

G S 311 **INDEPENDENT STUDY (1-3)** With consent of the instructors and the associate dean of the College, students may pursue individual programs in general studies during the junior and senior years. In each case, the course must comprise a broad range of interdisciplinary topics. Instruction is on a tutorial basis, requiring frequent reports, papers, and conferences with the instructor.

G S 350 **CENTRAL VIRGINIA RESEARCH PROJECT (3)** *Prerequisites: Minimum QPA of 3.0 and at least sophomore standing.* Research fellows work under the auspices of the Center for the History and Culture of Central Virginia and have full access to its resources. They are assigned a mentor who helps them define an original research project in local history and see it through to completion.

G S 360, 361 **WASHINGTON CENTER SEMINARS (2, 3)** *Prerequisites: Students in good academic standing and with consent of faculty sponsor.* Washington Center seminars provide short-term programs in which participants explore selected topics in depth. Students attend lectures and participate in panel discussions and small group discussions. Past topics have included international relations, business, politics, law, leadership, women's issues, and communication. Evaluation is based on participation, journal entries, and written work. Grades are determined cooperatively by the Washington Center and faculty sponsor. G S 360 involves a seven- to nine-day program granting two credits; G S 361 involves a twelve- to fifteen-day program granting three credits.

G S 399 **INTERNSHIP (1-12)** *Prerequisite: Juniors or seniors with a 2.25 minimum QPA; approval of written proposal by internship coordinator, supervising faculty, and associate dean prior to registration.* This internship is career-focused and bridges more than one academic discipline. (See "Internships.")

G S 435 **SENIOR SYMPOSIUM (2)** Open only to second-semester juniors and seniors, this course provides a consideration of major issues affecting mankind in the perspective of total experience. The course has three components: lectures by leaders of thought and opinion (including visiting scholars, public officials, artists, and business and professional persons); selections from classical readings; and discussion seminars. Themes include Tyranny and Freedom, War and Peace, Imagination and Creativity, Faith and Morals, Society and Solitude, Poverty and Wealth, The Nature of the Universe, Science, Technology and Society, and Education: Ways and Means and Human Nature.

G S 436 **SENIOR SYMPOSIUM (2)** Open only to seniors and second-semester juniors, this course is a continuation of G S 435 (Need not be preceded by G S 435).

GERMAN COURSE (GRMN)

GRMN 201 **INTERMEDIATE GERMAN (3)** *Prerequisites: GRMN 101-102 or equivalent.* (Each student's level is determined by a placement test administered at the beginning of the course.) This course is a review of grammar and intensive reading and conversational practice with emphasis on speaking German. The goal is to bring students to the novice high/intermediate low conversational level (ACTFL Guidelines). Work in the language laboratory is required.

HEALTH (HLTH)

HLTH 102 **LIFE CHOICES FOR HEALTH AND WELLNESS (2)** This course explores the factors influencing health. Students differentiate between healthy behaviors and those which place individuals at risk; investigate resources for health information; and become knowledgeable about and practice lifestyle health management skills.

HLTH 300 **PHARMACOLOGY (3)** *Prerequisites: BIOL 214-214L and 215-215L or BIOL 222-222L and 223-223L.* This course establishes a knowledge base in pharmacology and provides an opportunity to investigate pharmacological principles. Students focus on the relationships among

pharmacological knowledge, nursing practice, and athletic training. Drug prototypes, mechanisms of action, and the implications for clinical management are discussed.

HLTH 300L NURSING PHARMACOLOGY LAB (1) *Prerequisites: Completion of nursing prerequisite courses; pre- or corequisite: HLTH 300; concurrent enrollment in 300-level clinical nursing courses required.* The pharmacology lab focuses on principles of safe medication administration and provides psychomotor skill development opportunities as well as clinical practice simulations.

HEALTH AND MOVEMENT SCIENCE COURSES (HMS)

HMS 219 MOVEMENT CURRICULUM FOR K-5 (3) *Prerequisite: HMSR 128, 129 and 165.* This course focuses on fundamental concepts and methods of inquiry associated with developmental movement education for the young child. The appropriate inclusion of educational gymnastics, fundamental movement patterns, games, and dance are emphasized. Some observation and experience in the application of instructional theories to the teaching of movement are implemented in on-site clinical experiences.

HMS 220 MOVEMENT CURRICULUM FOR 6-12 (3) *Prerequisite: HMS 219 and admission to teacher preparatory program.* This course provides fundamental concepts and methods of inquiry associated with the middle and high school curriculum in fitness, dance, gymnastics, and sports. Some observation and experience in the application of instructional theories to the teaching of movement are implemented in on-site clinical experiences.

HMS 250 CULTURAL FOUNDATIONS OF MOVEMENT, SPORTS AND DANCE (3) This course is a study of historical, philosophical, and sociological constructs underlying the meaning and function of human movement.

HMS 303 THE STRUCTURE AND SEQUENCE OF DEVELOPMENTAL HUMAN MOVEMENT (3) *Prerequisite: BIOL 214, 214L, 215, 215L.* This course studies changes in movement throughout the life span as influenced by social, cognitive, and physical aspects of human development.

HMS 304 THE PSYCHOLOGY OF MOTOR BEHAVIOR AND LEARNING (3) This course examines how people learn movement skills and the factors enhancing and detecting from the performance of skills. Motor development refers to the study of maturational changes which are relatively stable, genetically defined, and non-modifiable by practice or experience. Motor learning refers to the set of processes associated with practice or experience leading to relatively permanent changes in skilled behavior.

HMS 330 SCHOOL HEALTH CURRICULUM (3) *Prerequisite: H P 271.* The focus of this course is curriculum development and instruction in school health education. It includes health concerns of school-age populations, curriculum resources, and unit and lesson plan development.

HMS 361 THE MEASUREMENT OF PERFORMANCE IN HEALTH AND MOVEMENT (3) *Prerequisites: HMSR 128, HMSR 129, H P 271.* This course focuses on analyzing performance from quantitative and qualitative perspectives and the proper use of various instruments in health and movement.

HMS 362 HEALTH AND MOVEMENT LEARNING FOR EXCEPTIONAL POPULATIONS (3) *Prerequisites: HMS 361 or permission of instructor.* This course surveys individualized instruction for persons with challenging conditions and provides on-site clinical experiences with special populations.

HMS 365 PRESCRIPTIVE MODELS FOR TEACHING MOVEMENT AND HEALTH (3) *Prerequisite: H P 239, admission to teacher preparatory program; Corequisite: HMS 220.* This

HMSR 128 **BASIC TEAM SPORTS SKILLS (1)** This course provides instruction and practice in basic mechanics of skills in soccer, basketball, volleyball, softball, hockey, and lacrosse. Competency levels are stressed.

HMSR 129 **BASIC INDIVIDUAL SPORTS SKILLS (1)** This course includes instruction and practice in the basic skills of individual sports including tennis, golf, swimming, gymnastics, and track and field. Competency levels or ability to analyze skill performance required.

HMSR 141 **ELEMENTARY TENNIS (1)** This course offers instruction and practice in forehand, backhand, serve, and volley with competition in singles and doubles.

HMSR 147 **INDIVIDUALIZED AEROBICS (1)** Personally designed programs of flexibility and aerobic activities are implemented with instruction in principles of developing cardio-respiratory fitness.

HMSR 149 **WEIGHT TRAINING (1)** This course provides instruction in principles of conditioning utilizing free weights, body resistance, and weight machines. Individualized programs of flexibility and strength are implemented.

HMSR 151 **ELEMENTARY GOLF (1)** The mechanics of swing, approach shots, putting, and rules of play are introduced along with course play.

HMSR 165 **FOLK AND SOCIAL DANCE (1)** This course provides instruction and participation in line dancing, big circle and square dances, eastern round dances, line and couple folk dances, and traditional social dance forms.

HMSR 190 **HATHA YOGA (1)** This course emphasizes Iyengar-style and includes standing poses, forward bends, back bends, and inversions for the beginning student, as well as integration of the breath with asanas (postures).

HMSR 191 **CONSCIOUS RELAXATION TECHNIQUES FOR STRESS MANAGEMENT (1)** This course includes the techniques of visualization, slow-motion movement, Benson's relaxation response, and breath management.

OTHER HMSR COURSES

HMSR 102 **CONCEPTS FOR EXERCISE AND LIFETIME WELLNESS (2)**
This course is designed to assist students in establishing the basis for a healthy lifestyle. Emphasis is placed on the possible consequences of lifestyle choices; utilizing technology to become aware of fitness and nutrition; and appropriate choices for positive change.

HMSR 205 **COACHING APPRENTICESHIP (1)** This course provides students with an apprenticeship experience in coaching a selected sport with emphasis on observation, leadership, and management of skill development. Students participating in a sport are not eligible for sport apprenticeship in the same sport.

HMSR 265 **PHILOSOPHY OF OUTDOOR EXPERIENTIAL EDUCATION (3)**
This course is designed to provide students with the philosophical background of Outdoor Experiential Education. Students study readings including Plato and John Dewey and more current work from Outward Bound and the Association of Experiential Education. Topics include roles and responsibilities of the teacher and the instructor, role of the natural world, confidence building, and the societal impact of experiential learning. Skills include lesson planning and group facilitation.

HMSR 266 **OUTDOOR RECREATION LEADERSHIP (3)** This course includes teaching principles and planning, implementing, leading, supervising, and evaluating outdoor recreational

programs. Emphasis is given to wilderness leadership techniques and programming. Practical application is gained through planning and implementing a group trip.

HMSR 312 INTRODUCTION TO RESEARCH IN HEALTH AND MOVEMENT SCIENCE (3) This course provides an introduction to the nature and methods of the research process with an emphasis on study design, data collection, and basic statistical analysis of research data.

HMSR 409 INDEPENDENT STUDY IN HEALTH AND MOVEMENT SCIENCE (1-3) *Prerequisites: Approval of faculty sponsor and School dean.* This course provides an opportunity to pursue individual interests and projects not covered in other available courses. The area for investigation is developed in consultation with a faculty member and credit given is dependent on the nature of the work. May be repeated for no more than six credits.

HMSR 415 INTERNSHIP IN HEALTH/FITNESS AND SPORT PROGRAMMING (1-6) *Prerequisites: Juniors or seniors with a 2.25 minimum QPA; approval of written proposal by internship coordinator, supervising faculty, and School dean prior to registration.* This course offers a professional internship with an appropriate health fitness organization/program. The student and faculty sponsor agree on the location and responsibilities of the intern. The number of credits depends on the nature of the project and the number of hours involved. (See "Internships.")

HEALTH PROMOTION COURSES (H P)

H P 224 ADDICTION AND BEHAVIOR MANAGEMENT (2) This course surveys addictive substances and causes of addictive behavior. Various theories of prevention and treatment are researched.

H P 239 DIMENSIONS OF HEALTH AND WELLNESS (3) This course surveys historical and philosophical perspectives of health issues including the identification of individual responsibility for the development of attitudes and patterns of health behavior.

H P 270 NUTRITION (3) This course is a study of the science of food, its use within the body, and its relationship to a positive concept of good health.

H P 271 FOUNDATIONS OF HEALTH EDUCATION (3) This course examines foundations of the profession and the concepts and principles underlying the use of educational strategies to promote health in school, worksite, health care, or community settings. Identification of theoretical frameworks from behavioral and social sciences and their relationship to designing health education programs are discussed.

H P 272 ADULT HEALTH AND DEVELOPMENT PROGRAM (3) This course is an interdisciplinary experiential learning course that provides one-on-one interaction with senior citizens from the local community. Students and senior citizens engage in a variety of activities and educational projects to promote healthy and positive aging. Students, together with their senior partner, participate in fitness activities and workshops on topics related to aging and human performance. Students have an opportunity to learn through hands-on experience. The course promotes a better understanding of diversity issues as stereotypes related to aging. Prior to being partnered with a senior citizen, students receive special training to prepare them to work effectively with older populations.

H P 301 NON-MEDICAL HEALING (3) This course examines the role of health services which deviate from or compete with the medical model. Social and legal issues, reliability of information, and the development of guidelines for utilization of services are studied.

H P 315 HEALTH BEHAVIOR AND COMMUNICATION (3) *Prerequisite: H P 271.* This course examines health behavior theories; models and frameworks from health and social

