Courses

**PEP A112 First Aid and CPR for Professionals 1 Credit**
Provides CPR (infant, child, and adult) and first aid training. Successful completion of performance skills and written test will lead to national certification in first aid and CPR.

**PEP A115 Fitness Leadership/Group Fitness and Personal Training 3 Credits**
Presents concepts of personally tailored fitness programs for a wide variety of individuals, including those with common health challenges. Introduces basics of cardiorespiratory, metabolic, neuromuscular, environmental exercise physiology, biomechanics and kinesiology in regard to safe exercise. Provides information on nutrition and weight loss, injury prevention, basic emergency procedures, legal issues, and professional responsibilities of fitness instructors and personal trainers.

**Registration Restrictions:** Must be concurrently enrolled in PEP A117.

**PEP A117 Techniques in Personal Training 2 Credits**
Introduces the basics of client assessment, proper use of resistance and cardio equipment, teaching techniques and injury prevention. Examines a wide range of issues related to exerciser's varied needs. Presents techniques for exercise program planning, implementation and progression for general and special populations.

**Special Note:** Designed for individuals interested in working in the fitness industry as a personal trainer. Conducted in a lab setting for hands-on experience.

**Prerequisites:** PEP A115 or concurrent enrollment.

**PEP A130 Introduction to Coaching 3 Credits**
Explores the purpose and objectives of interscholastic athletics. Presents principles of coaching, including: common teaching and learning styles, scientific foundations of physical activity, season planning, and the development of a personal coaching philosophy. Also examines common sports safety issues as well as basic injury prevention and treatment. Reviews guidelines and requirements for Alaska high school coaches.

**Special Note:** Successful completion results in eligibility for certification as a high school coach in Alaska.

**PEP A161 Wilderness First Responder 4 Credits**
Provides knowledge and skills necessary to administer emergency and medical care in non-urban environments. Covers basic anatomy and physiology, assessment and treatment of injuries, appropriate short-term to multi-day patient care and evacuation considerations.

**Special Note:** Students will be awarded nationally recognized WFR certificate upon successful completion of course and other certification requirements.

**PEP A181 Introduction to Health, Physical Education and Recreation 3 Credits**
Introduces the history, philosophies, objectives and foundations of health, physical education, and recreation. Surveys career and professional development opportunities.

**Special Note:** A field outing may be required.

**PEP A182 Technology in Health, Physical Education and Recreation 1 Credit**
Demonstrates use of current technology while learning trends in various settings related to health, physical education and recreation. Develops knowledge, skills and abilities to use discipline-specific technology.

**Registration Restrictions:** Departmental approval

**Prerequisites:** PEP A181.

**PEP A183 Wellness Principles 1 Credit**
Examines key concepts associated with the dimensions of personal wellness. Presents topics and activities for evaluation of wellness strategies for making behavior change.

**Registration Restrictions:** Departmental approval

**Prerequisites:** PEP A181.

**PEP A184 Fundamental Motor Skills 1 Credit**
Introduces basic patterns used in mature motor patterns of fundamental movement. Presents phases leading to mature patterns. Applies basic observation techniques to analysis of performance.

**Registration Restrictions:** Departmental approval

**Prerequisites:** PEP A181.

**PEP A230 Sport Ethics 1 Credit**
Emphasizes the role of the coach in building character, good sportsmanship, and positive values in athletes. Covers teachable moments, positive communication, and teamwork.

**PEP A231 Drugs and Sport 1 Credit**
Emphasizes the role of the coach in preventing tobacco, alcohol, and other drug use among athletes. Covers how to communicate effective substance abuse prevention messages and respond to athletes who exhibit symptoms of concern.

**PEP A233 Coaching Track and Field and Running 2 Credits**
Introduces track and field and running coaching techniques including creating a physical conditioning plan, developing skills and handling competitive events.

**PEP A234 Coaching Wrestling 2 Credits**
Introduces wrestling coaching techniques, including creating a physical conditioning plan, developing skills, and handling competitive events.

**PEP A241 Coaching Basketball 2 Credits**
Introduces basketball coaching techniques, including creating a physical conditioning plan, developing skills, and handling competitive events.

**Prerequisites:** PER A141.

**PEP A251 Prevention and Care of Activity-Related Injuries 3 Credits**
Introduces the profession of athletic training. Examines theories and practices in preventing, recognizing and treating common activity-related injuries.
PEP A262 Foundations of Outdoor Recreation 3 Credits
Introduction to the field of outdoor recreation and leadership including implications for individuals and groups in changing society. Examines philosophical, historical, theoretical, legal and ethical foundations of the field. Explores career opportunities and options. Examines leisure and recreation as an expression of culture, society and wellness.

PEP A264 Recreation Program Planning and Evaluation 3 Credits
Examines the fundamental, conceptual and operational aspects of recreational program planning, delivery and evaluation. Examines techniques and applications for a variety of leisure and recreational programming experiences to individuals or groups. Evaluates the socio-cultural, ecological, economic, entrepreneurial and managerial dimensions of providing recreation opportunities.
Prerequisites: PEP A181.

PEP A266 Introduction to Safety and Risk 3 Credits
Introductory course in safety and risk management for outdoor professionals. Covers industry standards and best practices in the areas of planning and decision making to minimize risk in outdoor situations. Discussions will cover accident/incident prevention as well as organization liability for outdoor service providers.

PEP A275 Media and Strategic Communication for Outdoors Professionals 3 Credits
Examines strategic media communication processes and techniques of creative and persuasive message preparation for outdoor professionals in a hands-on field environment. Emphasis on principles and practices of planning and preparing print and electronic media for advertising, public relations, film products and marketing with a particular focus on field-based communications for outdoors professionals. Particular emphasis is placed on utilizing the media outlets of expeditionary Film School of Alaska and the Outdoor Studies department to bring students' projects forward.

PEP A280 Leadership in Health, Physical Education and Recreation 3 Credits
Examines key concepts related to leadership in the HPER fields. Introduces preparation, short and long-term planning, observation skills, and evaluation skills. Surveys leadership techniques commonly used in the HPER fields.
Special Note: Community service and/or professional development required.
Registration Restrictions: Departmental approval
Prerequisites: PEP A181.

PEP A281 Leadership in Activities for Diverse Populations 2 Credits
Examines key concepts and presents a variety of activities adapted to meet the needs of diverse populations. Presents information and current research related to various disabilities. Examines and applies strategies for promoting physical activity experiences for individuals with special needs.
Registration Restrictions: Departmental approval
Prerequisites: PEP A280.

PEP A282 Leadership in Initiative Activities 2 Credits
Examines key concepts and activities for facilitating experiential leadership, team-building, and personal growth initiatives. Presents a variety of game types, including those designed as icebreakers, de-inhibitors, team-builders, for cognitive development and for character development. Introduces planning, preparation, props, techniques, leadership, and safety, with an emphasis on facilitation and de-briefing.
Registration Restrictions: Departmental approval
Prerequisites: PEP A280.

PEP A284 Leadership in Fitness Activities 2 Credits
Examines key concepts associated with fitness activities. Presents a variety of topics and activities designed to promote lifetime physical fitness. Evaluates and applies strategies for promoting positive behavior changes for personal health and wellness.
Registration Restrictions: Departmental Approval
Prerequisites: PEP A280.

PEP A285 Leadership in Team Activities 2 Credits
Examines key concepts and activities associated with team activities. Presents a variety of motor skill themes and movement concepts in a progression from the precontrol to the proficiency level. Examines preparation for game play through combining of skills, using skills in more complex ways, and utilizing offensive and defensive strategies.
Registration Restrictions: Departmental approval
Prerequisites: PEP A280.

PEP A286 Leadership in Individual and Dual Activities 2 Credits
Examines key concepts associated with individual and dual activities. Presents a variety of motor skill themes and movement concepts in a progression from the precontrol to the proficiency level. Examines preparation for game play through the combining of skills, using skills in more complex ways, and utilizing offensive and defensive strategies.
Registration Restrictions: Departmental approval
Prerequisites: PEP A280.

PEP A287 Leadership in Outdoor Recreation Activities 2 Credits
Examines key concepts and activities associated with outdoor recreation. Presents a variety of activities such as hiking, camping, canoeing, orienteering, snowshoeing and cross-country skiing. Introduces planning, preparation, equipment, techniques, leadership, environmental ethics, and safety.
Registration Restrictions: Departmental approval
Prerequisites: PEP A280.

PEP A288 Leadership in Rhythmic Activities 2 Credits
Examines key concepts associated with rhythmic activities. Presents a variety of fundamental, rhythmical patterns and movement concepts in a progression from precontrol to proficiency level. Demonstrates rhythmical experiences; folk, ethnic or square dances; creative dance; and educational gymnastics. Combines the mastery of movement skills with the artistry of expression.
Registration Restrictions: Departmental approval
Prerequisites: PEP A280.
PEP A295 Outdoor Leadership Internship 2-3 Credits
Individualized internship intended to provide hands-on experience in the areas of outdoor recreation and leadership adventure tourism, or adventure filmmaking. Internship project focus will vary depending on student interest and internship availability, but in addition to on-site work experience and skill development, students will examine aspects of professionalism and workplace dynamics within one or more of these three areas of the outdoor leadership field. Internships may be paid or unpaid. Students will meet with the instructor throughout the internship to discuss, process, and assess their growth and learning during the course.

Special Note: May be repeated for a maximum of 3 credits.

PEP A345 Incorporating Health and Physical Activity into the Pre-K - 6 Classroom 2 Credits
Examines the relationship between physical activity and learning based on brain research, cooperative learning models, and multiple intelligences. Builds content and behavior knowledge to enhance learning and strategies for making positive behavior changes for elementary education and early childhood majors. Includes a variety of methods and activities for adding physical activity and health into lesson instruction. Emphasizes how key health and physical activity concepts relate to state standards: promotes positive attitudes, working with families, and developmentally appropriate curriculum strategies.

Prerequisites: EDSE A212 or PSY A365.

PEP A346 Lower Body Injury Assessment Skills 3 Credits
Focuses on the recognition and assessment of athletic injuries. Emphasizes lower-body injury assessment skills and proficiencies.

Registration Restrictions: Department approval

Prerequisites: BIOL A111 and BIOL A112 and PEP A251.

PEP A347 Upper Body Injury Assessment Skills 3 Credits
Focuses on the recognition and assessment of athletic injuries. Emphasizes upper-body injury assessment skills and proficiencies.

Registration Restrictions: Department approval

Prerequisites: PEP A346.

PEP A363 Natural History Interpretation and Environmental Education 3 Credits
Introduces skills for reading and interpreting the natural environment. Illustrates geological, biological, and cultural factors to participants or clients. Also covers environmental education strategies and techniques.

Prerequisites: PHIL A303.

PEP A365 Outdoor Leadership Theory and Practice 3 Credits
Presents theories of leadership with emphasis on adventure programming application. Covers leadership styles, power, motivation, followership, group dynamics, diversity, safety and ethics.

Registration Restrictions: Department approval

Prerequisites: PEP A262 and PEP A264 and PEP A280.

PEP A382 Kinesiology and Biomechanics 4 Credits
Analyzes the structure, function and mechanics of human movement with an emphasis on exercise, sports and recreational activities. Includes application-based laboratory experiences.

Registration Restrictions: Department approval

Prerequisites: BIOL A111 and BIOL A112 and (MATH A121 or MATH A151 or STAT A200).

PEP A383 Movement Theory and Motor Development 3 Credits
Analyzes the process of development in the psychomotor domain. Investigates motor learning theories, physiological foundations of skill performance, motor skill development, environmental effects, application of motor development instructional techniques and measurement processes.

Registration Restrictions: Department approval

Prerequisites: PEP A184.

PEP A384 Cultural and Psychological Aspects of Health and Physical Activity 3 Credits
Investigates the dynamic relationship between psychological issues and health behavior adherence and/or physical activity performance. Analyzes the interaction between physical activity and society.

Registration Restrictions: Completion of GER Tier 1 (basic college-level skills) courses and junior standing.

Prerequisites: PSY A111 or PSY A150.

Attributes: UAA Integrative Capstone GER.

PEP A385 Physiology of Exercise 4 Credits
Analyzes the relationship of physical activity and exercise and the various physiological processes of the human body. Examines the sources and metabolism of energy used to produce movement and other factors that may influence performance.

Registration Restrictions: Department approval

Prerequisites: PEP A382 with a minimum grade of C.

PEP A453 Health Promotion 3 Credits
Focuses on understanding health behaviors and the development of intervention strategies to modify health risk behaviors. Examines various health promotion settings and the role of the health/fitness professional.

Registration Restrictions: Departmental approval, and junior or senior status

Prerequisites: BA A151 and PEP A280.

PEP A454 Exercise Testing and Prescription 4 Credits
Presents techniques necessary for exercise test administration, evaluation and prescription for individuals. Emphasizes clinical physiology, testing protocols, the evaluation of results and the design of individual exercise prescriptions based upon the results.

Registration Restrictions: Department approval, and junior or senior status

Prerequisites: PEP A385 with a minimum grade of C.

PEP A455 Cardiac Rehabilitation and Special Populations 4 Credits
Focuses on exercise as an integral part of medicine by assisting in the diagnosis of cardiovascular disease and by serving as an adjunct to traditional medical practice in the treatment of persons with cardiovascular and other chronic diseases and disabilities. Emphasizes the pathophysiology and detection of diseases, medical management, and exercise therapy program design.

Registration Restrictions: Departmental approval

Prerequisites: PEP A385 and PEP A454.
PEP A456 Contemporary Personal Health Issues 3 Credits
Covers contemporary issues related to personal health. Focuses on subjects such as nutrition, fitness, substance abuse, consumer issues, sexual health, and emotional health issues. Additional topics will reflect concerns related to personal health.

Registration Restrictions: Senior status.

PEP A464 Outdoor Recreation Administration 3 Credits
Analysis of the administration, operation, policies, practices, and procedures of recreation programming and provider organizations. Course includes logistics, public policy, land use/management and permits, personnel recruitment, assignment, training, and evaluation, resource allocation, risk management, insurance, and scheduling. Examines development of organizational mission, values, strategic planning, funding sources, and facilities.

Prerequisites: PEP A181 and PEP A262 and PEP A264 and PEP A280.

PEP A467B Climbing-Based Outdoor Leadership 2 Credits
Presents techniques and strategies of outdoor leadership in the alpine or climbing environment. Emphasizes application of leadership skills in field-based experiences. Covers planning, organization, logistics, rope systems, anchors, environmental considerations, decision making, judgment, and safety.

Registration Restrictions: Department approval

Prerequisites: PER A146 and PER A147 and (PER A148 or PER A181) and PEP A365.

PEP A467C Land-Based Outdoor Leadership 2 Credits
Presents techniques and strategies of terrestrial-based outdoor leadership in all seasons. Emphasizes application of leadership skills in field-based experiences. Covers planning and organization, logistics, campcraft, environmental considerations, decision making and judgment, and safety.

Registration Restrictions: Department approval

Prerequisites: ((PER A168 and PER A170) or (PER A169)) and PEP A365.

PEP A467D Water-Based Outdoor Leadership 2 Credits
Presents techniques and strategies of water-based outdoor leadership. Emphasizes application of leadership skills in field-based experiences. Covers planning, organization, logistics, lead paddling considerations, environmental considerations, decision making, judgement and safety.

Registration Restrictions: Department approval

Prerequisites: (PER A151 or PER A152 or PER A153) and PEP A365.

PEP A486 Standards and Assessment in Health, Physical Education, and Recreation 3 Credits
Emphasizes program development and planning based on national, state, and local standards in health, physical education, recreation, and adventure leadership. Applies appropriate strategies to assess program and client success.

Prerequisites: PEP A280 and (MATH A121 or MATH A151 or STAT A200).

PEP A487 Administration and Supervision in Health, Physical Education and Recreation 3 Credits
Critiques and evaluates the technical, leadership, and supervisory skills necessary to safely and effectively administer health, physical education and recreation programs. Theoretical, practical, and research perspectives will be presented.

Prerequisites: BA A151 and PEP A280.

PEP A490 Selected Topics in Health, Physical Education and Recreation 1-6 Credits
Examines selected topics in the health, physical education and recreation industry according to industry demand or faculty expertise.

Special Note: Prerequisites may be required depending on selected topic. Course may be repeated with change in topic.

Registration Restrictions: Department approval

PEP A495 Internship 6 Credits
Advanced professional experience in an approved position with supervision and training in health, physical education and recreation programming.

Special Note: Special clothing and equipment may be required.

Registration Restrictions: Successful completion of a minimum of 12 hours of upper-division concentration-specific courses; a grade of C or better in all physical education professional (PEP) courses with a minimum GPA of 2.75; instructor approval; current CPR/First Aid certification required for internship placement; admission to BS in PE; senior status.

PEP A497 1-3 Credits

PEP A645 Methods in Elementary Physical Education 3 Credits
Applies theory and practice necessary for facilitating learning, providing positive behavioral supports, evaluating programs, and developing curriculum within the elementary physical education classroom ecology.

Special Note: Concurrent enrollment in an internship is required.

Registration Restrictions: Departmental approval.

Prerequisites: EDFN A478 and EDFN A602.

PEP A646 Methods in Secondary Physical Education 3 Credits
Applies theory and practice necessary for facilitating learning, providing positive behavioral supports, evaluating programs, and developing curriculum within the secondary physical education classroom ecology.

Special Note: Concurrent enrollment in an internship is required.

Registration Restrictions: Departmental approval.

Prerequisites: EDFN A478 and EDFN A602.

PEP A647 Selected Topics in Health, Physical Education and Recreation 1-6 Credits
Examines selected topics in the health, physical education and recreation industry according to industry demand or faculty expertise.

Special Note: Prerequisites may be required depending on selected topic. Course may be repeated with change in topic.

Registration Restrictions: Department approval

Prerequisites: Department approval

PEP A648 Internship 6 Credits
Advanced professional experience in an approved position with supervision and training in health, physical education and recreation programming.

Special Note: Special clothing and equipment may be required.

Registration Restrictions: Successful completion of a minimum of 12 hours of upper-division concentration-specific courses; a grade of C or better in all physical education professional (PEP) courses with a minimum GPA of 2.75; instructor approval; current CPR/First Aid certification required for internship placement; admission to BS in PE; senior status.

PEP A649 1-3 Credits

PEP A650 Selected Topics in Health, Physical Education and Recreation 1-6 Credits
Examines selected topics in the health, physical education and recreation industry according to industry demand or faculty expertise.

Special Note: Prerequisites may be required depending on selected topic. Course may be repeated with change in topic.

Registration Restrictions: Department approval

Prerequisites: Department approval

PEP A651 Internship 6 Credits
Advanced professional experience in an approved position with supervision and training in health, physical education and recreation programming.

Special Note: Special clothing and equipment may be required.

Registration Restrictions: Successful completion of a minimum of 12 hours of upper-division concentration-specific courses; a grade of C or better in all physical education professional (PEP) courses with a minimum GPA of 2.75; instructor approval; current CPR/First Aid certification required for internship placement; admission to BS in PE; senior status.

PEP A652 1-3 Credits

PEP A653 Selected Topics in Health, Physical Education and Recreation 1-6 Credits
Examines selected topics in the health, physical education and recreation industry according to industry demand or faculty expertise.

Special Note: Prerequisites may be required depending on selected topic. Course may be repeated with change in topic.

Registration Restrictions: Department approval

Prerequisites: Department approval

PEP A654 Internship 6 Credits
Advanced professional experience in an approved position with supervision and training in health, physical education and recreation programming.

Special Note: Special clothing and equipment may be required.

Registration Restrictions: Successful completion of a minimum of 12 hours of upper-division concentration-specific courses; a grade of C or better in all physical education professional (PEP) courses with a minimum GPA of 2.75; instructor approval; current CPR/First Aid certification required for internship placement; admission to BS in PE; senior status.

PEP A655 1-3 Credits

PEP A656 Selected Topics in Health, Physical Education and Recreation 1-6 Credits
Examines selected topics in the health, physical education and recreation industry according to industry demand or faculty expertise.

Special Note: Prerequisites may be required depending on selected topic. Course may be repeated with change in topic.

Registration Restrictions: Department approval

Prerequisites: Department approval

PEP A657 Internship 6 Credits
Advanced professional experience in an approved position with supervision and training in health, physical education and recreation programming.

Special Note: Special clothing and equipment may be required.

Registration Restrictions: Successful completion of a minimum of 12 hours of upper-division concentration-specific courses; a grade of C or better in all physical education professional (PEP) courses with a minimum GPA of 2.75; instructor approval; current CPR/First Aid certification required for internship placement; admission to BS in PE; senior status.

PEP A658 1-3 Credits

PEP A659 Selected Topics in Health, Physical Education and Recreation 1-6 Credits
Examines selected topics in the health, physical education and recreation industry according to industry demand or faculty expertise.

Special Note: Prerequisites may be required depending on selected topic. Course may be repeated with change in topic.

Registration Restrictions: Department approval

Prerequisites: Department approval

PEP A660 Internship 6 Credits
Advanced professional experience in an approved position with supervision and training in health, physical education and recreation programming.

Special Note: Special clothing and equipment may be required.

Registration Restrictions: Successful completion of a minimum of 12 hours of upper-division concentration-specific courses; a grade of C or better in all physical education professional (PEP) courses with a minimum GPA of 2.75; instructor approval; current CPR/First Aid certification required for internship placement; admission to BS in PE; senior status.

PEP A661 1-3 Credits

PEP A662 Selected Topics in Health, Physical Education and Recreation 1-6 Credits
Examines selected topics in the health, physical education and recreation industry according to industry demand or faculty expertise.

Special Note: Prerequisites may be required depending on selected topic. Course may be repeated with change in topic.

Registration Restrictions: Department approval

Prerequisites: Department approval

PEP A663 Internship 6 Credits
Advanced professional experience in an approved position with supervision and training in health, physical education and recreation programming.

Special Note: Special clothing and equipment may be required.

Registration Restrictions: Successful completion of a minimum of 12 hours of upper-division concentration-specific courses; a grade of C or better in all physical education professional (PEP) courses with a minimum GPA of 2.75; instructor approval; current CPR/First Aid certification required for internship placement; admission to BS in PE; senior status.