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

RECREATION AND INTRAMURAL PROGRAMS
See page 40 for details.

INTERCOLLEGiate ATHLETICS PROGRAM
There are 22 intercollegiate varsity sports, 11 for men and 11 for women. See page 40 for details.

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 four Bachelor of Science degree options: physical education and health education, physical education studies, athletic training, 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 HEALTH AND PHYSICAL EDUCATION
The Health and Physical Education program is approved by the National Association of State Directors of Teacher Education and Certification (NASDTEC). Students who complete program requirements are eligible for teacher certification through the individual states in the NASDTEC agreement.

BACHELOR OF SCIENCE IN PHYSICAL EDUCATION STUDIES
Students interested in graduate study, exercise physiology, biomechanics, fitness management or figure skating science enroll in this program.

BACHELOR OF SCIENCE IN ATHLETIC TRAINING
The athletic training education program at the University of Delaware is a National Athletic Trainers’ Association (NATA) approved undergraduate program awarding the Bachelor of Science Degree in Athletic Training (B.S.A.T.)
COLLEGE OF PHYSICAL EDUCATION, ATHLETICS AND RECREATION

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 HEALTH AND PHYSICAL EDUCATION
MAJOR: HEALTH AND PHYSICAL EDUCATION

CURRICULUM

UNIVERSITY REQUIREMENTS

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

COLLEGE REQUIREMENTS***

Writing Course
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
Three credits from one of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures.

Area B—Humanities and Fine Arts
Three credits from 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).

Area C—Biological Sciences
Four credits taken in the Department of Biological Sciences.

Area D—History and Social Science
PSYC 201 General Psychology 3
IFS 401 Foundations of Human Sexuality 3
Three additional 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).

Area E—Natural Science and Mathematics
NDTF 200 Nutrition Concepts 3
Mathematics course 3

MAJOR REQUIREMENTS

External to the College
EDST 304 Educational Psychology—Social Aspects 3
EDST 305 Educational Psychology—Cognitive Aspects 3
EDDV 400 Student Teaching* 4

Within the College†, ‡
HPER 140 Fundamental Skills Analysis 2
HPER 150 Movement Education for Children 3

Electives
2

CREDITS TO TOTAL A MINIMUM OF 128

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

UNIVERSITY REQUIREMENTS

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

COLLEGE REQUIREMENTS***

Writing Course
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
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
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
Six credits from at least two of the following areas: Biological Sciences, Health and Physical Education, and Fine Arts.

Area D—History and Social Science
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), and/or gender-related content #

* Superior figures indicate year or years in which the course is normally taken, e.g., 1 = freshman year, 2 = sophomore year, etc.
** Minimum grade of C required.
*** Minimum number of credit hours required.
# Must be cumulative, 2.0 GPA in the major, or at least 2.75, and have completed all required HPER courses except for HPER 360, 426, 430, and 431 in 400.
† Students must have a minimum cumulative GPA of 2.5, or complete all five courses in the major at least 2.75, and have completed all skills courses prior to enrolling in HPER 370 and HPER 380.
‡ Students may take a maximum of two beginning-level HPER 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 HPER 120 tennis course before enrolling in a 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 (PER 120) curriculum; e.g., HPER 120, 322, and 323. Major students are permitted four credits of Physical Education (PER 120) work under the above guidelines that may be counted toward graduation credit.
§ Students must have a minimum cumulative GPA of 2.50, or complete all five courses in the major at least 2.65, and have completed HPER 214, HPER 315, HPER 325, and ISTD 401 prior to enrolling in HPER 314.
¶ Minimum number of credit hours required. An additional two (2) 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.
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

A minimum of six credits from at least two 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 (biological), 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

HPER 214 Wellness: A Way of Life
HPER 220 Anatomy and Physiology
HPER 276 Personal Computers in Health
HPER 300 Issues in Physical Activity Studies and Sports
HPER 305 Fundamentals of Athletic Training
HPER 324 Measurement and Evaluation
HPER 342 Survey in Adaptive Physical Education/Recreation
HPER 360 Psychology of Coaching
Coaching Technique courses
HPER 426 Biomechanics of Sports
HPER 430 Physiology of Activity
HPER 431 Physiology of Activity Lab
Skill courses

MINOR OR CONCENTRATION

At least 15 elective credits must be selected to satisfy a declared minor or concentration

General Electives

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 PHYSICAL EDUCATION STUDIES

MAJOR: PHYSICAL EDUCATION STUDIES

CONCENTRATION: FITNESS MANAGEMENT (PEF)

CURRICULUM

CREDITS*

UNIVERSITY REQUIREMENTS

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

COLLEGE REQUIREMENTS

ENGL 312

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 (biological), 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
BUAD 309 Management and Organizational Behavior
FREC 201 Records and Accounts

Within the Department

HPER 214 Wellness: A Way of Life
HPER 220 Anatomy and Physiology
HPER 263 Leadership Practicum
HPER 265 Programming and Leadership for Fitness Management
HPER 276 Personal Computers in Health, Physical Education and Recreation
HPER 300 Issues in Physical Activity Studies and Sports
HPER 305 Fundamentals of Athletic Training
HPER 310 Safety, First Aid and Emergency Care
HPER 324 Principles Strength and Conditioning
HPER 324 Measurement and Evaluation
HPER 354 Seminar in Fitness Management
HPER 430 Physiology of Activity
HPER 431 Physiology of Activity Laboratory
HPER 432 Individualized Physical Fitness
HPER 434 Exercise Test Technology
HPER 445 Concepts of Physical Fitness Testing
HPER 452 Principles of Fitness Management
HPER 464 Internship in Fitness Management**
HPER 490 Development of Health Promotion Programs

ELECTIVES

Electives

CREDITS TO TOTAL A MINIMUM OF 128

DEGREE: BACHELOR OF SCIENCE

IN PHYSICAL EDUCATION STUDIES

MAJOR: PHYSICAL EDUCATION STUDIES

CONCENTRATION: FIGURE SKATING SCIENCE

CURRICULUM

CREDITS*

UNIVERSITY REQUIREMENTS

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

COLLEGE REQUIREMENTS

Writing Course

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

* Superior figures indicate year or years in which the course is normally taken, i.e. 1 freshman year, 2 sophomore year, etc.
** Minimum grade of C required.
# This requirement may be fulfilled through a course or courses taken to complete other degree requirements; it cannot be fulfilled by a course taken pass/fail. See page 21.
1 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.
2 Students may take a maximum of two beginning-level HPER 120 activity courses prior to enrolling in the major block activities; e.g., if the student feels a weakness in tennis, that person might wish to do a HPER 120 tennis course before enrolling in the major block tennis activity after having completed a particular skill in the nonmajor (HPER 120) curriculum; e.g., tennis I, Self Defense I, etc. Major students are permitted four credits of Physical Education (PER 120) work under the above guidelines that may be counted toward graduation credit.
** A 2.5 overall index is required to register for HPER 464.
† 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.
COLLEGE OF PHYSICAL EDUCATION, ATHLETICS AND RECREATION

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 Literature.

Area B—Humanities and Fine Arts
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
Biology courses.

Area D—History and Social Science
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
NDTK 200 Nutrition Concepts
Mathematics course.

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.

MAJOR REQUIREMENTS
External to the College
FREC 201 Records and Accounts

Within the College†
HPER 220 Anatomy and Physiology
HPER 250 Leisure Service Programming
HPER 270 Recreation Leadership
HPER 276 Personal Computers in Health, Physical Education and Recreation
HPER 305 Fundamentals of Athletic Training
HPER 311 Safety, First Aid, Emergency Care
HPER 355 Figure Skating Practicum I
HPER 356 Figure Skating Practicum II
HPER 360 Psychology of Coaching
HPER 424 Sport Sociology
HPER 425 Athletics and Sport Psychology
HPER 426 Biomechanics of Sports
HPER 432 Physiology of Activity
HPER 431 Physiology of Activity Laboratory
HPER 437 Principles of Sport Management
HPER 438 Facilities Management in Health, Physical Education and Recreation
HPER 440 Strategies for Athletic Peak Performance
HPER 455 Figure Skating Practicum III
HPER 456 Figure Skating Practicum IV

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

UNIVERSITY REQUIREMENTS

ENG 110 Critical Reading and Writing**

Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content.

COLLEGE REQUIREMENTS

Writing Course
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***
Nine 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 B—Humanities and Fine Arts****
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****

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.

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.

MAJOR REQUIREMENTS

External to the College
Professional Studies Core†

Within the College
Professional Studies Core†

HPER 105 Foundations of Recreation and Leisure Skills
HPER 164 Practicum in Recreation and Parks
HPER 250 Leisure Service Programming
HPER 270 Recreation Leadership
HPER 276 Personal Computers in Health, Physical Education and Recreation
HPER 310 Safety, First Aid and Emergency Care
HPER 318 Special Recreation
HPER 341 Principles of Outdoor Recreation
HPER 354 Seminar in Recreation
HPER 404 Organization, Administration, Recreation and Leisure Service
HPER 438 Facility and Park Management
HPER 440 Internship in Recreation

Parks Concentration

Twenty-one credit hours selected from the following:

PSCI 105 Introductory Forestry

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

***Minimum grade of C required.

†This requirement may be fulfilled through a course or courses taken to complete other degree requirements; it cannot be fulfilled by a course taken pass/fail. See page 21.

††Students may take a maximum of two beginning-level HPER 120 activity courses prior to enrolling in a similar activity within the major skill block; e.g., if the student feels a weakness in tennis, that person might wish to do a HPER 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 non-major HPER 120 curriculum; e.g., tennis II, Self Defense II, etc. Major students are permitted four credits of Physical Education (HPER 120) work under the above guidelines that may be counted toward graduation credits.

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

††Each core 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 HPER 464. All courses in the Professional Studies Core are considered for minimum index.
PLSC 331 Ornamental Horticulture ................................................. 3
PLSC 333 Woody Landscape Plants ............................................. 3
PLSC 331 Turf Establishment and Maintenance ............................ 3
PLSC 332 Basic Landscape Design .............................................. 4
EGE 103 Land and Water Management ....................................... 2
EGE 105 Power and Machinery .................................................. 2
EGE 107 Welding of Metals ..................................................... 2
EGE 108 Utilities ........................................................................ 2
EGE 109 Technical Drafting ....................................................... 2
EGE 113 Land Surveying ........................................................... 2
EGE 306 Cost Estimating ........................................................... 2
EGE 307 Building Construction .................................................. 1
GEOG 235 Conservation of Natural Resources ......................... 3

**ELECTIVES**

Electives .................................................................................. 16

**CREDITS TO TOTAL A MINIMUM OF** ....................................... 128

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**DEGREE: BACHELOR OF SCIENCE IN RECREATION**

**AND PARK ADMINISTRATION**

**MAJOR: RECREATION AND PARK ADMINISTRATION**

**CONCENTRATION: PROGRAMMING AND LEADERSHIP**

**CURRICULUM**

**CREDITS**

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**UNIVERSITY REQUIREMENTS**

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

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**COLLEGE REQUIREMENTS**

**Writing Course**\

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***

A minimum of nine credits from the following departments: English (except literature), Speech/Communication, Foreign Languages and Literatures (except literature) and EDST 52

**Area B—Humanities and Fine Arts***

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 advisor

**Area C—History and Social Science***

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

A minimum of nine credits from at least two of the following departments: Anthropology (except physical), Biology, Chemistry, Engineering, Entomology, Food Science, Nutrition and Dietetics, Geology (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

**MAJOR REQUIREMENTS**

External to the College

**Professional Studies Core†**

FREC 201 Records and Accounts .................................................. 3

**Within the Department**

**Professional Studies Core†**

HPER 105 Foundations of Recreation and Leisure Skills ............... 3
HPER 164 Practicum in Recreation and Parks ................................ 3
HPER 270 Recreation Leadership .............................................. 3
HPER 276 Personal Computers in Health, Physical Education and Recreation

HPER 310 Safety, First Aid and Emergency Care .......................... 3
HPER 341 Principles of Outdoor Recreation ................................ 3
HPER 351 Seminar in Recreation .............................................. 3
HPER 260 Leisure Service Programming ..................................... 3
HPER 464 Internship in Recreation ........................................... 4
HPER 404 Organization, Administration, Recreation and Leisure Service

HPER 450 Facility and Park Management ................................... 3
HPER 318 Special Recreation .................................................... 3

**Programming and Leadership Concentration**

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.

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**ELECTIVES**

Electives .................................................................................. 16

**CREDITS TO TOTAL A MINIMUM OF** ....................................... 128

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**DEGREE: BACHELOR OF SCIENCE IN ATHLETIC TRAINING**

**EDUATION PROGRAM**

**MAJOR: ATHLETIC TRAINING**

**EDUATION PROGRAM**

**CURRICULUM**

**CREDITS**

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**UNIVERSITY REQUIREMENTS**

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

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**COLLEGE REQUIREMENTS**

**Second Writing Course**

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

**Mathematics**

**Area A—Communication Skills***

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 (writing/composition courses)

**Area B—Humanities and Fine Arts***

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

**Area C—Biological Sciences***

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

**Area E—Natural Science and Mathematics***

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
PSYC 201 General Psychology ........................................... 3
BISC 106 Elementary Human Physiology ........................................... 3
BISC 116 Elementary Human Physiology Lab ........................................... 1

or

BISC 276 Human Physiology ........................................... 4
CHEM 101 General Chemistry ........................................... 4

or

CHEM 103 General Chemistry ........................................... 4
PHYS 201 Introductory Physics I ........................................... 4

STAT 201 Introduction to Statistics I ........................................... 3
EDST 304 Educational Psychology-Social Aspects ........................................... 3

or

EDST 305 Educational Psychology-Cognitive Aspects ........................................... 3

Within the College

HPER 214 Wellness: A Way of Life ........................................... 1, 2
HPER 220 Anatomy and Physiology ........................................... 3
HPER 276 Personal Computers/HPER ........................................... 3
HPER 305 Fundamentals of Athletic Training ........................................... 3
HPER 310 Safety, First Aid and Emergency Care ........................................... 3
HPER 320 Principles of Strength/Conditioning ........................................... 3
HPER 405 Program Development/Athletic Injury Rehabilitation ........................................... 3
HPER 407 Prevention/Recognition/Athletic Injuries ........................................... 3
HPER 409 Therapeutic Modalities ........................................... 4

HPER 420 Functional Human Anatomy ........................................... 4
HPER 426 Biomechanics of Sports ........................................... 4

HPER 430 Physiology of Activity ........................................... 3

HPER 431 Physiology of Activity Lab ........................................... 3

HPER 448 Organization & Administration/Athletic Training ........................................... 3
HPER 480 Practicum in Athletic Training ........................................... 1

HPER 481 Practicum in Athletic Training II ........................................... 1

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

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
HPER 310 ........................................... 3
HPER 220 ........................................... 3
HPER 276 ........................................... 3
HPER 305 ........................................... 3
HPER 320 ........................................... 3
HPER 320 ........................................... 3
ENGL 110 ........................................... 3
MATH 3 ........................................... 3

16 15

(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, HPER 220, HPER 276, HPER 305, HPER 320, HPER 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;

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

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

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.

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).

† 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

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

‡‡ 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.
COACHING SCIENCE MINOR

In Delaware and surrounding states there is a need for trained and qualified athletic coaches (particularly at the scholastic level). Many current coaches have not had any formal training in coaching skills. This minor will help students develop a personal coaching philosophy, an understanding of the body, how it performs, injury and injury prevention, teaching of skills and progressions, sport psychology, and a variety of team responsibilities. A practicum or field experience will be required in the student’s chosen sport in order to further enhance the development of coaching skills and philosophy.

The Coaching Science Minor requires 18 credits. Students applying for the minor must have completed at least one semester of full time study with a minimum GPA of 2.25. A minimum grade of C- is required in all courses for the minor.

This minor requires the following courses:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPER 310</td>
<td>First Aid, Safety, CPR</td>
<td>3</td>
</tr>
<tr>
<td>HPER 220</td>
<td>Anatomy and Physiology</td>
<td>3</td>
</tr>
<tr>
<td>HPER 320</td>
<td>Strength and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>HPER 390</td>
<td>Principles of Coaching</td>
<td>3</td>
</tr>
<tr>
<td>HPER 360</td>
<td>Psychology of Coaching</td>
<td>1</td>
</tr>
<tr>
<td>HPER 460</td>
<td>Coaching/Performance Practicum</td>
<td>2</td>
</tr>
<tr>
<td>*</td>
<td>Sport Specific Electives in Skills/Coaching</td>
<td>3</td>
</tr>
</tbody>
</table>

*Sport Specific Electives in Skills/Coaching*