

## 1 – 3 Credit Electives

### Communication Sciences and Disorders

**CSD 2303 Basic Sign Language** - Introductory study of the various sign language methods. Lecture, discussion, and laboratory practice using sign language. Open to all students. 3 credits

**CSD 4303 Intermediate Sign Language** - An intermediate study of various sign language methods with emphasis on increasing expressive and receptive sign language skills. Lecture, discussion, and laboratory practice using sign language. Prerequisite: SPTH 2303 and consent of instructor. 3 credits

### Exercise and Sport Science

**EXSS 1112 Intermediate Swimming** - An elective course. This course introduces students to swimming strokes and safety skills according to the American Red Cross intermediate-level program. Activity and lecture. 1 credit

**EXSS 1121 Beginning Tennis** - An elective course. This course introduces students to the basic strokes, history, rules, and strategy of the game. Activity and lecture. 1 credit

**EXSS 1122 Beginning Golf** - An elective course. This course introduces students to the basic strokes, rules, history, and strategy of the game. Activity and lecture. (Note: Bowling and golf classes are held at commercial establishments; a participation fee based on current prices will be charged.) 1 credit

**EXSS 1124 Beginning Volleyball** - An elective course. This course provides students the opportunity to learn the basic skills and terminology of volleyball. Activity and lecture. 1 credit

**EXSS 1125 Conditioning Activities** - An elective kinesiology and physical education activity course. This course focuses on the development of student-designed exercise programs to improve fitness through the use of various exercise modes (e.g., select cardiovascular equipment, walking and jogging, and swimming). Activity and lecture. 1 credit

**EXSS 1135 Beginning Weight Training** - An elective course. This course focuses on how to use weight-training apparatus. The basic lifts of weight-training and the knowledge necessary to develop personal weight training programs is covered. Activity and lecture. 1 credit

**EXSS 1145 Beginning Walking/Jogging** - An elective course. This course teaches students how to properly use walking/jogging as a means of developing and maintaining cardiovascular fitness throughout life. Activity and lecture. 1 credit

**EXSS 1176 Sports Medicine Professions** - An elective course for undergraduate students, this course introduces students to a variety of sports medicine concepts and disciplines including: the roles and responsibilities of the different sports medicine team members; the educational development and requirements for becoming a professional member of the sports medicine team; and the certification and licensure requirements for each discipline. Lecture and discussion. 1 credit

**EXSS 1181 Racquetball** - An elective course. This course introduces students to the basic skills, rules, and strategies of the game. Activity and lecture. 1 credit

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**EXSS 1291 Principles of Lifetime Fitness** - An elective course. This course stresses physical activities as a means of developing and maintaining physical fitness throughout life and introduces students to a variety of lifetime physical activities while encouraging the development of physical fitness as part of the course. Activity and lecture. 2 credits

### Family and Consumer Sciences/Nutrition

**FACS 2351 Family Relations** - A required course for the FACS education major and a major elective for the general FACS major. The focus is on issues confronting the family including study of marriage, and single, group, and family living through stages of the family life cycle. Lecture. 3 credits

**FACS 3318 Parent Issues** - A required course for the FACS education major and a major elective for the general FACS major. The course is a study of the basic principles and skills for parent effectiveness including application of fundamental tasks and issues in child rearing to unique characteristics and developmental stages of children. Lecture with directed observation assignments. 3 credits

**NUTR 2311 Meal Management** - A required course for the dietetic/nutrition and general FACS major. The course focus is the planning, buying, preparing, and serving family meals, food for special occasions, and entertaining. Lecture/discussion and laboratory. 3 credits

**NUTR 3310 Food Science** A required course for the dietetic/nutrition and general FACS major. The course includes basic scientific principles applied to food preparation and an analysis of nutritional value, cost, and service of food. Lecture/discussion and laboratory. Prerequisite: C or better in NUTR 1300 and NUTR 2311. 3 credits

**NUTR 3350 Community Nutrition** A required course for the dietetic/nutrition major. A study of cultural and scientific aspects of food and nutrition as applied to the individual and community. Lecture/discussion. Prerequisite: C or better in NUTR 1300. 3 credits

### Health Education

**HED 2200 Personal Health** - Elective course emphasizes the impact daily behavioral choices have on prevention of chronic/communicable diseases. Lecture/discussion, interactive video, projects. 2 credits

**HED 2201 First Aid** - Required for BS in health sciences, emphasis in health services administration. CPR, accredited by American Heart Association, is required for specific majors in the College of Health and Behavioral Sciences. Students acquire basic first aid skills. Lecture/discussion, interactive video, skill demonstration, practice, and testing. 2 credits

**HED 1320 Essentials of Health and Wellness** - A lower-division course that fulfills the category of Responsible Living in the UCA Core and a requirement for students majoring in health education. The course provides students with a comprehensive overview of health and wellness and promotes the adoption and maintenance of healthy lifestyle choices. Methods of instruction include lecture/discussion, personal health assessments, a behavior change project, journal writing, and video presentations. Sections of this course are designated as First Year Seminar (FYS) courses. 3 credits

**HED 2320 Mental Health** - Elective. Skills and principles of mental health applied to everyday living. Lecture/discussion, projects. 3 credits

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**HED 3305 Human Sexuality** - Elective. Physical, psychological, and social factors involved in human sexual behavior. Lecture/discussion. 3 credits

**HED 4300 Community Health Problems** - This course will present a comprehensive introduction to community health programs. This course will also explain various programs designed to meet community health needs. Emphasis will be placed on using professional resources in defining and assessing community health problems. 3 credits

**HED 4301 Health Education in Med Care Setting** - Core for BS health sciences, emphasis in health services administration. Application of principles and theories of individual and group education in a medical care setting. Lecture/discussion, projects. 3 credits

**HED 4303 Environmental Health Problems** - Elective. Environmental health issues that influence human health. Lecture/discussion, projects. 3 credits

**HED 4310 Health Concerns of Aging** - Elective. Physiological, psychological, intellectual, social and spiritual dimensions of health for the aging are addressed. 3 credits

**HED 4312 Drug Education** - Elective. An overview of the major drugs of use and abuse and their effects on the individual, family, and society. Emphasis on research based approaches in drug abuse prevention. Lecture discussion projects. 3 credits

**HED 4395 Health Concerns: Women** - Elective. Focuses on preventive health practices unique to women and application of self-help skills needed to cope with the health care system with confidence and competence. Social, psychological, political, and economical factors that influence women's health are addressed. Lecture/discussion, projects. 3 credits

**HED 4396 Contemporary Health Concerns: Men** - Elective. Focuses on preventive health practices unique to men and application of self-help skills needed to cope with the health care system with confidence and competence. Social, psychological, political, and economic factors that influence men's health are addressed. Lecture/discussion, projects. 3 credits

### Nursing

**4325 Guide To Alternative And Complementary Health Care** - An overview of alternative/complementary health care philosophies and therapies and their role in health care today. Addresses issues of self-treatment, safety, effectiveness, and resources. Examples include nutritional supplements, massage, aromatherapy, herbal therapy, and relaxation therapy. 3 credits

### Philosophy

**PHIL 4350 Health Care Ethics** - An elective course designed primarily for students of the health sciences, physical therapy specifically, but also will count toward a major or minor in philosophy. A study of the issues and principles of ethics related to health care. Topics include ethical reasoning, bioethics, and individual case studies of problems arising within the practice of various health care fields. Prerequisite: One philosophy course or consent of the instructor. 3 credits