

College of Physical Education, Athletics and Recreation

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

he 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

DEAN'S SCHOLAR PROGRAM

E ach 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 advisors. 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: health and physical 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

5 tudents 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 (N.A.T.A.) approved undergraduate program awarding the Bachelor of Science Degree in Athletic Training (B.S.A.T.)

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 CREDITS
Superior figures indicate year or years in which the course is normally taken, i.e., ¹ freshman year, ² sophomore year, etc
UNIVERSITY REQUIREMENTS
ENGL 110 Critical Reading and Writing (minimum grade C-) 3 1 Three credits in an approved course or courses stressing 3 1-4 multicultural, ethnic, and/or gender-related content (see p. 20)
COLLEGE REQUIREMENTS (Minimum number of credit hours required)
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."
Group Dynamics Course
A course chosen from the following: COMM 356 Small Group Communication
Area A—Communication Skills 3 1-3
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 4 ¹ Four credits taken in the Department of Biological Sciences
Avan D. History and Savial Science
PSYC 201 General Psychology 3 1 IFST 401 Foundations of Human Sexuality 3
Three additional credits from one of the following departments: 3 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 3 1 Mathematics course 3 1
MAJOR REQUIREMENTS
External to the College
EDST 201 Education in a Multicultural Society 31 EDST 304 Educational Psychology – Social Aspects 32,3 EDST 305 Educational Psychology – Cognitive Aspects 32,3 EDDV 400 Student Teaching 94 Students must have a minimum cumulative g p.a of 2.50, a g p.a in the major of at least 2.75, and have completed all required HPER courses except for HPER 360, HPER 426, HPER 430, and HPER 431 to register for
EDDV 400

Within	the	College	
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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 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 (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 agaduation credit graduation credit

HPER 1	40	Fundamental Skills Analysis (minimum grade C-)	2
HPER 1	50	Fundamental Skills Analysis (minimum grade C-) Movement Education for Children (minimum grade C-)	3 1
HPER 2	214	Wallness: A Way of life Iminimum grade C-1	31
HPER 2		Anatomy and Physiology Iminimum grade ()	
HPER 2			
HPER 2	.70	Personal Computers in Health, Physical Education and Recreation (minimum grade C-)	2
HPER 3	E. 001	Issues in Physical Activity Studies and Sports	33
_			
		Safety First Aid and Emergency Care Iminimum grade C.)	3
HPER 3	14 %	Methods and Materials in Health Education	33
		(minimum grade C-)	~ 2
HPER 3		Methods and Materials in Drug Education (minimum grade C-)	33
HPER 3 HPER 3		Measurement and Evaluation (minimum grade C-)	23
HPER 3			
HPER 3		Survey in Adaptive Physical Education/Recreation	33
		Iminimum grade C-I	
HPER 3		Psychology of Coaching (minimum grade C-)	13
HPER 4		Biomechanics of Sports (minimum grade C-)	44.
HPER 4		Physiology of Activity (minimum grade C-)	3 -
HPER 4		Physiology of Activity Lab (minimum grade C-)	. 1.3
Skill co	urses (r	ninimum grade C-)	11 '~
HPER 3	70	Practicum in Methods of Elementary Physical Education	3 -
HPER 3	80	(minimum grade C-) Practicum in Methods of Secondary Physical Education	33
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HPER 4	68	Teaching Seminar in Health/Physical Education	34
		(minimum grade C-)	
Student	s must	have a minimum cumulative g p.a. of 2.50, a g p.a. in the	
		ist 2.75, and have completed HPER 214, HPER 315, HPER	
325, ai	nd IFST	401 prior to enrolling in HPER 314	
		have a minimum cumulative g.p.a. of 2.5, a g.p.a. in the	
		ast 2.75, and have completed all skills courses prior to	
enrollin	g in H	ER 370 and HPER 380.	
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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	9 2,4	At least three ry, English (li from the Col	lumanities and Fine Arts e credits from any of the following departments: Art, Art Histo- terature), Music, Philosophy and Theatre. Specific courses lege of Human Resources (Department of Textiles, Design and conomics) may be selected upon approval of the advisor	3 ^{1,2}
Sociology Specific courses from the College of Human Resources (Department of Individual and Family Studies)		Area C—B Biology cou	iological Sciences	7 ^{1,2}
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),	3 ¹ 6 ²⁻⁴	A minimum Anthropolog tice, Econom Political Scie Specific cou	listory and Social Science of three credits from any of the following departments: ly (except physical), Black American Studies, Criminal Jusnics, Geography (except physical and meteorology), History, ence and International Relations, Psychology and Sociology rses from the College of Human Resources (Department of	3
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	•	Sociology co Psychology o	nd Family Studies) course course latural Science and Mathematics	3 1,2,3 3 1,2,3
MAJOR REQUIREMENTS		NTDT 200	Nutrition Concents	3 1
Within the College		Mathematics	s course	3 1
Students may take a maximum of two beginning-level HPER 120 activity		Chemistry co	of the second state of the second sec	4~ 2.2-4
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 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 (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 credit.		departments ogy, Geogra (natural scie (including A (physiologia the College	of three credits from any of the following. Anthropology (physical), Chemistry, Engineering, Entomolophy, (physical and meteorology), Geology, Health Sciences nce area), Mathematics (except MATH 251, 252), Physics stronomy), Physical Science, Plant Science, Psychology al), Statistics and Computer Science Specific courses from of Human Resources (Departments of Food Science or Nutritetics) and the College of Marine Studies	3 2 4
HPFR 214 Wellness: A Way of Life	. 3 ²	MAJOR R	EQUIREMENTS	
HPER 220 Anatomy and Physiology	.3 4		the College	
HPER 276 Personal Computers in Health, Physical Education and Recreation	2 '	BUAD 301	Introduction to Marketing	3 ³ .
HPER 300 Issues in Physical Activity Studies and Sports HPER 305 Fundamentals of Athletic Training	:3 0	or BUAD 309	Management and Organizational Behavior	33
HPFR 324 Measurement and Evaluation	32	FREC 201	Records and Accounts	3 4
HPFR 3.42 Survey in Adaptive Physical Education / Recreation	3 -	Within the	Department	
HPER 360 Psychology of Coaching	. 1 -	HPER 214	Wellness: A Way of Life	3 1
Coaching Technique courses	. 23	HPER 220	Anatomy and Physiology Leadership Practicum	3 2
HPER 426 Biomechanics of Sports	47	HPER 263	Leadership Practicum] 3
HPER 430 Physiology of Activity Lab HPER 431 Physiology of Activity Lab	14	HPER 265	Programming and Leadership for Fitness Mamf.	3 -
Skill courses	1-4	HPER 276	Personal Computers in Health, Physical Education and Recreation	Z ·
OKINI COURSES	. 0	HPER 300	Issues in Physical Activity Studies and Sports	33
MINOR OR CONCENTRATION		HPER 305	Fundamentals of Athletic Training	3.4
At least 15 elective credits must be selected		HPER 310	Satety First Aid and Emergency Care	30
to satisfy a declared minor or concentration	15 ¹⁻⁴	HPER 320	Principles Strength and Conditioning	3 ~
General Electives	18 ¹⁻⁴	HPER 324	Measurement and Evaluation	3 3
Sufficient elective credits must be taken to meet the minimum credit		HPER 354	Seminar in Fitness Management	1
requirement for the degree		HPER 430	Physiology of Activity	33
ADDRESS TA MATALLA ADDRESS AND THE STATE OF		HPER 431	Physiology of Activity Laboratory	3
CREDITS TO TOTAL A MINIMUM OF 12	28	HPER 432	Individualized Physical Fitness Exercise Test Technology	3 4
		HPER 434 HPER 445	Concepts of Physical Fitness Testing	34
		HPER 452	Principles of Fitness Management	33
DEGREE: BACHELOR OF SCIENCE		HPER 464	Internship in Fitness Management	9≄
IN PHYSICAL EDUCATION STUDIES		HPER 490	Development of Health Promotion Programs	34
MAJOR: PHYSICAL EDUCATION STUDIES		A 2.5 overa	Il index is required to register for HPER 464	
CONCENTRATION: FITNESS MANAGEMENT (PEF)		THE TRANSPORT	no	
CURRICULUM CR	EDITS	ELECTIV		
Superior figures indicate year or years in which the course is normally		Electives		
taken, i.e., ¹ freshman year, ² sophomore year, etc		CREDITS T	TO TOTAL A MINIMUM OF	128
UNIVERSITY REQUIREMENTS				
ENGL 110 Critical Reading and Writing (minimum grade C-) Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 20)	3 ¹ 3 1-4	MAJOR:	BACHELOR OF SCIENCE PHYSICAL EDUCATION STUDIES	
COLLEGE REQUIREMENTS		-	TRATION: FIGURE SKATING SCIENCE	
Minimum number of credit hours required. An additional six (6) credit hours is to be selected so that work completed in college requirements		CURRICULU/ Superior fiat	M Ures indicate year or years in which the course is normally	REDITS
(Areas A, B, C, D, and E) will total 50 credit hours	- 3		freshman year, ² sophomore year, etc	
ENGL 312 Written Communications in Business	. 3 ³	UNIVERSI	ITY REQUIREMENTS	
Area A—Communication Skills Six credits from at least two of the following departments: English (writing/composition courses), Communication and Foreign Languages and Literatures	. 6 ^{2,4}	ENGL 110 Three credits	Critical Reading and Writing (minimum grade C-) s in an approved course or courses stressing ral, ethnic, and/or gender-related content (see p. 20)	3 ¹ 3 ¹⁻⁴

COLLEGE	REQUIREMENTS		ELECTIV	ES.	
Minimum nur hours is to be	mber of credit hours required. An additional twelve (12) credit a selected so that work completed in college requirements		After require	d courses are completed sufficient elective credits must be to the minimum credit requirement for the degree	
	C, D, and E) will total 54 credit hours	3 ²⁻⁴	CREDITS 1	TO TOTAL A MINIMUM OF 1	28
	urse involving significant writing experience. Appropriate	,			
writing cours	es are normally designated in the Registration Booklet		DECREE	BACHELOR OF SCIENCE IN RECREATION	
Area A-C	ommunication Skills	9 1-4		AND PARK ADMINISTRATION	
ments: Englis	of nine credits from at least two of the following depart- h (writing/composition courses), Communication and For- ges and Literatures		MAJOR: I	RECREATION AND PARK ADMINISTRATION FRATION: PARKS	
•	umanities and Fine Arts	6 1-4	CURRICULU/	Λ CI	REDITS
A minimum c	ry, English (literature), Music, Philosophy and Theatre Spe-	0		res indicate year or years in which the course is normally freshman year, ² sophomore year, etc	
tiles, Design	from the College of Human Resources (Department of Tex- and Consumer Economics) may be selected upon approval		ENGL 110	TY REQUIREMENTS Critical Reading and Writing (minimum grade C-)	. 3
of the adviso		. 1.4		in an approved course or courses stressing	. 3
	ological Sciences	61-4		REQUIREMENTS	
Biology cours		91-4		Urse	2
	istory and Social Science	9 1-4		urse involving significant writing experience including two	s
ments: Anthro nal Justice, Ed History, Politi	f nine credits from at least two of the following depart- pology (except physical), Black American Studies, Crimi- conomics, Geography (except physical and meteorology), cal Science and International Relations, Psychology and pecific courses from the College of Human Resources		papers with extended fac writing cours	a combined minimum of 3,000 words to be submitted for sulty critique of both composition and content. Appropriate es are normally designated in the semester's Registration at strikes Arts and Science second writing course."	
(Department	of Individual and Family Studies)		Areas A,B,C	and D must combine for a total of 48 credit hours	
Area E-No	atural Science and Mathematics		Area A-C	ommunication Skills	9
Mathematics	Nutrition Concepts course	3	Nine credits Speech/Con	from the following departments: English (except literature), nmunication, Foreign Languages and Literatures (except liter-	
	f three credits from any of the following	3 ³	ature) and El		_
Engineering, Geology, Her MATH 251, 2 Science, Psyc Specific cours	Entomology, Geography, (physical and meteorology), alth Sciences (natural science area), Mathematics (except 252), Physics (including Astronomy), Physical Science, Plant chology (physiological), Statistics and Computer Science. ses from the Department of Food Science, the College of		A minimum o ry, English (li losophy and Resources (D	umanities and Fine Arts of six credits from the following departments: Art, Art Histo- terature), Languages and Literature (literature), Music, Phi- Theatre. Specific courses from the College of Human epartment of Textiles, Design and Consumer Economics) ted upon approval of the advisor	o
	prices (Department of Nutrition and Dietetics) and the Col-		Area C—H	istory and Social Science	. 9
lege of Marir MAJOR RE External to FREC 201	EQUIREMENTS	3	ogy (except property) nomics, History Studies In ac	of nine credits from at least two of the following: Anthropol- ohysical), Black American Studies, Criminal Justice, Eco- ory, Political Science, Psychology, Sociology and Women's addition, courses from the College of Human Resources in mily Studies may be selected	
Within the	College		Area D—M	athematics, Natural and Biological Sciences	
	take a maximum of two beginning-level HPER 120 activity			course	
blocks; e g., i wish to do a block tennis c major progra	to enrolling in a similar activity within the major skill if the student feels a weakness in tennis, that person might HPER 120 tennis I course before enrolling in the major activity After having completed a particular skill in the m, students must register for the advanced-level course if the same skill in the non-majors (HPER 120) curriculum;		departments: Entomology, I and meteorol Studies, Math	f nine credits from at least two of the following Anthropology (physical), Biology, Chemistry, Engineering, Food Science, Nutrition and Dietetics, Geography (physical ogy), Geology, Health Sciences (natural science area), Marine lematics (except MATH 251, 252, 253), Physics, Physical Sciogy (physiological), Statistics and Computer Science.	9
e g, Tennis II,	Self-Defense II, etc. Major students are permitted four cred-			EQUIREMENTS	
its of Physical	Education (HPER 120) work under the above guidelines counted toward graduation credit		External to		
HPER 220	Anatomy and Physiology	3 1		al Studies Core	
HPER 260	Leisure Service Programming	3 4	FREC 201	Records and Accounts (minimum grade C)	3 1,2
HPER 270	Recreation Leadership	3 '	Within the		
HPER 276	Personal Computers in Health, Physical Education and Recreation			al Studies Core	
HPER 305	Education and Recreation Fundamentals of Athletic Training	3 ²		within the Professional Studies Core and Option Area requires	a
HPER 310	Safety, First Aid, Emergency Care Figure Skating Practicum I	3 1	grade of C o	r better Note: an index of 2.75 in the major and a 2.00 overc	all
HPER 355	Figure Skating Practicum I	33		ired to take HPER 464. All courses in the Professional Studies C	Core
HPER 356 HPER 360	Figure Skating Practicum II	12		ed for minimum index.	a 1
HPER 424	Psychology of Coaching Sport Sociology	33	HPER 105 HPER 164	Practicum in Recreation and Parks	32
HPER 425	Athletics and Short Psychology	.1 -	HPER 260	Foundations of Recreation and Leisure Skills Practicum in Recreation and Parks Leisure Service Programming	33
HPER 426	Riamachaniae at Sparte	A **	HPER 270	Recreation Leadership Personal Comparis in Health, Physical	3 2
HPER 430	Physiology of Activity	3 ·	HPER 276	Personal Computers in Health, Physical Education and Recreation	2 13
HPER 431	Physiology of Activity Laboratory	2	HPER 310	Safety, First Aid and Emergency Care	. 3 ³
HPER 437 or	Principles of Sport Management		HPER 318	Special Recreation Principles of Outdoor Recreation	. 3 ,
HPER 438	Facilities Management in Health, Physical	3 ²	HPER 341 HPER 354	Principles of Outdoor Recreation Seminar in Recreation	3
LIDED 440	Education and Recreation		HPER 404	Seminar in Recreation	34
HPER 440 HPER 455	Strategies for Athletic Peak Performance	3 4	HPER 450	Facility and Park Management	3.4
MPER 433	Figure Skating Practicum III	3 4	HPER 464	Internship in Recreation	94

Parks Concentration	Within the Department
Twenty-one credit hours selected from the following: 21 ²⁻⁴	Professional Studies Core
PLSC 105 Introductory Forestry	Each course within the professional studies core and Option Area requires a
PLSC 133 Ornamental Horticulture. 3 PLSC 211 Herbaceous Landscape Plants 3	grade of C or better. Note: An index of 2.75 in the major and overall index is
PLSC 211 Herbaceous Landscape Plants 3 PLSC 212 Woody Landscape Plants 3	required to take HPER 464. All courses in the professional studies core are consid-
PLSC 213 Turf Establishment and Maintenance 3	ered for minimum index.
PLSC 331 Landscape Construction I	HPER 105 Foundations of Recreation and Leisure Skills 3
PLSC 332 Basic Landscape Design I 4	HPER 164 Practicum in Recreation and Parks 32
EGTE 103 Land and Water Management 2	HPER 270 Recreation Leadership
EGTE 105 Power and Machinery 4 EGTE 107 Welding and Metals 2	Education and Recreation
EGTE 108 Utilities 2	HPER 310 Safety, First Aid and Emergency Care 33
EGTE 109 Technical Drafting 2	HPER 341 Principles of Outdoor Recreation 35
EGTE 113 Land Surveying	HPER 354 Seminar in Recreation 13
EGTE 306 Cost Estimating 2	HPER 260 Leisure Service Programming 3³ HPER 464 Internship in Recreation 9⁴
EGTE 307 Building Construction 1	HPER 404 Organization, Administration, Recreation and Leisure Service 3 ⁴
GEOG 235 Conservation of Natural Resources 3	HPER 450 Facility and Park Management 34
ELECTIVES	HPER 318 Special Recreation 32
Electives	Programming and Leadership Concentration 21
CREDITS TO TOTAL A MINIMUM OF 128	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
DEGREE: BACHELOR OF SCIENCE IN RECREATION	ELECTIVES
AND PARK ADMINISTRATION	Electives 16
MAJOR: RECREATION AND PARK ADMINISTRATION	
CONCENTRATION: PROGRAMMING AND LEADERSHIP	CREDITS TO TOTAL A MINIMUM OF 128
CURRICULUM CREDITS	
Superior figures indicate year or years in which the course is normally	DEADER DAGUELAD OF CAIRLIAN IN ATTUETTO TO A CAUSA
taken, i.e., ¹ freshman year, ² sophomore year, etc.	DEGREE: BACHELOR OF SCIENCE IN ATHLETIC TRAINING MAJOR: ATHLETIC TRAINING EDUCATION PROGRAM
UNIVERSITY REQUIREMENTS	CURRICULUM CREDITS
ENGL 110 Critical Reading and Writing (minimum grade C-) 3 Three credits in an approved course or courses stressing 3 multicultural, ethnic, and/or gender-related content (see p. 20)	Superior figures indicate year or years in which the course is normally taken, i.e., ¹ freshman year, ² sophomore year, etc.
	UNIVERSITY REQUIREMENTS
COLLEGE REQUIREMENTS	ENGL 110 Critical Reading and Writing (minimum grade C-)
Writing Course	Three credits in an approved course or courses stressing 3 multicultural, ethnic, and/or gender-related content (see p. 20)
extended faculty critique of both composition and content. Appropriate	COLLEGE REQUIREMENTS
writing courses are normally designated in the semester's Registration	Second Writing Course 3
Booklet at "Satisfies Arts and Science second writing course."	A writing course involving significant writing experience including two
Areas A,B,C and D must combine for a total of 48 credit hours	papers with a combined minimum of 3,000 words to be submitted for
Area A—Communication Skills	extended faculty critique of both composition and content
A minimum of nine credits from the following departments: English	Mathematics 3
(except literature), Speech/Communication, Foreign Languages and Lit-	An additional three (3) credits may be taken in any of the following
eratures (except literature) and EDST 521	areas:
Area B—Humanities and Fine Arts	Area A—Communication Skills 9
A minimum of six credits from the following departments: Art, Art Histo-	A minimum of 9 credits with at least two departments represented; cours-
ry, English (literature), Languages and Literature (literature), Music, Phi-	es may be selected from the following departments: English (writing/composition courses), Foreign Languages and Literatures (lan-
losophy and Theatre. Specific courses from the College of Human Resources (Department of Textiles, Design and Consumer Economics)	guage/communication courses), Communication, Linguistics and Speech
may be selected upon approval of the advisor	classes (sign language courses)
	Area B —Humanities and Fine Arts
Area C—History and Social Science 9 A minimum of nine credits from at least two of the following depart-	A minimum of 3 credits; course(s) may be selected from: Art, Art History,
ments: Anthropology (except physical), Black American Studies, Crimi-	Comparative Literature, English (literature), Music, Philosophy, Theatre
nal Justice, Economics, History, Political Science and International	and approved courses from Textiles, Design and Consumer Economics
Relations, Psychology, Sociology and Women's Studies. In addition,	Area C—Biological Sciences 3
courses from the College of Human Resources in Individual Family Stud-	Area D—History and Social Science
ies may be selected	A minimum of 6 credits with at least two departments represented:
Area D—Mathematics, Natural and Biological Sciences	Anthropology (except physical and biological), Black American Studies,
Mathematics course 3 A minimum of nine credits from at least two of the following 9	Criminal Justice, Economics, Geography (except physical and meteorolo-
A minimum of nine credits from at least two of the following	gy), History, Legal Studies, Political Science and International Relations,
departments: Anthropology (physical), Biology, Chemistry, Engineering,	Psychology, Sociology, Women's Studies, and specific courses from Indi- vidual and Family Studies.
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 Sci-	Area E - Natural Science and Mathematics
ence, Psychology (physiological), Statistics and Computer Science.	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
MAJOR REQUIREMENTS	Sciences (natural science courses), Mathematics (excluding MATH 251
External to the College	& 252), Medical Technology, Physics, Plant Science, Science, Statistics,
Professional Studies Core	and specific courses from the Department of Nutrition and Dietetics, the
FREC 201 Records and Accounts (minimum grade C) 3 1,2	College of Engineering and the College of Marine Studies

MAJOR REQUIREMENTS

External to	the College	_
NTDT 200	Nutrition Concepts	32
PSYC 201	General Psychology	3,
BISC 106	Elementary Human Physiology	3 1
BISC 116 or	Elementary Human Physiology Lab	
BISC 276	Human Physiology	4 ^{3,4}
CHEM 101	General Chemistry	4 ²
or CHEM 103 PHYS 201 STAT 201	General Chemistry Introductory Physics I Introduction to Statistics I	4 ² 4 ^{3,4} 3 ²
Within the	College	
HPER 214	Wellness: A Way of Life	31,2
HPER 220	Anatomy and Physiology	3'
HPER 276	Personal Computers/HPER	ク'
HPER 305	Fundamentals of Athletic Irainina	3'
HPER 310	Safety First Aid and Emergency Care	3'
HPER 320	Dringinlas at Ctrongth /Canditianina	2
HPER 405		
HPER 407		
HPER 409		
HPER 420	Functional Human Anatomy	
HPER 426	Biomechanics of Sports	2 2
HPER 430 HPER 431	Physiology of Activity Physiology of Activity Lab Organization & Administration/Athletic Training	, 2
HPER 448	Organization & Administration/Athletic Training	24
HPER 480	Prostinum in Athletic Training I	3 2
HPER 481	Practicum in Athletic Training I Practicum in Athletic Training II	32
111 EK 401	Tracheom in Annene training if a second training and a second sec	5

ELECTIVES

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

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	ENGL 110
HPER 310	MATH 3
HPER 2203	HPER 305
HPER 276	HPER 214 3
Elective 3	General Studies 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 214, 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; Students must obtain the University of Delaware Athletic Training Education Program Admission Recommendation Form from the program director.
- (6) Completion of N.A.T.A. taping checksheet;
- (7) Successful interview with the Athletic Training Education Program Director and faculty. During 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 standard evaluation form.

NATA 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 highrisk sport and one women's low-risk sport, for 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. 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.
- 3. Completion of the NATA Competency Evaluation Checklist.
- 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).

COACHING SCIENCE MINOR

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:

	CREDIT	١
HPER 310	First Aid, Safety, CPR	
HPER 220	Anatomy and Physiology 3	
HPER 320	Strength and Conditioning 3	
HPER 390	Principles of Coaching 3	
HPER 360	Psychology of Coaching	
HPER 460	Coaching/Performance Practicum 2	
A total of	c Electives in Skills/Coaching 3 twenty-six elective options exist to meet the 3 credits of aching requirement. Selection will be made with minor advi-	