

- HIST 1012H Honors History of Civilization II** 3-0-3
 Survey of early modern world civilization from the fifteenth through the eighteenth centuries. Emphasis will be placed on the growing interactions of world cultures; taught in an enriched environment.
- HIST 1013 History of Civilization III** 3-0-3
 Survey of world civilizations during the nineteenth and twentieth centuries. Emphasis will be placed on the impact of industrialization, global conflict, and the emergence of the Third World.
- HIST 1013H Honors History of Civilization III** 3-0-3
 Survey of world civilizations during the nineteenth and twentieth centuries. Emphasis will be placed on the impact of industrialization, global conflict, and the emergence of the Third World; taught in an enriched environment.
- HIST 2111 United States History to 1865** 3-0-3
 A survey of the major political, economic, social, and cultural developments in the United States and Georgia to 1865. (Either HIST 2111 or HIST 2112 satisfies legislative requirements for U.S./Georgia History.)
- HIST 2111H Honors United States History to 1865** 3-0-3
 A survey of the major political, economic, social, and cultural developments in the United States and Georgia to 1865, taught in an enriched environment. (Either HIST 2111H or HIST 2112H satisfies legislative requirements for U.S./Georgia History.)
- HIST 2112 United States History Since 1865** 3-0-3
 A survey of the major political, economic, social, and cultural developments in the United States and Georgia since 1865. (Either HIST 2111 or HIST 2112 satisfies legislative requirements for U.S./Georgia History.)
- HIST 2112H Honors United States History Since 1865** 3-0-3
 A survey of the major political, economic, social, and cultural developments in the United States and Georgia since 1865, taught in an enriched environment. (Either HIST 2111H or HIST 2112H satisfies legislative requirements for U.S./Georgia History.)
- HIST 3000 Historical Methods** 3-0-3
Prerequisites: HIST 1011 or 1011H, 1012 or 1012H, 1013 or 1013H, 2111 or 2111H, 2112 or 2112H. A study of the research and writing skills pertinent to History, with emphasis on skills that students need to complete the major. The course must be taken before, or concurrently with, the first upper division course by History majors.
- HIST 3010 Women in Ancient Greece and Rome** 3-0-3
Also offered as WMST 3010. Issues of particular relevance to women in Greek and Roman society and their modern parallels. Topics include: social, political, and legal rights; the family, marriage, and children; health issues; women and work.
- HIST 3020 The Status of Women: Historical Perspectives** 3-0-3
Also offered as WMST 3020. Women in the Western historical tradition with emphasis upon historiographical methods of working women's lives. Primary source materials reveal the evolution of women's views of themselves, first as expressed by men, then by women as they begin to speak of themselves.

- HIST 3050/3060/3070 Special Topics in History** 3-0-3 each
Selected themes of historical and contemporary interest.
- HIST 3201 Ancient Near East and Greece** 3-0-3
A study of the principal developments in Egyptian, Mesopotamian, and Greek civilizations from the late Neolithic Age through the Peloponnesian War. Political structures, social institutions, and cultural developments will be stressed.
- HIST 3202 Hellenistic Greece and Rome** 3-0-3
A study of Mediterranean civilizations from the era of Alexander the Great through the fall of the Roman Empire. Greco-Roman contributions to western cultural traditions will be emphasized.
- HIST 3203 Renaissance and Reformation** 3-0-3
A study of the cultural, intellectual, and religious life of Europe in the fourteenth, fifteenth, and sixteenth centuries.
- HIST 3205 Europe in the Age of Louis XIV, 1648-1750** 3-0-3
A study of major trends in European history from the Peace of Westphalia to the Enlightenment. Cultural, social, and political achievements of European countries will be stressed.
- HIST 3206 Revolutionary Europe, 1750-1815** 3-0-3
A study of major developments in Europe from the Enlightenment through the defeat of Napoleon. The impact of the French Revolution on Europe will be emphasized.
- HIST 3207 Europe, 1815-1914** 3-0-3
A survey of the leading developments of the period in Europe, including social and nationalistic trends. Emphasis is placed on factors leading to World War I.
- HIST 3208 Europe, 1914-1945** 3-0-3
A survey of the lost generation living in a society broken and disillusioned by World War I.
- HIST 3209 Europe Since 1945** 3-0-3
A study of European domestic and international affairs since 1945 with emphasis upon the major states.
- HIST 3301 England to 1603** 3-0-3
The English people from early times to the advent of the Stuarts with emphasis on the growth of political, social, economic, and cultural institutions.
- HIST 3302 England Since 1603** 3-0-3
England and Great Britain in the period of the seventeenth through the twentieth centuries, emphasis being given to social, economic, and imperial development.
- HIST 3303 English Constitutional History** 3-0-3
A study of the development of English judicial and governmental institutions from the Anglo-Saxon period to the present.
- HIST 3401 Czarist Russia to 1917** 3-0-3
Russian history from the founding of the nation until the Revolutions of 1917 and the fall of the Romanov Dynasty.
- HIST 3402 The Soviet Union and Afterward** 3-0-3
A study of Russia's history as part of the Soviet Union, 1917-1989, and following the Soviet Union's breakup.

- HIST 4100 United States Constitutional History** 3-0-3
Development of American constitutionalism from its origins in England and colonies to the present time.
- HIST 4201 Colonial America to 1789** 3-0-3
A study of English, French, and Hispanic cultures in America to 1789. Included are the American Revolution, the creation of the United States, and the establishment of a permanent government under the United States Constitution.
- HIST 4202 United States, 1789-1850** 3-0-3
A study of United States history from the Washington administration through the Compromise of 1850, focusing on political, cultural, social, and economic developments.
- HIST 4203 United States, 1850-1877** 3-0-3
A study of United States history from the Compromise of 1850 to the end of Reconstruction. Focuses on the section crisis of the 1850s, the Civil War, and the Reconstruction process after the war.
- HIST 4204 United States, 1877-1912** 3-0-3
A study of United States history from the end of Reconstruction to the presidential election of 1912. Emphasizes political, cultural, social, and economic developments.
- HIST 4205 United States, 1912-1945** 3-0-3
A study of United States history from the presidential campaign of 1912 to the end of World War II in 1945. Focuses on the Progressive Era, the role of the United States in the Great War of 1914-1918, the Great Depression, and World War II.
- HIST 4206 United States Since 1945** 3-0-3
A study of United States history since World War II with emphasis on political, cultural, social, and economic developments and the nation's foreign relations.
- HIST 4207 United States Diplomacy to 1914** 3-0-3
A study of the role of the United States in world affairs until 1914.
- HIST 4208 United States Diplomacy Since 1914** 3-0-3
A study of the role of the United States in world affairs during World War I, the years between the wars, during World War II, in the Cold War and after, and in other international affairs since World War II.
- HIST 4210 History of Georgia** 3-0-3
A comprehensive survey of Georgia's development from the occupation by the earliest Indians to the present. Satisfies the Georgia History legislative requirement.
- HIST 4220 Local History** 3-0-3
A study of the methodology of local history research and writing. The course examines aspects of south Georgia history as a means of providing the student with an opportunity to apply the methodology.
- HIST 4221 The Old South** 3-0-3
A detailed study of the social, economic, cultural, and intellectual life of the colonial and antebellum South, with consideration of the influence of slavery.
- HIST 4222 The New South** 3-0-3
A history of the South since the Civil War, with special attention to political, social, economic, and cultural developments, as well as the problems of southern blacks after emancipation.

- HIST 4231 African-American History to 1865** 3-0-3
Also offered as **AFAM 4231**. The history of the African-Americans from their origin in Africa to the end of slavery in the U.S., with emphasis on their economic life and social thought.
- HIST 4232 African-American History Since 1865** 3-0-3
Also offered as **AFAM 4232**. The history of the African-American struggle for equality after emancipation, with special focus on the problems of black leadership from Frederick Douglass to the present.
- HIST 4240 American Social History** 3-0-3
Analysis of the major trends in religion, culture, social structures, and social groups in the United States from the Colonial Era until the present. Particular attention is paid to the experiences of the various ethnic groups making up the American people.
- HIST 4250 History of Religion in the South** 3-0-3
Overview of general religious patterns and their influence on southern society, with particular attention to mass religious movements such as the Great Awakening, Great Revival, Mission/Antimission Movement, Confederate Religion, African American Religion, Holiness/Pentecostalism, the Charismatic Movement, and the rise of the Religious Right. The course also will focus on the origins and development of the major denominations in the South.
- HIST 4261 Women in the U.S. to 1869** 3-0-3
Also offered as **WMST 4261**. A study of United States history from the perspective of women. Includes social, cultural, political, intellectual, and economic aspects of the nation's history, and more specifically, the ways women influenced and were influenced by various events and movements in U.S. history from the Colonial period to 1869.
- HIST 4262 Women in the U.S., 1869 to the Present** 3-0-3
Also offered as **WMST 4262**. A study of United States history from the perspective of women. Includes social, cultural, political, intellectual, and economic aspects of the nation's history, more specifically, the ways women shaped and were influenced by various events and movements in U.S. history from 1869 to present.
- HIST 4270 History of Women in the U.S. South** 3-0-3
Also offered as **WMST 4270**. A study of U.S. southern history from the perspective of women. A look at the contributions of women to southern social, religious, political, and intellectual growth; at the ways class, race, gender, and region interact to form a distinct identity among southern women; and at the variety of ways consciousness (self, social, and political) is experienced by women in the U.S. South.
- HIST 4280 U.S Women in Religion, Reform, and Radical Activism** 3-0-3
Also offered as **WMST 4280**. An examination of the ways women contributed to, influenced, and controlled religion, religious movements, reform efforts, radical thinking, and activism throughout U.S. history, and the ways religion, reform, and activism shaped political and social consciousness in general and a feminist consciousness specifically.
- HIST 4301 Colonial Latin America** 3-0-3
The founding, growth, and development of Latin America by Spain and Portugal to the wars of independence.

- HIST 4302 Republican Latin America** 3-0-3
Major historical trends in Latin America since the wars of independence.
- HIST 4303 The Spanish Borderlands** 3-0-3
Political, military, and social developments of Spain's borderlands from Virginia to California, 1513-1821.
- HIST 4304 The Caribbean** 3-0-3
Political, economic, social, and cultural developments of the major Caribbean countries, 1492 to the present.
- HIST 4401 East Asia** 3-0-3
An analysis of the principal historical and cultural developments in China, Japan, and Korea, with special emphasis upon the interactions of these nations among themselves, their responses to western culture, and their roles in regional and world affairs.
- HIST 4402 Asia in the Modern World** 3-0-3
A general overview of the role of Asia in the contemporary world, with special reference to such phenomena as geography, population trends, cultural diversity, and regional and world interactions of the Asian nations.
- HIST 4403 The Indian Subcontinent** 3-0-3
An analysis of the 5000-year-old culture of the Indian sub-continent and Sri Lanka, with major emphasis upon the indigenous religions of the region and the impact of western culture and Christianity. Other topics considered are population, caste, the family, village life, government organization, the impact of British rule, and the independence movements that led to the establishment of the independence of India, Sri Lanka, and Bangladesh.
- HIST 4404 History of the Vietnam War** 3-0-3
An exploration of the many interrelated aspects of the conflict in Vietnam. Topics include French colonization, Ho Chi Minh and Vietnamese nationalism, the 1946-1954 war between the French and the Vietminh, the Cold War policies of the United States, escalating United States intervention in Vietnam, the United States's war in Vietnam (1965-1973), the fall of Saigon, domestic opposition to the war within the U.S.A., and postwar legacies of the conflict.
- HIST 4500 History of the Middle East** 3-0-3
Overview of the political, religious, and cultural history of present-day Egypt, Sudan, Ethiopia, Israel, Lebanon, Syria, Iran, Turkey, Saudi Arabia, and the states of the Arabian peninsula from the birth of Mohammed to the present. Particular attention is paid to the beliefs, structure, and influence of religious groups, particularly Muslims.
- HIST 4511 Precolonial Africa** 3-0-3
Also offered as AFAM 4511. An analysis of the 8000-year-old cultures of the Nile Valley including Egypt, Nubia, and Kush; West Africa and its contacts with the Middle East and Europe; the East African city-states and their contacts with India.
- HIST 4512 Modern Africa** 3-0-3
Also offered as AFAM 4512. An examination of the European colonization of Africa and the African response. The course also examines the emergence of African nationalism and the problems of creating new states.

- HIST 4800 Directed Study in History** 3-0-3
Supervised readings in areas of history not normally available in regular course offerings, with regular conferences between instructor and student.
- HIST 4810 Internship in History** 3-0-3 to 9-0-9
Supervised practical experience related to the discipline of history in an appropriate agency, combined with a program of academic work. The number of credit hours granted is dependent on the nature of the program, the hours worked, and the academic program approved in advance. (Graded on satisfactory/unsatisfactory basis.)
- HIST 4950 Senior Seminar** 3-0-3
Prerequisites: senior standing, completion of 21 hours of advanced history courses, including HIST 3000. A seminar focused on selected topics and designed to help students synthesize their knowledge and reinforce the skills they have acquired as history majors.

HONS: HONORS

- HONS 1990 Honors Introductory Seminar** 2-0-2
Prerequisite: Admission to the Honors Program. A seminar, usually with an interdisciplinary focus, designed for students entering the Honors Program. Covers acculturation into the Honors Program, along with exposure to methods of inquiry, modeling behavior, and resources of the university community.
- HONS 2010 Honors Colloquium** 2-0-2
Co-requisite: HONS 1990. A series of lectures and discussion sessions offered on particular themes, leading to extended work in one particular area of research.
- HONS 3330 Honors Option Credit** 0-0-0
Prerequisite: HONS 1990 and approval of the Honors Director. Supervised tutorial experience between student and teacher that generates Honors credit for a non-Honors course. May be taken no more than three times. Graded Satisfactory or unsatisfactory.
- HONS 3992 Honors Capstone Seminar** 3-0-3
Prerequisite: HONS 1990 and twelve hours in the Honors Program. An interdisciplinary seminar on a selected topic. May be repeated for credit if topics are different.
- HONS 4000 Honors Independent Study** 1-0-1 to 3-0-3
Prerequisite: HONS 1991 and approval of the Honors Director.
- HONS 4990 Honors Senior Project** 2-0-2
Prerequisite: HONS 1990, 2010, and twenty hours in the Honors Program. Development, assembly, and presentation of an extended research project or portfolio geared along interdisciplinary lines.

HSPE: HEALTH SCIENCE AND PHYSICAL EDUCATION

- HSPE 1000 Fitness and Exercise Concepts** **0-2-1**
An introduction to the principles and concepts of physical fitness and wellness in order to promote healthy lifestyles. Students will have their fitness level tested and will be able to develop their own personal fitness program.
- HSPE 1010 Physical Fitness** **0-2-1**
Exercise sessions in the Health Fitness Center designed to improve the components of physical fitness for health fitness benefits. Assessment, interpretation and discussion of physical fitness and selected health related components are included.
- HSPE 1020 Weight Training** **0-2-1**
A beginning course emphasizing proper weight lifting techniques and the benefits of weight training exercises. Students will train the major muscle groups. Attention is given to weight room safety, policies and procedures
- HSPE 1021 Intermediate Weight Training** **0-2-1**
Students learn and practice new weight lifting techniques and will develop a personal weight training program.
- HSPE 1040 Slimnastics** **0-2-1**
Following an initial evaluation students will design a personal training program suited to their individual needs. Attention is given to the principles of proper weight management and good nutrition.
- HSPE 1050 Fitness Walking** **0-2-1**
Basic walking is used as a modality of exercise and instruction focuses on how walking can be used as a lifetime fitness activity. Students learn how to apply the basic principles of exercise and will be taught to monitor their pulse to assess exercise intensity.
- HSPE 1060 Jogging** **0-2-1**
Jogging or running is used as the exercise modality. Attention is given to the various training methods that runners use to improve their performance.
- HSPE 1070 Snow Skiing** **0-2-1**
A series of lessons designed for beginning to advanced snow skier. A five day stay at an appropriate skiing location is required. A fee is required.
- HSPE 1080 Beginning Tennis** **0-2-1**
A beginning course in tennis stressing the basics of singles and doubles play. Attention is given to the performance of the basic strokes as well as to the history, rules, etiquette and strategies of play.
- HSPE 1081 Intermediate Tennis** **0-2-1**
A continuation of HSPE 1080 designed for those who wish to learn more advanced techniques in the game of tennis. Attention is given to the improvement of the various strokes and to the development of advanced playing abilities.
- HSPE 1100 Beginning Badminton** **0-2-1**
A beginning course in badminton stressing the basic rules and strategies of play. Attention is given to the skills needed to participate successfully in the sport.
- HSPE 1101 Intermediate Badminton** **0-2-1**
A continuation of HSPE 1100 designed for those who wish to improve their skill level in the game of badminton. Attention is given to developing more advanced levels of game play.

- HSPE 1120 Beginning Golf** **0-2-1**
 A beginning course designed to teach the basics of the game of golf. Instruction focuses on the grip, stance and basic swing pattern. A fee is required.
- HSPE 1121 Intermediate Golf** **0-2-1**
 Provides instruction in all facets of the game of golf. Students work at mastering the basic skills by practicing various kinds of shots. A fee may be required.
- HSPE 1140 Racquetball** **0-2-1**
 A beginning course which provides instruction in the rules, strategies and in the basic skills necessary to play the game.
- HSPE 1150 Bowling** **0-2-1**
 Instruction is directed to the history, terms, scoring and techniques of bowling. Fee may be required.
- HSPE 1160 Archery** **1-1-1**
 A beginning course emphasizing the skills of shooting a bow and arrow for participation in target archery. Students will master the basic skills and safety procedures used in shooting.
- HSPE 1170 Karate** **0-2-1**
 An introduction to the basics of Shorin-Ji Kempo Karate. Successful completion of the course requirements leads to yellow belt certification.
- HSPE 1180 Backpacking** **0-2-1**
 An introductory course involving fundamental survival skills and extended stays in wilderness areas. Consideration will be given to an appreciation for minimum ecological impact upon the land. A fee may be required.
- HSPE 1190 Canoeing** **0-2-1**
 An introductory course on navigational and canoeing fundamentals. Topics include basic canoeing maneuvers and considerations for overnight excursions. A fee may be required.
- HSPE 1200 Orienteering** **0-2-1**
 A sporting activity combining cross-country running with map reading and navigation using a compass. Students attempt to finish a predetermined course finding the proper checkpoints in as little time as possible.
- HSPE 1210 Cycling** **0-2-1**
 A beginning class on the fundamental techniques of cycling.
- HSPE 1220 Sailing** **0-2-1**
 An introduction to the basics of sailing.
- HSPE 1230 Freshwater Fishing** **0-2-1**
 An introductory course in the skills of freshwater fishing. Students will explore the various techniques of casting and selecting equipment and will visit a local area pond to fish.
- HSPE 1240 Beginning Swimming** **0-2-1**
 Red Cross instruction to equip the individual with the basic water safety skills and knowledge in order to make him or her reasonably safe while in, on or near the water. Designed for the non-swimmer.
- HSPE 1241 Intermediate Swimming** **0-2-1**
Prerequisite: Must be able to swim in deep water. A continuation of HSPE 1240 designed to introduce a wide variety of swimming skills.

- HSPE 1260 Fitness Swimming** **0-2-1**
Prerequisite: Permission of Instructor. Principles and practices of distance and interval conditioning workouts.
- HSPE 1270 Volleyball** **0-2-1**
 A beginning course designed to teach the fundamental skills, strategies and team concepts of volleyball. Attention will be given to the mastery of the basic skills.
- HSPE 1271 Intermediate Volleyball** **0-2-1**
 A continuation of HSPE 1270 for those who wish to improve their skills of volleyball. Attention is given to the offensive and defensive strategies and formations used by competitive teams.
- HSPE 1290 Soccer** **0-2-1**
 An introductory course designed to present the fundamental skills, strategies, and team concepts of soccer. Attention is given to the skills of dribbling, passing, shooting, trapping, heading and tackling.
- HSPE 1300 Basketball** **0-2-1**
 An introductory course designed to present the fundamental skills, strategies, and team concepts of basketball. Attention is given to the improvement of the student's existing skill level.
- HSPE 1310 Baseball** **0-2-1**
 An introductory course designed to present the fundamental skills, strategies, and team concepts of baseball. Attention is given to the mastery of the basic skills including throwing, catching, hitting and bunting.
- HSPE 1320 Football** **0-2-1**
 An introductory course designed to present the fundamental skills, strategies, and team concepts of football. Attention is given to the skills and team concepts of touch and flag football.
- HSPE 1330 Field Hockey** **0-2-1**
 An introductory course designed to present the fundamental skills, strategies and team concepts of field hockey.
- HSPE 1340 Softball** **0-2-1**
 An introductory course designed to present the fundamental skills, strategies, and team concepts of softball. Attention is given to the mastery of the basic skills including throwing, catching, hitting and bunting.
- HSPE 1350 Wrestling** **0-2-1**
 Designed for students interested in participating in basic wrestling skill development. Beginning and intermediate level applications will be introduced.
- HSPE 1360 Table Tennis** **0-2-1**
 A beginning course in the fundamental skills and strategies of table tennis.
- HSPE 1370 Self-Defense** **0-2-1**
 Instruction focuses on the techniques and strategies used for self-protection in a variety of situations.
- HSPE 1390 Varsity Athletics** **0-2-1**
Prerequisite: Member of a VSU Varsity Athletics Team. Development of skills, techniques and strategies of athletic performance through participation in the intercollegiate varsity athletic program. May be taken once during any academic year, and may be repeated for credit. Does not meet physical education activity requirement for education majors.

- HSPE 2000 Health and Wellness for Life** **2-0-2**
 A course of study investigating the major health problems in modern society, with emphasis on methods of understanding and developing lifestyle changes for longer and healthier life. Information on topics such as alcohol, drugs, stress management, nutrition, sexually transmitted diseases, pregnancy and parenthood, cigarette and tobacco use, cancer, and cardiovascular diseases will be discussed.
- HSPE 2010 Individual Activities I** **0-2-2**
 Instructional techniques of tennis, golf, track and field. Directed toward prospective Health and Physical Education instructors and designed to develop psychomotor skills in tennis, golf, and track and field. Additionally, this course serves to introduce students to instructional methodology. Designed for Health and Physical Education majors only.
- HSPE 2020 Team and Outdoor Activities** **1-2-2**
 Instructional techniques in team activities (e.g., soccer, speedball, volleyball) and outdoor activities (e.g., archery, swimming, orienteering). Directed toward prospective Health and Physical Education instructors and designed to develop psychomotor skill. Additionally, this course serves to expose students to cognitive and affective concepts and instructional methodologies involving these activities. Designed for Health/Physical Education Majors Only.
- HSPE 2030 Educational Movement and Recreational Activities** **1-2-2**
 Instructional techniques in educational movement content across game, rhythmic, and gymnastic activities and recreational activities (e.g., badminton, table tennis, bowling, pickleball, ultimate Frisbee, etc.) Directed toward prospective Health and Physical Education instructors and designed to develop psychomotor skill. Additionally, this course serves to expose students to cognitive and affective concepts and instructional methodologies involving these activities. (Designed for Health/Physical Education Majors Only.)
- HSPE 2050 Introduction to Sports Medicine** **2-2-3**
 An introduction to sports medicine, this course provides basic information concerning the required competencies for NATA (National Athletic Trainers Association) certification in athletic training.
- HSPE 2070 Lifeguard Training** **1-2-2**
Prerequisite: Demonstrate swimming competency. Red Cross course to lead to certification as a lifeguard.
- HSPE 2080 Water Safety Instructor** **1-2-2**
Prerequisite: Demonstrate swimming competency. Red Cross course to lead to certification as a swimming instructor.
- HSPE 2100 Health and Physical Education as a Profession** **2-0-2**
 Designed to provide the student with information involving the history, principles, important leaders, and philosophical bases of health and physical education. Various career opportunities in health and physical education are examined.
- HSPE 2110 Health Fitness as a Profession** **1-2-2**
 An introduction to the health fitness profession including historical perspectives, career opportunities and future outlook. The student is also introduced to various physical fitness and health related assessments. A minimum number of clock hours are required in various health fitness environments.

- HSPE 2150 First Aid - CPR** 1-2-2
 A study of the techniques of emergency first aid, cardiopulmonary resuscitation (adult, child, and infant) and accident prevention. Emphasis will be placed on examining the interrelationships among human behavior, the environment and accidents. Opportunity exists for each student to earn American Red Cross CPR certification and First Aid certification.
- HSPE 2800 Life Skills** 2-0-2
 A general overview of educational experiences and skills needed to develop well-balanced lifestyles. Emphasis is placed on decision making, values, goal setting, study skills, nutrition, sexual responsibility, alcohol and drug awareness, career planning and fiscal responsibility. Course is designed for student athletes.
- HSPE 2900H Honors Health and Wellness for Life** 3-0-3
 A flexible course of study investigating the major health problems facing the United States population in our changing technological society. Taught in a discussion and project-oriented environment.
- HSPE 3000 Health Education for Early and Middle School Teachers** 3-0-3
Prerequisite: HSPE 2000. A study of the three areas of the school health program (services, environment and instruction) designed to meet the needs of the classroom teacher. Special attention is given to meeting cognitive and affective objectives in regard to health instruction.
- HSPE 3010 Exercise Testing and Prescription** 3-0-3
 A concentrated study of the principles of exercise testing and prescription for the apparently healthy adult including the health appraisal, risk assessment, and interpretation of data. The American College of Sports Medicine exercise guidelines are emphasized.
- HSPE 3011 Exercise Testing and Prescription for Special Populations** 3-0-3
Prerequisite: HSPE 3010. A continuation of HSPE 3010 with emphasis on special medical or health concerns. Topics include peripheral vascular disease, hypertension, diabetes, obesity, pregnancy, arthritis, asthma, low back pain, children and the elderly. The American College of Sports Medicine exercise guidelines are emphasized.
- HSPE 3050 Care and Prevention of Athletic Injuries** 0-2-1
 Designed to provide prospective exercise leaders, physical educators, and coaches with basic knowledge of physical activity-related injury prevention, treatment and rehabilitation. Specifically designed for Health Fitness and Health/Physical Education Majors.
- HSPE 3150 Drugs and Human Behavior** 2-0-2
 An investigation of the effects of use and abuse of drugs on human behavior. Both legal and illegal drugs are given attention from the historical perspective through current situations.
- HSPE 3160 Special Topics in Health Fitness** 1-0-1 to 4-0-4
 A flexible course of study dealing with current events or special topics in health fitness. (May be repeated.)
- HSPE 3200 Nutrition for Health and Human Performance** 3-0-3
 An introduction to the characteristics of the essential dietary nutrients and their respective roles in the body. Emphasis is placed on the effects of nutritional practices on health and human performance.

- HSPE 3300 Human Sexuality Education** 2-0-2
 An overview of the principles of human sexuality and family life education with an emphasis on content and materials for teaching P-12. Emphasis will be placed on issues related to instruction and the development of curricular instructional materials.
- HSPE 3330 Health and Physical Education Methods for Early and Middle School Teachers** 3-0-3
 A study of teaching methods and curricular options used to fulfill psychomotor, cognitive and affective objectives in the fields of health and physical education. The three areas of school health (services, environment and instruction) are discussed. Activities that are developmentally appropriate are also studied.
- HSPE 3340 Physical Education for Early and Middle School Teachers** 3-0-3
 A study of the growth and developmental patterns of children. Teaching methods used to fulfill psychomotor, cognitive, and affective objectives and activities appropriate for development and grade level are studied.
- HSPE 3350 Stress Management** 2-0-2
 A study of the impact of stress on emotional and physical health. Emphasis is on sources of stress, assessment of stress, and techniques of managing stress. Included are teaching skills and strategies to enhance the delivery of stress management education in a variety of practice settings including schools, worksites, and the community.
- HSPE 3360 Chronic Disease Epidemiology** 3-0-3
 An introduction to the distribution and determinants of chronic diseases and injuries in the human population. Investigating causal factors and thus laying the groundwork for programs of prevention and control are emphasized. Commonly used epidemiological statistics and research methods are discussed.
- HSPE 3370 Public Health Education** 3-0-3
 An introduction to aspects of public health including identification and discussion of contemporary and controversial health issues and the agencies which address these concerns.
- HSPE 3400 Evaluation in Health and Physical Education** 2-0-2
 Designed to provide the student with information related to basic statistics and data analysis, assessment and evaluation procedures and instruments across the psychomotor, cognitive and affective domains, and the application of this content within the physical education instructional setting.
- HSPE 3410 Biomechanics** 2-2-3
Prerequisite: BIOL 2651. Designed to provide the students with an understanding of the dynamics of human motion, with emphasis on mechanical analysis of human movement, in the study of anatomical and functional aspects of living organisms.
- HSPE 3420 Exercise Physiology** 2-2-3
Prerequisite: BIOL 2651 An understanding of how the body, from a functional standpoint, responds, adjusts, and adapts to exercise. Topics include bioenergetics, neuromuscular concepts, cardiorespiratory considerations, physical training, and environmental concerns involving physical activity, athletic performance, and health-related fitness.

- HSPE 3430 Kinesiology** 2-2-3
Prerequisite: BIOL 2651. Basic physical concepts as they apply to human movement are explored. Structural anatomy, neuromuscular physiology and biomechanical principals as they apply to sport skills and fitness activities are emphasized.
- HSPE 3450 Comprehensive Health Education** 1-2-2
Prerequisite: HSPE 2000. Designed to develop an understanding of the school health program. Special attention is given to methods of meeting the cognitive and affective objectives through health instruction. Field experiences in the public schools are required. Specifically designed for Health and Physical Education majors.
- HSPE 3460 Health Education Methods and Materials** 1-2-2
Prerequisite: HSPE 3450. A continuation of HSPE 3450, with emphasis on instruction and experience in methods and materials of health education in the early, middle and secondary grades. Field experiences in the public schools are required. Specifically designed for Health and Physical Education majors.
- HSPE 3600 Motor Learning and Development** 2-2-3
 Designed to introduce the physical educator and coach to neuroanatomy and neurophysiology as related to motor development, motor movement, skill development and physical education. The constructs of psychology such as attention, individual differences, knowledge of results, memory, motivation, practice, transfer of learning and transfer of training will be presented.
- HSPE 3690 Program Planning and Applied Technology in Health and Physical Education** 1-0-1
 Designed to provide the student with pertinent information relative to basic instructional and planning methodologies, computer applications, and APA writing implications for the health and physical education discipline.
- HSPE 3700 Elementary Physical Education Methods and Content** 1-2-2
 Designed to provide the student with information related to instruction in physical education methodologies and content for preschool through fifth grade public school students. Field experiences in the public schools are required.
- HSPE 3860 Legal Aspects in the Sport Sciences** 2-0-2
 Designed to give the student understanding and appreciation of the legal aspects of physical education, athletic training and recreation professions.
- HSPE 3910 Principles and Methods of Adapted Physical Education** 1-2-2
 Designed to introduce students to instruction in physical education provided for individuals with special needs. Topics pertaining to significant legislation, various special needs population characteristics, planning and assessment are presented. Field experience exposures are required.
- HSPE 4010 Planning and Evaluating Health Promotion Programs** 3-0-3
Prerequisite: HSPE 3360. Lecture, discussion and individual student project presentations are combined to illustrate the major processes involved for effective planning, implementation and evaluation of health behavior interventions. A planning model, applicable to a variety of practice settings and health problems, is utilized throughout the course.

- HSPE 4050 Management of Health Promotion and Fitness Programs 3-0-3**
Prerequisite: HSPE 4010. Lecture, discussion and individual student projects will be combined to illustrate the major processes involved for effective management. Emphasis is placed on staffing, cost benefit, budgeting, policy and procedures, selecting program vendors and equipment, emergency management, accreditation, and legal and ethical considerations.
- HSPE 4070 Exercise Cardiovascular Physiology 3-0-3**
Prerequisite: HSPE 3420. A concentrated study in exercise physiology of the healthy and diseased heart. Emphasis is placed on normal versus abnormal conditions and their effect on exercise testing and training and myocardial adaptations under conditions of acute and chronic exercise.
- HSPE 4080 Exercise Electrocardiography 3-0-3**
Prerequisite: BIOL 2652. A basic understanding of the 12-lead electrocardiogram as it relates to graded exercise testing, training and functional evaluation. The course is designed particularly to assist the clinical exercise physiologist in developing the skills required for quickly identifying electrocardiographic patterns at rest and during exercise.
- HSPE 4090 Exercise Cardiac Medications 3-0-3**
Prerequisite: HSPE 4080. Designed particularly to assist the clinical exercise physiologist in understanding the mechanisms of principle actions, major side effects, symptoms of drug intolerance or toxicity, and how they may affect the exercise testing and training session including the electrocardiogram. (Focus is on antianginal, antiarrhythmic, anticoagulant, antiplatelet, lipid lowering, antihypertensive, digitalis glycosides, bronchodilators, corticosteroids, hypoglycemics, and emergency medications).
- HSPE 4130 Exercise Cardiopulmonary Rehabilitation 3-0-3**
Prerequisite: HSPE 3010. A study of the multiphasic and multidisciplinary program to restore the cardiopulmonary diseased individual to a productive life. The course is designed particularly to assist the clinical exercise physiologist in understanding the physiological, psychological, social, vocational and recreational aspects of human function and rehabilitation that are unique to this individual. Common medical treatments and diagnostic procedures are reviewed. The American College of Sports Medicine and the American Association of Cardiovascular and Pulmonary Rehabilitation guidelines are emphasized.
- HSPE 4220 Management of Physical Education Programs 2-0-2**
A study of administrative theory and principles as they relate to the process of planning, organizing, supervision, personnel, budget, facility design, risk management, and other issues that are related to operating physical education and sports programs in educational and community settings.
- HSPE 4230 Psychosocial Dimensions of Physical Activity 2-0-2**
An introduction to the psychological principles used to enhance learning and performance in motor activities and the sociological forces affecting the learner and performer.

- HSPE 4250 Organization and Administration Strategies in Athletic Training** 3-0-3
Prerequisite: HSPE 2050. A study of management techniques used in typical athletic training settings. General topic areas to include facility design, human resource management, information processing, and financial management techniques. Athletic injury insurance and legal considerations in athletic training will also be covered.
- HSPE 4300 Foundations of Injury Prevention and Care** 2-2-3
Prerequisite: HSPE 2050 or consent of instructor. Provides the student with knowledge concerning sports injury prevention, treatment and taping skills. Emphasis is placed on protocols common in the athletic training profession.
- HSPE 4350 Evaluation and Assessment of Athletic Injuries to the Lower Extremities** 2-2-3
Prerequisite: HSPE 4300 or consent of instructor. Advanced principles addressing athletic injuries that commonly occur to the lower extremity with regard to evaluation protocol and tests.
- HSPE 4360 Evaluation and Assessment of Athletic Injuries to the Upper Extremities** 2-2-3
Prerequisite: HSPE 4350 or consent of instructor. Advanced principles addressing athletic injuries that commonly occur to the upper extremity with regard to evaluation protocol and tests.
- HSPE 4400 Therapeutic Modalities & Rehabilitation in Sports Medicine** 2-2-3
Prerequisite: HSPE 4360 or consent of instructor. An introduction to basic rehabilitation principles in the sports medicine profession in addition to the use of therapeutic modalities available in this process.
- HSPE 4410 Athletic Training Practicum** 0-0-4
Prerequisite: HSPE 4400.
- HSPE 4420 Athletic Training Internship** 0-0-4
Prerequisite: HSPE 4400.
- HSPE 4430 Athletic Training Field Experience** 0-0-12
Prerequisite: Approval of Program Director.
- HSPE 4450 Sport Related Illnesses and Conditions** 3-0-3
Prerequisite: HSPE 4360. Investigating signs, symptoms and treatments of illnesses and conditions common to athletes but not addressed in previous sports medicine courses.
- HSPE 4490 Rehabilitation Techniques in Sports Medicine** 3-0-3
Prerequisite: HSPE 4400. Provides the student with the knowledge needed to develop comprehensive rehabilitation programs. The development of therapeutic goals and objectives, exercise gradation and methods of evaluating rehabilitation progress will be stressed.
- HSPE 4510 Applied Practicum in Health Fitness** 0-0-12
Prerequisite: Permission of the advisor and specialized coordinator of Health Fitness and admission to Health Fitness degree must be completed before registration.
- HSPE 4550 Internship in Health Fitness** 0-0-12
Prerequisite: HSPE 4510 and permission of the advisor and specialized coordinator of Health Fitness and admission to Health Fitness degree must be completed before graduation.

- HSPE 4570 Directed Study in Health** 1-0-1 to 3-0-3
Prerequisite: Approval of Instructor and Department Head. Development and in-depth study of an approved topic of interest related to the field of health, health education, health fitness, or sports medicine.
- HSPE 4580 Directed Study in Physical Education** 1-0-1 to 3-0-3
Prerequisite: Approval of Instructor and Department Head. Development of an in-depth study of an approved topic of interest related to the field of physical education.
- HSPE 4710 Middle Grade and Secondary Physical Education**
Methods and Content 1-2-2
 Designed to provide the student with information related to instruction in physical education methodologies and content for middle grade and secondary public school students. Significant field experience exposures are required in the public schools.
- HSPE 4780 Internship in Physical Education** 0-0-6
 Prerequisite: Completion of coursework and approval of department.
- HSPE 4790 Student Teaching in Health and Physical Education** 0-0-10
Prerequisite: Completion of all course requirements.
- HSPE 4800 Professional Practice Seminar** 2-0-2
Prerequisite: Completion of all course work and a 2.5 GPA. Co-requisite: HSPE 4790. Reflection of educational practices and refinement of concepts emanating from student teaching experience.

INTL: INTERNATIONAL/INTERCULTURAL STUDIES

- INTL 2090 Introduction to International/Intercultural Studies** 3-0-3
 An overview of international studies as a field of inquiry and practice. An examination of the primary approaches to international study, the development of a cross-cultural perspective in the study of international problems, and an appreciation of the complexities of cross-cultural communication are emphasized.
- INTL 3000 Foreign Exchange** 0-0-0
 A course for foreign students enrolled at VSU under official exchange agreements of the University.
- INTL 3170 Topics in International/Intercultural Studies** 1-0-1 to 3-0-3
 Special topics in international studies include on-campus experiences, seminars, and workshops such as the National Model United Nations program and the spring courses offered in conjunction with the Focus lecture series each spring. May be repeated for credit.
- INTL 3500 Study Abroad** 0-0-0 to 9-0-9
Prerequisite: Acceptance to a VSU study abroad program. Courses for students studying abroad on VSU-approved programs. Students must have written approval from the Office of International Programs and relevant academic units to register for these courses. The number of credit hours granted is dependent on the nature of the program.