

DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION

Dr. Alison Witte, Department Chairperson

Associate Professor: D. Wilson, A. Witte

Assistant Professors: J. Yu

Instructor: D. McEntire

The Department of Health and Physical Education provides challenging programs in Health and Human Performance and Education. These programs provide students with the academic knowledge and technical skills that will prepare them for a variety of career paths in the rapidly growing fields of health, fitness, wellness, and human performance. Graduates will also be prepared to pursue advanced degrees in their fields of study or related fields, such as Public Health.

The department offers a Bachelor of Science in Health and Human Performance with three majors: Athletic Conditioning and Coaching, Exercise Science and Health Promotion.

A Bachelor of Arts in Health and Physical Education (PreK-Adult) is available for students who wish to pursue teaching as a career.

Pre-nursing is available as a transfer program with WVU School of Nursing -- one year of pre-requisites at Glenville State, and then a transfer to WVU Institute of Technology for three years, leading to a Bachelor of Science in Nursing awarded by West Virginia University.

For additional information about the Department of Health and Physical Education, its programs, faculty, and organizations call (304) 462-6212.

Degree Program

Bachelor of Science in Health and Human Performance

Athletic Conditioning and Coaching

Exercise Science

Health Promotion

Bachelor of Arts in Education

Health and Physical Education (PreK-Adult)

**BACHELOR OF SCIENCE DEGREE
HEALTH AND HUMAN PERFORMANCE**

GSC 100 The First Year Experience 1 hour

All degree seeking students are required to take GSC 100 during their first semester. GSC 100 may be used to satisfy one hour of the General Electives requirement.

General Education Requirements 39 hours

Students in Health and Human Performance must complete BIOL 120 and PSYC 201 as part of the General Education requirements. Students seeking an Exercise Science major must also complete MATH 115.

Health and Human Performance Core 14 hours

BIOL 120	Principles of Biology I	
HLTH 102	Introduction to Health Promotion	3
HLTH 105	Human Nutrition	3
HLTH 232	Foundations of Health	2
HLTH 293	Lifetime Fitness and Wellness (Gateway Course)	3
PSYC 201	General Psychology	
PSYC 250	Lifespan Development	3

Select one of the following majors:

Athletic Conditioning and Coaching Major 45 hours

EXSC 375	Strength and Conditioning Leadership	3
EXSC 455	Psychology of Exercise and Sport	3
EXSC 493	Practicum (Capstone Course)	6
HLTH 331	Foundations of Anatomy and Physiology	4
PED 121	Foundations of Physical Education and Sport	2
PED 224	Assisting in Sports/Camps/Intramurals/Coaching	2
PED 232	Philosophy and Techniques in Sport Coaching	2
PED 265	Diversity and Ethics in Sport	3
PED 325	Athletic Coaching and Administration	3
PED 333	Motor Learning and Development	2
PED 450	Career Planning in Sports	3
PSYC 330	Social Psychology	3
SMGT 130	Introduction to Sport Management	3
SMGT 330	Event and Sport Facilities Management	3
SMGT 430	Legal Aspects of Sport	3

Exercise Science Major 48 hours

BIOL 309	Anatomy and Physiology I	4
BIOL 310	Anatomy and Physiology II	4
EXSC 375	Strength and Conditioning Leadership	3
EXSC 455	Psychology of Exercise and Human Performance	3
EXSC 465	Human Performance Testing	4
EXSC 493	Practicum (Capstone Course)	12
HLTH 107	Introduction to Medical Terminology	1
HLTH 400	Applied Nutrition	3
HLTH 425	Wellness Programming and Administration	3
HLTH 435	Research Methods in Health and Human Performance	3

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MATH 115	College Algebra	
PED 332	Kinesiology	3
PED 333	Motor Learning and Development	2
PED 421	Exercise Physiology	3

Health Promotion Major

48 hours

ENVR 255	Health and Safety	3
HLTH 107	Introduction to Medical Terminology	1
HLTH 331	Foundations of Anatomy and Physiology	4
HLTH 341	Community and Environmental Health	2
HLTH 342	Health Disparities in Vulnerable Populations	3
HLTH 425	Wellness Programming and Administration	3
HLTH 435	Research Methods in Health and Human Performance	3
HLTH 493	Practicum (Capstone Course)	12
NPLM 101	Introduction to Nonprofit Organizations	3
NPLM 201	Nonprofit Practices and Procedures	3
SAFE 327	Legal Aspects and General Safety	2
SAFE 338	Emergency Services and Disaster Preparedness	3
SOCL 105	Interviewing and Counseling	3
SOCL 209	Social Problems	3

General Electives

19-22 hours

Total minimum hours required for degree

120-121 hours

Advising Note:

Students who choose to take BIOL 309 must also complete BIOL 120 with a grade of “C” or above.
Students who choose to take PSYC 250 must also complete PSYC 201.

Students pursuing the degree in Health and Human Performance are advised to consult with their academic advisor as to the need to include among their general electives the following courses:

PSYC 310	Abnormal Psychology
PSYC 360	Psychology of Human Sexuality
PSYC 380	Drugs and Human Behavior
SOCL 340	Death and Dying

Students majoring in Exercise Science or Athletic Conditioning and Coaching are advised to consult with their academic advisor as to the need to include among their general electives:

HLTH 342	Health Disparities in Vulnerable Populations
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Students who intend to pursue graduate education in Physical Therapy, Occupational Therapy, Athletic Training, Prosthetics and Orthotics and related programs usually need additional math and science courses to qualify for admission. Students should discuss career goals with their advisors early in the course of their studies so that they can take these courses in a timely manner.

GATEWAY ASSESSMENT – HLTH 293 - CAPSTONE ASSESSMENT EXSC/HLTH 493

**BS – ATHLETIC CONDITIONING AND COACHING
SUGGESTED PLAN OF STUDY**

FIRST YEAR

ART 200, CART 200, FNAR 100 (OR) MUSC 200	3	ENGL 102	3
BIOL 120.....	4	HIST 201, 202, 207, 208 (OR) POSC 203	3
ENGL 101	3	HLTH 105	3
GSC 100	1	HLTH 232	2
HLTH 102	3	PED 121	2
MATH 106 or higher.....	3	PSYC 201	3
Total Hours - Fall Semester	17	Total Hours - Spring Semester	16

SECOND YEAR

CSCI 101	3	CART 101	3
ENGL 203, 204, 205 (OR) 206	3	HIST 201, 202, 207, 208 (OR) POSC 203	3
ENVR 101, SCNC 101, 102, 103, (OR) SCNC 104.....	4	HLTH 293	3
PED 224	2	HLTH 331	4
SMGT 130.....	3	PSYC 250.....	3
Total Hours - Fall Semester	15	Total Hours - Spring Semester	16

THIRD YEAR

EXSC 375.....	3	PED 201	1
PED 265	3	PED 232	2
PED 333	2	PED 325	3
General Electives.....	7	PSYC 330.....	3
Total Hours - Fall Semester	15	SMGT 330.....	3
		General Elective	3
		Total Hours - Spring Semester	15

FOURTH YEAR

EXSC 455.....	3	EXSC 493.....	6
General Electives.....	12	PED 450	3
Total Hours - Fall Semester	15	SMGT 430.....	3
		Total Hours - Spring Semester	12

**BS – EXERCISE SCIENCE
SUGGESTED PLAN OF STUDY**

FIRST YEAR

BIOL 120.....	4	BIOL 309.....	4
ENGL 101	3	CART 101	3
GSC 100	1	CSCI 101	3
HLTH 105	3	HIST 201, 202, 207, 208 (OR)	
MATH 115	3	POSC 203	3
Total Hours - Fall Semester	14	HLTH 107	1
		PSYC 201	3
		Total Hours - Spring Semester	17

SECOND YEAR

ART 200, CART 200, FNAR 100 (OR) MUSC 200	3	ENGL 203, 204, 205 (OR) 206	3
BIOL 310.....	4	ENVR 101, SCNC 101, 102, 103, (OR) SCNC 104.....	4
ENGL 102	3	HIST 201, 202, 207, 208 (OR)	
HLTH 102	3	POSC 203	3
HLTH 293	3	HLTH 232	2
Total Hours - Fall Semester	16	PED 201	1
		General Electives.....	3-4
		Total Hours - Spring Semester	16-17

THIRD YEAR

EXSC 375.....	3	HLTH 400	3
EXSC 455.....	3	PED 332	3
EXSC 465.....	4	PED 421	3
PED 333	2	PSYC 250.....	3
General Electives.....	3	General Electives.....	3
Total Hours - Fall Semester	15	Total Hours - Spring Semester	15

FOURTH YEAR

HLTH 425	3	EXSC 493.....	12
HLTH 435	3	Total Hours - Spring Semester	12
General Electives.....	9		
Total Hours - Fall Semester	15		

**BS – HEALTH PROMOTION
SUGGESTED PLAN OF STUDY**

FIRST YEAR

ART 200, CART 200, FNAR 100 (OR) MUSC 200.....	3	ENGL 102	3
BIOL 120.....	4	HIST 201, 202, 207, 208 (OR) POSC 203	3
ENGL 101	3	HLTH 105	3
GSC 100	1	HLTH 107	1
HLTH 102	3	HLTH 232	2
MATH 106 or higher.....	3	PED 201	1
Total Hours - Fall Semester.....	17	PSYC 201	3
		Total Hours - Spring Semester.....	16

SECOND YEAR

BIOL 121.....	4	CART 101	3
ENGL 203, 204, 205 (OR) 206	3	HIST 201, 202, 207, 208 (OR) POSC 203	3
CSCI 101	3	HLTH 293	3
ENVR 255	3	HLTH 331	4
SOCL 105.....	3	PSYC 250.....	3
Total Hours - Fall Semester.....	16	Total Hours - Spring Semester.....	16

THIRD YEAR

HLTH 341	2	NPLM 101	3
HLTH 425	3	SAFE 327	2
SOCL 209.....	3	SAFE 338	3
General Electives.....	7	General Electives.....	7
Total Hours - Fall Semester.....	15	Total Hours - Spring Semester.....	15

FOURTH YEAR

HLTH 342	3	HLTH 493.....	12
HLTH 435	3	Total Hours - Spring Semester	12
NPLM 201.....	3		
General Electives.....	5		
Total Hours - Fall Semester.....	14		

Application forms for the West Virginia University School of Nursing are available online after December 1. Application for admission to the School of Nursing must be made by February 1 of the year the candidate wishes to be admitted.

The applicant's academic record is the major factor in the decision on admission. The applicant must have a cumulative grade point average of 3.0 or above on a scale of 0.0 to 4.0 on all college work attempted, to qualify for consideration. In addition, applicants must have a 3.0 grade point average in all prerequisite nursing courses.

The review of applicants takes approximately two months. The students are notified by mail after review of all applicants is completed.

Fees, Expenses, Housing, Transportation

Freshman pre-nursing students registering at Glenville for the GSC/WVU Joint Nursing Program will pay the tuition and fees shown in this catalog.

Sophomore, junior and senior students will register at West Virginia University Institute of Technology division of the WVU School of Nursing and pay the fees stipulated by WVUIT.

GATEWAY ASSESSMENT - ADMISSION TO WVU SCHOOL OF NURSING

CAPSTONE ASSESSMENT - RURAL HEALTH ASSESSMENT

**PRE-NURSING
SUGGESTED PLAN OF STUDY**

FIRST YEAR

BIOL 120*4	BIOL 309*4
CHEM 101*4	CHEM 102*4
ENGL 1013	MATH 256**3
GSC 100*1	NURS 100*2
MATH 115*3	SOCL 2053
PSYC 201*3	Total Hours - Spring Semester16
Total Hours - Fall Semester18	

***Required with a grade of “C” or better before enrolling in sophomore nursing courses.**

****Pre- or co-requisite for sophomore nursing courses. Must be completed with a “C” or better.**

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BACHELOR OF ARTS IN EDUCATION HEALTH AND PHYSICAL EDUCATION (PREK-ADULT)

GSC 100 The First Year Experience **1 hour**

All degree seeking students are required to take GSC 100 during their first semester. GSC 100 may be used to satisfy one hour of the General Electives requirement.

GENERAL EDUCATION REQUIREMENTS **39 hours**

Candidates must complete BIOL 120, BIOL 309, CSCI 267 and PED 201 as part of the General Education requirements.

CONTENT SPECIALIZATION COURSES **47 hours**

Health Education **22 hours**

BIOL 309	Human Anatomy and Physiology I	
BIOL 310	Human Anatomy and Physiology II	4
HLTH 105	Human Nutrition	3
HLTH 232	Foundations of Health	2
HLTH 341	Community and Environmental Health	2
PED 201	First Aid and Safety	
PSYC 310	Abnormal Psychology	3
PSYC 360	Psychology of Human Sexuality	3
PSYC 380	Drugs and Human Behavior	3
SAFE 327	Legal Aspects and General Safety	2

Physical Education **25 hours**

BIOL 120	Principles of Biology I	
PED 121	Foundations of Physical Education & Sport	2
PED 132	Individual and Dual Sports	3
PED 136	Team Sports	3
PED 223	Dance and Aerobics	1
PED 224	Assisting in Sports/Camps/Intramurals/Coaching	2
PED 326	Physical Education in the Elementary School	2
PED 327	Adapted Physical Education	2
PED 332	Kinesiology	3
PED 333	Motor Learning and Development	2
PED 410	Measurement in Physical Education	2
PED 421	Exercise Physiology	3

PROFESSIONAL EDUCATION 21 hours

CSCI	267	Computer Skills for Education	2
EDUC	203	Foundations of Education	2
EDUC	205	Educational Psychology*	3
EDUC	310	Classroom Management and Teaching Strategies	2
EDUC	351	Teaching Health and Physical Education in Middle and Secondary Schools	3
EDUC	412	Curriculum and Assessment: Content (5-Adult)	2
READ	317	Teaching Reading in Middle and Adolescent Education	3
SPED	220	Educating the Student with Exceptional and Cultural Diversities	3
SPED	334	Strategies for Students with Learning Disabilities and Behavior Disorders	3

STUDENT INTERNSHIP 12 hours

EDUC	493	Capstone Assessment	1
EDUC		Student Internship	11

General Electives 0-1 hour

Total minimum hours required for degree 120-121 hours

Education 203 and Education 205 are the only Professional Education courses which can be attempted without being admitted to a program in Teacher Education.

*Before enrolling in Education 205 a student must have attempted PRAXIS I or be exempt from this requirement due to ACT or SAT score.

GATEWAY ASSESSMENT - ADMISSION TO TEACHER EDUCATION

CAPSTONE ASSESSMENT - EDUCATION 493

**HEALTH AND PHYSICAL EDUCATION (PREK-ADULT)
SUGGESTED PLAN OF STUDY**

FIRST YEAR

	ATTEMPT PRAXIS I DURING THE FALL SEMESTER OF FRESHMAN YEAR	
EDUC 203	2	
ENGL 101	3	
GSC 100	1	CART 101
MATH 115	3	FNAR 100
PED 121	2	HLTH 105
PED 132	3	HIST 201, 202, 207, 208 (OR) POSC 203
PED 201	1	PED 136
Total Hours - Fall Semester	15	Total Hours - Spring Semester
		15

SECOND YEAR

CSCI 267	3	ECON 201, GEOG 203, PSYC 201, SOCL 205 (OR) SOCS 225	3
EDUC 205	3	HIST 201, 202, 207, 208 (OR) POSC 203	3
ENGL 102	3	PSYC 310	3
HLTH 232	2	PSYC 360	3
PED 223	1	PSYC 380	3
PED 224	2	Total Hours - Spring Semester	15
ELECTIVE	1		
Total Hours - Fall Semester	15		

THIRD YEAR

BIOL 120.....	4	BIOL 309.....	4
EDUC 310.....	2	EDUC 351	3
HLTH 341	2	PED 327	2
PED 326	2	PED 332	3
PED 333	2	PED 421	3
SPED 220	3	SAFE 327	2
Total Hours - Fall Semester	15	Total Hours - Spring Semester	17

FOURTH YEAR

		PASS PRAXIS II EXAM	
BIOL 310.....	4	EDUC 493	1
EDUC 412.....	2	STUDENT INTERNSHIP*	11
ENGL 203, 204, 205 (OR) 206	3	Total Hours - Spring Semester	12
PED 410	2		
READ 317	3		
SPED 334	3		
Total Hours - Fall Semester	17		

*INTERNS MAY NOT ENROLL IN ANY OTHER COURSES.