

University of Tennessee, Chattanooga

2025-2026 Undergraduate Catalog

Course Descriptions

[Contract All Courses](#) |

Courses certified as satisfying General Education Requirements are identified in the course title with a two letter category abbreviation. General Education categories are listed below.

[Writing and Communication \(WC\)](#) [Humanities and Fine Arts \(HF\)](#) [Natural Science \(LL, LC & LB, NL\)](#)

[Behavioral and Social Science \(SB\)](#) [Quantitative Reasoning \(QR\)](#) [Individual and Global Citizenship \(CZ\)](#)

Geology

GEOL 4997R - Research

(1-9) Credit Hours

Enables students to conduct independent research. On demand. Prerequisites: Student must coordinate with a specific faculty member to complete the Research contract to get registered for the course. Restricted to Sophomore standing or higher.

GEOL 4998R - Individual Studies

(1-9) Credit Hours

Enables students to study selected topics in depth. Cumulative limit of 4 hours. On demand. Prerequisites: Student must coordinate with a specific faculty member to complete the Individual Studies contract to get registered for the course. Restricted to Sophomore standing or higher.

GEOL 4999R - Group Studies

(1-9) Credit Hours

Department may have additional prerequisite requirements. On demand.

German

GER 1010 - German Language and Culture I (CZ or HF)

(4) Credit Hours

In this course students master skills in German at the novice level, such as speaking and writing proficiency, and listening and reading comprehension, with an emphasis on the unique cultures of the Germanic world. Fall semester.

General Education Category: Individual and Global Citizenship or Humanities and Fine Arts

GER 1020 - German Language and Culture II (CZ or HF)

(4) Credit Hours

In this course students continue to master skills in German at the novice level, such as speaking and writing proficiency, and listening and reading comprehension, with an emphasis on the unique cultures of the Germanic world. Spring semester. Prerequisites: [GER 1010](#)

with a minimum grade of C or placement or Department Head approval.

General Education Category: Individual and Global Citizenship or Humanities and Fine Arts

GER 1999R - Special Projects

(1-9) Credit Hours

Individual or group projects. Maximum credit four hours. On demand. Prerequisites: Department Head approval.

GER 2110 - German Language and Culture III

(3) Credit Hours

In this course students master skills in German at the intermediate level, such as speaking and writing proficiency, and listening and reading comprehension, with an emphasis on the unique cultures of the Germanic world. Fall semester. On demand. Prerequisites: [GER 1020](#)

with a minimum grade of C or placement or Department Head approval.

GER 2120 - Intermediate German for Conversation II

(3) Credit Hours

Emphasis on oral proficiency and cultural awareness, with limited grammar and readings. Spring semester.

Prerequisites: [GER 2110](#)

with a minimum grade of C or placement or Department Head approval.

GER 2999R - Group Studies

(1-3) Credit Hours

On demand. Prerequisites: [GER 2120](#)

or GER 2140 with a minimum grade of C or Department Head approval.

GER 2999R - Group Studies

(1-9) Credit Hours

On demand. Prerequisites: Department Head approval. Department may have additional prerequisite requirements.

Greek

GRK 1010 - Elementary Greek I (HF)

(3) Credit Hours

Students are introduced to ancient Greek via reading and interpretation of simple literary texts (including excerpts from the New Testament). In addition, students learn to understand social norms in Greece in its ancient Mediterranean context as well as the influence of the Greek language and Hellenic cultural models throughout history. Every other Fall semester.

General Education Category: Humanities and Fine Arts

GRK 1020 - Elementary Greek II (HF)

(3) Credit Hours

Students continue their introduction to ancient Greek via reading and interpretation of simple literary texts (including excerpts from the New Testament). In addition, students learn to understand social norms in Greece in its ancient Mediterranean context as well as the influence of the Greek language and Hellenic cultural models throughout history. Every other Spring semester. Prerequisites: [GRK 1010](#) with a minimum grade of C or placement or Department Head approval.

General Education Category: Humanities and Fine Arts

GRK 1999R - Special Projects

(1-9) Credit Hours

Individual or group projects. On demand. Prerequisites: Department Head approval.

GRK 2010 - Intermediate Greek I

(3) Credit Hours

Students will engage with texts, class activities, and other forms of language study to develop an intermediate-low level of reading proficiency in Ancient Greek. At the same time, they will explore cultural and historical dimensions of Greek antiquity through reflections in writing and conversation. Every other Fall semester. Prerequisites: [GRK 1020](#) or Department Head approval.

GRK 2020 - Intermediate Greek II

(3) Credit Hours

Students will engage with texts, class activities, and other forms of language study to develop an intermediate-mid level of proficiency in reading Ancient Greek. At the same time, they will explore and reflect upon the cultural and historical dimensions of Greek antiquity through discussion and writing. Every other Spring semester. Prerequisites: [GRK 2010](#) or Department Head approval.

GRK 2999R - Group Studies

(1-9) Credit Hours

On demand. Prerequisites: Department Head approval. Department may have additional prerequisite requirements.

GRK 3999R - Group Studies

(1-9) Credit Hours

On demand. Prerequisites: Department Head approval. Department may have additional prerequisite requirements.

GRK 4995R - Departmental Thesis

(1-3) Credit Hours

A two-semester research or creative project resulting in a thesis under the supervision of a faculty member and with the approval of the Honors College. On demand. Prerequisites: Student must coordinate with Honors College to submit a Thesis Contract to get registered for this course. Restricted to Sophomore standing or higher.

GRK 4997R - Research

(1-9) Credit Hours

Enables students to conduct independent research. On demand. Prerequisites: Student must coordinate with a specific faculty member to complete the Research contract to get registered for the course. Restricted to Sophomore standing or higher.

GRK 4998R - Individual Studies

(1-9) Credit Hours

Enables students to study selected topics in depth. On demand. Prerequisites: Student must coordinate with a specific faculty member to complete the Individual Studies contract to get registered for the course. Restricted to Sophomore standing or higher.

GRK 4999R - Group Studies

(1-9) Credit Hours

Department may have additional prerequisite requirements. On demand.

Health and Human Performance

HHP 0021 - Concepts of Wellness

(1) Credit Hours

This course is designed to develop sound strategies for adopting and maintaining a physically active lifestyle. Emphasis is placed upon the concept of health related physical fitness (HRPF) and concepts related to the optimal functioning of the cardiopulmonary system, nutrition and body composition, and musculoskeletal system. Assessments will be used to provide the student with their current levels of HRPF with laboratory activities designed to demonstrate how students might improve and maintain optimal physical fitness. Every semester.

HHP 0027 - Adapted Physical Education

(1) Credit Hours

Designed for those students with physiological, anatomical, and medical limitations that limit the amount of physical activity. Registration in or transfer to the class is dependent upon the recommendation of a physician or the major advisor of Exercise Science and Health.

HHP 0028 - Beginning Hiking and Backpacking

(1) Credit Hours

This course is for beginners and will teach the philosophy of low impact hiking and camping. The basics of equipment, map, and campus use and trip planning will be covered. Field experience will be a part of the course. Laboratory/studio course fee will be assessed.

HHP 0032 - Aerobic/Cardiovascular Activities

(1) Credit Hours

This course uses exercises conducted on land or water to develop cardiovascular fitness. Examples of activities that could be included are: walking, jogging/running, step aerobics, water aerobics/swimming, boxing aerobics.

HHP 0034 - Conditioning/Resistance Training

(1) Credit Hours

This course provides an opportunity to develop cardiopulmonary fitness, muscular strength and muscular endurance through the use of circuit training, running, and cardiovascular games and resistance training. Selection of proper

clothing and footwear, the physiological effects of a conditioning and resistance training, care and prevention of injuries and the mechanics of safe exercise are presented.

HHP 0046 - Beginning Canoeing

(1) Credit Hours

This course will teach the beginning student strokes, parts of equipment, and trip planning. Field experience will be a part of the course. Laboratory/studio course fee will be assessed.

HHP 0047 - Beginning Jogging/Running for Fitness

(1) Credit Hours

This course provides an opportunity to develop cardiovascular fitness and weight control. Selection of proper clothing and equipment, the physiological effects of a jogging/running program, care and prevention of injuries, and the mechanics of safe exercise are presented. Nutrition and weight control are covered.

HHP 0048 - Beginning Ballet

(1) Credit Hours

This course introduces students to fundamental skills in the art of ballet. Movement combinations of allegro and adagio along with a self-choreographed dance are incorporated.

HHP 0049 - Beginning SCUBA Diving

(1) Credit Hours

This course will teach students how to dive safely and be able to plan a scuba dive. Diving equipment, techniques, medical aspects, and diving physics will be covered. Laboratory/studio course fee will be assessed.

HHP 0054 - Rock Climbing and Rappelling

(1) Credit Hours

This course will prepare you for basic rock-climbing practices in the outdoors. Laboratory/studio course fee will be assessed.

HHP 0055 - Walking for Fitness

(1) Credit Hours

This course provides an opportunity to develop cardiovascular fitness and weight control. Selection of proper clothing and equipment, the physiological effects of a walking program, care and prevention of injuries, and the mechanics of safe exercise are presented. Nutrition and weight control are covered.

HHP 0056 - Tai Chi

(1) Credit Hours

Provides students with an introduction of Tai Chi exercise, including its methods, principles and applications. Practicing a short form of Yang style Tai Chi Quan, students will be able to use Tai Chi exercises as a way to improve mental and physical health, release stress, promote positive energy, and enrich quality of life.

HHP 0057 - Swimming for Fitness

(1) Credit Hours

To gain an understanding of principles of training and benefits of aquatic exercise using swim strokes: freestyle, backstroke, sidestrokes. Timed swims are included.

HHP 0060 - Beginning Boxing Aerobics

(1) Credit Hours

Boxing Aerobics will be taught at the beginning level. The course is designed to provide each student with the opportunity to learn the principles and facts about aerobic fitness and to develop their aerobic fitness by learning and performing various beginning boxing aerobic routines.

HHP 0062 - Beginning Kayaking

(1) Credit Hours

This course will teach beginner-level kayaking skills and techniques, and introduce basic river safety concepts and practices. Laboratory/studio course fee will be assessed.

HHP 0076 - Body Pump

(1) Credit Hours

This course is designed to teach students various methods of body conditioning aimed to improve individual fitness components such as cardiovascular strength, muscular strength and endurance, and flexibility. It is also designed to increase awareness and knowledge concerning over-train injuries, nutritional health and recent fitness and diet trends.

HHP 0088 - Advanced SCUBA Diving

(1) Credit Hours

This course will take certified scuba divers and give them additional experiences in diving. The areas covered will be night diving, deep diving, boat diving, underwater navigation and other special areas of scuba diving. Laboratory/studio course fee will be assessed.

HHP 0090 - Mountain Biking

(1) Credit Hours

The study of cycling as it relates to maintenance, safety, trip planning, and competent off-road riding. Laboratory/studio course fee will be assessed.

HHP 1000 - Personal Health

(3) Credit Hours

Significant data and facts helpful in making intelligent decisions about personal health; crucial issues of personal, family, and social living.

HHP 1010 - First Aid and CPR

(1) Credit Hours

This course will teach how to identify potentially life-threatening injuries, provide first aid and CPR techniques needed to keep a victim alive until Emergency Medical Responders arrive. Skills and techniques will be presented in a way that teaches both the best practices and the important exceptions in first aid emergencies. Safety and Licensure fee will be assessed.

HHP 1015 - Introduction to Exercise and Health Sciences

(2) Credit Hours

An exposure to the field, professions, and study of exercise and health sciences (EHS). The course will provide a thorough introduction to the professional routes to be pursued within EHS, supplemented by ample resources and professional insight. Students will also understand how to successfully matriculate through the EHS curriculum at UTC. Prerequisites: Minimum 2.5 overall GPA or Department Head approval. Exercise and Health Sciences majors only.

HHP 1020 - Introduction to Sport, Outdoor Recreation, and Tourism

(1) Credit Hours

This course focuses on a) the interdisciplinary nature of the SORT Management Program, b) an overview of the courses

and requirements of the program, and c) career opportunities related to sport, outdoor recreation, and tourism management. SORT majors only.

HHP 1030 - Wilderness and Remote First Aid

(1) Credit Hours

Wilderness and Remote First Aid are essential skills for anyone going into the wilderness where help may be up to 6 hours away. Skills gained in this course will allow participants to evaluate injuries and illnesses in the wilderness setting and make appropriate assessments on how to treat and whether to evacuate. The curriculum for this course was developed by the American Red Cross and successful completion will earn a 2-year certification in Wilderness and Remote First Aid. Safety and Licensure fee will be assessed.

HHP 1040 - Whitewater Raft Guiding

(2) Credit Hours

Course Purpose: Introduction to commercially guiding whitewater. Objectives for the class include: 1) Self-preservation & Safety; 2) Equipment Familiarity; 3) Reading Water; 4) Guiding a Raft; and 5) Swift-water Rescue. Laboratory/studio course fee will be assessed.

HHP 1050 - Adventure Tourism

(3) Credit Hours

This course is designed to provide an introduction to the concepts of travel and tourism, with a focus on outdoor and adventure destinations. Participants will spend time in the classroom and in the field exploring the culture, benefits, and complexities of a growing tourism market niche. Topics will include tourist profiles and motivations, market analysis, alternative tourism types, and host community development. This course will involve multiple outdoor trips to local destinations, with the potential for travel outside the region. Participants do not need previous outdoor experience, but they should have an adventurous spirit. Laboratory/studio course fee will be assessed.

HHP 1060 - Officiating Sports

(3) Credit Hours

Come learn all the tools needed to become a certified high school official and beyond. You will learn all the intricacies of the rules, watch videos of special rule circumstances, and learn techniques to handle high-pressure situations from the official's position as occurs in various sports such as basketball, soccer, volleyball, football, and more.

HHP 1250 - The First Year Experience in Health and Human Performance

(1) Credit Hours

An introduction to the college experience for first-year students at UTC and the aspects needed for a successful transition from high school to college. This includes an introduction to the department, successful learning techniques for health and human performance, and expectations for academic success. Elective available to students with fewer

than 30 earned hours. Recommended during the initial semester for students who enter UTC with fewer than 15 hours. Students enrolled in this course will earn one hour of graded, elective credit. Fall semester. Lecture 1 hour. Open to freshmen.

HHP 1540 - Safety and First Aid

(3) Credit Hours

Nature and causes of accidents; safety measures for prevention and emergency treatment of common accidents; certification may be given in advanced first aid and CPR. Every semester. Safety and Licensure fee will be assessed.

HHP 1999R - Special Projects

(1-9) Credit Hours

Individual or group projects. Maximum credit 4 hours. On demand. Prerequisites: Department Head approval.

HHP 2010 - Introduction to Teaching Health and Physical Education K-12

(3) Credit Hours

Overview of the profession of health and physical education based upon historical, social, psychological and physiological forces as they affect the individual and society. The philosophy and principles of profession will also be covered. Prerequisites: 2.75 overall GPA or higher or Department Head approval. Pre or Corequisites: [EDUC 2010](#) with a C or higher or Department Head approval. Health and Physical Education K-12 majors only.

HHP 2015 - Curriculum and Assessment in Health and Physical Education K-12

(3) Credit Hours

Understanding of Physical Education Curriculum Design and Assessment in the K-12 Physical Education setting. Developing skills and procedures used to create and implement a standards based curriculum with proper alignment of effective assessments to address all learning domains. Prerequisites: 2.75 overall GPA or higher or Department Head approval. Pre or Corequisites: [EDUC 2010](#) and [HHP 2010](#) with a C or higher or Department Head approval. Only open to Health Phys Ed K 12 majors.

HHP 2020 - Camping and Outdoor Education

(3) Credit Hours

The study of camping, the concept of outdoor education, and the philosophy of low impact camping: This course offers an introduction to minimum impact camping and wilderness skills essential for carrying out safe trips and expeditions to outdoor and backcountry areas. Students will be introduced to wilderness topics that include: equipment, dress, navigation, shelter, backcountry kitchen, weather, emergency procedures, sanitation, travel technique, trip planning and preparation, and industry standards. The class will require an overnight trip. Fall semester. Laboratory/studio course fee will be assessed.

HHP 2035 - Lifeguarding and Water Safety

(3) Credit Hours

This course is designed to provide an opportunity for an individual to acquire the skills and knowledge necessary to save their own life or the life of another in the event of an emergency while in, on, or about the water. Students must meet the American Red Cross requirements to receive their certification. Laboratory/studio course fee will be assessed.

HHP 2040 - Adaptive Recreation

(1) Credit Hours

Students will gain an understanding of ability in recreation and how it pertains to various recreation environments and activities. Students will learn about and apply curriculum differentiation techniques to adjust content, instructional strategies, environments, equipment, and assessment methods in anticipation of individual's needs. Course activities, readings, videos, and assignments in this course will highlight inclusive practices. Throughout the term, students will engage in several adaptive physical activities, including climbing, swimming, wheelchair basketball, and weightlifting.

HHP 2090 - Teaching Fitness in Health and Physical Education K-12

(2) Credit Hours

History, basic skills, strategy, psychology, training systems basic to coaching and teaching with emphasis on progressive program from beginning through advanced neuromuscular applications of weight training, conditioning, track and field. Prerequisites: [EDUC 2010](#)

, [HHP 2010](#)

and [HHP 2015](#)

with a C or higher and 2.75 overall GPA or higher or Department Head approval. Health Phys Ed K 12 majors only.

HHP 2120 - Field Experiences I in Sport, Outdoor Recreation, and Tourism

(1) Credit Hours

Field experience performed on campus involving assistance to the production of sport, outdoor recreation, and tourism experiences.

Pre or Corequisites: [HHP 1020](#)

with a C or higher or Department Head approval. SORT majors only.

HHP 2130 - Field Experiences II in Sport, Outdoor Recreation, and Tourism

(1) Credit Hours

Field experience performed off campus involving assistance to the production of sport, outdoor recreation, and tourism experiences.

Pre or Corequisites: [HHP 1020](#)

with a C or higher or Department Head approval. SORT majors only.

HHP 2160 - Team Sports and Games in Health and Physical Education K-12

(2) Credit Hours

History, analytical approach to fundamental concepts, basic skills, game strategy, teaching and coaching techniques, psychology; investigation of contemporary systems of offensive and defensive theories. Prerequisites: [EDUC 2010](#), [HHP 2010](#) and [HHP 2015](#)

with a C or higher and 2.75 overall GPA or higher or Department Head approval. Health Phys Ed K 12 majors only.

HHP 2170 - Individual Sports and Games in Health and Physical Education K-12

(2) Credit Hours

History, basic skills, strategy, contemporary teaching and coaching techniques, skill applications for recreational and competitive usage appropriate to each sport. Prerequisites: [EDUC 2010](#), [HHP 2010](#) and [HHP 2015](#)

with a C or higher and 2.75 overall GPA or higher or Department Head approval. Health Phys Ed K 12 majors only.

HHP 2220 - Public Health Essentials (SB)

(3) Credit Hours

This course introduces the history and current status of public health, the legal basis of public health and how policy affects health, the structure and function of the public health system and sectors/programs of public health practice, and social and behavioral interventions designed to improve the health status of a community.

General Education Category: Behavioral and Social Science

HHP 2300 - Anatomical and Physiological Basis of Movement

(4) Credit Hours

Designed to increase knowledge in this applied science, this course offers an overview of the structure and function of

the human body with an emphasis on body systems important to movement. The skeletal, muscular, nervous, respiratory, digestive and cardiovascular systems will be presented in detail. The urinary, integumentary, reproductive and endocrine systems will be presented, but in less detail. Prerequisites: [HHP 1015](#) with a minimum grade of C and a minimum 2.5 overall GPA or Department Head approval.

HHP 2990R - Special Topics in Sport, Outdoor Recreation and Tourism

(3) Credit Hours

These classes will cover various timely topics in Sport, Outdoor Recreation and Tourism.

HHP 2999R - Group Studies

(1-9) Credit Hours

On demand. Prerequisites: Department Head approval. Department may have additional prerequisite requirements.

HHP 3000 - Anatomical and Physiological Basis of Health and Disease

(4) Credit Hours

This course explores the homeostatic balance between body systems in a healthy individual and the changes in that balance resulting from various diseases. Prerequisites: [BIOL 1110](#) and [CHEM 1110](#) /[CHEM 1110L](#) and [HHP 1015](#) with a minimum grade of C and a minimum 2.5 overall GPA or Department Head approval.

HHP 3010 - Principles of Travel and Tourism

(3) Credit Hours

Course is designed to educate students about the variety of systems linked by tourism. Topics covered in the course will include the history of tourism, a description of the many industries within the tourism system, a synopsis of theoretical principles explaining travel motivation and consumer needs, and impacts of tourism on the economy, society and the environment. HHP major only or Department Head approval. Laboratory/studio course fee will be assessed.

HHP 3020 - School Health Program

(3) Credit Hours

Investigation of the role of the teacher in planning and implementing a comprehensive school health program. Prerequisites: [EDUC 2010](#) with a C or higher and [HHP 2010](#) with a C or higher and a 2.75 overall GPA or higher or Department Head approval. Health and Physical Education K-12 majors only.

HHP 3030 - Community Health

(3) Credit Hours

Interrelationship studies involving home, public health, non-official organizations/agencies for improved public health and health care delivery. Prerequisites: Completion of the General Education Behavioral and Social Science category and a minimum 2.5 overall GPA or Department Head approval.

HHP 3055 - Student Athlete Study Abroad Experience

(3) Credit Hours

This course will focus on developing individual and global citizenship through the lens of leadership and sport. The emphasis will be on exposure to the differences of leadership in a foreign context and understanding the economic, political, cultural, and social factors at the international level. This course provides students with a truly real-world experience in international leadership, where they will gain an understanding of other cultures. Students will also participate in business visits and discussions with international business leaders and professors while sharing in a different and unforgettable cultural experience. Only eligible student-athletes may be admitted to the course.

HHP 3060 - Outdoor Recreation

(3) Credit Hours

Acquisition of fundamentals of the field of outdoor recreation that include the foundations of outdoor recreation, the social aspects, the economic aspects, the resources for outdoor recreation, and the management policies. Laboratory/studio course fee will be assessed.

HHP 3070 - Outdoor Leadership Skills

(3) Credit Hours

A course to acquire the philosophy of leadership in outdoor recreation, the safety aspects of programs, the ability to use outdoor programs as a counseling tool, and the knowledge of how to use programs to positively influence individuals. Laboratory/studio course fee will be assessed.

HHP 3080 - Introduction to Epidemiology (NL)

(3) Credit Hours

This course provides a general introduction to epidemiological concepts and methods in the study of public health. The course focuses on the distribution and determinants of health at local through global levels, the impacts of public health on society, and the application of epidemiology to investigate and manage health problems as new scientific evidence emerges. The course covers the methods of epidemiologic research, both descriptive and analytic, and its application to public health. Restricted to Sophomore standing or higher.

General Education Category: Natural Science Non-Lab

HHP 3100 - Research Methods in Sport, Outdoor Recreation, and Tourism

(3) Credit Hours

This course focuses on providing students with an introductory understanding of research methods used in the fields of sport, outdoor recreation, and tourism management. Practical examples will be used throughout the course to give meanings to topics discussed in the course, along with an opportunity for students to develop and engage in their own research project related to their interest areas. The topics covered in the course include but not limited to: 1) understanding the scientific nature of research, 2) developing research questions, 3) conducting a literature review, 4) preparing and conducting a survey, 5) analyzing quantitative data and interpreting the results, 6) understanding qualitative, experimental and evaluative research, and 7) presenting the findings. Prerequisites: [DATA 2130](#)

, [MATH 2100](#)

, [PSPS 2030](#)

, or [PSY 2010](#)

or Department Head approval. Open to Sport, Outdoor Recreation, and Tourism majors only. Laboratory/studio course fee will be assessed.

HHP 3140 - Interpretation of ECG I

(3) Credit Hours

An introduction to electrocardiography and the interpretation of normal and abnormal cardiac rhythms. Prerequisites: [HHP 3000](#) with a minimum grade of C or Department Head approval.

HHP 3170 - Exercise Physiology

(3) Credit Hours

Intensive study of various physiologic processes related to exercise. Prerequisites: [HHP 3000](#) with a minimum grade of C and a minimum 2.5 overall GPA or Department Head approval. Laboratory/studio course fee will be assessed.

HHP 3210 - Tourism Impacts

(3) Credit Hours

This course will provide students with an in-depth understanding of the impacts that tourism brings to destinations as well as residents and tourists there. To this end, this course consists of three major sections. In the first section, students will learn about the comprehensive and interrelated nature of tourism and its impacts, focusing on conceptual and theoretical perspectives surrounding tourism. In the second section, students will gain a detailed understanding of economic, environmental, socio-cultural, and political impacts of tourism at the local, regional, national, and international level. The final section focuses on different ways of monitoring and managing tourism impacts. Here, students will learn about basic impact assessment tools and strategies for sustainable tourism development.

HHP 3280 - Kinesiology of Exercise

(3) Credit Hours

An analysis of the role of muscles in the performance of exercise. The principles of resistance training will also be discussed. Students will be required to apply their knowledge to construct resistance training programs. Prerequisites: [HHP 3000](#) with minimum grades of C and a minimum 2.5 overall GPA or Department Head approval.

HHP 3300 - Physical Education in the Elementary School

(3) Credit Hours

Practical aspects of planning, organizing, administering, and evaluating program activities, theories of play, principles of movement as they correspond to levels of growth and development of elementary children; teaching methods and materials in elementary physical education. Prerequisites: [EDUC 2010](#) with C or higher and [HHP 2010](#) with C or higher and a 2.75 overall GPA or higher or Department Head approval. Health and Physical Education K-12 majors only. Practicum fee will be assessed.

HHP 3310 - Physical Education in the Secondary School

(3) Credit Hours

Practical aspects of planning, organizing, administering and evaluating program activities, theories of play, principles of movement as they correspond to levels of growth and development of secondary children; teaching methods and materials in secondary Physical Education. Prerequisites: [HHP 3300](#) with a C or higher and 2.75 overall GPA or higher or Department Head approval. Only open to Health Phys Ed K 12 majors.

HHP 3320 - Event Management in Sport, Outdoor Recreation, and Tourism

(3) Credit Hours

This course is designed to provide students with the tools for better understanding the processes involved in the conceptualization, development and production of live events. Specific topics will include leadership theory, bid preparation, economic impact, negotiations, and media relations. Students will have the opportunity to volunteer and participate in a variety of authentic events and festivals. HHP majors only. Junior standing.

HHP 3400 - Care and Prevention of Athletic Injuries

(3) Credit Hours

This course offers a comprehensive introduction to the principles, techniques, and practices essential for the care and prevention of injuries incurred in athletic and other settings. Students will gain essential foundational knowledge in the management, assessment, and prevention of common musculoskeletal injuries and general medical conditions. Emphasis is placed on understanding injury mechanisms and illness etiologies, implementing preventive measures, and providing initial care. Prerequisites: [HHP 3000](#) with a minimum grade of C and a minimum 2.5 overall GPA or Department Head approval.

HHP 3440 - Site and Facility Management in Sport, Outdoor Recreation, and Tourism

(3) Credit Hours

The topics in this course include construction planning/scheduling; contractor relationships; site and facility management (indoor, outdoor, ancillary); building/grounds-keeping systems management; site and facility maintenance, security, crowd control; staffing; materials management; budgeting, financial planning, fundraising, and scheduling of events. HHP majors only.

HHP 3450 - Neuroscience and Neurofeedback in HHP

(3) Credit Hours

This SORT elective course will provide a background on biometrics, neuroscience, and neurofeedback in relation to health and human performance. The human brain remains a mystery, but its potential for regulating health, happiness, and superior performance is alluring. Students in this course will learn the basics of brain function, how the mind and body interact, and various methods of measuring and modifying performance. A focus on encephalography (EEG) techniques will enable students to understand brain activity and its relationship to performance, using affordable technology that is becoming mainstream. Laboratory/studio course fee will be assessed.

HHP 3460 - Program Planning in Sport, Outdoor Recreation, and Tourism

(3) Credit Hours

This course will focus on a dynamic programming process for planning, implementing, and evaluating recreational experience programs for parks, recreation, sports, and tourism organizations. This course will present knowledge and skills needed to provide quality programs with a focus of integrating values into the process.

HHP 3620 - Psychology of Sport and Exercise

(3) Credit Hours

Emphasis upon exercise science, health and leisure sport as a psycho-cultural force; psychological concepts, values and research as applied to exercise science, health, leisure studies and sport. Prerequisites: A minimum 2.5 overall GPA or Department Head approval.

HHP 3640 - Sociology of Sport

(3) Credit Hours

This course provides a comprehensive analysis of sport structures with a close view of who competes and the consequences of such competition. A major emphasis is placed on the sociological phenomena that contribute to sport in the United States. In depth discussion of the apparent positive and negative consequences of the way sport is organized in society will occur.

HHP 3650 - Introduction to Personal Training and Athletic Performance

(3) Credit Hours

Introduction to the basic assessments, skills and procedures used in prescribing exercise programs required to work in the Personal Training and Athletic Performance fields. The first 7 weeks will be focused on Athletic Performance and the second 7 will be focused on the basics of Personal Training. Prerequisites: [HHP 3170](#) and [HHP 3280](#) with minimum grades of C and a minimum 2.5 overall GPA, or Department Head approval.

HHP 3700 - Research Methods in Exercise and Health Sciences

(3) Credit Hours

This course will focus on providing the student with a solid foundation in research methodology. Examples specific to Exercise Science and Health Promotion will be used throughout the course to give meaning to the subject matter, along with an opportunity for students to develop their own research ideas. Students will be given an overview and develop an understanding of 1) research ethics, 2) research design, 3) data analysis and interpretation, 4) reviewing research literature, and 5) scholarly writing. Prerequisites: [ENGL 2820](#) with a minimum grade of C and [MATH 2100](#) with a minimum grade of C and a minimum 2.5 overall GPA or Department Head approval.

HHP 3710 - Adapted Fitness for Individuals with Intellectual Disabilities

(3) Credit Hours

This experiential course provides students with the opportunity to work as teams to design and implement adapted fitness programming for adults with intellectual disabilities. An emphasis will be placed on creative, non-traditional modes of exercise focusing on play and motor skill improvement. Prerequisites: 3.0 Overall GPA or Department Head approval. Junior or Senior standing; open to HHP major or related pre-health major.

HHP 3720 - Health Communication

(3) Credit Hours

This course introduces the study and use of communication strategies to inform and influence decisions and actions to improve health. Applied examples of health communication and social marketing practices will be used throughout the course, along with an opportunity for students to develop their own health communication strategy. Prerequisites: A minimum 2.5 overall GPA or Department Head approval. Junior standing.

HHP 3750 - Resistance Training Techniques

(3) Credit Hours

This course teaches you how to perform and/or teach a variety of resistance training exercises that are used in performance training. Prerequisites: [HHP 3280](#) with minimum grades of C and a minimum 2.5 overall GPA or Department Head approval.

HHP 3900 - Treatment and Prevention of Overweight and Obesity in Youth

(3) Credit Hours

As a collaboration between the UTC Department of Health and Human Performance (HHP) and the Children's Hospital at Erlanger Childhood Healthy Eating Active Living (HEAL) clinic, this 3-credit course will give Exercise and Health Sciences (EHS) students training and exposure to working with children and adolescents with obesity. This course will combine classroom instruction, student facilitation of an after-school activity program for clinic patients, and student observation hours during HEAL Adolescent Bariatric Surgery clinics once per month. Lecture 3 hours. Junior or Senior standing. Exercise Science majors only.

HHP 3960 - Practicum in Health and Physical Education

(2) Credit Hours

The course will consist of three major parts: classroom instruction in pedagogical techniques, observing instruction in a PDS school, and teaching a 3-week unit in Health and Physical Education in a PDS school. An assessment report completed by the student, by the supervising teacher, and by the course instructor will be included. Prerequisites: [EDUC 2010](#), [HHP 2160](#), [HHP 2170](#) or Department Head approval.

HHP 3990R - Special Topics in Sport, Outdoor Recreation, and Tourism

(3) Credit Hours

These classes will cover various timely topics in Sport, Outdoor Recreation and Tourism.

HHP 3999R - Group Studies

(1-9) Credit Hours

On demand. Prerequisites: Department Head approval. Department may have additional prerequisite requirements.

HHP 4040 - Motor Learning for Educators and Clinicians

(3) Credit Hours

Designed for those seeking careers in fields involving the instruction of clients, students, and patients in proper movement form. This includes teaching someone to learn a new motor skill or improve upon an already-acquired movement. Students will learn about how to schedule practices and rest breaks, how to leverage the learner's attentional focus, how to encourage the retention of learned tasks, and how to maximize the learner's motivation for learning a new motor skill. This material applies to physical therapy, athletic training, occupational therapy, physical education and strength & conditioning.

HHP 4050 - The Business of Sport

(3) Credit Hours

Management principles, information retrieval and processing, sport law, public relations, personnel direction, faculty development, financial administration as they relate to sports, athletics, and leisure services. Spring semester. HHP major only or Department Head approval.

HHP 4060 - Law and Ethics in Sport, Outdoor Recreation, and Tourism

(3) Credit Hours

This course presents a comprehensive overview of ethics and the law as they apply to sport. Fundamental, legal and ethical principles that most directly affect the actions and activities of sports professionals will be presented by selected case studies. Junior standing or Department Head approval.

HHP 4120 - Principles of Resistance Training

(3) Credit Hours

Study of the design of resistance training programs ranging from health enhancement to sport performance. Prerequisites: [HHP 3280](#) with a minimum grade of C and a minimum 2.5 overall GPA or Department Head approval.

HHP 4130 - Exercise Leadership

(3) Credit Hours

An introduction to the skills, methods and procedures utilized in exercise and fitness program design. Emphasis will be placed on exercise leadership skills, instructional techniques and oral communication. Prerequisites: [HHP 3170](#) and [HHP 3280](#) with minimum grades of C and a minimum 2.5 cumulative GPA or Department Head approval. Current First Aid and CPR certification and liability insurance required. Restricted to HHP majors.

[Contract All Courses](#) |