

# Health and Sport Science Course Descriptions

## Health Science Course Descriptions

### **HS 175 Health Systems**

*3 hours*

This course provides an overview of how healthcare is organized and how healthcare services are delivered in the U.S. It explores issues such as healthcare access, cost, and quality. It will cover the roles of government, patients, health professionals, hospitals, insurers and pharmaceutical companies, as well as the interactions of these stakeholders. The course aims to provide skills in critical and analytical thinking and decision-making related to the U.S. healthcare system and the people in it. (Fall)

### **G-HS/PE 190 Social and Behavioral Determinants of Health**

*3 hours*

This course considers health and health behaviors within the context of social, cultural, and environmental influences on individual behaviors. Students explore the ways social factors affect individual health and well-being, including high-risk behaviors and health inequities. Health behavior programs and interventions and theories of health promotion, health behavioral change, and health education will be examined. (Spring)

### **HS 200 Public and Community Health**

*3 hours*

This course offers a basic introduction to the issues of public health, major public health problems, and public health systems. The class examines core principles of public health, focusing on a community perspective. Student learn about public health approaches to health assessment, health promotion, disease prevention, and the outcomes of public health initiatives at the local, state, and national levels. Prerequisites: G-PE 150 and HS 175. (Fall)

### **HS 207 Medical Terminology**

*2 hours*

An introduction to the study of medical terms that brings to life the language of medicine. This course will help students develop an understanding of how to communicate fluently in a healthcare setting. This course will explain medical terms in the context of the anatomy and physiology of different body systems as well as how the body works in health and disease. This course does not include a laboratory. (Interterm, even years)

### **HS 275 Career Exploration in Health Science/Healthcare Management**

*2 hours*

This course educates students about the wide range of careers available in the healthcare industry. A minimum of 20 total hours of observation in one or more healthcare settings is required. The desired student outcome is enhanced clarity about career directions through deeper understanding of personal strengths, values, aptitude, and interest. G-BI 101 or G-BI 111 and BI 112, G-EN 110, G-EN 111, and HS 175. (Spring)

### **HS 290 Health Policy**

*3 hours*

Students explore key health policy concepts in the U.S. health care system. They examine governmental and non-governmental policy-making processes and learn to analyze policies and evaluate policy outcomes. Students will learn how U.S. policy-making processes interact with the structure of the U.S. healthcare system and the implications of changes to these processes and the system. The effect of health policy on the health of rural communities, in particular, is analyzed along with the intersection of U.S. health policy with infectious diseases, bioethics, and globalization. Prerequisites: G-EN 110, G-EN 111, HS 175 and HS 190. (Spring)

### **HS 325 Healthcare Finance**

*3 hours*

This course focuses on the critical issues in financing healthcare in the U.S., from supply costs to third-party reimbursement. The course addresses determinants of demand for healthcare, such as population demographics and health status, insurance coverage and out-of-pocket costs, and public expectations of health professionals and technology. The course will explore the role of health professionals in guiding and shaping the allocation of resources in healthcare markets and the roles of competition in U.S. healthcare. A focus of the course is how healthcare managers use financial data to manage their organizations and inform decision-making processes. The course also introduces students to the basic principles and tools of budget and resource management. Prerequisites: HS 290. (Fall)

### **HS 375 Junior Seminar in Health Science/Healthcare Management**

*2 hours*

This course builds on the foundation of personal development and career exploration achieved in HS 275 Career Exploration in Health Science/Healthcare Management. Students will work with experienced healthcare practitioners a minimum of 40 hours. The course also takes students through the steps of developing, writing, and submitting the proposal for their senior capstone project. Capstone proposals are reviewed by the appropriate health science/healthcare management faculty and must be approved before capstone experiences begin. Prerequisites: G-CM 218, HS 207, and HS 275.

(Interterm)

### **HS 395 Healthcare Administration, Leadership, and Management**

*3 hours*

This course connects an overview of healthcare delivery systems with in-depth explorations of organizational theory and traditional managerial and executive leadership roles found in healthcare facilities. Leadership competencies and skills are developed through the examination of topics such as team building, strategic planning, compliance with professional standards and governmental regulations, management and development of human resources, managerial problem solving, and organizational communication, among others. Prerequisites: HS 200 and HS 325. (Spring)

### **HS 475 Senior Capstone in Health Science/Healthcare Management**

*6 hours*

Students will complete their capstone hours over their final two semesters at McPherson College. Students will develop, write and submit their capstone proposal in consultation with a proctoring faculty member. Capstones are designed based on unique personal and professional goals. Students will record their experience and observations and reflect on their personal and professional growth throughout their capstone experience and, in their final semester, present their capstone portfolio in a public presentation. Prerequisites: HS 375 and HS 395. (Fall, Spring)

## **Sport Science Course Descriptions**

### **PE 100 Introduction to Physical Education and Sport**

*3 hours*

Students will explore the historical and philosophical origins of physical education and sport, which have influenced the development of these institutions in American society. Antirequisite: PE 380. (Fall, Spring)

### **PE 105 Introduction to Sport Management**

*3 hours*

Students will be introduced to the intricate nature of the sport industry. This course will provide an overview of the historical aspects, managing and leading techniques, various sporting environments, functions, and challenges related to sport management. Antirequisite: PE 450. (Fall, Spring)

### **G-PE 150 Concepts in Holistic Health**

*3 hours*

This course is designed to present the student with health and wellness principles and offer suggestions for their application. These principles will be examined using a traditional approach with a variety of cultural influences. Major areas of study include mind-body interrelatedness and control, stress management, individual fitness, health and health related topics, and lifestyle management. (Fall, Spring)

### **PE 220 Human Anatomy and Physiology**

*3 hours*

This course is designed to introduce the student to the science of the body structure and function. Content is presented in a simple to complex pattern which includes the design and function of cells, body systems, and the interdependence of systems. Prerequisites: PE 100, G-BI 101, G-PE 150, and a minimum of Sophomore standing. (Fall)

### **PE 244 Sport and Society**

*3 hours*

This course will provide students with an opportunity to learn about the sociological and cultural aspects of sport. Students will acquire a broad understanding of social settings and cultural issues as they relate to sport and physical activity. Prerequisite: PE 100 and a minimum of Sophomore standing. Antirequisite: PE 288. (Fall)

### **PE 289 Sport and Exercise Psychology**

*3 hours*

This course will provide insight into the theories, subject matter, and latest empirical research concerning the cognitive processes and emotional states that regulate and influence performance in sport, exercise, and other physical activities. Prerequisite: PE 100 and a minimum of Sophomore standing. Antirequisite: PE 288. (Spring)

### **PE 301 Human Growth and Motor Behavior**

*3 hours*

Students will examine how the human body grows and develops and the relationships with motor control, learning, and development. Prerequisites: G-BI 210, PE 220, and a minimum of Junior standing. (Fall)

### **PE 304 Theories, Principles, and Leadership of Coaching**

*3 hours (Language Intensive)*

This course will provide students the knowledge and tools to develop a philosophical and practical foundation to their coaching styles. Students will learn how to make sound decisions that will lead to success in the coaching profession. Prerequisites: PE 105, CI 220, PE 244, PE 289, and a minimum of Junior standing. (Fall)

### **PE 330 Exercise Physiology**

*3 hours*

Students will study the relationship between exercise and human physiology. Prerequisites: PE 100, G-BI 210, PE 220, and a minimum of Junior standing. (Fall)

### **PE 385 Care and Treatment of Athletic Injuries**

*3 hours*

The purpose of this course is to provide students with a wide spectrum of information on the care and treatment of athletes and their injuries. It is designed to provide an overview of emergency procedures and immediate assessment of injured athletes. The importance of preventative measures and an overview of the responsibilities of an athletic trainer and coach will be addressed. Prerequisites: PE 301, PE 330, and a minimum of Junior standing. (Spring)

### **PE 400 Skill Development, Physical Training, and Tactics in Coaching**

*3 hours*

Students will learn the proper teaching and analytical techniques and methods to develop healthy and successful athletes and teams. Some of the topics covered include athlete performance assessment and evaluation, skill acquisition, athletic conditioning techniques, development, practice and conditioning programming, and the social-psychological aspects of training and coaching. Prerequisites: PE 304, PE 385, and Senior standing. (Fall)

### **PE 409/CI 409 Methods for Teaching Physical Education and Health in Elementary Schools**

*4 hours*

This course is designed to introduce prospective elementary school physical education, health, and classroom teachers to the fundamentals, principles, and practices of physical education and health at the elementary school level. Movement exploration and methods, including adaptive physical education, will be learned in the variety of play and sport activities. Further, the methods and modalities for teaching school health will be explored while examining the potential health problems of the individual school child associated with school and home environments. This course includes a practical laboratory component. Prerequisites for Elementary Education majors: G-PE 150 and CI 220. Prerequisites for Sport Science majors: G-CI 150, CI 220, and PE 304. Corequisite for Sport Science Majors: PE 385. (Spring)

### **PE 410/CI 410 Methods for Teaching Physical Education and Health in Secondary Schools**

*4 hours*

This course is designed to acquaint the student with a variety of teaching techniques, methods, and modalities for teaching physical education and health at the secondary school level. Proper movement skills and development, and healthy habits will be stressed to encourage lifelong physical activity and a healthy lifestyle. Adaptive physical education and the impact of sociocultural and socioeconomic factors will be integrated in the course. There is a practical laboratory component. Prerequisites: G-CI 150, CI 220, PE 304, and PE 385. (Fall)

### **PE 415 Sport Management**

*3 hours*

Students will develop an advanced understanding of the planning, organizing, leading, and controlling aspects of a sport organization. Prerequisites: PE 105, G-CM 218, PE 244, PE 289, BA 324, BA 339, and a minimum of Junior standing. (Fall)

### **PE 420 Sport Marketing**

*3 hours*

Students will explore the historical, contemporary, and future issues and trends in sport marketing. Further, students will learn and apply the marketing concepts and strategies utilized in the sport industry. Prerequisites: PE 105, G-CM 218, BA 221, PE 244, PE 289, BA 324, and a minimum of Junior standing. (Spring)

### **PE 425 Sport Finance**

*3 hours*

Students will extend their financial management knowledge within the sport realm by focusing on topics such as time value of money, debt and equity financing, capital budgeting and spending earnings in the sport industry. Prerequisites: PE 105, G-BA 130, G-BA 220 or G-MA 221, PE 244, BA 325 and a minimum of Junior standing. (Spring)

### **PE 430 Governance and Policy in Sport**

*3 hours*

Students will explore governance structures and processes related to policy within public, private, not-for-profit, and non-profit sport sectors in the United

States. Through this examination, students will learn effective governance systems and the challenges and obstacles encountered by sport organizations. Further, it will be highlighted how sports issues revolved around specific topics such as ethnicity, national identity, sex, gender, diversity, disability, violence, deviance, health and event hosting can impact policy and governance structures. Prerequisites: PE 105, PE 244, BA 315, BA 324, and a minimum of Junior standing. (Spring)

### **PE 475 Senior Capstone**

*3 hours*

This is the culminating or “capstone” course for Sport Science and Sport Management majors who do not participate in student teaching. Students are paired with a mentor in their chosen field to gain practical experience that will enhance their understanding of a potential career in the sport industry. Prerequisites for Sport Studies majors: PE 304, PE 385, and Senior standing. Prerequisites for Sport Management majors: PE 425, at least one of PE 420 or PE 430, and Senior standing. (Fall, Spring)

### **Special Course Options**

**PE 295/PE 495** Field Experience (1-4 credit hours for each course)

**PE 297** Study Abroad (12-16 credit hours)

**PE 299/PE 499** Independent Study (1-4 credit hours for each course)

**PE 388** Career Connections (3-10 credit hours)

**PE 445** Readings and Research (1 credit hour–Language Intensive)

### **Intercollegiate Competition Credit Hours**

After completing one year of intercollegiate athletic competition, students may enroll in intercollegiate competition (PE 211-21 and PE 311-21) for 1 credit hour; however, a maximum of 2 credit hours for intercollegiate competition will count toward graduation. Students who transfer credits are limited to 2 credit hours for intercollegiate competition.

**PE 209/PE 309** Intercollegiate Cheerleading (1 credit hour each)

**PE 211/PE 311** Intercollegiate Softball–Women (1 credit hour each)

**PE 212/PE 312** Intercollegiate Tennis (1 credit hour each)

**PE 213/PE 313** Intercollegiate Football–Men (1 credit hour each)

**PE 214/PE 314** Intercollegiate Basketball (1 credit hour each)

**PE 215/PE 315** Intercollegiate Cross Country (1 credit hour each)

**PE 216/PE 316** Intercollegiate Track and Field (1 credit hour each)

**PE 217/PE 317** Intercollegiate Volleyball–Women (1 credit hour each)

**PE 219/PE 319** Intercollegiate Soccer (1 credit hour each)

**PE 221/PE 321** Intercollegiate Baseball (1 credit hour each)