

DEPARTMENT OF HEALTH PROFESSIONS

Overview

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The Department of Health Professions prepares students in degree programs leading to careers in the healthcare field including a Bachelor of Science in Respiratory Therapy, a Bachelor of Science in Population Health Management, a Bachelor of Science in Social Work and an Associate of Applied Science in Physical Therapist Assistant. Additional opportunities include a Bachelor of Science in Exercise Science with concentrations in Health and Exercise Science and Personal and Commercial Fitness and a Bachelor of Science in Recreation Sport Management with concentrations in Sport Studies and Esports Management. Specific information about all of the degrees are found within each major.

Partnerships with Graduate Programs

Missouri Western maintains partnerships that provide students the opportunity for early review and preferred acceptance into the Masters of Athletic Training at University of Nebraska Omaha, Masters of Occupational Therapy at Rockhurst University or Doctorate in Physical Therapy at Rockhurst University. Additional details can be obtained through the Department of Health Professions: <https://www.missouriwestern.edu/hper> (<https://www.missouriwestern.edu/hper/>).

Majors

- Exercise Science (Bachelor of Science, B.S.) (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/exercise-science-bs/>)
- Health Information Management (Bachelor of Science, B.S.) (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/health-information-management-bs/>) (The Health Information Management (HIM) program is currently under review and admissions are paused through the end of 2024. The HIM program retains its CAHIM accreditation during this pause. Current students who complete their course of study by December 2024 will be able to sit for the RHIA exam.)
- Population Health Management (Bachelor of Science, B.S.) (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/population-health-management-bs/>)
- Recreation Sport Management (Bachelor of Science, B.S.) (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/recreation-sport-management-bs/>)
- Respiratory Therapy (Bachelor of Science, B.S.) (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/respiratory-therapy-bs/>)
- Social Work (Bachelor of Social Work, B.S.W.) (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/social-work-bsw/>)

- Physical Therapist Assistant (Associate of Applied Science, A.A.S.) (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/physical-therapist-assistant-aas/>)

Minors

- Athletic Coaching Minor (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/athletic-coaching-minor/>)
- Childhood Studies Minor (<http://catalog.missouriwestern.edu/undergraduate/interdisciplinary-studies/childhood-studies-minor/>)
- Entrepreneurship Minor (<http://catalog.missouriwestern.edu/undergraduate/interdisciplinary-studies/entrepreneurship-minor/>)
- Esport Management Minor (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/esport-management-minor/>)
- Recreation Sport Management Minor (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/recreation-sport-management-minor/>)
- Wellness Minor (<http://catalog.missouriwestern.edu/undergraduate/science-and-health/health-professions/wellness-minor/>)

Courses

Allied Health (ALH)

ALH 106 Medical Terminology Credits: 2

Typically Offered: Fall, Spring, Summer.

Course Description: Medical terms with reference to human anatomy and disease processes for the paramedical professions.

ALH 139 Skills for Success in Healthcare Credits: 3

Typically Offered: Fall, Summer.

Course Description: Topics to be covered: How to move up the career ladder, life management skills (establishing and achieving goals, time and stress management), communication in the workplace (oral and written communication), principles of patient satisfaction and safety, and reading in the workplace.

ALH 320 Community and Public Health Credits:

Typically Offered: Spring.

Course Description: This course examines the issues and problems that exist within the political, social, cultural and economic dimensions of community health. **Prerequisite(s):** A grade of C or higher in BIO 101 or BIO 105.

ALH 330 Introduction to Epidemiology and Biostatistics Credits: 3

Typically Offered: Fall.

Course Description: Focuses on knowledge and concepts as applied to study of population health outcomes. Development of basic understanding of the principles of epidemiology and biostatistics as well as the critical thinking skills to assist in the evaluation of research and assessing the health of a population. Quantitative and methodological analysis and their implications for evidence based medicine, healthcare policy, resource utilization and health systems management are explored. **Prerequisite(s):** PSY 300 or GBA 210 or MAT 111 or MAT 111E.

ALH 350 Introduction to Population Health Credits: 3**Typically Offered:** Fall.

Course Description: Introduction to Population Health Management addresses how to identify, build and support a culture of wellness. The course focuses on the study of health status indicators as influenced by social, economic and physical environments, personal health practices, individual capacity and resiliency, human biology, early childhood development, and health services. Basic principles of risk, quality, health care economics and evidence-based practice are also explored and applied to the study of population health outcomes. Must be taken concurrently with ALH 351 Applied Population Health Management Lab. **Prerequisite(s):** ALH 106 and BIO 250.

ALH 351 Applied Population Health Management Lab Credits: 1**Typically Offered:** Fall.

Course Description: Focuses on practical application of Population Health tools within the electronic health record (EHR). Application of a population health model including population identification, risk stratification, patient engagement, and outcomes evaluation. Fundamental concepts will be demonstrated through use of tools specific to analytics, registry, and referral as they relate to the population health specialist role. 2 hours of laboratory per week. Must be taken concurrently with ALH 350 Introduction to Population Health Management. **Prerequisite(s):** ALH 106 and BIO 250.

ALH 352 Applied Nutrition Credits: 2**Typically Offered:** Fall, Spring.

Course Description: Principles of normal nutrition through the life cycle and the role of nutrition in health are considered. Nutrition therapy and its role in the prevention and management of disease are also examined. **Prerequisite(s):** BIO 250.

ALH 365 Special Needs of the Elderly Credits: 3**Typically Offered:** Fall (odd-numbered years).

Course Description: An overview of the special needs of the elderly population. Includes present concerns as well as identifying methods of improving life for the elderly in the future.

ALH 402 Population Health Internship Credits: 3**Typically Offered:** Fall, Spring.

Course Description: An academic program which offers students an opportunity to integrate theories of population health with actual practice. Students spend a minimum of 135 hours in a position in a health care or other approved setting focusing on population health. Anticipated learning objectives are established in a contract agreed to by the student, the on-site supervisor and the course professor. Requires periodic progress reports, supervisor evaluation, and a formal written paper. May be repeated for a maximum of 6 credit hours. **Prerequisite(s):** Declared health population major, senior standing, completion of major core courses, a minimum of 2.5 GPA in a major field and consent of instructor.

Exercise Science (EXS)

EXS 101 Fitness and Wellness Credits: 3**Typically Offered:** Fall, Spring.

Course Description: This survey course develops knowledge and skills to apply personal exercise principles and promote optimal fitness and wellness through nutrition, stress management, cardiorespiratory endurance training, recognition of risk factors for disease, and musculoskeletal development. Students must enroll in lecture and an EXS 101 physical activity lab.

CORE 42: MOTR IDSE 102; Wellness for the Individual (attribute MO71)**EXS 110 Adaptive Activities Credits: 1****Typically Offered:** Departmental Discretion.

Course Description: A program of activities adapted to the needs of the handicapped and physically restricted student. This class may be repeated for credit with permission of the Coordinator of Adaptive Activities.

EXS 111 Beginning Curling Credits: 1**Typically Offered:** Departmental Discretion.

Course Description: Introduction to the sport of curling, including sport specific skills of delivering the stone, and sweeping as well as cognitive skills of scoring, types of shots, and strategy. May be taken up to four times for credit.

EXS 113 Beginning Soccer Credits: 1**Typically Offered:** Spring.

Course Description: Introduction to the sport of soccer, including sport specific skills, strategies, rules. May be repeated up to 4 times for credit.

EXS 116 Beginning Bait and Fly Casting Credits: 1**Typically Offered:** Departmental Discretion.

Course Description: Introduction to sport fishing. Emphasizes casting skills, methods of fishing, fish habitat, conservation practices, and lure making. Field trip may be required.

EXS 117 Beginning Riflery and Trap Shooting Credits: 1**Typically Offered:** Departmental Discretion.

Course Description: Instruction in recreational shooting. Emphasizes firearms safety; rifle and shotgun trap marksmanship, particular stress on range practice; methods and techniques of reloading ammunition and cleaning firearms. Students must provide own ammunition.

EXS 118 Beginning Bowling Credits: 1**Typically Offered:** Departmental Discretion.**Course Description:** House fee required.**EXS 119 Beginning Golf Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish four new golf balls.**EXS 120 Beginning Tennis Credits: 1****Typically Offered:** Departmental Discretion.

Course Description: Students must furnish racquet and one can of new tennis balls. May be taken up to four times for credit.

EXS 121 Beginning Badminton Credits: 1**Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish three new shuttlecocks.**EXS 123 Beginning Judo Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Student must furnish gi.

EXS 127 Beginning Archery Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Introduction to target and field archery. Emphasizes shooting technique and various types of archery games and competition. Students must furnish a matched set of six arrows.

EXS 128 Beginning Backpacking Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Instruction in backpacking. Emphasizes equipment orientation, personal conduct within the natural environment, clothing and shelter, preservation of wilderness area integrity, safety, foods, and cooking. Course includes on-the-trail instruction and practicum. All equipment furnished by the department.

EXS 130 Beginning Swimming Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Basic skills in swimming. Swim suit required. Non-swimmers only.

EXS 131 Lifeguard Training Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Provides minimum skills training for a person to qualify to serve as a lifeguard. **Prerequisite(s):** Be at least 15 years old, able to swim 500 yards continuously using side stroke, front crawl, and breast stroke. Each stroke demonstrated a minimum of 100 yards. Surface dive to 8 - 12 feet and recover a 10-pound brick. Tread water for 2 minutes with arms across chest (legs only).

EXS 132 Intermediate Swimming Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Development of swimming strokes. Swim suit required. **Prerequisite(s):** Ability to swim.

EXS 135 Skin and Scuba Diving Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Techniques and safety for skin and scuba diving. Swim suit and special fee required. May be taken up to four times for credit. **Prerequisite(s):** Above-average ability to swim.

EXS 137 Water Safety Instructor Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Water safety techniques as prescribed by the American Red Cross; W.S.I. Certification for those who qualify. Swim suit required. **Prerequisite(s):** Be at least 17 years of age at the end of the course, able to pass the pre-course written test and skills test. The written test is taken from the Community Water Safety and/or Swimming and Diving Text (Chapters 2 and 13). The skills test involves rescue skills and stroke evaluation.

EXS 138 Beginning Canoeing Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Practical instruction in canoeing. Emphasizes safety and techniques. On-the-water experiences are integral with instruction. Students must be able to swim.

EXS 139 Beginning Skiing Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Development of basic skills in downhill (Alpine) and/or cross country skiing. Special fee required.

EXS 140 Beginning Ice Skating Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Special fee required.

EXS 141 Beginning Karate Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Students must furnish gi.

EXS 142 Hap Ki Do Credits: 1

Typically Offered: Departmental Discretion.

Course Description: A martial art activity with emphasis on self-defense. Students must furnish gi.

EXS 144 Beginning Recreation Games Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Shuffleboard, table tennis, horseshoes, croquet, and others.

EXS 145 Aerobic Dance Credits: 1

Typically Offered: Departmental Discretion.

Course Description: An activity course in which students' cardiovascular endurance is developed through continuous rhythmic exercise and dance set to music. May be taken up to four times for credit.

EXS 158 Intercollegiate Sports I Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Intercollegiate athletic team members who are on the men's basketball, men's football, women's basketball, women's soccer, and women's volleyball teams only. May be repeated for up to four credit hours.

EXS 159 Intercollegiate Sports II Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Intercollegiate athletic team members who are on the men's baseball, men's cross country, men's golf, men's indoor track, men's outdoor track, women's cross country, women's golf, women's indoor track, women's lacrosse, women's outdoor track, women's tennis, or women's softball teams only. May be taken up to four times for credit.

EXS 160 Cheer and Dance Participation Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Students who are official members of the MWSU Cheer Squad or of the Mystics Dance Team may receive participation credit. May be taken up to four times for credit. **Prerequisite(s):** MWSU Cheer Squad Participant or Mystics Dance Team Member.

EXS 171 Beginning Cave Exploring Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Introduction to the sport of spelunking. Emphasizes safety aspects and appreciation of cave ecology. Course includes caving trips. Equipment furnished by the department.

EXS 172 Intermediate Cave Exploring Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Continuation of EXS 171. Involves intermediate activities in spelunking: reading cave maps, basic vertical techniques, basic rescue techniques, and discussions in cave geology. Course includes caving trips. Most equipment furnished by the department. Special fee required. **Prerequisite(s):** EXS 171.

EXS 175 Beginning Volleyball Credits: 1

Typically Offered: Departmental Discretion.

Course Description:

EXS 180 Pilates Credits: 1

Typically Offered: Departmental Discretion.

Course Description: A progressive activity where students learn proper body alignment and techniques for integration into movement with emphasis on lower back and abdominal strength. May be taken up to four times for credit.

EXS 181 Beginning Crossfit Credits: 1**Typically Offered:** Fall, Spring.**Course Description:** This course will teach students the basic Olympic lifts and gymnastic movements of Crossfit. It will teach lifetime fitness through general physical conditioning. May be repeated up to four times for credit.**EXS 182 Yoga Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Gaining personal power through the daily use of Kundalini Yoga is an integrated approach offering Kriya (designed physical movements), Pranayama (breathing practices), Dharana (concentration) and Dhyana (meditation) and gong vibration relaxation. The goal of the class is to deepen the qualities of attention and concentration and to increase physical and mental stamina in physical performance and practice settings.**EXS 185 Beginning Weight Training and Conditioning Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** May be taken up to four times for credit.**EXS 186 Aerobic Fitness Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** May be taken up to four times for credit.**EXS 187 Beginning Cycling Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish bicycle.**EXS 188 Wilderness Canoeing Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Comprehensive course in flatwater and river canoeing; emphasizes whitewater paddling technique and personal conduct in wilderness environments; includes wilderness camping skills and expedition dynamics. Class is usually held in Minnesota, South Missouri, or Arkansas.**EXS 189 Beginning Pistol and Skeet Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Pistol and skeet marksmanship, emphasizing range practice; methods and techniques of reloading ammunition and cleaning firearms. Students must provide own ammunition.**EXS 190 Adult Physical Fitness Credits: 1****Typically Offered:** Fall, Spring.**Course Description:** An activity course in which student's knowledge of high level wellness is developed through participation in discussion and physical activity programs. Designed as a class for returning students to be taught concurrently with the adult physical fitness class in Continuing Education.**EXS 191 Foundations of Physical Education Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Historic and philosophic analysis of physical education emphasizing physical education as an academic discipline, professional opportunities, and associated fields. Recommended for freshmen.**EXS 192 Independent Physical Activity Credits: 1****Typically Offered:** Fall, Spring.**Course Description:** This course will involve independent physical activity tracking which will be monitored by the instructor. You will be required to purchase a physical activity tracker. May be repeated up to four times for credit.**EXS 193 Special Weight Training Class for Athletes Only Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Limited to members of MWSU Intercollegiate Athletic Teams. May be taken one time only for credit.**EXS 217 Principles of Strength Training and Conditioning Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Fundamentals in the development of strength and conditioning programs for a variety of populations. Includes the physiological bases of strength development, identification of specific exercises to develop strength, proper technique, and periodized programming for maximal development. Two hours lecture, two hours lab. May require additional off-campus meetings.**EXS 218 Principles of Aerobic Training Credits: 3****Typically Offered:** Spring.**Course Description:** Fundamentals in the development of aerobic programs for a variety of populations: includes the physiological bases of aerobic development, identification of specific exercises and activities to develop aerobic power, proper technique, identify contraindicated exercises, and programming for maximal development of aerobic power. May require additional off-campus meetings.**EXS 219 Intermediate Golf Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish four new golf balls.**Prerequisite(s):** PED 119.**EXS 222 Human Sexuality Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** Physiological, psychological, sociological, behavioral, and clinical aspects of sexuality. Topics will be addressed over the life span and will include controversial issues.**EXS 240 Methods of Teaching Lifetime Activities for Secondary Physical Education Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** Presents Teaching Methodology - develops knowledge and skills in lifetime activities. May require additional off campus meetings for applied teaching experiences.**EXS 241 Concepts of Sport Activities Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** Presents Teaching Methodology - develops knowledge and skills in the team sports of basketball, flag football, soccer, and volleyball. May require additional off campus meetings for applied teaching experiences.**EXS 246 Concepts of Dance and Gymnastics Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** Presents teaching methodology and develops knowledge and skills in social, folk, and square dance, stunts and tumbling, and apparatus gymnastics. May require additional off-campus meetings.**EXS 250 Intermediate Ice Skating Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Continuation of PED 140. Emphasizes ice skating as a leisure activity for a lifetime. Special fee required.**EXS 294 Drug Education Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** This course addresses the concepts of drug use, drug misuse and drug abuse as they pertain to prescribed medications as well as illicit substances. Over the counter preparations are included, as well as the more commonly encountered drugs in the school setting.

EXS 303 Kinesiology Credits: 3**Typically Offered:** Spring, Summer.**Course Description:** Analyzes movement through the study of anatomical structures and mechanical principles of the human body; applicable to elementary, secondary, and adult populations. **Prerequisite(s):** A grade of C or higher in BIO 250.**EXS 304 Physiology of Exercise Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** The study of foundational aspects of exercise physiology and the immediate and long-term bodily response to physical activity with an emphasis on metabolic, cardiovascular, pulmonary, muscular, and nervous system anatomy and physiology. This course will explore concepts pertaining to performance and health. Three hours lecture, one hour lab. **Prerequisite(s):** BIO 250 with a C or higher.**EXS 305 First Aid: Responding to Emergencies Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** Designed to provide the knowledge and skills necessary to help sustain life and minimize the consequences of injury or sudden illness until advanced medical care arrives. Participants will be able to identify and eliminate potentially hazardous conditions, recognize emergencies and make appropriate decision for first aid care. Optional Certification in: Adult CPR/AED, Pediatric CPR and First Aid.**EXS 306 Sport Safety Training Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** Designed to provide the knowledge and skills necessary to help provide a safe environment for athletes while participating in sports and, in an emergency, to help sustain life and minimize the consequences of injury or sudden illness until advanced medical care arrives. Participants will be able to identify and eliminate potentially hazardous conditions, recognize emergencies and make appropriate decision for first aid care. Optional Certification in: Adult CPR/AED, Pediatric CPR and First Aid.**EXS 310 Principles and Administration of Coaching Credits: 3****Typically Offered:** Spring (odd-numbered years).**Course Description:** Provides insight into the coaching profession; includes developing a professional approach to coaching ethics, psychology of athletics, staff selection, public relations, administration of duties (scheduling, eligibility, reports, purchasing, care of facilities), and appreciation for non-technical aspects of the total job. **Prerequisite(s):** Junior standing.**EXS 311 Coaching and Officiating of Football Credits: 2****Typically Offered:** Spring (odd-numbered years).**Course Description:** Theory, fundamentals, and officiating of football; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.**EXS 312 Coaching and Officiating of Basketball Credits: 2****Typically Offered:** Fall.**Course Description:** Theory, fundamentals, and officiating of basketball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab.**EXS 313 Coaching and Officiating of Baseball and Softball Credits: 2****Typically Offered:** Fall (odd-numbered years).**Course Description:** Theory, fundamentals, and officiating of baseball and softball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.**EXS 314 Coaching and Officiating of Track and Field Credits: 2****Typically Offered:** Spring (even-numbered years).**Course Description:** Theory, fundamentals, and officiating of track and field; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.**EXS 315 Coaching and Officiating of Volleyball Credits: 2****Typically Offered:** Spring.**Course Description:** Theory, fundamentals, and officiating of volleyball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.**EXS 316 Coaching and Officiating of Wrestling Credits: 2****Typically Offered:** Departmental Discretion.**Course Description:** Theory, fundamentals, and officiating in wrestling; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.**EXS 319 Coaching and Officiating of Soccer Credits: 2****Typically Offered:** Spring.**Course Description:** Theory, fundamentals, and officiating of soccer includes FIFA laws of the Game, skill development, conditioning, strategies, and basic organizational techniques to coach and referee soccer. Two hours lecture, one hour lab. May require additional off-campus meetings.**EXS 327 Exercise Prescription for Special Populations Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Provide the students with principles and practice in developing exercise programs specifically designed for special populations. **Prerequisite(s):** A grade of C or higher in EXS 304.**EXS 352 Fitness and Sports Nutrition Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** This course will provide students with an understanding of the basic nutrition principles to help promote and maintain health throughout a life cycle. Students will examine the relationship between physical activity, proper nutrition, sports performance and overall wellness. Students will learn what foods are needed for healthy lifestyles and peak performance. Students will also learn how proper nutrition maximizes physical performance in exercise and sports contexts. This course strengthens health promotion and disease prevention through increased knowledge of nutrition and physical activity. This class provides information to students in developing healthy lifestyle choices.

EXS 370 Methods in Teaching Health and Physical Education Credits: 3

Typically Offered: Departmental Discretion.

Course Description: Includes health/physical education content at the collegiate level, as well as methods and materials for the school settings. The physical education major will receive health methods K-12 and the elementary classroom majors will receive health and physical education methods K-6. **Prerequisite(s):** PED 101 and official admittance to the teacher education program.

EXS 373 Psychology of Exercise Credits: 3

Typically Offered: Spring.

Course Description: This course is designed to examine applied and theoretical issues related to the psychology of exercise and physical activity. The course will enable students to use their knowledge of psychological aspects of exercise to facilitate exercise adoption and adherence as well as applying motivational and behavior change strategies when working with others in various health and physical activity settings. **Prerequisite(s):** A grade of C or higher in PSY 101.

EXS 374 Psychology of Sport Credits: 3

Typically Offered: Fall.

Course Description: Emphasizes the psychology and sociology of the sports participant from the standpoint of participant's behavior toward other individuals and groups. **Prerequisite(s):** A grade of C or higher in PSY 101.

EXS 375 Sociocultural Aspects of Sport and Physical Activity Credits: 3

Typically Offered: Departmental Discretion.

Course Description: To develop an understanding of sport not only from a sociological perspective but also from a social creation standpoint. This course will examine the socially created realities of sport and will provide a critical analysis of sport at all levels (informal and organized youth, interscholastic, intercollegiate, and professional). Emphasis is placed on gender, race, economic, media, and political issues in sport.

EXS 380 Rhythms and Creative Movement for Elementary School Credits: 3

Typically Offered: Departmental Discretion.

Course Description: Designed to teach elementary teachers how to approach the use of rhythms as a means for developing neuromuscular growth and body space awareness; uses a variety of musical styles and rhythmic devices to develop a knowledge in movement exploration including body awareness, space utilization, time, and energy change. Students will be required to meet off-campus for teaching experience. Elementary education majors may not take the course until officially admitted to the teacher education program.

EXS 381 Outdoor Education Credits: 3

Typically Offered: Departmental Discretion.

Course Description: A methodology course with an emphasis on establishing learning experiences in natural environments through varied disciplines of study. Two hours lecture, two hours lab.

EXS 382 Elementary School Physical Education Credits: 3

Typically Offered: Departmental Discretion.

Course Description: Fundamental skills, sports, and games for the elementary school physical education program. Two hours lecture, two hours lab. May meet off-campus for micro teaching experiences in an elementary school; may have one teaching experience at night.

EXS 383 Adapted Physical Education Credits: 3

Typically Offered: Departmental Discretion.

Course Description: Theory and methods of programming activities for handicapped students; recognition of, prevention of, and practical experience with structural deviations from normal body mechanics.

EXS 385 Athletic Training Credits: 3

Typically Offered: Fall, Spring.

Course Description: Prevention and care of common athletic injuries, protective equipment, and training methods.

EXS 387 Current Issues in Health Education Credits: 3

Typically Offered: Departmental Discretion.

Course Description: This course is designed to critically analyze research and literature in health education. The range of topics for discussion will include literature from popular readings to scientific reports from referred journals.

EXS 391 Personal and Environmental Health Credits: 3

Typically Offered: Departmental Discretion.

Course Description: This course addresses personal and environmental health issues and concerns as they relate to physiological and psychological well-being. Responsibility and decision making skills pertinent to health behaviors are also included. **Prerequisite(s):** A grade of C or higher in EXS 101.

EXS 392 Child Growth and Motor Development Credits: 3

Typically Offered: Departmental Discretion.

Course Description: The study of humans from conception to maturation dealing with the pattern of growth involved in the physical and mental process. This course will focus on the four domains of growth (Physical (Motor), Cognitive, Social and Emotional) with a specific emphasis on Motor Development / Motor Learning. The main purpose is to develop understanding of experimental and experiential factors concerning developmental factors that affect a person's skills and abilities in all four domains across the lifespan.

EXS 393 Measurement in Physical Education Credits: 3

Typically Offered: Fall, Spring.

Course Description: Methods in evaluation of the product and process; special emphasis on physical fitness, motor ability, posture, and specific sports skills; applicable to elementary, secondary, and adult populations. **Prerequisite(s):** A grade of C or higher in MAT 110 or MAT 110E or higher.

EXS 400 Advanced Cardiovascular Exercise Physiology Credits: 3

Typically Offered: Spring.

Course Description: This course is designed to introduce the student to the study of cardiovascular physiology with an emphasis on normal versus abnormal function. It provides an in depth study of the cardiovascular system and its various responses to acute and chronic exercise. **Prerequisite(s):** EXS 304 with a grade of C or higher.

EXS 401 Graded Exercise Testing Credits: 3

Typically Offered: Fall, Spring.

Course Description: Examines the principles of exercise testing, the methods of conducting a graded exercise test, collection and calculation of test data in a sequential manner and interpretation of information so obtained. Offers a basic understanding of the normal physiological adaptations to chronic exercise and the electrophysiology of electrocardiography. Three hours lecture, one hour lab. **Prerequisite(s):** A grade of C or higher in EXS 304.

EXS 417 Applied Techniques in Personal Training Credits: 3**Typically Offered:** Fall.**Course Description:** This course is designed to provide students with practical experience working with clients (faculty/staff/students) in a supervised setting enabling them to become more confident and competent in carrying out exercise assessments and writing appropriate prescriptions for individuals. **Prerequisite(s):** A grade of C or higher in EXS 217, EXS 304, and EXS 401.**EXS 420 Senior Seminar in Physical Education Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Practical preparation for the profession including job seeking techniques, resume and portfolio building, interviewing techniques, professional organizations and membership benefits, and visits from professionals in the field. **Prerequisite(s):** Senior standing and a grade of C or higher in all EXS courses required in the major or concurrent enrollment.**EXS 430 Field Experience in Health and Exercise Science Credits: 6****Typically Offered:** Fall, Spring, Summer.**Course Description:** A 240 hour internship with an agency related to Health and Exercise Science to develop and utilize skills learned in the classroom. Agency selected by the student with instructor approval. **Prerequisite(s):** Senior status; a grade C or higher in all EXS courses in the core including EXS 401; completion of all departmental application requirements; and agency acceptance of the intern.**EXS 450 Independent Research/Project Credits: 1-5****Typically Offered:** Fall, Spring, Summer.**Course Description:** Investigation of a research problem, project, or topic on an individual conference basis. May be repeated for credit. **Prerequisite(s):** Minimum of a 2.5 GPA in the major field, and departmental approval.**EXS 451 Research Methods in Allied Health Professions Credits: 3****Typically Offered:** Spring.**Course Description:** Original research in areas related to Allied Health Professions. Students will be guided in the development of research ideas and problem statements, literature reviews, testing methodology, data collection, and interpretation of results. **Prerequisite(s):** Junior or senior standing, and a grade of C or higher in EXS 393 or ALH 330.**EXS 480 Practicum in Physical Education Credits: 2****Typically Offered:** Fall, Spring, Summer.**Course Description:** Individualized in-depth study of a subject in which the student is particularly interested. **Prerequisite(s):** Junior or senior standing.**EXS 481 Children's Lifetime Sports Academy Practicum Credits: 3****Typically Offered:** Summer.**Course Description:** Practical teaching experience of children aged eight to 15 in lifetime sports and adventure activities. Can be repeated for credit.**EXS 485 Athletic Training II Credits: 2****Typically Offered:** Departmental Discretion.**Course Description:** Methods of athletic injury mechanisms and evaluative techniques of athletic injuries. Knowledge and understanding of modalities, therapeutic techniques, and rehabilitation programs of athletic injuries. One hour lecture, two hours lab. **Prerequisite(s):** A grade of C or higher in EXS 385.

Health Data Analytics (HDA)

HDA 360 Applied Health Data Statistics Credits: 3**Typically Offered:** Fall.**Course Description:** This course emphasizes statistical analysis of clinical data, use of healthcare statistical formulas, presentation of data, and application of basic medical research principles. Students are introduced to epidemiological concepts along with examining the use of statistical analysis of clinical data in relation to long-range healthcare planning and statistical reporting. Students will utilize software statistical functions and formulas as well as formatting and organization of data for presentation. **Prerequisite(s):** A grade of C or higher in MAT 111 or MAT 111E or NUR 314 or PSY 300, ACT 201, and credit or concurrent enrollment in HIF 300, or by permission of HIM program.**HDA 450 Applied Health Data Analysis and Reporting Credits: 3****Typically Offered:** Spring.**Course Description:** Application of data-driven, computer-based tools and data analysis techniques which aid decision-making in healthcare. The course provides students a hands-on approach with the use of open source software and open source data. Examination of statistical methods, analytical tools and processes including data analysis, visualization, and reporting through case studies and scenarios. **Prerequisite(s):** A grade of C or higher in CSC 184 and HDA 360.**HDA 455 Applied Health Data Reporting Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** This course provides students an introduction as well as hands-on experience in data visualization. It introduces students to design principles for creating meaningful displays of quantitative and qualitative data to facilitate managerial decision-making. Provides an introductory level of competency on the use of several available software tools that can be used for data visualization. Allows for project-based opportunities to identify, understand, analyze, prepare, and present effective visualizations on a variety of topics. **Prerequisite(s):** A grade of C or higher in HIF 300, ACT 302 and HDA 450 or concurrent enrollment.

Health Information Management (HIF)

HIF 132 Pharmacology Credits: 2**Typically Offered:** Spring.**Course Description:** An introductory course with emphasis on classes of drugs and their primary use. Course work will include indications for the medications, dose and route of delivery of the most frequently prescribed medications in various health care settings. **Prerequisite(s):** A grade of C or higher in ALH 106 and BIO 250.**HIF 200 Health Care Delivery Systems Credits: 3****Typically Offered:** Fall.**Course Description:** Study of the components of the health care delivery system; roles and functions of the hospital's organizational components: the governing board, the administration and the medical staff in various hospital departments. Investigation of the procedures used by the organizations which regulate and accredit hospitals, e.g., The Joint Commission.**HIF 275 Coding and Classification Systems I Credits: 3****Typically Offered:** Spring.**Course Description:** Introduction to medical nomenclature and classification systems, official coding guidelines, data quality, case mix, analysis and ICD-10-CM and ICD-10-PCS using manual as well as automated encoders. To be taken concurrently with HIF 276. **Prerequisite(s):** A grade of C or higher in ALH 106, BIO 250, and HIF 132 and credit or concurrent enrollment in BIO 375.

HIF 276 Coding and Classification Systems I Lab Credits: 1**Typically Offered:** Spring.**Course Description:** Laboratory for application of coding practices learned in HIF 275. To be taken concurrently with HIF 275.**HIF 277 Coding and Classification Systems II Credits: 3****Typically Offered:** Fall.**Course Description:** Study and application of CPT and HCPCS coding principles using manual and automated encoders. Diagnosis related groups, ambulatory payment classifications, case mix, and data quality will be integrated throughout the course work. To be taken concurrently with HIF 278. **Prerequisite(s):** A grade of C or higher in ALH 106, BIO 250, and HIF 132, and credit or concurrent enrollment in BIO 375.**HIF 278 Coding and Classification Systems II Lab Credits: 1****Typically Offered:** Fall.**Course Description:** Provides a laboratory setting for the application of coding practices learned in HIF 277. To be taken concurrently with HIF 277. **Prerequisite(s):** A grade of C or higher in ALH 106, BIO 250, and HIF 132, and credit or concurrent enrollment in BIO 375.**HIF 300 Health Data Management Credits: 3****Typically Offered:** Fall.**Course Description:** Focuses on the study of the origin, content, and format of healthcare records across the continuum of healthcare in both traditional and non-traditional settings, including paper, hybrid, and electronic health records and the standards that govern the development of records. Other topics include accreditation and regulatory requirements, methods to assess and retrieve health data and patient records, registries, structure and content standards pertaining to healthcare data sets and data sources, record analysis, and storage and retention. **Prerequisite(s):** A grade of C or higher in HIF 200.**HIF 310 Clinical Classification Systems Credits: 3****Typically Offered:** Fall.**Course Description:** Introduction to classification systems, vocabularies, taxonomies, terminologies and the coding and mapping of data by manual or the use of encoders. The students will be exposed to a variety of classification systems and terminologies, specifically ICD-9-CM and CPT/HCPCS, but ICD-10-CM and ICD-10-PCS and SNOMED-CT will be emphasized. **Prerequisite(s):** A grade of C or higher in ALH 106, BIO 250, HIF 200, HIF 132 and credit or concurrent enrollment in BIO 375.**HIF 320 Information Technology and Systems Credits: 3****Typically Offered:** Spring.**Course Description:** Focuses on a study of computer concepts and applications in the management of health information systems. The class emphasizes the role of the health information manager in data storage and retrieval; database querying and data mining techniques; and design and generation of administrative reports using appropriate software. Data security, design of audit trails, participation in risk assessment, contingency planning, data recovery procedures, local and wide area network data definitions, data administration, database structure, data dictionaries, data modeling, and database administration are covered. Also studied are work simplification, system analysis and functional standards. **Prerequisite(s):** A grade of C or higher in HIF 300 and ACT 301.**HIF 330 Legal and Ethical Aspects of Healthcare Management Credits: 3****Typically Offered:** Fall.**Course Description:** Content includes the study of the legal and ethical issues involved in the management and delivery of healthcare services and inter-relationships between institution, physicians, and patients. Topics include release of information, quality documentation, retention of records, HIPAA privacy and confidentiality, ethical standards of practice, fraud and abuse, risk management, contracts, consents, and other current medico/legal issues. **Prerequisite(s):** A grade of C or higher in HIF 200.**HIF 350 Quality Management Credits: 3****Typically Offered:** Spring.**Course Description:** Focuses on the study of history, organization and coordination of facility-wide management and performance improvement processes that involve team and process thinking; outcomes measurement; review of utilization of healthcare and other cost-containment programs; risk management and the application of evaluation techniques. Principles of data collection, preparation, analysis and interpretation of healthcare statistics, will be taught along with statistics used in quality management activities and organizational assessment, vital statistics, and computerized statistical packages. **Prerequisite(s):** A grade of C or higher in MAT 110 or MAT 110E, MAT 112, or MAT 116, HIF 300 and HIF 330.**HIF 371 Professional Management Experience I Credits: 2****Typically Offered:** Spring.**Course Description:** Focuses on assignments to promote competency levels required of entry-level health information management professionals and to integrate basic knowledge and to begin the transition required to function as a manager. Many assignments will be completed in a lab setting utilizing records, encoders, and software necessary for practical applications of management skills. **Prerequisite(s):** A grade of C or higher in HIF 310, and HIF 330, can be taken concurrently with HIF 320 and HIF 350.**HIF 379 Revenue Cycle and Reimbursement Management Credits: 3****Typically Offered:** Spring.**Course Description:** The course will cover various reimbursement practices and payment methodologies, processes for reporting and billing, reimbursement terminology, including revenue cycle and chargemaster management. **Prerequisite(s):** A grade of C or higher in HIF 300 and HIF 310.**HIF 410 Human Resources and Operations Management Credits: 3****Typically Offered:** Fall.**Course Description:** Focuses on human resources management practices and strategic leadership management. Topics include staffing, employee development, training, benefits, employer relations, recruitment, work measurement, change management, project management, and human factors. **Prerequisite(s):** A grade of C or higher in MGT 350.**HIF 420 Clinical Data Management Credits: 3****Typically Offered:** Fall.**Course Description:** Focuses on acquiring, managing, manipulating, analyzing, and reporting data retrieved from a variety of sources, such as electronic health records, patient care systems, claims management data, and traditional coded data in order to provide data for healthcare decision making. **Prerequisite(s):** A grade of C or higher in HIF 300, HIF 350, and HIF 379. (Declared majors in Population Health Management are exempt from prerequisites for this course).

HIF 430 Applied Health Informatics Credits: 3**Typically Offered:** Fall.**Course Description:** Focuses on various clinical, administrative, and specialty systems applications, such as administrative, clinical decision support systems, electronic health record and computer-based health record systems, nursing, ancillary service systems, patient numbering systems at master and enterprise levels. Apply systems development and systems life cycle concepts to the selection of healthcare information systems. **Prerequisite(s):** A grade of C or higher in HIF 320.**HIF 440 Financial and Resource Management Credits: 3****Typically Offered:** Spring.**Course Description:** Builds on the study of healthcare organizations and their management. Topics include problem solving and decision making, establishing performance and production monitors, knowledge of financial management concepts and accounting principles essential for managing health information management departments, operations, and cost-benefit analysis for resource needs. Course also includes the reimbursement cycle from patient registration to claims billing with an emphasis on federal regulations and the role of HIM regarding payment systems. **Prerequisite(s):** A grade of C or higher in ACC 201, HIF 410, and HIF 420.**HIF 460 Applied Research Credits: 3****Typically Offered:** Spring.**Course Description:** Focuses on applied research in health care services, health informatics, or health information management. Topics include research design, research methods, evaluation and outcomes research, research process, data analysis, and ethical issues in research. Students will analyze published research projects, prepare a research study proposal, and conduct an applied research study. **Prerequisite(s):** A grade of C or higher in HIF 350 and PSY 300.**HIF 465 Professional Management Experience II Credits: 3****Typically Offered:** Spring.**Course Description:** During this supervised professional management experience, students will perform management-level activities at an approved health related facility. The management activities are designed to prepare the student for entry-level management roles in health information management settings. Virtual laboratory and other activities simulating work performed in health-related facilities will also be used in this professional management experience class. **Prerequisite(s):** Senior standing in the HIM Program.**HIF 470 Senior Seminar Credits: 1****Typically Offered:** Spring.**Course Description:** Course is a student-centered experience where students present and discuss their professional management experience; develop an analysis of their employment readiness; explore employment opportunities and career preparation, and complete a comprehensive exam. **Prerequisite(s):** Senior standing in the HIM Program.

Physical Therapist Assistant (PTA)

PTA 100 Introduction to Physical Therapy Credits: 1**Typically Offered:** Fall Summer.**Course Description:** Introduction to physical therapy and to the role of the physical therapist assistant, including function of the PTA and of the health care team, history of medical care and physical therapy, legal and ethical standards, cultural sensitive care and communication.**PTA 110 Patient Care Skills Credits: 3****Typically Offered:** Fall.**Course Description:** Introduction to basic clinical skills, progressing from bedside management to community mobility. Includes vital signs, aseptic technique, patient transfers and gait training. Health and safety issues, including universal (standard) precautions, electrical and hospital safety, and emergency and first aid procedures. Introduction to documentation. To be taken concurrently with PTA 130. **Prerequisite(s):** Admission into the PTA program.**PTA 120 Modalities Credits: 3****Typically Offered:** Spring.**Course Description:** Clinical modality interventions, including thermal modalities, electrical modalities, hydrotherapy and compressive modalities. Soft tissue interventions for patients with edema, wounds, burns, and vascular pathologies. To be taken concurrently with PTA 140 and PTA 165. **Prerequisite(s):** Admission into the PTA program.**PTA 130 Functional Anatomy Credits: 2****Typically Offered:** Fall.**Course Description:** Introduction to principles of physics as they relate to movement, including levers and force vectors. Surface anatomy, introduction to musculoskeletal structure and function. Introduction to medical terminology. To be taken concurrently with PTA 110. **Prerequisite(s):** Admission into the PTA program.**PTA 140 Measurements and Procedures Credits: 3****Typically Offered:** Spring.**Course Description:** Methods of data collection including joint range of motion (goniometry), manual muscle testing, anthropometric measurement, and gait analysis. Review and continuation of physical therapy documentation. To be taken concurrently with PTA 120 and PTA 165. **Prerequisite(s):** A grade of C or higher in PTA 100, PTA 110, and PTA 130.**PTA 165 Principles of Therapeutic Exercise Credits: 3****Typically Offered:** Spring.**Course Description:** Study of the muscular forces acting on anatomic structures to create movement, including normal and pathological biomechanics. Physiological effect of basic and advanced exercises commonly used in physical therapy, including ROM and stretching, strengthening, aerobic exercise, balance and coordination exercises, proprioceptive exercise, endurance training and aquatic exercise. Includes common therapeutic exercise protocols, exercise progression, and documentation of exercise as a therapeutic intervention. One hour of lecture and five hours of lab. To be taken concurrently with PTA 120 and PTA 140. **Prerequisite(s):** A grade of C or higher in PTA 100, PTA 110, and PTA 130.**PTA 185 Clinical Education I Credits: 3****Typically Offered:** Summer.**Course Description:** First of three practicums in a physical therapy setting; 135 hours of supervised clinical practice. Areas of emphasis include PTA relationships with patients and staff, clinic organization, beginning awareness of patient disorders, initial application of physical therapy techniques, and introduction to documentation. **Prerequisite(s):** A grade of C or higher in PTA 140, PTA 160 and PTA 165.

PTA 210 Professional Issues Credits: 2**Typically Offered:** Fall.**Course Description:** Development of the student as a health care professional. Includes analysis and creation of electronic health records, basic medical coding and billing practice, scope of PTA practice in the state of Missouri, clinical self-assessment skills, patient interview skills, and review of Standards of Conduct for PTAs. **Prerequisite(s):** A grade of C or higher in PTA 185.**PTA 251 Cardiopulmonary Rehabilitation Credits: 2****Typically Offered:** Fall.**Course Description:** An overview of the physical therapy management of cardiopulmonary pathologies. One hour lecture, two hours lab. PTA students - to be taken concurrently with PTA 255 and PTA 260.**Prerequisite(s):** A grade of C or higher in PTA 185 or RES 300.**PTA 255 Clinical Orthopedics Credits: 3****Typically Offered:** Fall.**Course Description:** Description, causes, symptoms, tests and physical therapy intervention in orthopedic pathology. The musculoskeletal system and normal biomechanics are reviewed. One hour lecture and five hours of lab. To be taken concurrently with PTA 251 and PTA 260.**Prerequisite(s):** A grade of C or higher in PTA 185.**PTA 260 Clinical Neurology Credits: 3****Typically Offered:** Fall.**Course Description:** Neuroanatomy and how damage to this body system is managed by physical therapy intervention. One hour of lecture and five hours of lab. To be taken concurrently with PTA 251 and PTA 255.**Prerequisite(s):** A grade of C or higher in PTA 185.**PTA 265 Diseases and Dysfunctions Credits: 3****Typically Offered:** Spring.**Course Description:** Diseases and dysfunction encountered in physical therapy across the lifespan, including disorders of the musculoskeletal, cardiovascular, pulmonary, genitourinary, and endocrine systems. Includes pregnancy, arthritis and cancerous conditions. To be taken concurrently with PTA 270 and PTA 280. **Prerequisite(s):** A grade of C or higher in PTA 255 and PTA 260.**PTA 270 Psychosocial Aspects of Physical Therapy Credits: 1****Typically Offered:** Spring.**Course Description:** Psychosocial issues in health care as related to physical therapy. To be taken concurrently with PTA 265 and PTA 280.**Prerequisite(s):** A grade of C or higher in PTA 255 and PTA 260.**PTA 280 Clinical Rehabilitation Credits: 3****Typically Offered:** Spring.**Course Description:** Physical therapy rehabilitation principles for patients following amputation, total joint surgery, fractures, and spinal cord injury. Proprioceptive neuromuscular facilitation in rehabilitation. Physical therapy interventions with chronic illness, the elderly, and dying patients. To be taken concurrently with PTA 265 and PTA 270. **Prerequisite(s):** A grade of C or higher in PTA 255 and PTA 260.**PTA 285 Clinical Education II Credits: 5****Typically Offered:** Spring.**Course Description:** Second of three clinical practicums. Application of physical therapy procedures, appropriate professional behavior and communication. Participation in physical therapy clinic activities in addition to patient care. Six weeks of full-time supervised clinical practice. **Prerequisite(s):** A grade of C or higher in PTA 265, PTA 270 and PTA 280.**PTA 290 Clinical Education III Credits: 5****Typically Offered:** Summer.**Course Description:** Third of three clinical practicums. Physical therapy principles and practice with emphasis on achievement of integration, application, communication, and participation at levels consistent with a beginning PTA practitioner. Six weeks of full-time supervised clinical practice. **Prerequisite(s):** A grade of C or higher in PTA 265, PTA 270, and PTA 280.**PTA 295 Clinical Seminar Credits: 1****Typically Offered:** Spring.**Course Description:** Review and evaluation of clinical affiliation experiences, board exam preparation, resume writing and interview skills. **Prerequisite(s):** A grade of C or higher in PTA 265, PTA 270 and PTA 280.

Recreation Sport Management (RSM)

RSM 120 Esports Games: Play and Learn Credits: 1**Typically Offered:** Fall, Spring.**Course Description:** This course provides a basic understanding of eSports games and opportunities to improve competitive strategies related to eSports. Besides improving eSports-related competitive skills, students can also learn to optimize cognitive skills through balancing physical and mental health. Students will also experience diverse eSports games, seeking their potential to increase awareness of different eSports games.**RSM 220 Introduction to Recreation and Sport Management Credits: 3****Typically Offered:** Fall.**Course Description:** History and foundations of organized recreation including objectives, responsibilities, scope, and economic and social aspects; tours of specific recreation agencies.**RSM 230 Recreation/Sport Field Experience I Credits: 2****Typically Offered:** Fall, Spring.**Course Description:** Practical, exploratory view of three recreation and sport agencies from an on-the-job perspective. One hour lecture, five hours lab. **Prerequisite(s):** A grade of C or higher in RSM 220.**RSM 240 Foundations of Esports Credits: 3****Typically Offered:** Fall.**Course Description:** The purpose of this course is to explore the history and foundations of esports, and the current state of the industry. Students will examine the role of various stakeholders (e.g., game developers, tournament organizers, coaches, players, and governing bodies) in the provision of esports, and will examine various career paths within the industry.**RSM 300 Philosophy and Leadership in Recreation and Sport Management Credits: 3****Typically Offered:** Spring.**Course Description:** Analyzes fundamental philosophical concepts and the influence on personal leadership and management techniques as they relate to working with people and leisure organizations.**RSM 323 Programming and Event Planning in Recreation and Sport Credits: 3****Typically Offered:** Spring.**Course Description:** Basic principles and practices in planning recreation and sport programs in a variety of settings. **Prerequisite(s):** A grade of C or higher in RSM 220.

RSM 325 Law for the Recreation and Sport Practitioner Credits: 2

Typically Offered: Spring.

Course Description: This course is designed to learn procedures that will aid them in risk management planning to reduce the incidence of injuries/lawsuits. Students will learn how to apply an understanding of local, state, and federal law and regulations to recreation and sport settings.

RSM 330 Recreation/Sport Field Experience II Credits: 3

Typically Offered: Fall, Spring, Summer.

Course Description: Supervised leadership assignment in a recreation or sport agency leading to a deeper conceptual view of intended professional aspirations. One hour lecture, eight hours lab.

Prerequisite(s): Declared major in recreation sport management program, a grade of C or higher in RSM 230, minimum overall GPA of 2.2, and 20 supplemental preparation hours.

RSM 335 Instructor of Initiatives Credits: 2

Typically Offered: Departmental Discretion.

Course Description: This course is designed to provide the student with the many aspects of being an instructor of initiative activities. The course will also provide the student with knowledge of how to build and construct different types of initiative and safety concerns.

RSM 342 Facility Management in Recreation and Sport Credits: 3

Typically Offered: Spring.

Course Description: Designed to provide a variety of theoretical and applied learning experiences to develop an understanding of the principles and procedures for planning, designing, developing and evaluating recreation and sport facilities. Understanding the ability to promote, advocate, interpret, and articulate the concerns of recreation and sport systems for all populations and services.

RSM 343 Marketing in Recreation and Sport Credits: 3

Typically Offered: Spring.

Course Description: Defines and analyzes the fundamentals of marketing in the sport and recreation fields. Emphasis is placed on the development of a marketing plan and a sponsorship proposal.

RSM 344 Travel and Tourism Development in Recreation and Sport

Credits: 3

Typically Offered: Spring.

Course Description: Understanding the role of travel, tourism, and sport tourism and its economic and cultural impacts on American society. Implications of travel and tourism for programming and entrepreneurship. Emphasis will be placed on economic impact and sustainability.

RSM 360 Entrepreneurship in Recreation and Sport Credits: 3

Typically Offered: Fall.

Course Description: Basic steps of initiating and conducting a commercial recreation or sport related enterprise; designed to offer students the knowledge, skills, and understanding necessary to start a business.

RSM 365 Introduction to Special Populations Credits: 3

Typically Offered: Fall (even-numbered years).

Course Description: Leisure needs and methods of serving various groups in a society; populations include the aged, the ill, the disabled, the disadvantaged, and those in penal institutions, as well as those in schools (Adapted Physical Education).

RSM 420 Seminar in Recreation and Sport Management Credits: 1

Typically Offered: Fall, Spring.

Course Description: Practical preparation for the profession including job-finding skills, interview techniques, values of recreation association, and visits from field professionals. **Prerequisite(s):** Declared major in recreation sport management program, senior standing, and a grade of C or higher in all RSM core courses (except RSM 430).

RSM 424 Organization and Administration of Recreation and Sport Agencies Credits: 3

Typically Offered: Fall.

Course Description: The internal operation of leisure organizations including staffing, finance, public relations, areas and facilities, decision making, and problem solving. **Prerequisite(s):** Declared major in recreation sport management program, senior standing, and a grade of C or higher in RSM 220, RSM 300, RSM 323, and RSM 325.

RSM 425 Current Issues in Esports, Media, and Society Credits: 3

Typically Offered: Spring.

Course Description: The purpose of this course is to examine current issues in esport, media, and society. Students will explore current issues and controversies in esport and critically analyze the current status of the industry. Students will examine player and spectator motivations and experiences. The course will also view esport from the standpoint of various critical perspectives, both on its own and as sited within the larger context of sport in society. **Prerequisite(s):** RSM 240.

RSM 428 Introduction to Sport Governance Credits: 3

Typically Offered: Fall (odd-numbered years).

Course Description: This course is to assist each student in defining and analyzing issues of governance in the world of sport. It will provide students with an up-to-date understanding of sport governance as they are currently being applied in various sport management contexts.

RSM 430 Recreation/Sport Field Experience III Credits: 3

Typically Offered: Fall, Spring, Summer.

Course Description: Internship with a recreation or sport agency to develop and utilize skills learned in the classroom.

RSM 450 Independent Research/Project Credits: 1-5

Typically Offered: Fall, Spring, Summer.

Course Description: Investigation of a research problem, project, or topic on an individual conference basis. May be repeated for credit.

Prerequisite(s): Minimum of a 2.5 GPA in the major field and department approval.

RSM 480 Practicum in Recreation and Sport Credits: 2

Typically Offered: Fall, Spring, Summer.

Course Description: An individualized in-depth study of a subject in which the student is particularly interested. **Prerequisite(s):** Junior or senior standing and consent of department chairperson.

RSM 481 Esport Academy Credits: 2

Typically Offered: Summer.

Course Description: The students will acquire hands-on leadership experience while running an esport camp for youth.

Respiratory Therapy (RES)

RES 250 Concepts of Respiratory Therapy Credits: 4

Typically Offered: Fall.

Course Description: Concepts of Respiratory Therapy is a study of the role of the respiratory therapist and foundations for treatments. Three hours lecture, two hours lab. **Prerequisite(s):** A grade of C or higher in BIO 250 and credit or concurrent enrollment in BIO 375.

RES 300 Cardiopulmonary Assessment Credits: 3**Typically Offered:** Fall.**Course Description:** Study of methods for data collection, assessment, and evaluation necessary for effective treatment of patients with cardiopulmonary disorders. Two hours lecture, two hours lab.**Prerequisite(s):** Admission to the Respiratory Therapy program.**RES 310 Respiratory Clinical Practice I Credits: 3****Typically Offered:** Fall.**Course Description:** Application of respiratory therapy practice with an emphasis on basic therapeutic interventions. 135 hours of clinical practice. **Prerequisite(s):** Admission to the Respiratory Therapy program.**RES 315 Respiratory Diagnostics I Credits: 3****Typically Offered:** Spring.**Course Description:** A study of basic diagnostic studies in the monitoring and evaluation of patients with cardiopulmonary disease. Two hours lecture, two house lab. **Prerequisite(s):** A grade of C or higher in RES 300, RES 310, and RES 325.**RES 325 Pharmacology for the Respiratory Therapist Credits: 3****Typically Offered:** Fall.**Course Description:** A study of pharmacology with an emphasis on medications used in the care of patients with respiratory conditions. Includes does calculations, methods of administration, and recognition of adverse effects. **Prerequisite(s):** Admission to the Respiratory Therapy program.**RES 360 Respiratory Clinical Practice II Credits: 3****Typically Offered:** Spring.**Course Description:** Application of respiratory therapy practice in acute care settings with an emphasis on advanced therapeutic interventions. 135 hours of clinical practice. **Prerequisite(s):** A grade of C or higher in RES 300, RES 310, and RES 325.**RES 400 Mechanical Ventilation Credits: 4****Typically Offered:** Spring.**Course Description:** In-depth examination of mechanical ventilation and equipment. Three hours lecture, two hours lab. **Prerequisite(s):** A grade of C or higher in RES 300, RES 310, and RES 325.**RES 405 ACLS/PALS Credits: 3****Typically Offered:** Fall.**Course Description:** Emergency management of adult and pediatric patients. Includes completion of the American Heart Association courses on Advanced Cardiac Life Support (ACLS) and Pediatric Advanced Life Support (PALS). **Prerequisite(s):** A grade of C or higher in RES 315, RES 360, and RES 400, or department approval.**RES 410 Respiratory Clinical Practice III Credits: 4****Typically Offered:** Fall.**Course Description:** Application of respiratory therapy practice in specialty care environments. 180 hours of clinical practice. **Prerequisite(s):** A grade of C or higher in RES 315, RES 360, and RES 400.**RES 415 Respiratory Diagnostics II Credits: 3****Typically Offered:** Spring.**Course Description:** A study of advanced diagnostic studies in the monitoring and evaluation of patients with cardiopulmonary disease. This course builds on content from Respiratory Diagnostics I. **Prerequisite(s):** A grade of C or higher in RES 315, RES 360, and RES 400.**RES 430 Neonatal and Pediatric Respiratory Care Credits: 4****Typically Offered:** Fall.**Course Description:** Examination of topics related to the assessment, diagnosis, and management of cardiopulmonary disease in neonatal and pediatric patient populations. Three hours lecture and two hours lab.**Prerequisite(s):** A grade of C or higher in RES 315, RES 360, and RES 400.**RES 460 Respiratory Clinical Capstone Credits: 4****Typically Offered:** Spring.**Course Description:** Clinical practicum experience that includes application of evidence-based practice in interdisciplinary practice settings. 180 hours of clinical practice. **Prerequisite(s):** A grade of C or higher in RES 410, RES 415, RES 425, RES 430.**RES 470 Senior Seminar - NBRC Prep Credits: 3****Typically Offered:** Spring.**Course Description:** A review of respiratory care and preparation for the National Board for Respiratory Care (NBRC) Entry Level Therapist Multiple-Choice (TMC) Examination and the advanced Clinical Simulations Exam (CSE). **Prerequisite(s):** A grade of C or higher in RES 410, RES 415, RES 425, and RES 430.

Social Work (SWK)

SWK 250 Introduction to Social Work Credits: 4**Typically Offered:** Fall, Spring.**Course Description:** Overview of professional social work practice including its history, philosophy, ethics, values, methods, and fields of practice. Forty hours of volunteer experience in an area human service agency required.**SWK 260 Introduction to Aging Studies Credits: 3****Typically Offered:** Spring.**Course Description:** Overview of the physical, social, psychological, cultural, and economic aspects of aging, all from a social problems perspective; social policy and social work intervention issues pertaining to aging.**SWK 270 Selected Topics in Social Work Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Study of a selected problem in social work practice, e.g., mental illness, chemical dependence, or child welfare. Course may be repeated for credit for each different topic.**SWK 280 Mental Health and Social Work Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** This course provides students with the opportunity to learn content specific to social work practice in the field of mental health at the baccalaureate level. The course will focus on addressing relevant historical components of mental health delivery systems and current policy issues. The course will specifically focus on diagnostic criteria for mental health disorders with a particular focus on promoting a strengths-based and person-centered model of assessment and preliminary intervention.**SWK 283 Introduction to Research Methods in Social Work Credits: 1-5****Typically Offered:** Departmental Discretion.**Course Description:** Introduction to basic research methods in social work. Individual and team projects involving methods for solving social work-related research problems. **Prerequisite(s):** Department approval.

SWK 320 Philosophy and Policy in Social Services I Credits: 3

Typically Offered: Spring.

Course Description: Historical significance of social legislation, its impact on the individual and society; social philosophy, social service, and social change. **Prerequisite(s):** A grade of C or higher in SWK 250, PSC 101, and either ECO 101 or ECO 260.

SWK 330 Human Behavior and the Social Environment I Credits: 3

Typically Offered: Fall.

Course Description: Theories and knowledge of human bio-psycho-social-spiritual-cultural behavior within a systems framework, with an emphasis on individuals and families. **Prerequisite(s):** Junior standing, a grade of C or higher in SWK 250, and BIO 101, or departmental approval.

SWK 345 Substance Use and Disorders Credits: 3

Typically Offered: Fall, Spring.

Course Description: Provides an overview of the substance abuse and dependence field within a bio-psycho-social framework. The course will cover current and historical patterns of drug use; etiological theories and connected research; substance abuse effects on individuals, families, and society; physiological, psychosocial, and cultural aspects of psychoactive substances; basic pharmacology of alcohol and other abused substances; socio-cultural values and their implications for public policy and prevention; assessment and diagnosis of substance abuse/dependence disorders; substance abuse and dependence in special populations, overview of the treatment process and service delivery systems; the recovery process, relapse and relapse prevention and the impact of substance abuse and recovery on family systems. **Prerequisite(s):** PSY 101 or SOC 110.

SWK 350 Social Work Practice I Credits: 4

Typically Offered: Fall.

Course Description: Introduces generalist social work practice with individuals and families. Covers the nature of social work practice, practice theory, ethics and values, the social work relationship, interviewing, the problem-solving process, assessment, planning, intervention, and practice evaluation. Three hours lecture, two hours lab per week. **Prerequisite(s):** Junior standing, a grade of C or higher in SWK 250, and a grade of C or higher or concurrent enrollment in SWK 330.

SWK 360 Social Work Practice II Credits: 3

Typically Offered: Spring.

Course Description: Continuation of SWK 350. Focuses on group work within the generalist social work perspective. Covers group theory, ethics and values, problem-solving process, assessment, planning, intervention, and practice evaluation applied to task and treatment groups. **Prerequisite(s):** Declared Social Work major, SWK 330, a grade of C or higher in SWK 350, and credit or concurrent enrollment in SWK 430.

SWK 365 Death And Dying Credits: 3

Typically Offered: Fall.

Course Description: Cultural views and customs regarding death and dying; stages of death and dying; abnormal grief reactions, issues pertaining to children and death, role of spirituality; functions of health care systems and interdisciplinary teams.

SWK 410 Family and Child Welfare Credits: 3

Typically Offered: Fall.

Course Description: This course examines the field of family and child welfare. Students will explore the history of child welfare, the critical issues facing families and children in our society, the scope of family and child welfare services, and the social, political, legal and economic forces that shape family and children programs. Students will study families from a strengths-based, ecological perspective and will build sensitivity to various family forms, cultural patterns and issues that stem from social and/or economic injustice. **Prerequisite(s):** ENG 108.

SWK 415 Social Work Practice III Credits: 4

Typically Offered: Fall.

Course Description: Continuation of SWK 350 and SWK 360. Applies the planned change process to interventions with organizations, communities and institutions within the generalist social work perspective. Students complete a community development/organizing project in a local community. **Prerequisite(s):** Declared Social Work major and a grade of C or higher in SWK 360 and SWK 430.

SWK 420 Philosophy and Policy in Social Services II Credits: 3

Typically Offered: Fall.

Course Description: Continuation of SWK 320. Analyzes the philosophy and policies of presently active social agencies; policy reforms and evaluation of their possible effectiveness. **Prerequisite(s):** Declared Social Work major and a grade of C or higher in SWK 320.

SWK 425 Bridge to Practicum Credits: 3

Typically Offered: Departmental Discretion.

Course Description: This course is designed to prepare students for entry into the field practicum. Students will explore field placement options and complete the field application and interview process. In addition, students will develop skills that will bridge them into the professional arena such as resume building, job interviewing and networking skills.

SWK 430 Human Behavior and the Social Environment II Credits: 3

Typically Offered: Spring.

Course Description: Theories and knowledge of human bio-psycho-social-spiritual-cultural behavior within a systems framework with a focus on groups, communities, organizations, and institutions. **Prerequisite(s):** A grade of C or higher in SWK 330.

SWK 450 Independent Research/Project Credits: 1-5

Typically Offered: Fall, Spring.

Course Description: Investigation of a research problem, project, or topic on an individual conference basis. May be repeated for credit. **Prerequisite(s):** Departmental approval.

SWK 465 Advanced Research Project Credits: 3

Typically Offered: Spring.

Course Description: Students will design and conduct an empirical research project focused on a relevant social issue or concern. Same as SOC 465. **Prerequisite(s):** Any statistics course and a grade of C or higher in SOC 460.

SWK 470 Program Evaluation Credits: 3

Typically Offered: Fall, Spring.

Course Description: Techniques and methods of program evaluation and grant writing, utilize different approaches and methodology to critically examine program goals, outcomes and measures in program evaluation and grant writing. **Prerequisite(s):** Completion of a research methods course (CRJ 325 or SOC 460) and a statistics course or by departmental approval. This course is open to all majors and disciplines.

SWK 480 Practicum in Social Work Credits: 10

Typically Offered: Fall, Spring.

Course Description: Students spend a minimum of 456 hours in an agency setting under the supervision of trained social work professionals. To be taken concurrently with SWK 485. Graded on a pass/fail basis. **Prerequisite(s):** Formal acceptance into the social work program, submission of the Field Education Practicum application (missouriwestern.edu/social-work/social-work), a minimum of 2.5 overall GPA and a grade of C or higher in SWK 250, SWK 320, SWK 330, SWK 350, SWK 360, SWK 415, SWK 420 and SWK 430, and a grade of C or higher in all other SWK courses.

SWK 485 Social Work Practicum Seminar Credits: 2

Typically Offered: Fall, Spring.

Course Description: Focuses on the development and enhancement of the student's practice skills and the integration of practicum and class content. Taken concurrently with SWK 480. **Prerequisite(s):** Declared social work major, formal acceptance into the Practicum Program; a minimum of 2.5 GPA, a grade of C or higher in SWK 250, SWK 320, SWK 330, SWK 350, SWK 360, SWK 415, SWK 420 and SWK 430, and a grade of C or higher in all other SWK courses.

Faculty

Hong Choi (2007) Professor, Recreation Sport Management. Ph.D., Oklahoma State University.

Pamela Clary (2007) Professor, Social Work. Ph.D., Kansas State University.

Grey Endres (2017) Associate Professor, Social Work. D.S.W., University of Southern California.

Jana Frye (2014) Associate Professor, Social Work. M.S.W., University of Kansas.

Stephanie Gerlach (2019) Assistant Professor, Exercise Science. Ph.D., University of New Mexico.

Amy Hallquist (2022) Instructor, Physical Therapist Assistant Program. M.S., Kansas State University.

Maureen Holtz (2019) Assistant Professor, Physical Therapist Assistant Program. D.P.T., University of Missouri-Columbia.

Justin Kraft (2007) Professor, Physical Education. Ph.D., University of Alabama.

Sarah McDaris (2022) Assistant Professor, Health Professions. B.S., University of Kansas.

Mechel McKinney (2019) Assistant Professor, Health Information Management. M.B.A., American Public University.

David Northrop (2021) Assistant Professor, Health Professions. M.B.A., Baker University.

William Russell (2005) Professor, Physical Education. Ph.D., University of Missouri-Columbia.

Fiona Sansone (2016) Associate Professor, Population Health Management. M.S.W., University of Missouri.

Austin Williams (2022) Instructor, Physical Therapist Assistant Program. D.P.T., University of Missouri-Columbia.

Leann Wittman (2023) Assistant Professor, Social Work. Ph.D., University of Kansas.

Daewon Yoon (2023) Assistant Professor, Recreation Sport Management. Ph.D., University of New Mexico.