHED 214 Wellness: A Way of Life	3 ¹
PHED 220 Anatomy and Physiology	3 ²
PHED 263 Leadership Practicum	1 ³
PHED 265 Programming and Leadership for Fitness Mgmt.	3 ²
PHED 276 Personal Computers in Health, Physical Education and Recreation	3 ¹
PHED 300 Issues in Physical Activity Studies and Sports	3 ³
PHED 305 Fundamentals of Athletic Training	3 ²
PHED 320 Principles Strength and Conditioning	3 ³
PHED 324 Measurement and Evaluation	3 ³
PHED 430 Physiology of Activity	3 ³
PHED 431 Physiology of Activity Laboratory	1 ³
PHED 432 Individualized Physical Fitness	3 ³
PHED 434 Exercise Test Technology	3 ⁴
PHED 445 Concepts of Physical Fitness Testing	3 ⁴
PHED 452 Principles of Fitness Management	3 ³
PHED 490 Development of Health Promotion Programs	3 ⁴
RPAD 310 Safety, First Aid and Emergency Care	3 ³
RPAD 464 Internship in Recreation	9 ⁴

ELECTIVES

<i>Electives</i>	15 ^{2,3,4}
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CREDITS TO TOTAL A MINIMUM OF	128
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**DEGREE: BACHELOR OF SCIENCE
MAJOR: PHYSICAL EDUCATION STUDIES
CONCENTRATION: FIGURE SKATING SCIENCE**

CURRICULUM	CREDITS*
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UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing	3 ¹
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content.#	3 ^{1,4}

COLLEGE REQUIREMENTS§

Writing Course

A writing course involving significant writing experience. Appropriate writing courses are normally designated in the Registration Booklet.

Area A—Communication Skills

A minimum of nine credits from at least two of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures.

*Superior figures indicate year or years in which the course is normally taken, i.e., ¹freshman year, ²sophomore year, etc.

#This requirement may be fulfilled through a course taken to complete major, group, breadth, or elective requirements. See page 26.

†Minimum number of credit hours required. An additional six (6) credit hours is to be selected so that work completed in college requirements (Areas A, B, C, D, and E) will total 50 credit hours.

§Minimum number of credit hours required. An additional twelve (12) credit hours is to be selected so that work completed in college requirements (Areas A, B, C, D, and E) will total 54 credit hours.

Area B—Humanities and Fine Arts 6¹⁻⁴

A minimum of six credits from at least two of the following departments: Art, Art History, English (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser.

Area C—Biological Sciences 6¹⁻⁴

Biology courses

Area D—History and Social Science 9¹⁻⁴

A minimum of nine credits from at least two of the following departments: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, Geography (except physical and meteorology), History, Political Science and International Relations, Psychology and Sociology. Specific courses from the College of Human Resources (Department of Individual and Family Studies).

Area E—Natural Science and Mathematics

NTDT 200 Nutrition Concepts 3¹

Mathematics course 3¹

A minimum of three credits from any of the following departments. Includes courses in Anthropology (physical), Chemistry, Engineering, Entomology, Geography, (physical and meteorology), Geology, Health Sciences (natural science area), Mathematics (except MATH 251, 252), Physics (including Astronomy), Physical Science, Plant Science, Psychology (physiological), Statistics and Computer Science. Specific courses from the Department of Food Science, the College of Human Resources (Department of Nutrition and Dietetics) and the College of Marine Studies. 3³

MAJOR REQUIREMENTS

External to the College

FREC 201 Records and Accounts 3

Within the College††

PHED 220 Anatomy and Physiology 3¹

PHED 276 Personal Computers in Health, Physical Education and Recreation 3¹

PHED 305 Fundamentals of Athletic Training 3²

PHED 355 Figure Skating Practicum I 3³

PHED 356 Figure Skating Practicum II 3³

PHED 360 Psychology of Coaching 1²

PHED 424 Sport Sociology 3³

PHED 425 Athletics and Sport Psychology 3³

PHED 426 Biomechanics of Sports 4⁴

PHED 430 Physiology of Activity 3³

PHED 431 Physiology of Activity Laboratory 1³

or

PHED 433 Lab Practicum/Exercise Physiology 1³

PHED 437 Principles of Sport Management 3²

or

PHED 438 Facilities Management in Health, Physical Education and Recreation 3²

PHED 440 Strategies for Athletic Peak Performance 3⁴

PHED 455 Figure Skating Practicum III 3⁴

PHED 456 Figure Skating Practicum IV 3⁴

RPAD 260 Leisure Service Programming 3²

RPAD 270 Recreation Leadership 3¹

RPAD 310 Safety, First Aid, Emergency Care 3¹

ELECTIVES

Electives

After required courses are completed sufficient elective credits must be taken to meet the minimum credit requirement for the degree.

CREDITS TO TOTAL A MINIMUM OF 128

**DEGREE: BACHELOR OF SCIENCE IN RECREATION AND PARK ADMINISTRATION
MAJOR: RECREATION AND PARK ADMINISTRATION
CONCENTRATION: PARKS**

CURRICULUM **CREDITS***

UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing 3¹

Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content # 3¹⁻⁴

COLLEGE REQUIREMENTS

Writing Course 3^{3,4}

A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content. Appropriate writing courses are normally designated in the semester's Registration Booklet at "Satisfies Arts and Science second writing course."

*Area A—Communication Skills*** 9^{1,3}

Nine credits from the following departments: English (except literature), Speech/Communication, Foreign Languages and Literatures (except literature) and EDST 521.

*Area B—Humanities and Fine Arts*** 6^{2,3}

A minimum of six credits from the following departments: Art, Art History, English (literature), Languages and Literature (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser.

*Area C—History and Social Science*** 9^{1,2,4}

A minimum of nine credits from at least two of the following: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, History, Political Science, Psychology, Sociology and Women's Studies. In addition, courses from the College of Human Resources in Individual Family Studies may be selected.

*Area D—Mathematics, Natural and Biological Sciences***

Mathematics course 3¹

A minimum of nine credits from at least two of the following departments: Anthropology (physical), Biology, Chemistry, Engineering, Entomology, Food Science, Nutrition and Dietetics, Geography (physical and meteorology), Geology, Health Sciences (natural science area), Marine Studies, Mathematics (except MATH 251, 252, 253), Physics, Physical Science, Psychology (physiological), Statistics and Computer Science. 9¹⁻³

*Superior figures indicate year or years in which the course is normally taken, i.e., ¹freshman year, ²sophomore year, etc.

#This requirement may be fulfilled through a course taken to complete major, group, breadth, or elective requirements. See page 26.

†† Students may take a maximum of two beginning-level PHED 120 activity courses prior to enrolling in a similar activity within the major skill blocks; e.g., if the student feels a weakness in tennis, that person might wish to do a PHED 120 Tennis I course before enrolling in the major block tennis activity. After having completed a particular skill in the major program, students must register for the advanced-level course if desiring to do the same skill in the nonmajors (PHED 120) curriculum; e.g., Tennis II, Self Defense II, etc. Major students are permitted four credits of PHED 120 work under the above guidelines that may be counted toward graduation credit.

**Areas A, B, C and D must combine for a total of 48 credit hours.

MAJOR REQUIREMENTS

External to the College

Professional Studies Core†

FREC 201 Records and Accounts 3^{1,2}

Within the College

Professional Studies Core†

RPAD 105 Foundations of Recreation and Leisure Skills 3¹
 RPAD 164 Practicum in Recreation and Parks 3²
 RPAD 260 Leisure Service Programming 3³
 RPAD 270 Recreation Leadership 3²
 RPAD 310 Safety, First Aid and Emergency Care 3³
 RPAD 318 Special Recreation 3
 RPAD 341 Principles of Outdoor Recreation 3³
 RPAD 404 Organization, Administration, Recreation and Leisure Service 3⁴
 RPAD 450 Facility and Park Management 3⁴
 RPAD 464 Internship in Recreation 9⁴
 PHED 276 Personal Computers in Health, Physical Education and Recreation 3¹⁻³
 PHED 354 Seminar in Fitness Management/Recreation 1

Parks Concentration

Twenty-one credit hours selected from the following: 21²⁻⁴

PLSC 105 Introductory Forestry 3
 PLSC 133 Ornamental Horticulture 3
 PLSC 211 Herbaceous Landscape Plants 3
 PLSC 212 Woody Landscape Plants 3
 PLSC 213 Turf Establishment and Maintenance 3
 PLSC 215 Interior Plants 3
 PLSC 331 Landscape Construction I 4
 PLSC 332 Basic Landscape Design I 4
 EGTE 103 Land and Water Management 2
 EGTE 105 Power and Machinery 4
 EGTE 107 Welding and Metals 2
 EGTE 108 Utilities 2
 EGTE 109 Technical Drafting 2
 EGTE 113 Land Surveying 1
 EGTE 306 Cost Estimating 2
 EGTE 307 Building Construction I 1
 GEOG 235 Conservation of Natural Resources 3

ELECTIVES

Electives 16

CREDITS TO TOTAL A MINIMUM OF 128

DEGREE: BACHELOR OF SCIENCE IN RECREATION AND PARK ADMINISTRATION

MAJOR: RECREATION AND PARK ADMINISTRATION

CONCENTRATION: PROGRAMMING AND LEADERSHIP

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing 3¹
 Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content.# 3¹⁻⁴

COLLEGE REQUIREMENTS

Writing Course 3^{3,4}

A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content. Appropriate writing courses are normally designated in the semester's Registration Booklet at "Satisfies Arts and Science second writing course."

*Area A—Communication Skills*** 9¹⁻³

A minimum of nine credits from the following departments: English (except literature), Speech/Communication, Foreign Languages and Literatures (except literature) and EDST 521.

*Area B—Humanities and Fine Arts*** 6^{2,3}

A minimum of six credits from the following departments: Art, Art History, English (literature), Languages and Literature (literature), Music, Philosophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics) may be selected upon approval of the adviser.

*Area C—History and Social Science*** 9¹⁻⁴

A minimum of nine credits from at least two of the following departments: Anthropology (except physical), Black American Studies, Criminal Justice, Economics, History, Political Science and International Relations, Psychology, Sociology and Women's Studies. In addition, courses from the College of Human Resources in Individual Family Studies may be selected.

*Area D—Mathematics, Natural and Biological Sciences***

Mathematics course 3³

A minimum of nine credits from at least two of the following departments: Anthropology (physical), Biology, Chemistry, Engineering, Entomology, Food Science, Nutrition and Dietetics, Geography (physical and meteorology), Geology, Health Sciences (natural science area), Marine Studies, Mathematics (except MATH 251, 252, 253), Physics, Physical Science, Psychology (physiological), Statistics and Computer Science. 9¹⁻³

MAJOR REQUIREMENTS

External to the College

Professional Studies Core†

FREC 201 Records and Accounts 3^{1,2}

Within the Department

Professional Studies Core†

RPAD 105 Foundations of Recreation and Leisure Skills 3¹
 RPAD 164 Practicum in Recreation and Parks 3²
 RPAD 270 Recreation Leadership 3²
 RPAD 310 Safety, First Aid and Emergency Care 3³
 RPAD 341 Principles of Outdoor Recreation 3³
 RPAD 260 Leisure Service Programming 3³
 RPAD 464 Internship in Recreation 9⁴
 RPAD 404 Organization, Administration, Recreation and Leisure Service 3⁴
 RPAD 450 Facility and Park Management 3⁴
 RPAD 318 Special Recreation 3²
 PHED 276 Personal Computers in Health, Physical Education and Recreation 3¹⁻³
 PHED 354 Seminar in Fitness Management/Recreation 1³

*Superior figures indicate year or years in which the course is normally taken, i.e., ¹freshman year, ²sophomore year, etc.

#This requirement may be fulfilled through a course taken to complete major, group, breadth, or elective requirements. See page 26.

†Each course within the Professional Studies Core and Option Area requires a grade of C or better.

Note: An index of 2.75 in the major and a 2.00 overall index is required to take RPAD 464. All courses in the Professional Studies Core are considered for minimum index.

**Areas A, B, C and D must combine for a total of 48 credit hours.

Programming and Leadership Concentration 21

Courses reflecting a sub-discipline of leisure chosen under the direction of faculty advisor and submitted for approval to the Recreation sub-committee no later than the first semester of the junior year.

ELECTIVES

Electives 16

CREDITS TO TOTAL A MINIMUM OF 128

ATHLETIC TRAINING EDUCATION PROGRAM

The athletic training education program at the University of Delaware is a National Athletic Trainers' Association (N.A.T.A.) approved undergraduate program awarding the Bachelor of Science Degree in Athletic Training (B.S.A.T.)

Incoming freshmen and transfer students interested in the athletic training major at the University of Delaware are admitted to "Athletic Training Interest." At the completion of the freshman year, students desiring admission into the athletic training major must have completed the following:

(1) Freshman Year - B.S.A.T. Curriculum:

BISC 106/116	4	ENGL 110	3
RPAD 310	3	MATH	3
PHED 220	3	PHED 305	3
PHED 276	3	PHED 320	3
Elective	3	General Studies	3
	<u>16</u>		<u>15</u>

(2) Minimal overall cumulative index of 2.75;

(3) Academic performance in the following courses will be evaluated for admission consideration into the B.S. in Athletic Training:

BISC 106 & 116, ENGL 110, PHED 220, PHED 276, PHED 305, PHED 320, RPAD 310

(4) Complete a minimum of 100 hours of direct observation in the University of Delaware training room under the supervision of qualified faculty/professionals;

(5) Three letters of recommendation;¹

(6) Completion of N.A.T.A. taping checksheet;

(7) Successful interview with the Athletic Training Education Program Director and faculty.²

N.A.T.A. guidelines state the student-clinical instructor ratio shall not exceed eight (8) students to one (1) clinical instructor during the course of an academic year. Acceptance into the program is based upon the stated criteria and the number of available openings in the program. Meeting the minimum admission requirements does not guarantee acceptance into the program. Offers of admission into the athletic training education program

are presented on a competitive basis to those individuals who are most qualified. Students may apply for admission to the program at the end of each fall and spring semester (January 15th and June 15th). Acceptance/rejection letters will be mailed to each candidate by February 1 and July 1, respectively.

Students interested in transferring from another institution, another College at the University of Delaware or another major within the College of P.E.A.R. must meet University and College of P.E.A.R. transfer requirements and complete the same requirements as freshmen in the Pre-Athletic Training Program.

Students enrolled in the University of Delaware Athletic Training Education Program meet with the Program Director to plan the clinical education experience. Students are required to gain clinical experience in the training room and at practices and home and away games in the men's and women's athletic program. The clinical experience is structured so the student trainer gains progressive development of technical skills and knowledge. Once students are admitted to the program, they are required to work five weeks in the training room. When this requirement is completed, they begin working with individual teams. Students are required to work with at least one men's high-risk sport, one men's low-risk sport, one women's high-risk sport and one women's low-risk sport. Students are required to work a minimum of five weeks with each of the sports selected. Once this requirement is completed, the student, in consultation with the Program Director, is allowed to select specific sports for future assignments until completion of their clinical education experience. In addition, all candidates for NATA Certification must verify that at least 25% of their clinical hours credited in fulfilling the NATA Certification Requirements were attained in actual (on location/site) practice and/or games coverage with one or more of the following sports: football, soccer, hockey, wrestling, basketball, volleyball and lacrosse. The Athletic Training Faculty formally evaluates each student's progress at the end of each semester.

Once students are admitted to the program, they are required to maintain the following minimum standards:

1. complete 200 clinical hours per semester;
2. cumulative index of 2.0;
3. satisfactory clinical education evaluations.

Students who do not maintain the above minimum standards are placed on probation and are required to correct all deficiencies by the end of the next semester. Students who do not correct deficiencies are dropped from the curriculum.

¹Students must obtain the University of Delaware Athletic Training Education Program Admission Recommendation Form from the program director.

²During the interview, students will be evaluated by the Athletic Training Education Program faculty, a senior student trainer enrolled in the program and/or a certified athletic trainer working in the profession. All evaluators will use a standardized evaluation form.

N.A.T.A. GUIDELINES FOR CERTIFICATION

1. Completion of the Athletic Training Education Program.
2. Minimum of 800 hours practical work under the supervision of the training room staff ††
3. Completion of the NATA Competency Evaluation Checklist.
4. Proof of current American National Red Cross Advanced First Aid Certification and CPR. Must be current on examination date.
5. Proof of graduation (official transcript).

**DEGREE: BACHELOR OF SCIENCE IN ATHLETIC TRAINING
MAJOR: ATHLETIC TRAINING EDUCATION PROGRAM**

CURRICULUM CREDITS*

UNIVERSITY REQUIREMENTS

ENGL 110 Critical Reading and Writing	3 ¹
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content.#	3 ¹⁻⁴

COLLEGE REQUIREMENTS

<i>Second Writing Course</i>	3 ^{2,4}
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A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content.

<i>Mathematics</i>	3 ^{1,2}
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<i>Area A—Communication Skills**</i>	9
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A minimum of 9 credits with at least two departments represented; courses may be selected from the following departments: English (writing/composition courses), Foreign Languages and Literatures (language/communication courses), Communication, Linguistics and Speech classes (sign language courses).

<i>Area B—Humanities and Fine Arts**</i>	6
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A minimum of 3 credits; course(s) may be selected from: Art, Art History, Comparative Literature, English (literature), Music, Philosophy, Theatre and approved courses from Textiles, Design and Consumer Economics.

<i>Area C—Biological Sciences**</i>	3
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<i>Area D—History and Social Science**</i>	6
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A minimum of 6 credits with at least two departments represented: Anthropology (except physical and biological), Black American Studies, Criminal Justice, Economics, Geography (except physical and meteorology), History, Legal Studies, Political Science and International Relations, Psychology, Sociology, Women's Studies, and specific courses from Individual and Family Studies.

<i>Area E—Natural Science and Mathematics**</i>	3
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A minimum of 3 credits; course(s) may be selected from: Anthropology (physical and biological), Chemistry, Computer and Information Science, Entomology, Geography (physical and meteorology), Geology, Health Sciences (natural science courses), Mathematics (excluding MATH 251 & 252), Medical Technology, Physics, Plant Science, Science, Statistics, and specific courses from the Department of Nutrition and Dietetics, the College of Engineering and the College of Marine Studies.

MAJOR REQUIREMENTS

External to the College

NTDT 200 Nutrition Concepts	3 ²
PSYC 201 General Psychology	3 ¹
BISC 106 Elementary Human Physiology	3 ¹
BISC 116 Elementary Human Physiology Lab	1 ¹
or	
BISC 406 Human Physiology	3 ^{3,4}
BISC 416 Human Physiology Lab	1 ^{3,4}
CHEM 101 General Chemistry	4 ²
or	
CHEM 103 General Chemistry	4 ²
PHYS 201 General Physics	4 ^{3,4}
STAT 201 Introduction to Statistics I	3 ²
EDST 304 Educational Psychology-Social Aspects	3 ⁴
or	
EDST 305 Educational Psychology-Cognitive Aspects	3 ⁴

Within the College

PHED 214 Wellness: A Way of Life	3 ^{1,2}
PHED 220 Anatomy and Physiology	3 ¹
PHED 276 Personal Computers/HPER	3 ¹
PHED 305 Fundamentals of Athletic Training	3 ¹
PHED 320 Principles of Strength/Conditioning	3 ¹
PHED 405 Program Development/Athletic Injury Rehabilitation	3 ³
PHED 407 Prevention/Recognition/Athletic Injuries	3 ³
PHED 409 Therapeutic Modalities	4 ^{2,3}
PHED 420 Functional Human Anatomy	4 ^{3,4}
PHED 426 Biomechanics	4 ²
PHED 430 Physiology of Activity	3 ²
PHED 431 Physiology of Activity Lab	1 ²
PHED 448 Organization & Administration/Athletic Training	3 ⁴
PHED 480 Practicum in Athletic Training I	3 ²
PHED 481 Practicum in Athletic Training II	3 ²
RPAD 310 Safety, First Aid and Emergency Care	3 ¹

ELECTIVES

Electives†

After required courses are completed sufficient elective credits must be taken to meet the minimum credit requirement for the degree.

CREDITS TO TOTAL A MINIMUM OF	128
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*Superior figures indicate year or years in which the course is normally taken, i.e., ¹freshman year, ²sophomore year, etc.

#This requirement may be fulfilled through a course taken to complete major, group, breadth, or elective requirements. See page 26.

**An additional three (3) credits may be taken in any area.

†Students are encouraged to select advanced and/or specialized courses in the core subject matter areas and courses in biology, chemistry, physics, research methods, etc. Students interested in pursuing advanced degrees in allied health care professions should select the appropriate required courses for admission.

††The hours must be accumulated over a minimum of two years and not more than four years. No more than 400 hours may be accumulated in one year.