

College of Nursing and Health Professions

Interim Dean: Brian J. Toy

Director of Nursing: Susan Sepples; *Chair of Recreation and Leisure Studies:* William McCullough; *Chair of Exercise, Health, and Sport Science Programs:* Karen Croteau; *Coordinator of Graduate Nursing Program:* Marjorie Thomas Lawson; *Coordinator of Undergraduate Nursing Program:* Elizabeth Elliott

Faculty in Nursing

Professor: Spross; *Associate Professors:* Childs, Farmer, Fournier, Hart, Healy, Johnson, Keith, Lawson, Moody, Peake-Godin, Sepples; *Assistant Professors:* Carla Randall, Sarton; *Instructors:* Caton-Lemos, Doane, Dvorak, Elliott, Lamberson, Law, Martin, Vincent, Yetter; *Lecturers:* Bowder, Lutz, Wiley; *Associate Professors Emeritae:* Burson, Keith, MacPherson, Normandeau, Rodgers, Tiffany, Tukey, Vines, Woods Smith; *Assistant Professor Emerita:* Nealand

Faculty in Recreation and Leisure Studies

Associate Professors: Jones, McCullough, Meyer, Richeson

Faculty in Exercise, Health, and Sport Sciences

Associate Professors: Blum, Croteau, Scott, Toy; *Assistant Professor:* Schilling; *Instructor:* Liberi; *Lecturer:* Towne

The College of Nursing and Health Professions (CONHP) offers programs leading to baccalaureate or master's degrees in nursing and baccalaureate degrees in health sciences, radiation therapy, therapeutic recreation, athletic training, and exercise sciences. In addition, it offers minors in holistic and integrative health, recreation leadership, and nature tourism, and certificates in nursing education and holistic health. Special study options are available for registered nurses seeking to attain a baccalaureate or master's degree in nursing and for students who hold a baccalaureate degree in another field who are interested in a baccalaureate or master's degree in nursing. The CONHP nursing programs are approved by the Maine State Board of Nursing and accredited by the Commission on Collegiate Nursing Education (CCNE). The athletic training program is accredited by the Commission for the Accreditation of Athletic Training Education (CAATE).

The goals of the College are to:

1. Provide nursing, therapeutic recreation, health science, radiation therapy, exercise science, and athletic training education to a diverse student population within a state institution of higher education.
2. Prepare health professionals to respond to the health needs of the people of Maine.
3. Conduct and disseminate research as a means of increasing knowledge and improving practice.
4. Promote a model of practice based on the highest standards of humane and ethical professional conduct.
5. Provide professional service and consultation to the community and University in the areas of nursing, health, radiation therapy, exercise science, athletic training, and therapeutic recreation.

The programs of the CONHP are subject to change at any time without notice in advance. For more information on CONHP visit the Web site at www.usm.maine.edu/conhp.

Commitment to Civility

The concepts of community and social justice are central to the mission and philosophy of the University of Southern Maine College of Nursing and Health Professions. Faculty, students, and staff are committed to promoting a healthy and just environment that supports transformative learning, academic integrity, open communication, and personal and professional growth among the diverse members of our academic community. We believe that these commitments are grounded in intellectual openness, in personal and professional accountability, and in the demo-

cratic values of inclusivity and mutual respect which are guided by rational discourse and by a relational ethic of care.

We are grateful for the opportunities to learn and work with peoples of diverse ethnic, racial, religious, cultural, political, and economic backgrounds as well as with people who are disabled and people of different gender, sexual orientation, and age. Acknowledging the ethics and values that underlie the health professions, it is our belief that these ethics and values should be recognized, practiced, and cultivated in our learning and work environments. Our goal is to increase the awareness of students, staff, and faculty to the importance of civility, its implications, and the behaviors that are acceptable and not acceptable in our learning community.

Civility is the art of treating others, as well as ourselves, with respect, dignity, and care. Civility is apparent when we are sensitive to the impact that our communications, practices, and behaviors have on others, and when we acknowledge each person's self-worth and unique contributions to the community as a whole.

As members of the College, we are committed to learning and practicing in ways that support a caring and socially just community. The following are examples of how we create and sustain civility.

1. Support the autonomy and just treatment of self and others by facilitating an open, respectful, and caring environment.
2. Accept responsibility and accountability for one's own behavior when interacting with students, faculty, and staff.
3. Respect and protect the rights and property of others.
4. Speak or behave in a manner that does not disrupt or interfere with the learning or work of others.
5. Practice personal and academic integrity and expect it from others.
6. Demonstrate respect for others by actively discouraging prejudice, bias, bigotry, violence, coercion or intimidation against any member of the academic community.
7. Demonstrate a willingness to listen and be open to hearing the perspectives of others. This includes actively seeking to hear from and making a safe space for voices of dissent.
8. Explore controversial issues through open dialogue and respectful deliberation.
9. Respect freedom of expression while recognizing that such tolerance does not require agreement with expressed ideas.
10. Engage institutional resources and persons to resolve conflict when necessary.

We will not tolerate disrespectful or abusive speech and/or disruptive behavior from individuals or groups. Everyone has the responsibility to foster a safe and supportive learning and work environment. This can include any individual asking others to stop disrespectful or abusive speech and/or disruptive behavior. Collectively, faculty, staff, and students in the College of Nursing and Health Professions are responsible for ensuring a safe and supportive learning and work environment.

Bachelor of Science in Nursing

This program prepares individuals to begin their nursing practice in a variety of health care settings and in specialty areas. Graduates possess the foundation needed to assume beginning leadership and management positions and to begin graduate studies. The regular B.S. in nursing, the accelerated B.S., and the R.N. studies option are available on both the Portland and Lewiston-Auburn campuses. The second degree option program is only available on the Portland campus.

The baccalaureate nursing program requires the completion of 120-128 credits of study and culminates in a baccalaureate degree. Graduates are eligible to sit for State Board licensure exams upon completion of the program.

Admission and Non-academic Requirements

In addition to requirements established for admission to the University, the undergraduate nursing program requires high school chemistry and biology with labs. See admission section of the catalog for further requirements.

Because so much of the baccalaureate nursing program entails supervised clinical experience, the nursing faculty reserves the right to limit enrollments. Admission to the program is highly selective. The process includes consideration of SAT scores, academic record and a required essay.

Any student enrolled in or seeking enrollment in nursing courses must be advised by a nursing advisor. Transfer admission into the nursing major is available according to the number of open seats. Admission of transfer students will be done once a year in mid-April. Internal and external candidates may apply for transfer with a minimum of 30 credits and a minimum GPA of 3.0. Candidates internal to USM (with fewer than 30 credits, a GPA of 3.0 and specific prerequisite requirements (completed English and math readiness, English composition or equivalent, anatomy & physiology I & II, chemistry, sociology, human growth and development, and psychology) may apply for change of major in consultation with the nursing advisor. Prior to starting 300-level clinical nursing courses, a student must have a minimum GPA of 2.67 in the required natural science courses (see prerequisite areas/natural science requirements) and an overall GPA of 2.75. The overall GPA must be maintained throughout the program of study.

The University policy exempting immunization requirements for students born prior to 1956 does not apply to nursing students. Because health care workers are at a higher risk for certain illnesses, all students must meet the health requirements of the School of Nursing. These requirements are listed in the student handbook, and on the School's Web site. All health requirements must be met and the documentation be on file in the College of Nursing and Health Professions (CONHP) prior to entry into clinical courses, beginning with NUR 212/213. Students are required to provide verification of compliance with health requirements throughout their program. Students must be certified in professional rescuer cardiopulmonary resuscitation (CPR) and have health insurance, equal to or better than the USM Student Health Insurance Basic Plan prior to entry into clinical courses.

The costs incurred by a USM CONHP student for health requirements may provide for additional loan eligibility and/or can be built into the financial aid costs of attendance/education. Students are required to request consideration by the Financial Aid Office, including providing documentation of the actual costs incurred.

To cover lab costs, a \$15.00 lab fee is assessed for each seven-week laboratory course; a \$30.00 fee for each semester-long laboratory course; \$50.00 per credit for clinical nursing courses for small student to faculty ratio instruction. A \$75.00 fee is assessed each semester to cover the cost of standardized tests. This fee includes the cost of a review course at the end of the program. Nursing majors must purchase uniforms and lab coats. Because clinical experiences occur in a variety of settings in the southern Maine area, students must provide their own transportation to rural as well as urban areas. Professional liability insurance is highly recommended for students in the nursing major.

Academic Requirements

General Requirements

Students must fulfill general requirements by completing the Core curriculum, the Lewiston–Auburn College Common Core, or the University Honors Program. General requirements include courses fundamental to a baccalaureate education including English composition, quantitative decision making, critical thinking, natural and behavioral sciences, arts, and humanities. For graduation no general education requirements or prerequisites may be taken pass-fail and no more than three credits of non-nursing elective may be taken pass-fail. Only one D grade from the arts or humanities will be accepted. Otherwise, a minimum grade of C or above in these courses must be achieved. Grades of C- or below are not acceptable in any prerequisite course.

General education courses specific to the nursing major include:

Natural Science and Math Requirements

Human Anatomy and Physiology and Lab	8-9 credits
Chemistry for the Health Sciences	3 credits
Microbiology and Lab	4-5 credits
Human Nutrition	3 credits
Pathophysiology	3 credits
Statistics	3-4 credits

Social Science Requirements

Introductory Psychology	3 credits
Introductory Sociology *	3 credits
Human Growth and Development (life span preferred)	<u>3 credits</u>
	9 credits

Students completing the Core curriculum must complete
9 credits of electives

9 credits
9 credits

*Courses within a curriculum may integrate this course content.

Prerequisites to Sophomore Nursing Courses

The following courses must be taken before or concurrent with entry into sophomore level nursing laboratory courses (NUR 209/210 or NUR 212/213), in addition to having completed 24 credits and holding a minimum cumulative GPA of 2.75:

English Composition
Human Anatomy and Physiology and Lab
Chemistry for the Health Sciences and Lab
Human Growth and Development
Introductory Psychology
Introductory Sociology¹

In addition to sophomore-level prerequisite courses, the following courses must be taken before entry into junior-level clinical nursing courses and students must hold a minimum GPA of 2.75 and a science GPA of 2.67:

Course

Skills of Analysis/Philosophy¹
Introduction to Nursing
Pathophysiology
Microbiology and Lab
Human Nutrition
Health Assessment
Nursing Arts and Science and Fundamentals of Nursing Lab

In addition, Statistics must be completed before taking CON 321, Health-Related Research.

¹Courses within a curriculum may integrate this course content.

Nursing Courses

Nursing content at the upper division is organized to facilitate the integration of nursing knowledge and skills and to draw on a foundation of learning from other disciplines. The nursing curriculum focuses on providing opportunities for students to develop skills in partnering with various community stakeholders to identify community strengths, resources, and needs. Courses focus on the promotion, maintenance, and restoration of health. Students have experiences which involve assessment, planning, implementation, and evaluation of care for individuals of all ages, in families, groups of clients, and communities across the health continuum. Inpatient and outpatient settings, community health agencies, public health settings, long-term care facilities, schools, and industries are used for clinical experiences.

Clinical nursing courses require 28 contact hours per credit except NUR 480 Practicum/Care Management, the final seven-week capstone clinical course. This course requires 168 contact hours, or 56 contact hours per credit. Students must take all required CON and NUR courses at USM.

Upper Division Nursing Courses

CON	302	Pharmacology	3 credits
NUR	311	Reproductive & Sexual Health Nursing	3 credits
NUR	312	Reproductive & Sexual Health Nursing Lab	2 credits
NUR	315	Child Health Nursing	3 credits
NUR	316	Child Health Nursing Lab	2 credits
NUR	323	Adult/Older Adult Health Nursing	3 credits
NUR	325	Adult/Older Adult Health Nursing Lab	4 credits
NUR	330	Mental Health Nursing	3 credits
NUR	331	Mental Health Nursing Lab	2 credits
NUR	332	Nursing Care of the Older Adult in the Community	3 credits
*NUR	339	Community Nursing Partnerships I	2 or 3 credits
*NUR	341	Community Nursing Partnerships II	2 or 3 credits
CON	321	Health-Related Research	3 credits
CON	356	Concepts in Community Health	3 credits

NUR	413	Advanced Nursing Skills Lab	1 credits
NUR	423	Management of Critically Ill Adult/Older Adult	3 credits
NUR	425	Management of Critically Ill Adult/Older Adult Lab	2 credits
*NUR	439	Community Nursing Partnerships III	2 credits
NUR	470	Leadership, Management, and Ethics	3 credits
NUR	480	Practicum/Care Management	3 credits
			<u>49-52 credits</u>

*Students take NUR 339, 341, and 439 if each course is 2 credits, or NUR 339 and 341 if each course is 3 credits.

Course sequencing: During the first semester junior year, students take NUR 323/325, NUR 332, NUR 339, and CON 302 (NUR 311/312 may be taken during this or a later semester). During the next three semesters clinical/theory course combinations taken are: NUR 315/316, NUR 330/331, and NUR 413/423/425, as well as NUR 341 and NUR 439. NUR 470 Leadership, Management, and Ethics and NUR 480 Practicum/Care Management are in the final semester. Only one clinical theory course combination (NUR 311/312, 315/316, 330/331, 423/425) may be taken in the final semester.

Prior to the final semester, the student must have completed the theory course for the Practicum's (NUR 480) specialty area.

Retention/Progression Policies

The following are exceptions or additions to University progression policies.

Students in the nursing programs must maintain class standing according to hours accomplished, with a grade point average as follows:

<i>Credit Hours</i>	<i>For Good Standing</i>	<i>For Probationary Standing</i>
46-120	2.75	2.5-2.74
25-45	2.75	2.5-2.74
0-24	2.5	2.0-2.49

Standards apply to both part-time and full-time students. By maintaining a 2.75 GPA or above during the upper-division years, the student maintains a standard appropriate to professional practice. The lowest acceptable grade in required NUR/CON courses and their prerequisite courses is a grade of C. If placed on probation, a student has a maximum of two semesters to achieve a satisfactory cumulative GPA or the student will be suspended or dismissed. While on probation, the minimum semester GPA accomplished must be the GPA for good standing according to the number of credits earned (see above) or the student will be suspended. A student is suspended for one semester, or dismissed at the end of the next enrolled semester following suspension. The student must accomplish, as a minimum, a GPA for good standing according to the number of credits earned or the student will be dismissed from the major.

The nursing faculty reserves the privilege of accepting and retaining only those students who, in the judgment of the faculty, satisfy the requirements of scholarship and health necessary for nursing. A student who admits to or is found guilty of a violation of the American Nurses' Association guidelines for ethical practice (see College of Nursing and Health Professions Student Handbook) is subject to suspension or dismissal from the University. The Maine State Board of Nursing may refuse to grant a license on the basis of violation of academic or professional integrity or on the basis of criminal history record information relating to convictions denominated in Title 5, Chapter 341, Subsection 5301 of the Maine Revised Statutes Annotated.

Requisite to beginning junior-level clinical coursework, a student must accomplish a natural science GPA of 2.67. The natural sciences consist of the following courses: Anatomy and Physiology I and II with labs, Chemistry, Microbiology with lab, Human Nutrition, and Pathophysiology. For the purpose of determining progress, the natural science GPA will be calculated at the end of the first year, before NUR 212/213, at the end of the first semester, sophomore year, and prior to beginning junior-level coursework. Students who do not achieve a natural science GPA of 2.67 after completing all prerequisite courses, and who would otherwise begin junior-level clinical courses, have a maximum of two years between completing NUR 209/210 and raising their natural science GPA to 2.67 and beginning clinical work. Science courses may only be repeated once. NUR 209, 210, 212, and 213

must be completed no more than one year before starting NUR 323/325, or they will have to be repeated.

Nursing lecture and clinical courses must be taken concurrently the first time a student is enrolled in each course. A student who is unable to maintain a grade point average of 2.75 but whose average remains above 2.5 is on probation within the College of Nursing and Health Professions. Such a student may take support courses until his or her grade point average has been restored to the level of 2.75 or above, at which point progress in nursing lecture and clinical courses may resume. A student who is unable to maintain a grade point average of 2.5 will not be allowed to maintain matriculation in the College of Nursing and Health Professions and will be required to either change majors, be suspended, or be dismissed from the University according to its policies.

A grade of C- or below in a nursing lecture course or an F in a nursing clinical course (see low pass policy) will stop the student from registering for any other NUR clinical, companion/didactic course, NUR 470 or NUR 480. In addition, students who receive a failing grade in a required clinical course which finishes partway through the semester may be withdrawn from all other concurrent clinical courses (required or elective). Only the course in which the unsatisfactory grade is received needs to be repeated. The student must achieve a grade of C or better, or a passing clinical grade in the course which is repeated before entering the next nursing lecture or clinical course. A course may be repeated only once. A student may repeat a maximum of two CON or NUR required courses, clinical or didactic, in which the student receives a grade of C- or less. An unsatisfactory grade in a third CON or NUR required course will result in dismissal from the nursing program. If students received an F in an elective NUR clinical course, they may not register to repeat that clinical elective or enroll in any other NUR clinical elective without permission of the director of the School of Nursing.

The academic record of a student who receives multiple unsatisfactory grades in the same semester in prerequisite, nursing, and/or support courses, or who receives a C-, D, or F in one of the above listed courses when repeating the course due to an unsatisfactory grade, or an F in a nursing clinical course will be reviewed by the Undergraduate Admissions and Advancement Committee to determine the appropriate academic action. Academic actions may include revision of major status, progression, probation, suspension, or dismissal. Matters of personal concern to the student will be considered. The committee will recommend to the dean a decision regarding progression or dismissal.

Appeals may be made to the Undergraduate Admissions and Advancement Committee. A request for exception to the policy must be initiated by the student.

Low Pass Grades

Low pass (LP) grades are used in clinical courses to inform students whose performance is near failing. Students are held accountable to address the weaknesses identified in their performance appraisal with subsequent clinical faculty. A second low pass grade constitutes an F and stops progression in clinical/didactic coursework (see above progression policies).

Incomplete Grades

A temporary grade may be assigned by a faculty member when a student, because of extraordinary circumstances, has failed to complete course requirements in a nursing course or CON required course. Incomplete grades in upper division nursing courses must be completed with a letter grade of C or better before progressing to the next course.

Graduation Requirements

To be eligible for graduation with a bachelor of science degree with a major in nursing, the student must have successfully completed all requirements, and a minimum of 120-128 credit hours with a grade point average of at least 2.75.

Accelerated B.S.

Recognizing the desire of people with baccalaureates in disciplines other than nursing to become nurses, the faculty has designed an accelerated program that leads to a B.S. in nursing in 15 months of full-time study. The track admits students who attained a 3.0 on a 4.0 scale in their prior degree. Students must complete statistics

and anatomy and physiology prior to beginning the program. Program size is limited, making acceptance into the program competitive.

Sample Curriculum Plan

BIO	345	Pathophysiology	3 credits
CON	252	Human Nutrition	3 credits
CON	302	Pharmacology	3 credits
CON	321	Health Related Research	3 credits
CON	356	Concepts in Community Health	3 credits
NUR	209/210	Total Health Assessment and Lab	5 credits
NUR	212	Nursing in Arts and Sciences	3 credits
NUR	214	Fundamentals of Nursing Lab for Accelerated Students	3 credits
NUR	311/312	Reproductive and Sexual Health Nursing	5 credits
NUR	315/316	Child Health Nursing	5 credits
NUR	323/325	Adult/Older Adult Nursing	7 credits
NUR	330/331	Mental Health Nursing	5 credits
NUR	332	Nursing Care of the Older Adult in the Community	3 credits
NUR	413	Advanced Nursing Skills Lab	1 credit
NUR	423/425	Management of Critically Ill	5 credits
NUR	436	Community Nursing Partnership I	2 credits
NUR	437	Community Nursing Partnership II	2 credits
NUR	470	Leadership and Management and Ethics	3 credits
NUR	480	Practicum/Care Management (last 7 weeks)	3 credits

RN Studies Option

Recognizing the need and desirability for registered nurses to attain baccalaureate and master's degrees within the state, the Nursing faculty has designed two options for RNs—the first leading to a bachelor of science degree, and the second (described in USM's graduate catalog) leading to a master's degree. Realizing that RNs returning to school face many complexities, every effort is made to remain attentive and flexible in adjusting the plan of study and accommodating individual needs. Advice with prerequisites, course planning, and course sequencing for RNs may be obtained by contacting Brenda Webster at 207 780-4802.

All RNs must fulfill the University's 30 credit residency requirement (6 credits earned at another UMS campus may be applied toward residency).

The CONHP recognizes a maximum of 30 nursing credits (RN credit options) transferred from an associate degree (ADN) program as basic nursing credits required in the baccalaureate program. These credits are applied toward fulfillment of the baccalaureate requirements for RN students who have successfully completed CON 308, Professional Communication and Technology Utilization in Nursing and the Health Sciences. Nursing credits earned in the ADN program beyond the basic 30 credits above may be used as elective credit.

RNs graduating from a diploma program will be awarded the basic nursing credits (30) for a fee, upon successful completion of CON 308 Professional Communication and Technology Utilization in Nursing and the Health Sciences. Additional information may be obtained through the Office of Prior Learning Assessment.

The following courses must be completed, or are available for credit by examination, prior to entry into the upper division nursing courses.

English Composition*	Anatomy and Physiology I & II**
General Psychology	Growth and Development
General Sociology*	Pathophysiology
Skills of Analysis*	Microbiology
Statistics (prior to research)	Chemistry**

*These courses may be substituted for their equivalents within the new general education.

**Chemistry and anatomy and physiology requirements are waived with the successful completion (grade of C) of pathophysiology.

University requirements in general education or the Core curriculum must meet the progression standards of those curricula, e.g., students taking the LAC general education must complete all 100 level courses before 200 level, and 200 level courses prior to 300 level.

Students must take all required CON and NUR courses at USM.
Upper division nursing courses, in required sequence for RNs, include:

			Credits
A.	NUR 309/310	Health Assessment and Health Assessment Lab	4
	CON 308	Professional Communication and Technology	3
B.	NUR 314	RN Credit Options	30
	CON 321	Health-Related Research	3
	CON 356	Concepts in Community Health	3
	NUR 370	Theory of Clinical Practice	3
C.	NUR 419	Community Nursing Partnerships	2
	NUR 474	Leadership and Management for RNs	3
	NUR 476	Theory and Concepts of Nursing Practice	3
	NUR 481	Clinical Practicum for RNs	3

RN students must matriculate in the University prior to enrollment in the upper division nursing course sequence except for Health Assessment and Professional Technology Utilization in Nursing and Health Sciences. Clinical courses may not be taken unless RN credit options have been completed and posted. USM and the University of Maine (UM) have a collaborative RN/BS option that is available through the University Network Education System (UNET). Students may take required and equivalent courses from the other campus for residency credit.

Admission Requirements for the RN to BS Option

The RN applicant must (a) meet the general admission requirements of the University, (b) provide evidence (photocopy) of current licensure as a registered nurse in Maine, and (c) must have a GPA of 2.5 or better. Applications of those with a GPA below 2.5 will receive consideration by the Undergraduate Admissions, Advancement, and Scholarship Committee. All policies applicable to students in the baccalaureate program (refer to Retention/Progression Policies) also apply to students in the RN to BS option program.

Minor in Holistic and Integrative Health

The holistic and integrative health minor is designed to provide the foundations and philosophies of a holistic and integrative approach to health care and to elucidate the fundamental world view, diagnostic methods, and healing techniques utilized in the practice of various complementary healing modalities. A primary focus of the minor is the exploration of the issues that arise in moving toward an integrative approach to addressing the needs of mind, body, and spirit. This minor is open to all USM students, and may be of a particular interest to the College's majors and to students in psychology, social work, and anthropology, or to any student interested in addressing personal health in a holistic manner. The minimum number of credits required to complete the minor is 18. Students may transfer up to six credits toward the completion of the minor from other universities.

Foundation courses (6 credits required)

CON 280 Holistic Health I

CON 281 Holistic Health II

Healing modalities (complete 6 credits from the following)

CON 283 Healing and Spirituality

CON 284 Botanical Therapies

CON 285 Perspectives on Animal-Assisted Therapy

CON 311 Psychosocial Interventions for Older Adults

NUR 590 Therapeutic Touch

Wellness Knowledge and Development (complete 6 credits from the following)

CON 252 Human Nutrition

CON 435/535 Death and Dying: Contemporary Issues

CON 219 Personal Fitness and Wellness or

Three one-credit courses from the following*

RHF 108 Step Aerobics

RHF 109 Beginning Weight Training

RHF 118 Yoga

RHF 122 Aerobic Kickboxing

RHF 124 T'ai Chi Qigong

*Other RHF courses may be substituted with permission from the coordinator of the minor.

Graduate Program Offerings

Option for Non-nurses with Degrees in Other Fields (second degree option)

Recognizing the increasing interest in nursing by individuals with baccalaureate degrees in other fields, the Nursing faculty members have designed an accelerated option leading to a master's degree (MS) in nursing. Details regarding this option are found in USM's graduate catalog.

The College of Nursing and Health Professions offers the master of science in nursing degree. Advanced practice clinical areas available for study include adult, family or adult, family psychiatric nurse practitioner, and psychiatric/mental health. Other graduate programs include: the R.N. to master of science degree option for registered nurses; the clinical nurse leader concentration, the M.S./M.B.A.; and master's degree for certified or state approved advanced practice nurses, or the adult health care management clinical nurse specialist. The College also offers post-master's certificates of advanced study in psychiatric/mental health nursing, adult health nursing, and family health nursing.

Courses with a CON prefix are listed at the end of the College of Nursing and Health Professions section.

NUR 100 Introduction to Professional Nursing

This course orients students to the expectations of a baccalaureate education in nursing. Academic communication and critical thinking skills within the context of professional nursing are emphasized. Issues of ethical and professional accountability related to the role(s) of the nurse are explored. Historical and contemporary perspectives on the nature and scope of nursing practice are examined. Cr 3.

NUR 200 Introduction to Professional Nursing for Advanced Student

This course has been specifically designed for advanced students who are either transfer students with 60 or more credits or have a degree in another field. The course introduces career opportunities in health care as well as how prior learning and work experiences might build on and blend into a career in nursing. The historical and contemporary perspectives on the nature and scope of nursing will be investigated through utilization of online resources, advanced library skills, writing, and online discussion. Other topics will include skills of communication, critical thinking and the relationship between professional nursing and the broad base of theoretical and empirical knowledge derived from the behavioral and physical sciences and the humanities. Cr 3.

NUR 209 Health Assessment

This course provides knowledge and skills essential to conduct in-depth bio-psycho-social-cultural health assessment of well individuals throughout the life span. Emphasis is placed on data collection through effective communication and physical skills followed by data analysis and identification of nursing diagnostics. Prerequisites: Anatomy and Physiology I and II, NUR 100 and a GPA of 2.75. Cr 3.

NUR 210 Health Assessment Practicum

The course provides knowledge and skills essential to conduct an in-depth bio-psycho-social-cultural, holistic health assessment of well individuals

through the life span. Emphasis is placed on data collection through development of communication and physical examination skills. Data will then be analyzed and nursing diagnoses developed. Concurrent with NUR 209. Cr 2.

NUR 212 Nursing Arts and Science

This course introduces the student to concepts and skills basic to the art and science of nursing. The nursing process is introduced as a problem-solving tool, and is used along with scientific principles in the teaching of foundational nursing therapeutics used in most practice settings. Prerequisites: 24 credits, a GPA of 2.75, and Anatomy and Physiology I and II (or concurrent), sophomore standing. Cr 3.

NUR 213 Fundamentals in Nursing Lab I

This course focuses on the cognitive basis, scientific principles, and manipulative component of psychomotor skills used when implementing foundational nursing therapeutics, which promote, maintain, and restore the health of the client. Concurrent with NUR 212. Cr 2.

NUR 214 Fundamentals of Nursing Lab for Accelerated Students

Provides an historical and contemporary perspective on the nature and scope of nursing and focuses on theory, scientific principles, and psychomotor skills used to implement the foundational nursing therapeutics that promote, maintain, and restore the health of the client. Concurrent with NUR 212. Cr 3.

NUR 309 Health Assessment for RNs

This course provides the RN student with knowledge and skills essential to conduct in-depth bio-psycho-social-cultural health assessments of well individuals. The course includes examination of the concepts of wellness and health promotion across the life span. Prerequisite: RN licensure. Cr 3.

NUR 310 Health Assessment Lab for RNs

This course provides the opportunities for the RN to apply knowledge and skills necessary to conduct total health assessments. Concurrent with NUR 309. Prerequisite: RN licensure. Cr 2.

NUR 311 Reproductive and Sexual Health Nursing

This course focuses on the theory and research in reproductive and sexual health care. While emphasis is placed on holistic nursing care of diverse healthy families from preconception through the childbearing process, high risk conditions, including end of life care for neonates, and the interventions necessary for successful adaptation are also discussed. Male and female reproductive health issues and nursing care across the lifespan will be presented. Prerequisite or concurrent: NUR 323/325 and CON 302. Cr 3.

NUR 312 Reproductive and Sexual Health Nursing Lab

This course offers students experience in providing holistic nursing care to individuals and families engaged in childbirth experiences. Emphasis is placed on health needs and alterations during the childbearing process, as well as promotion and maintenance of health before, during, and after childbirth. Concurrent with NUR 311. Cr 2.

NUR 314 RN Credit Option

RNs graduating from a diploma program or an associate degree program will be awarded basic nursing credits upon successful completion of CON 308 Professional Communication and Technology Utilization in Nursing and the Health Sciences. Prerequisites: RN licensure, NUR 308/309, CON 308. Cr maximum of 30.

NUR 315 Child Health Nursing

In this course, students examine family-centered nursing care in the health promotion and health care of children. Class discussions focus on theories, research, and literature related to health needs and common health problems of children. Family, heredity, environment, and socioeconomics are among the factors examined in discussions of nursing in child health. Prerequisites: CON 302; NUR 323/325. Cr 3.

NUR 316 Child Health Nursing Lab

Child health lab provides an opportunity for the student in various health care settings to apply the theoretical concepts of health promotion, maintenance, and restoration with children and their families who are at risk or may be experiencing alterations in health. Concurrent with NUR 315. Cr 2.

NUR 317 Maternal Child Health in a Developing Country

Students will explore international health issues common to Latin American countries which directly impact women and children. Students will gain a more thorough understanding of environmental, socio-cultural, and political factors that affect maternal child health in a developing nation. Through this course and the clinical experience linked with it, students will explore aspects of partnership building with an international community-based organiza-

tion to assess health risk factors and plan health promoting activities specific to identified children's health issues. Students will gain an understanding of risk assessment, which includes problem posing and formulation of solutions, as part of their coursework. This coursework is closely tied to the Dominican Republic International Service Learning program. Cr 1.

NUR 323 Adult/Older Adult Health Nursing

During this course, students will explore evidence-based nursing therapeutics which support both the adult and the older adult client experiencing health problems. The course considers major health problems in the United States, focusing on nursing knowledge needed for care of adults and older adults experiencing acute and chronic alterations in health in a variety of care settings. This course will encourage students to develop and practice critical thinking skills necessary for delivery of family-centered care in today's complex health care system. The roles of collaboration, advocacy, and teaching are introduced as the student nurse interacts with clients and their support systems across the continuum of care. Prerequisites: NUR 100, NUR 209/210 (within one year), NUR 212/213 (within one year), BIO 345, CON 302 (within one year). CON 302 may be concurrent. Cr 3.

NUR 325 Adult/Older Adult Health Nursing Lab

Students will intervene therapeutically with adults and older adults experiencing health problems. Students will practice problem-solving skills and critical thinking as they perform nursing roles in acute care settings. Concurrent with NUR 323. Cr 4.

NUR 326 Dominican Republic Community Nursing Partnership I

Cr 1.

NUR 327 Dominican Republic Community Nursing Partnership II

Cr 4.

NUR 328 Dominican Republic Community Nursing Partnership III

Cr 1.

NUR 330 Mental Health Nursing

This course examines the theory and practice of psychiatric/mental health nursing. Assessment of clients and intervention strategies are explored. Interdisciplinary aspects of mental health care delivery and current issues in mental health nursing are discussed. Prerequisite: CON 302; NUR 323/325 or instructor permission. Cr 3.

NUR 331 Mental Health Nursing Lab

This course offers students an opportunity to focus nursing practice on promotion, maintenance, and restoration of mental health. Clinical experience is provided in a mental health/psychiatric nursing setting. The emphasis is on application of concepts of mental health/psychiatric nursing. Concurrent with NUR 330. Cr 2.

NUR 332 Nursing Care of the Older Adult in the Community

The focus of this course is the family-centered care of older individuals in the community. Emphasis is on nursing assessment, diagnosis, and therapeutic interventions with individuals and families coping with chronic illnesses. Health promotion/risk reduction strategies are applied. The roles of the nurse in interdisciplinary community settings are explored. Ethical issues unique to community settings are analyzed. Prerequisite: NUR 323 or concurrent. Cr 3.

NUR 339 Community Nursing Partnerships I

This is the first in a two- or three-course series (NUR 339, NUR 341, and NUR 439). Over the course of two, 3-credit or three, 2-credit semesters, students will engage in partnership with a specific community. This sequence of courses incorporates the concepts of partnership building, risk identification, and health promotion within a community-based context. Students will collaborate with community partners to develop an understanding of both short- and long-term needs of the community. Problem posing and problem solving will come from the community. Students will engage in ongoing community assessment, support communities in developing long term interventions/approaches, and engage in evaluation of community level practice. Students will identify individuals and families within their communities who would benefit from individual and family-based nursing assessment, planning, intervention, and evaluation. Students will work with health care providers in these communities to assess the need for and to augment the services available. Students will engage in both formative and summative evaluation over the course of their interaction with the community. Students will consider issues of continuation and termination as they work with individuals, families, fellow students, and community partners. Prerequisite or concurrently: CON 356. Cr 2.

NUR 370 Theory for Clinical Practice

This course focuses on the nursing profession and the process of knowledge development within the profession. The intent is to provide participants with opportunities to explore the processes of inquiry in nursing. Participants will have opportunities to explore various modes of nursing inquiry, including scientific, philosophical, and historical. Praxis, or the development of knowledge through the cycle of acquiring experience, reflecting on experience, and enhancing practice is central to understanding what influences nursing. Relationships between practice, theory, and research are explored. Four foundational concepts: personal meaning, ways of knowing, time/transitions, and context/culture serve to focus critical reflections in this course. In recognizing multiple ways of developing knowledge, participants have the opportunity to explore how practice may differ within varying perspectives. A USM online course fee of \$25.00 per credit hour will be charged for this course. Cr 3.

NUR 341 Community Nursing Partnerships II

This is the second in a two- or three-course series. See NUR 339 for description. Prerequisite: NUR 339. Cr 2 or 3.

NUR 386 Geary Clinical Cooperative

This course is a combination of a two-credit elective nursing course offered during the summer and a paid summer experience (10 weeks full time with a Registered Nurse preceptor at Maine Medical Center). Students are socialized into the professional role of the nurse through hands-on experience, mentoring, observational experiences, and seminar discussions focused on evidenced-based nursing practice. There are seminar meetings with instructor and assignments to complete throughout the summer. Prerequisite: NUR 323-325, GPA 3.0, and an accepted application for employment at MMC. Cr 2.

NUR 413 Advanced Nursing Skills Lab

This course builds on the theory, scientific principles, and psychomotor skills introduced in NUR 212/213 to promote role development in the core competencies of nursing practice. Prerequisites: NUR 212, 213 or 214, concurrent with NUR 423 or 523, and 425 or 526. Cr 1.

NUR 419 Community Nursing Partnerships for RNs

This course incorporates the concepts of partnership building, risk identification, risk reduction, and health promotion within a community based context. Students work with selected communities that are developing long-term solutions to previously identified health problems. Open to RN students only. Prerequisites: NUR 309/310, CON 308, CON 356, CON 472, RN licensure, and CPR certification. Cr 2.

NUR 423 Management of the Critically Ill Adult/Older Adult

During the course, students will examine evidence-based therapeutic nursing interventions which support adult and older adult clients experiencing complex health problems. This course will encourage students to practice critical thinking skills necessary for delivery of ethical care to individuals and families experiencing high acuity illnesses. The roles of leader, collaborator, and coordinator are discussed as the nurse interacts with clients who are viewed as holistic beings. Prerequisites: CON 302, NUR 323/325. Cr 3.

NUR 425 Management of the Critically Ill Adult/Older Adult Lab

Students will intervene therapeutically with adults and older adults experiencing complex health problems. Students practice problem-solving skills and critical thinking as they perform nursing roles in acute care settings. Concurrent with NUR 423 or NUR 526. Cr 2.

NUR 436 Community Nursing Partnerships for Accelerated B.S. Students

In this course students work within a community

partnership to care for individual clients/families and work with residents in developing community-based health programs. This experience provides students with an opportunity to care for culturally diverse individuals, families, and groups. Leadership roles, including ongoing community partnership development, will be emphasized. Prerequisite: CON 356 or concurrent. Cr 2.

NUR 437 Community Nursing Partnerships for Accelerated B.S. Students

Building on NUR 436, this course continues to focus on the experiences of partnership building with a diverse population in a community setting. The concepts of risk reduction and health promotion are applied to the development of an intervention with a segment of the community. Evaluation of the intervention is considered part of continuous community assessment as well as partnership development. Cr 2.

NUR 439 Community Nursing Partnerships III

This is the third in a three-course series. See NUR 339 for course description. Prerequisite: NUR 339, 341. Cr 2.

NUR 470 Leadership, Management, and Ethics

Students explore professional and ethical issues that affect delivery of health care as well as the complexity of the nurse case management role using theories related to complex systems, leadership, and change. This course also provides an overview of the management and leadership roles in nursing practice with a major focus on organizational analysis, leadership and change theories, and quality improvement. Must be taken the last semester in the curriculum unless permission is granted by the director of nursing. Cr 3.

NUR 474 Professional Issues: Leadership, Management, and Organizations

This course provides the RN student with an overview of the theoretical frameworks of manage-

ment and leadership roles in nursing practice with a major focus on organizational analysis. Focus is on leadership and change theories, conflict management, and quality improvement for the delivery of health care services. Prerequisite: CON 308, NUR 309/310. Cr 3.

NUR 476 Theory Related to Clinical Specialty for RNs

This course allows the RN student to develop and enhance clinical theory, knowledge, and practice using self-designed study with a focus on a self-selected clinical specialty. An overview of current theoretical models of care, nursing therapeutics, and evidence-based practice is provided and then used to develop a broader understanding of practice and care issues unique to the clinical specialty. Prerequisites: CON 308, NUR 309/310. Cr 3.

NUR 480 Practicum/Care Management

This practicum provides a culminating intensive clinical experience that provides students with an opportunity to refine their clinical practice. The course emphasizes the integration of the multiple roles of nursing and serves as a vehicle for enhancing critical thinking and communication. The primary purpose of the course is to develop competency in nursing care, including organizational, prioritization, and decision-making skills. End of life issues and professional ethics as applicable to a wide range of settings will be explored. To the degree possible, students select a practicum site consistent with their area of special interest with seminar sharing of the issues of diverse roles, clients, settings, and philosophies of practice. All students will present orally and demonstrate competency utilizing technical presentation applications. Prerequisite: All theory-linked clinical courses must be taken prior to or concurrent with NUR 480. Concurrent clinical courses cannot be in clinical area of practicum placement. This is the final clinical course. Cr 3.

Bachelor of Science in Radiation Therapy

The bachelor of science in radiation therapy is a baccalaureate completion program which encompasses and builds on the associate degree curriculum in radiation therapy. This program provides a means for those individuals with career goals in radiation therapy to obtain the broader, general education and support courses needed to complement their technical associate degree education.

The goals of the program are to:

1. Provide a broadening education to radiation therapists with a technical background.
2. Enhance the practice capabilities of radiation therapists.
3. Provide a basis for graduate education.
4. Enhance interdisciplinary understanding and collaboration.

Admission Requirements

Applicants must (a) meet the general admission requirements of the University, (b) hold an associate's degree of 60 credits or more in radiation therapy from a regionally accredited educational institution, or have matriculated in such a program, and (c) hold a GPA of 2.0 or better.

Academic Requirements

The curriculum reflects the goal of enhanced professional skills and practice. Courses selected for the major promote better understanding of changes in the health care system, foster critical thinking, integrate clinical and research skills, and improve assessment skills and concomitant decision making regarding interventions. In addition to the 60+ credits transferred from an associate's degree, the curriculum includes completion of the USM Core curriculum, a 39-credit radiation therapy major, and 12 credits of electives, for a total of 120+ credits.

The radiation therapy major consists of the following courses:

Total Health Assessment (lab optional)	2
Human Growth and Development	3
Death and Dying*	3
Communication in the Family*	3
or	
Interpersonal Communication Skills*	3
Chemistry for the Health Sciences	4
Theoretical Foundations of Learning*	3
Health-related Research	3
Statistics	3
Concepts in Community Health	3
Managing Organizational Behavior	3
Critical Thinking about Economic Issues	3
Professional Issues: Leadership, Management, and Organizations	<u>3</u>
	39

The following courses are highly recommended as general electives:

Human Heredity and Embryology
Genetics
Introduction to Computers

*If these courses are not available, students should consult with the nursing director to determine appropriate alternatives.

Progression Policies

Students in the radiation therapy program must maintain class standing according to hours accomplished, with a GPA as follows:

<i>Credit Hours</i>	<i>For Good Standing</i>	<i>For Probationary Standing</i>
61-90	2.0	1.8
91 or more	2.0	1.9

Standards apply to both part-time and full-time students. Students must achieve a grade of C- or better in courses designated as part of the radiation therapy major. The course in which a D or F is received needs to be repeated with a grade of C- or better. A course may be repeated only once. The academic record of a student who receives multiple grades of D or F in the same semester in radiation therapy major courses or when repeating a course due to an unsatisfactory grade will be reviewed by a faculty committee. The committee will recommend a decision regarding progression or suspension to the dean.

Graduation Requirements

To be eligible for graduation with a bachelor of science degree in radiation therapy, the student must hold an associate of applied science in radiation therapy, have successfully completed all baccalaureate requirements, and have completed a minimum of 120 credits with a GPA of at least 2.0.

Bachelor of Science Degrees in Exercise, Health, and Sport Sciences

The Department of Exercise, Health, and Sport Sciences offers degrees in athletic training, exercise science (majoring in health fitness or exercise physiology), and health sciences. The Department's athletic training education program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Upon completion of the curriculum, the undergraduate athletic training student will be eligible to challenge the Board of Certification (BOC) examination for the athletic trainer. Upon completion of their respective curricula, health fitness and exercise physiology majors will be eligible to challenge an eclectic mix of national certification examinations including the American College of Sports Medicine's (ACSM) Health Fitness Instructor and Exercise Specialist certification examinations and the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist examination. Health sciences graduates are prepared for careers in general health science fields and for admission to graduate and professional programs.

Admission and Program Requirements

In addition to the requirements established for admission to the University, the Department of Exercise, Health, and Sport Sciences requires applicants to have successfully completed high school chemistry and biology with labs. See the admission section of the catalog for further requirements.

Athletic training, health fitness, and exercise physiology include required supervised clinical, practicum, and internship experiences. The exercise, health, and sport sciences faculty reserve the right to limit enrollment in these programs. In addition, because these experiences occur in a variety of settings in the southern Maine area, students must provide their own transportation to rural as well as urban areas. It is highly recommended that students purchase professional liability insurance. Students cannot double major within department offerings.

Students enrolled in other USM programs of study must meet with the Department chairperson to discuss transfer requirements and their reasons for transfer. Such students will be required to complete SPM 100 with a grade of C- or better. Acceptance into the Department is dependent on reasons for transfer, cumulative GPA, and space availability.

Each sports medicine laboratory and clinical course offering has a fee ranging from \$20 to \$150.

Probation

Regardless of degree, probation within the Department of Exercise, Health, and Sport Sciences lasts for a period of one year.

Justifications for a student being placed on academic probation for poor academic performance following any semester include:

1. Failure to maintain a minimum cumulative GPA of 2.25 for health fitness and health sciences majors or failure to maintain a minimum cumulative GPA of 2.50 for athletic training and exercise physiology majors.
2. Receiving grades lower than a C- in a required course.
 - a. Students who receive a grade below C- in a course will maintain probation status within the Department until the student earns a grade of C- or higher within the one-year probation period.
 - b. Students receiving a grade lower than a C- in a required course will not be allowed to sequence into post-requisite coursework until the prerequisite deficiency has been rectified.

Students enrolled in a Department of Exercise, Health, and Sport Sciences major may be placed on academic probation twice during the student's academic career. Subsequent to a third infraction and/or failing to rectify deficiencies within any given one-year probation period, students will be removed from their declared major and from their status as a student within the Department. Upon rectifying all deficiencies students can reapply for admission into a Departmental major. Readmitted students who become academically deficient will immediately, and permanently, relinquish their status as a student within the Department.

Note: A student who admits to or is found guilty of a violation of academic integrity (see USM Student Academic Integrity policy), the ACSM's or NATA's Code of Ethics may be suspended or dismissed from the Department and/or the University.

**Bachelor of Science in
Exercise Science—
Health Fitness Major**

Retention and Progression Requirements

Students will be retained within the health fitness major providing the following criteria are maintained throughout their undergraduate experience:

1. Meet the published “technical standards” for the health fitness major. Technical standards will be addressed and completed during SPM 100.
2. Maintain a minimum cumulative GPA of 2.25
3. Earn a minimum grade of C- in required courses
4. Present proof of current American Red Cross Cardiopulmonary Resuscitation (CPR) for the Professional Rescuer certification, or its equivalent, prior to enrolling in the following courses: SPM 385, SPM 395, SPM 495.

Graduation Requirements

Students will graduate with a bachelor of science degree in exercise science with a major in health fitness when the following are satisfied:

1. Minimum cumulative GPA of 2.25
2. Completion of all University Core curriculum requirements
3. Completion of all sports medicine core required coursework
4. Completion of all health fitness major coursework
5. Completion of 121-123 credit hours.

Major Requirements

The major consists of 121-123 credit hours, which includes the University’s Core curriculum.

<i>University Core Courses</i>		<i>Credits</i>
Required (7-8 credit hours)		
D MAT 120D	Introduction to Statistics or	
D PSY 201D	Statistics in Psychology	3-4
K PHY 101K	Introduction to Physics	3
	PHY 102K Introduction to Physics Lab	1
W	Writing-intensive requirement	
Electives (24 credit hours)		
C	Basic Composition	3
E	Skills of Analysis 3	
F*	Fine Arts - Performance	3
G	Fine Arts - History	3
H	Humanities - Literature	3
I	Humanities - Other Times/Culture	3
J	Social Science 3	
J	Social Science 3	
*THE 170 Public Speaking highly recommended		

Sports Medicine Core Requirements (39-40 credit hours)

			<i>Credits</i>
CHY 107	Chemistry for Health Sciences		3
or			
CHY 113K	Principles of Chemistry I		3
CHY 114K	Laboratory Techniques I		1
BIO 111	Human Anatomy and Physiology I		3
BIO 112	Practical Human Anatomy and Physiology I		1.5
BIO 211	Human Anatomy and Physiology II		3
BIO 212	Practical Human Anatomy and Physiology II		1.5
CON 216	Emergency Response		3
CON 219	Lifetime Physical Fitness and Wellness		3
CON 252	Human Nutrition		3
CON 352	Nutrition for Physical Performance		3
SPM 100	Introduction to Sports Medicine		3
SPM 325	Methods of Resistance Training and Conditioning		3
SPM 330	Physiology of Exercise		3
SPM 381	Kinesiology		3
SPM 430	Exercise Testing, Assessment, and Prescription		3

Health Fitness Major Requirements (51 credit hours)

			<i>Credits</i>
Required (36 credit hours)			
BUS	200	Introduction to Business	3
SPM	230	Psychology of Physical Activity and Sport	3
SPM	260	Exercise Leadership	3
SPM	315	Group Exercise Instruction	3
SPM	350	Health Promotion Programs	3
SPM	385	Health Fitness Practicum I	3
SPM	395	Health Fitness Practicum II	3
SPM	450	Exercise for Special Populations	3
SPM	481	Fitness Facility Management	3
SPM	495	Clinical Internship/Co-op	9
Electives (15 credit hours)			<i>Credits</i>
SPM	235	Lab Techniques in Nutrition and Exercise	3
SPM	340	Therapeutic Exercise	3
SPM	398	Independent Study	1-3
SPM	431	Advanced Exercise Physiology	3
CON	280	Holistic Health I	3
CON	281	Holistic Health II	3
CON	321	Health-Related Research	3
*BIO	201	Genetics	3
*BIO	281	Microbiology and Human Disease	3
*BIO	345	Pathophysiology	3
*BIO	401	General Physiology	3
*BIO	431	Immunology	3
PSY	400	Sport Psychology Institute	3
PSY	400	Health Psychology Institute	3
SPM	400	Sports Nutrition Symposium	3
ITS	300	Ergonomics/Time Study	3
ITS	320	Occupational Safety and Health	3
ITS	321	Workplace Design Ergonomics	3
#ACC	110	Financial Accounting Information for Decision Making	3
#ACC	211	Managerial Accounting Information for Decision Making	3
#BUS	165J	Consumer Studies	3
#BUS	260	Marketing	3
#BUS	280	Legal Environment of Business	3
#BUS	340	Managing Organizational Behavior	3
#BUS	346	Human Resource Management	3
#BUS	363	Advertising	3
RHF	Any two 1.5 credit courses		3

Other courses per Departmental permission.

Along with required biology courses (BIO 111, 112, 211, 212), students who enroll in any 3 * courses satisfy requirements for a biology minor offered through the Department of Biological Sciences.

Students may choose 15-21 credits from the School of Business (may include BUS 200) for a minor in accounting, business administration, or information management. Consult with the School of Business to determine specific requirements for a minor.

***Bachelor of Science in
Exercise Science—
Exercise Physiology
Major***

Retention and Progression Requirements

Students will be retained within the exercise physiology major providing the following criteria are maintained throughout their undergraduate experience:

1. Meet the published “technical standards” for the exercise physiology major. Technical standards will be addressed and completed during SPM 100.
2. Maintain a minimum cumulative GPA of 2.50
3. Earn a minimum grade of C- in required courses
4. Present proof of current American Red Cross Cardiopulmonary Resuscitation (CPR) for the Professional Rescuer Certification, or its equivalent, prior to enrolling in the following courses: SPM 375, SPM 431, SPM 460, SPM 495.

5. Present proof of health insurance coverage equal to or better than the USM Student Health Insurance Plan (basic) prior to enrolling in the following courses: SPM 375, SPM 460, SPM 495. Documentation should include a copy of a current health insurance card with the name of an insurance carrier, policy number, etc.
6. Documentation of receiving the first two of three required Hepatitis B immunization injections prior to enrolling in SPM 460. Documentation should include copies of the laboratory reports that the student received the injections. If the student chooses not to be Hepatitis B immunized, he or she must read, complete, and sign the form entitled "Hepatitis B Vaccine Declination Assumption of Risk and Release" prior to enrolling in SPM 460.
7. Documented proof of receiving the third injection of the Hepatitis B Immunization series prior to enrolling in SPM 495. Formal documentation indicating the aforementioned CPR, health insurance, and Hepatitis B immunization requirements have been met must be on file with the Department of Exercise, Health, and Sport Sciences.

Graduation Requirements

Students will graduate with a bachelor of science degree in exercise science with a major in exercise physiology when the following are satisfied:

1. Minimum cumulative GPA of 2.50
2. Completion of all University Core curriculum requirements
3. Completion of all sports medicine core required coursework
4. Completion of all exercise physiology major coursework
5. Completion of 121-123 credits

Major Requirements

The major consists of 121-123 credit hours, which includes the University's Core curriculum.

University Core Courses

	<i>Credits</i>
Required (7-8 credit hours)	
D MAT 120D Introduction to Statistics or	
D PSY 201D Statistics in Psychology	3-4
K PHY 101K Introduction to Physics	3
PHY 102K Introduction to Physics Lab	1
W Writing-intensive requirement	
Electives (24 credit hours)	
C Basic Composition	3
E Skills of Analysis	3
F* Fine Arts - Performance	3
G Fine Arts - History	3
H Humanities - Literature	3
I Humanities - Other Times/Cultures	3
J Social Science	3
J Social Science	3

*THE 170F Public Speaking highly recommended

Sports Medicine Core Requirements (39-40 credit hours)

	<i>Credits</i>
CHY 107 Chemistry for Health Sciences	3
or	
CHY 113K Principles of Chemistry I	3
CHY 114K Laboratory Techniques I	1
BIO 111 Human Anatomy and Physiology I	3
BIO 112 Practical Human Anatomy and Physiology I	1.5
BIO 211 Human Anatomy and Physiology II	3
BIO 212 Practical Human Anatomy and Physiology II	1.5
CON 216 Emergency Response	3
CON 219 Lifetime Physical Fitness and Wellness	3
CON 252 Human Nutrition	3
CON 352 Nutrition for Physical Performance	3
SPM 100 Introduction to Sports Medicine	3

SPM	325	Methods of Resistance Training and Conditioning	3
SPM	330	Physiology of Exercise	3
SPM	381	Kinesiology	3
SPM	430	Exercise Testing, Assessment, and Prescription	3

Exercise Physiology Major Requirements (51 credit hours) *Credits*

Required (39 credit hours)			
CON	302	Pharmacology	3
CON	321	Health-Related Research	3
BIO	345	Pathophysiology	3
SPM	235	Lab Techniques in Nutrition and Exercise	3
SPM	375	Exercise Physiology Practicum	3
SPM	431	Advanced Exercise Physiology	3
SPM	435	Exercise Biochemistry	3
SPM	460	Clinical Exercise Physiology	3
SPM	485	Senior Thesis I	3
SPM	486	Senior Thesis II	3
SPM	495	Clinical Internship/Co-op	9

Electives (12 credit hours)

SPM	260	Exercise Leadership	3
SPM	315	Group Exercise Instruction	3
SPM	398	Independent Study	1-3
SPM	495	Clinical Internship/Co-op	3
BIO	201*	Genetics 3	
BIO	281*	Microbiology and Human Disease	3
BIO	401*	General Physiology	3
BIO	431*	Immunology	3
CHY	115	Principles of Chemistry II	3
CHY	116	Laboratory Techniques II	1
CHY	251	Organic Chemistry I	3
CHY	252	Organic Chemistry Lab	2
CHY	253	Organic Chemistry II	3
CHY	254	Organic Chemistry Lab II	2
CHY	461	Biochemistry	3
CHY	462	Biochemistry Lab	2
CHY	463	Biochemistry II	3
CHY	464	Biochemistry Lab II	2
NUR	209	Health Assessment	2
NUR	210	Health Assessment Practicum	2
MAT	152D	Calculus A	4
MAT	220	Statistics for the Biological Sciences	4
PSY	400	Sport Psychology Institute	3
PSY	400	Health Psychology Institute	3
SPM	400	Sports Nutrition Symposium	3
Other courses per Departmental permission			

Along with required biology courses (BIO 111, BIO 112, BIO 211, BIO 212, BIO 345), students who enroll in any 2 other * courses satisfy requirements for a biology minor offered through the Department of Biological Sciences.

***Bachelor of Science in
Athletic Training***

Athletic training accreditation guidelines dictate that only a limited number of students can matriculate into the athletic training education program (ATEP) at any one time. Please see the curriculum director of the CAATE accredited athletic training education program for additional information.

Special note to transfer students: All transfer students are encouraged to schedule an appointment with the ATEP director to discuss admission criteria and other pertinent information concerning the program. It is not possible to give complete and accurate information about your specific situation on a Web site or in a catalog. Speaking with the ATEP director is the only way to be correctly advised about transferring.

The following criteria must be met in order for an athletic training student to begin the clinical rotation component of the ATEP. Thus, prior to SPM 210 Athletic Training Principles I a student must:

1. Complete SPM 100 with a minimum grade of C-.
2. Complete CON 216 with a minimum grade of C-.
3. Maintain a minimum cumulative GPA of 2.50.
4. Meet the published “technical standards” for the athletic training education program. Technical standards will be addressed and completed during SPM 100.
5. Complete a formal interview with the ATEP director and the clinical instructors of athletic training.
6. Present proof of current American Red Cross Emergency Response certification, or its equivalent.
7. Present proof of current American Red Cross Cardiopulmonary Resuscitation (CPR) for the Professional Rescuer certification, or its equivalent.
8. Present documentation of receiving the first two of three required Hepatitis B immunization injections. Documentation should include copies of the laboratory reports that the student received the injections. If the student chooses not to be Hepatitis B immunized, he or she must read, complete, and sign the form entitled “Hepatitis B Vaccine Declination Assumption of Risk and Release”.
9. Present a current (within one year) health history and physical examination performed by a health care worker approved to perform such services (e.g., licensed physician, nurse practitioner). Documentation should include written verification that the student passed a physical examination..
10. Present proof of health insurance coverage equal to or better than the USM Student Health Insurance Plan (basic). Documentation should include a copy of a current health insurance card with the name of an insurance carrier, policy number, etc.

Retention and Progression Requirements

Prior to starting clinical rotations in SPM 270 Athletic Training Clinic I, all students must:

1. Complete SPM 210/211 with a minimum grade of C-.
2. Complete BIO 111/112 with a minimum grade of C-.

Students will be retained within the athletic training education program providing the following criteria are maintained throughout their undergraduate experience:

1. Maintain a minimum cumulative GPA of 2.50
2. Earn a minimum grade of C- in required courses
3. Documented proof of receiving the third injection of the Hepatitis B Immunization series prior to enrolling in SPM 370.
4. Present proof of current health insurance coverage, emergency response and CPR for the professional rescuer certifications, or their equivalents, prior to enrolling in the following courses: SPM 270, SPM 370, SPM 371, SPM 470, SPM 495.

Students failing to fulfill any of the above requirements will be placed on probation (see the Department of Exercise, Health, and Sport Sciences probation policy).

Graduation Requirements

Students will graduate with a bachelor of science degree in athletic training when the following are satisfied.

1. Minimum cumulative GPA of 2.50
2. Completion of all University Core curriculum requirements
3. Completion of all sports medicine core required coursework
4. Completion of all athletic training major coursework
5. Completion of 121-122 credits

Degree Requirements

The bachelor of science in athletic training consists of 121-122 credit hours, which includes the University’s Core curriculum.

<i>University Core Courses</i>		<i>Credits</i>
Required (10-11 credit hours)		
D MAT 120D	Introduction to Statistics or	
PSY 201D	Statistics in Psychology	3-4
J PSY 101J	General Psychology I	3
K PHY 101K	Introduction to Physics	3
PHY 102K	Introduction to Physics Lab	1
W	Writing-intensive requirement	
Electives (21 credit hours)		
C	Basic Composition	3
E	Skills of Analysis	3
*F	Fine Arts - Performance	3
G	Fine Arts - History	3
H	Humanities - Literature	3
I	Humanities - Other Times/Culture	3
J	Social Science	3
*THE 170F Public Speaking highly recommended		
<i>Sports Medicine Core Requirements (39 credit hours)</i>		<i>Credits</i>
CHY 107	Chemistry for Health Sciences	3
BIO 111	Human Anatomy and Physiology I	3
BIO 112	Practical Human Anatomy and Physiology I	1.5
BIO 211	Human Anatomy and Physiology II	3
BIO 212	Practical Human Anatomy and Physiology II	1.5
CON 216	Emergency Response	3
CON 219	Lifetime Physical Fitness and Wellness	3
CON 252	Human Nutrition	3
CON 352	Nutrition for Physical Performance	3
SPM 100	Introduction to Sports Medicine	3
SPM 325	Methods of Resistance Training and Conditioning	3
SPM 330	Physiology of Exercise	3
SPM 381	Kinesiology	3
SPM 430	Exercise Testing, Assessment, and Prescription	3
<i>Athletic Training Major Requirements (51 credit hours)</i>		<i>Credits</i>
Required (45 credit hours)		
NUR 209	Health Assessment	3
NUR 210	Health Assessment Practicum	2
CON 302	Pharmacology	3
CON 321	Health-Related Research	3
SPM 210	Athletic Training Principles I	3
SPM 211	Protective Taping and Wrapping	1
SPM 230	Psychology of Physical Activity and Sport	3
SPM 265	Therapeutic Modalities	3
SPM 310	Athletic Training Principles II	3
SPM 340	Therapeutic Exercise	3
SPM 410	Athletic Training Principles III	3
SPM 480	Organization and Administration of Athletic Training	3
SPM 270	Athletic Training Clinic I	2
SPM 370	Athletic Training Clinic II	2
SPM 371	Athletic Training Clinic III	2
SPM 470	Athletic Training Clinic IV	3
SPM 495	Athletic Training Internship/Co-op	3
Electives (6 credit hours)		
SPM 235	Lab Techniques in Nutrition and Exercise	3
SPM 375	Exercise Physiology Practicum	3
SPM 398	Independent Study	1-3
SPM 431	Advanced Exercise Physiology	3
SPM 435	Exercise Biochemistry	3
SPM 450	Exercise for Special Populations	3
SPM 460	Clinical Exercise Physiology	3
SPM 485	Senior Thesis I	3

SPM	486	Senior Thesis II	3
SPM	499	Athletic Training International Service Learning	3
*BIO	201	Genetics	3
*BIO	281	Microbiology and Human Disease	3
*BIO	401	General Physiology	3
*BIO	431	Immunology	3
ITS	300	Ergonomics/Time Study	3
ITS	320	Occupational Safety and Health	3
ITS	321	Workplace Design Ergonomics	3
†PSY	400	Sport Psychology Institute	3
†PSY	400	Health Psychology Institute	3
†SPM	400	Sports Nutrition Symposium	3

Other courses per Departmental permission.

*Along with required biology courses (BIO 111, 112, 211, 212, 345), students who enroll in any 2 other * courses satisfy requirements for a biology minor offered through the Department of Biological Sciences.

†Students may take 1 of 3 “†” courses as electives

Bachelor of Science in Health Sciences

The bachelor of science in health sciences curriculum reflects the different educational goals and breadth of needs of the students enrolled in the program. The bachelor of science in health sciences can also be a baccalaureate completion program for associate degree allied health graduates. As health care shifts to outpatient and community settings, and more health promotion and health education, these graduates with their expanded professional role capability will be able to provide more effective care to the community. The curriculum includes completion of the USM Core curriculum requirements, the health sciences core requirements, and one track of study: health and wellness, exercise and nutrition, or health administration.

Retention and Progression Policies

Students will be retained within the health sciences major providing the following criteria are maintained throughout their undergraduate experience:

1. Maintain a minimum cumulative GPA of 2.25.
2. Earn a minimum of C- in required courses.

Graduation Requirements

Students will graduate with a bachelor of science degree in health sciences when the following are satisfied:

1. Maintain a minimum cumulative GPA of 2.25.
2. Earn a minimum grade of C- in required courses.
3. Completion of all University Core curriculum requirements.
4. Completion of all health sciences coursework.
5. Completion of 121-122 credit hours.

Degree Requirements

The degree consists of 121-122 credit hours, which includes the University's Core curriculum.

University Core Curriculum (31-32 credits)	
English Composition (C)	3
Statistics MAT 120, PSY 201, or LAC 328(D)	3-4
PHI 100-level course (E)	3
Fine Arts—Performance (F)	3
Fine Arts—History (G)	3
Humanities—Literature (H)	3
Other Times/Other Cultures (I)	3
General Psychology I PSY 101(J)	3
Human Growth and Development HRD 200(J)	3
Natural Sciences and Lab (K)	4
Writing Intensive (W)	--
Health Sciences Core (30-33 credits)	
Human Anatomy and Physiology I (BIO 111)	3

Practical Human Anatomy and Physiology Lab I (BIO 112)	1.5
Human Anatomy and Physiology II (BIO 211)	3
Practical Human Anatomy and Physiology Lab II (BIO 212)	1.5
Emergency Response (CON 216)	3
Lifetime Physical Fitness and Wellness (CON 219)	3
Human Nutrition (CON 252)	3
Health-Related Research (CON 321)	3
Concepts in Community Health (CON 356)	3
Ethical Theories (PHI 210)	3
*Introduction to Sports Medicine (SPM 100)	3
Psychology of Physical Activity and Sport (SPM 230)	3
*SPM 100 is required for students with less than 12 credit hours at the time of matriculation.	

Choose one track of study (27-30 credits)*

- Health and Wellness
- Exercise and Nutrition
- Health Administration

General Electives as accepted with academic advisor's approval (30 credits)

Health and Wellness Track Courses

AMS	435	Introduction to Epidemiological Research
BIO	345	Pathophysiology
CON	280	Holistic Health I
CON	281	Holistic Health II
+ CON	283	Healing and Spirituality
+ CON	284	Botanical Therapies
+ CON	285	Perspectives on Animal-Assisted Therapy
CON	302	Pharmacology
+ CON	311	Psychosocial Intervention for Older Adults
CON	352	Nutrition for Physical Performance
CON	435	Death and Dying: Contemporary Issues
CON	440	International Health
CON	497	Substance Use and Abuse: Issues and Policies
EDU	210	Theoretical Foundations of Learning
ITS	300	Ergonomics/Time Study
ITS	320	Occupational Safety and Health
CON	308	Professional Communication and Technology Utilization in Nursing and the Health Sciences
+ NUR	590	Therapeutic Touch
PSY	366	Drugs, Mind and Behavior
PSY	400	Health Psychology Institute
RHF (2 – 1.5 credit courses)		
SPM	350	Health Promotion Programs
SPM	395	Health Fitness Practicum II
SPM	398	Independent Study 1-3 cr.
SPM	495	Clinical Internship

Along with completing CON 219 and CON 252, students who complete CON 280 and CON 281 and two other '+' courses satisfy the requirement for a minor in holistic and integrative health (HIH). Consult with the coordinator of the HIH minor to declare the HIH minor.

Exercise and Nutrition Track Courses

CHY	107	Chemistry for Health Sciences
CHY	115/116	Chemistry II w/Lab
CHY	251/252	Organic Chemistry w/Lab
CHY	253/254	Organic Chemistry II w/Lab
CHY	461/462	Biochemistry w/Lab
CHY	463/464	Biochemistry II w/Lab
CON	302	Pharmacology
CON	352	Nutrition for Physical Performance

PHY	101/102K	Introduction to Physics w/Lab
PHY	111/114K	Elements of Physics I w/Lab
PHY	112/116	Elements of Physics II w/Lab
SPM	235	Lab Techniques in Nutrition and Exercise
SPM	325	Methods of Resistance Training and Conditioning
SPM	330	Physiology of Exercise
SPM	375	Exercise Physiology Practicum
SPM	381	Kinesiology
SPM	400	Sports Nutrition Symposium
SPM	430	Exercise Testing, Assessment and Prescription
SPM	431	Advanced Exercise Physiology
SPM	435	Exercise Biochemistry
SPM	460	Clinical Exercise Physiology
SPM	485	Senior Thesis I
SPM	486	Senior Thesis II
SPM	495	Clinical Internship

Health Administration Track Courses

ITP	210	Technical Writing
ITP	230	Project Management
ITP	350	Conference Leading
ITP	381	Human Resource Development in Industry
ITS	320	Occupational Safety and Health
CON	440	International Health
CON	308	Professional Communication and Technology Utilization in Nursing and the Health Sciences
SPM	350	Health Promotion Programs

Choose 15-21 credits from the School of Business. Consult with the School of Business to determine requirements for a minor in accounting, business administration, or information management.

Courses with a CON prefix are listed at the end of the College of Nursing and Health Professions section.

SPM 100 Introduction to Sports Medicine

This course orients the student to the expectations of a baccalaureate education in athletic training, exercise science (majoring in exercise physiology or health fitness), or health sciences. Allied health historical perspectives, education, careers, certification, and professional associations are explored. Educating the students about the structure and progression of the three degrees will be discussed. Outside field experiences will be required. Prerequisite: ALT, EXS, HEF, or HLS student or permission of the Department chair. Cr 3.

SPM 210 Athletic Training Principles I

An introduction to the principles of prevention, examination, treatment, and reconditioning of physical activity injuries. Lecture and laboratory competencies prepare students for supervised clinical experiences. Completion of 75 clinical observation hours required. Prerequisites: ALT student; SPM 100; CON 216; BIO 111 and 112 or SCI 170K and 171K, or concurrent; 2.50 cumulative GPA. Corequisite: SPM 211. Cr 3.

SPM 211 Protective Taping and Wrapping

An introduction to the principles of taping and

wrapping as they pertain to preventative, protective, and post injury situations. In addition, basic skills in stretching will be taught. Lecture information and lab competencies prepare students for supervised clinical experience. Prerequisite: ALT student; Corequisite: SPM 210. Cr 1.

SPM 230 Psychology of Physical Activity and Sport

Course presents an overview of concepts, theories, principles, and research related to physical activity behavior. Practical application of psychological principles and techniques that help facilitate behavior change will be covered. Prerequisites: ALT, HEF, or HLS major; SPM 100. Cr 3.

SPM 235 Lab Techniques in Nutrition and Exercise

An introduction to those laboratory techniques that are found in the nutritional and exercise sciences. Students will be introduced to the concepts of energy exchange in the human body and the measurement of those exchanges. Emphasis also will be placed on the impact nutritional practices have on human performance and disease. Prerequisites: ALT, EXS, HEF, or HLS major. Cr 3.

SPM 260 Exercise Leadership

An overview of the knowledge, skills, and abilities needed by fitness instructors to plan, implement,

and evaluate safe and effective exercise programs. Emphasis is on exercise programs for individuals. Prerequisites: HEF, EXS major; SPM 100 or concurrent; CON 219 or concurrent. 2 credits lecture; 1 credit lab. Cr 3.

SPM 265 Therapeutic Modalities

An exploration of the physical principles, physiological effects, indications, contraindications, safety precautions, and operating procedures of therapeutic modalities. Includes application of modalities in the laboratory setting. Prerequisite: ALT major; SPM 210; PHY 101K, 102K. 2 credits lecture; 1 credit lab. Cr 3.

SPM 270 Athletic Training Clinic I

Completion of a minimum of 150 clinical hours applying proficiency knowledge and skills in an athletic training clinical setting. The first clinical course for students enrolled in the athletic training major. Prerequisite: ALT major; SPM 100, SPM 210. Cr 2.

SPM 310 Athletic Training Principles II

This is an intermediate study of principles for the prevention, examination, treatment and reconditioning of physical activity injuries. Lecture and laboratory competencies prepare students for supervised clinical experiences. Prerequisites: ALT major; SPM 210, BIO 111 and 112 or SCI 170K and 171K. 2 credits lecture; 1 credit lab. Cr 3.

SPM 315 Group Exercise Instruction

This course provides knowledge, skills, and practical experience needed to plan, lead, and evaluate a variety of group exercise sessions effectively. Developing and leading various components of group exercise sessions constitute a major part of this course. Prerequisites: EXS, HEF major; SPM 260. Cr 3.

SPM 325 Methods of Resistance Training and Conditioning

Theoretical and practical study of practices and methods involved in developing and implementing resistance training and conditioning programs for clinical and non-clinical populations. Prerequisites: ALT, EXS, HEF, or HLS major; BIO 211 and 212 or SCI 172 and 173; CON 219. Cr 3.

SPM 330 Physiology of Exercise

An investigation of the acute and chronic effects exercise incurs on the body. Muscle physiology, respiration, cardiac function, circulation, energy metabolism and application to training will be emphasized and applied in laboratory activities. Prerequisites: ALT, EXS, HEF, or HLS major; CHY 107 or CHY 113K and 114K or concurrent; BIO 111 and 112 or SCI 170K and 171K; and BIO 211 and 212 or SCI 172 and 173. 2 credits lecture; 1 credit lab. Cr 3.

SPM 340 Therapeutic Exercise

A study of the basic components of a comprehensive therapeutic exercise program including func-

tional anatomy, joint mobilizations, and rehabilitation programs will be discussed for the appendicular and axial skeletons. In addition, the physiological effects, safety precautions, indications, contraindications, modes of resistance, and specific rehabilitation protocols will be discussed. Prerequisites: ALT major; SPM 381 or concurrent, SPM 410. 2 credits lecture; 1 credit lab. Cr 3.

SPM 350 Health Promotion Programs

This course examines the assessment, planning, implementation, and evaluation of health promotion programs in a variety of settings. Prerequisites: SPM 230; CON 219. Cr 3.

SPM 370 Athletic Training Clinic II

Completion of a minimum of 150 clinical hours applying proficiency knowledge and skills in an athletic training clinical setting. The second clinical course for students enrolled in the athletic training major. Prerequisite: ALT major; SPM 265, 270, 310. Cr 2.

SPM 371 Athletic Training Clinic III

Completion of a minimum of 150 clinical hours applying proficiency knowledge and skills in an athletic training clinical setting. The third clinical course for students enrolled in the athletic training major. Prerequisite: ALT major; SPM 370, 410; NUR 209, 210; SPM 381, or concurrent. Cr 2.

SPM 375 Exercise Physiology Practicum

This introductory field experience emphasizes hands-on practice for students. The course includes an introduction to a variety of experiences such as fitness testing, group fitness leadership, personal training, workplace wellness, and special populations (e.g., cardiac and pulmonary rehabilitation) within USM's Lifeline Center for Wellness and Health Promotion. The student will also have the opportunity to discuss field experiences in a weekly seminar. Prerequisite or corequisite SPM 235. Cr 3.

SPM 381 Kinesiology

Structural and functional anatomical analysis of human movement. Course will also incorporate principles of mechanics as they apply to the analysis of human movement. Prerequisites: ALT, EXS, HEF, or HLS major; BIO 111 and 112 or SCI 170K and 171K; BIO 211 and 212 or SCI 172 and 173; PHY 101K, 102K. Cr 3.

SPM 385 Health Fitness Practicum I

This introductory field experience provides opportunity for practical application of knowledge gained through prior coursework in health fitness. The student will assist in the leadership of a wide variety of university-based physical fitness programs, with special emphasis on either fitness center experiences or group exercise instruction. Prerequisites: junior level HEF major; SPM 315; SPM 325 or concurrent. Cr 3.

SPM 395 Health Fitness Practicum II

Building upon experiences gained from Health

Fitness Practicum I, the student continues assisting in the leadership of university-based physical fitness programs, with emphasis on fitness center experiences or group exercise instruction. Prerequisites: senior level HEF major; SPM 385. Cr 3.

SPM 398 Independent Study

This course is intended to provide majors in the Department of Exercise, Health, and Sport Sciences with an opportunity to pursue a project independently. Students should select a faculty advisor and develop a course proposal with that person. A final written paper is required. Prerequisites: ALT, EXS, HEF, HLS major; junior or senior standing, instructor permission. Cr 1-3.

SPM 400 Sports Nutrition Symposium

This course will provide students with up-to-date information that addresses the nutritional issues facing today's athletes. National, regional, and local experts will present current scientific information in a practical manner. Cr 3.

SPM 410 Athletic Training Principles III

This is an advanced study of principles for the prevention, examination, treatment and reconditioning of physical activity injuries. Lecture and laboratory competencies prepare students for supervised clinical experiences. Prerequisites: ALT major; SPM 310; BIO 211 and 212 or SCI 172 and 173. 2 credits lecture; 1 credit lab. Cr 3.

SPM 430 Exercise Testing, Assessment, and Prescription

Course focuses on knowledge and skills necessary for assessing health-related components of physical fitness. Course will also focus on prescription and design of programs to develop health-related fitness which will be applied in the laboratory setting. Prerequisites: ALT, EXS, HEF, or HLS major; SPM 330. Cr 3.

SPM 431 Advanced Exercise Physiology

An advanced study of the physiological responses and adaptations to exercise related to human performance limitations, training effects, and health related benefits. Emphasis is on human bioenergetics, metabolism, cardiovascular structure and function; and cardiopulmonary responses to exercise will be discussed. Prerequisites: ALT, EXS, HEF, or HLS major; SPM 330. Cr 3.

SPM 435 Exercise Biochemistry

An intensive study of the biochemical regulatory mechanisms of energy production and expenditure involved in cellular metabolism. Emphasis will be placed on carbohydrates, protein, and lipid metabolism and the acute and chronic effects that exercise and physical activity have on these systems. Prerequisites: ALT, EXS, or HLS major; SPM 431; CON 352. Cr 3.

SPM 450 Exercise for Special Populations

Course focuses on exercise programming guide-

lines and recommendations for a variety of special populations. Prerequisites: ALT, EXS, HEF major; SPM 430 or concurrent. Cr 3.

SPM 460 Clinical Exercise Physiology

A clinical, practical study of the physiological and biochemical mechanisms involved in the body's response to certain diseases and pathological situations. Emphasis in both lecture and laboratory activities will be placed on cardiac electrophysiology and the pathophysiology of coronary arteriosclerosis, hypertension, and COPD. Prerequisites: ALT, EXS, or HLS major; SPM 430, 431. Cr 3.

SPM 470 Athletic Training Clinic IV

Completion of a minimum of 225 clinical hours applying proficiency, knowledge, and skills in traditional (200 clinical hours) and athletic training and general medical (25 clinical hours) settings. Fifty of the traditional setting hours will be completed during the month of August within an athletic pre-season venue. The fourth clinical course for students enrolled in the athletic training major. Prerequisite: ALT major; SPM 330, 340, 371; SPM 430 or concurrent. Cr 3.

SPM 480 Organization and Administration of Athletic Training

Administrative components of an athletic training program. Facility design; supply ordering, budget and inventory; insurance, personnel and athletic training educational considerations. Prerequisites: junior or senior level ALT major. Cr 3.

SPM 481 Fitness Facility Management

An introduction to the management and operation of health fitness facilities. Knowledge and skills needed to plan, lead, manage and evaluate various health fitness programs will be discussed. Prerequisites: senior level HEF major. Cr 3.

SPM 485 Senior Thesis I

A study of the various physiological and biochemical techniques involved in research in exercise physiology. Emphasis will be given to clinical/applied science techniques such as phlebotomy, blood chemistry and metabolic analyses of $\dot{V}O_2$, lactate threshold and cardiac output. Students will be required to conduct a research experiment using learned techniques. Prerequisites: ALT, EXS, or HLS major; SPM 430, 431. Cr 3.

SPM 486 Senior Thesis II

A continuation of SPM 485 in terms of the research project. Students will be introduced to various research-related issues such as design, methodology, statistics and writing scientific manuscripts involved in conducting research in exercise physiology. Prerequisites: ALT, EXS, or HLS major; SPM 485. Cr 3.

SPM 495 Clinical Internship/Co-op

This culminating experience for athletic training,

exercise physiology, health fitness and health sciences majors provides the opportunity for students to apply knowledge and skills gained through didactic, practicum, clinical, and laboratory experiences in a work setting. Prerequisites: All ALT, EXS, HEF, or HLS major requirements must be completed. Instructor permission required. Cr 3-12.

SPM 499 Athletic Training International Service Learning

This culminating experience for athletic training majors provides the opportunity to apply knowledge and skills gained didactic and clinical experiences in remote villages in the mountains of the Dominican Republic. Prerequisites: SPM 410; instructor permission. Cr. 3.

Recreation and Leisure Studies Degree

The Department of Recreation and Leisure Studies in the College of Nursing and Health Professions offers a baccalaureate degree in recreation and leisure studies with a concentration in therapeutic recreation. In addition, the Department offers a minor in recreation leadership, a minor in nature tourism, and a variety of health/fitness instructional activity courses.

The baccalaureate degree program in recreation and leisure studies consists of 121 credit hours. Upon completion of the degree requirements, the student may seek employment as an activity coordinator, therapeutic recreation specialist, or recreation generalist. Students who complete internships under the supervision of a Certified Therapeutic Recreation Specialist will be eligible to sit for the National Council for Therapeutic Recreation Certification examination.

The minor in recreation leadership consists of 20 credit hours. The minor is designed to provide students who are not majoring in recreation and leisure studies with the basic knowledge and skills needed to lead recreation programs in settings such as YMCAs, community recreation centers, and camps.

The minor in nature tourism consists of 19 to 20 credit hours. This minor combines coursework in environmental science and outdoor recreation to provide students with an introductory knowledge of ecotourism, outdoor recreation leadership, and nature interpretation.

In addition to the degree programs and minors, a wide variety of leisure studies courses, as well as health fitness activity courses, is available. Students are encouraged to pursue recreation, leisure, and instructional health/fitness course offerings as appropriate to their academic program, or their personal development needs.

Transfer into the B.S. Degree Program in Recreation and Leisure Studies from other USM Academic Programs

Students enrolled in other USM programs of study must meet with the Department chairperson to discuss transfer requirements and their reasons for transfer. Such students should have completed REC 110, REC 121, ENG 100C, PSY 101J, and BIO 111 or equivalent with grades of C- or better. Acceptance into the program is also dependent on reasons for transfer and space availability.

Baccalaureate Degree Program in Recreation and Leisure Studies

In satisfying Core curriculum requirements, students are required to take PSY 101J and HRD 200J to fulfill their social sciences requirement. BIO 111/112 are required for the natural sciences requirement.

The four-year program in recreation and leisure studies consists of, in addition to the Core curriculum requirements, the following courses leading to the bachelor of science degree. The curriculum is subject to change as a result of faculty evaluation.

Required Recreation Core Courses (42 cr)		Credits
CON	216	Emergency Response 3
REC	110	Foundations of Recreation and Leisure Studies 3
REC	121	Introduction to Therapeutic Recreation Services 3
REC	225	Therapeutic Recreation Analysis and Technology 3
REC	332	Methods in Therapeutic Recreation Program Design 3
REC	241	Recreation Leadership 3
REC	353	Implications of Disabling Conditions for Therapeutic Recreation 3
REC	382	Therapeutic Recreation Interventions and Protocols 3
REC	494	Professional Foundations of Therapeutic Recreation Practice 3

REC 495	Internship	12
REC 498	Management and Supervision in Therapeutic Recreation	3
Leisure Studies Electives (3 cr)		
REC 224	Inclusive Leisure Services	3
REC 300	Therapeutic Recreation and Long-term Care	3
or		
CON 311	Psychosocial Interventions for Older Adults	3
REC 314	Leisure Education and Counseling	3
Health/Fitness Electives (3 cr)		
CON 219	Lifetime Physical Fitness and Wellness	3
RHF XXX	Two 1.5-credit health/fitness courses such as Aerobics, Yoga, Beginning Weight Training, Self Defense, or Adapted Aquatics Laboratory	
Recreation Leadership/Therapeutic Recreation Electives (6 cr)		
Note: Students should elect courses that expand their recreation skills and programming knowledge		
CON 285	Perspectives on Animal-Assisted Therapy	3
REC 226	Lifetime Leisure Activities	3
REC 231	Arts and Crafts Programming and Leadership	3
REC 233	Outdoor Recreation	3
REC 367	Adventure Based Counseling	3
General Recreation Electives (7 cr)		
Any recreation courses with the exception of REC 218, including courses listed in the leisure studies, health/fitness, and recreation leadership elective categories that have not already been taken. A total of no more than four 1-credit recreation activity courses can be accepted as health/fitness or general recreation electives.		
		7
Required foundation courses (27 cr)		
THE 170F	Public Speaking	3
BIO 111	Human Anatomy and Physiology I	3
BIO 112	Practical Human Anatomy and Physiology	1.5
BIO 211	Human Anatomy and Physiology II	3
BIO 212	Practical Human Anatomy and Physiology	1.5
CON XXX	Any CON Course not REC sponsored	3
SWO 388	Alcohol and Other Drug Abuse Issues	3
or		
CON 497	Substance Abuse: Issues and Policies	3
HRD 200J	Human Growth and Development	3
PSY 102	General Psychology II	3
PSY 333	Psychopathology	3
General (non-major) electives (12 cr)		<u>12</u>
Total credits (with Core)		121

Minor in Recreation Leadership

The minor in recreation leadership is designed to provide students with the basic knowledge and skills necessary to lead recreation programs in setting such as YMCAs, Boys and Girls Clubs, community recreation centers, and camps. The minor is especially appropriate for those students majoring in fields such as education, psychology, nursing, criminology, business, and social work who intend to use recreation activities as part of their practices. The minimum number of credits required for the minor is 20.

Students seeking the minor in recreation leadership must:

1. Complete REC 110 Introduction to Recreation and Leisure, REC 241 Recreation Leadership, and REC 224 Inclusive Leisure Services (9 credits total).
2. Complete three of the following courses: REC 225 Recreation Analysis and Technology, REC 226 Lifetime Leisure Activities, REC 231 Arts and Crafts Programming and Leadership, REC 233 Outdoor Recreation, REC 300 Therapeutic Recreation and Long-term Care, REC 314 Leisure Education and Counseling, or REC 367 Adventure Based Counseling (9 credits total).
3. Complete two 1-credit or 1.5-credit RHF courses from the following: RHF 106 Ballroom Dance, RHF 107 Aerobics, RHF 109 Beginning Weight Training, RHF 118 Yoga, RHF 122 Aerobic Kickboxing, or RHF 121 Self

Defense, RHF 123 Introduction to Sea Kayaking, or RHF 135 Water Safety Instructor Training.

Not all courses are offered every semester. Some courses have prerequisites. Other RHF courses can be substituted with permission. Contact the Recreation and Leisure Studies Department chairperson to sign up for this minor.

Minor in Nature Tourism

The nature tourism minor is jointly offered by the Department of Recreation and Leisure Studies, the College of Nursing and Health Professions, and the Department of Environmental Science in the School of Applied Science, Engineering, and Technology. The minor combines coursework to provide students with an introductory knowledge of ecotourism, outdoor recreation leadership, and nature interpretation. Safe and responsible use of outdoor environments is a prime focus of the minor. Enrollment in the nature tourism minor can increase student understanding and enjoyment of nature while enhancing future employment opportunities in ecotourism and adventure recreation businesses, wilderness equipment outfitters, or organizations that focus on environmental education. The minor is open to undergraduate students* and requires the completion of 19 to 20 credit hours of coursework.

Students seeking the minor in nature tourism must complete the following courses:

<i>Required Courses (16 credits)</i>		<i>Credits</i>
ESP 110	Introduction to Nature Tourism	3
ESP 101K/102K	Fundamentals of Environmental Science with Lab	4
REC 233	Outdoor Recreation	3
ESP 445	Environmental Education and Interpretation	3
REC 218	Wilderness Emergency Response	3
<i>Elective Courses (3-4 credits)</i>		
ESP 101/102	Fundamentals of Environmental Science (with lab)	4
ESP 150	Environmental Science Field Immersion	3
REC 234	Outdoor Recreation Leadership	3

Not all classes are offered every semester. Some courses may have prerequisites.

*Recreation and leisure studies majors can only substitute REC 218 Wilderness Emergency Response for CON 216 Emergency Response if they are enrolled in the nature tourism minor and have completed either ESP 110 or ESP 101K and 102K. In addition, recreation and leisure studies majors may not take REC 234 Outdoor Recreation Leadership as a REC general elective. This course may be taken in addition to the requirements of their degree.

Retention/Progression Policies

The Department of Recreation and Leisure Studies adheres to the minimum grade and academic suspension standards described in the Academic Policies section of this catalog. In addition the faculty reserves the privilege of retaining only those students who, in the judgment of the faculty, satisfy the requirements of scholarship, skill, and health necessary for practice as therapeutic recreation specialists or therapeutic recreation assistants. A student who admits to or is found guilty of a violation of academic integrity (see USM Student Academic Integrity Policy) or the National Therapeutic Recreation Society's Code of Ethics can be suspended or dismissed from the program or the University. (The ethics statement is posted in the Department's reception area, is discussed in REC 494, and is available in the Department chairperson's office.)

A grade of D or F in a REC-prefix core course will stop progression within the respective degree course sequence. Students who receive a grade of D or F in any REC-prefix core course must repeat the course and earn a grade of C- or better. Students who receive a grade of D or F in REC 495, will be allowed to repeat the course once, providing that the student is able to secure an internship placement and the faculty agrees that the student possesses the knowledge, skills, and health necessary to work with clients in an internship setting. Students who repeat Internship must enroll in the appropriate pre-internship course the semester immediately preceding Internship. Students who receive a D or F in a Department theory or clinical course must obtain a grade of C- or better when the course is repeated. Students who fail to enroll in therapeutic recreation courses for a one-year period without permission of their academic advisors can be removed from their declared major.

Internship Policies

Policies regarding internship are specified in the Department's Student Internship Manual. Internship eligibility requirements are as follows:

B.S. Degree In order to be eligible for the REC 495 Internship placement, baccalaureate degree students must be recreation and leisure studies majors, have completed at least 24 credits from the Core curriculum, plus all of the program's required foundation courses. Students must also possess current Red Cross Emergency Response and CPR certifications, have a grade point average of at least 2.0 and have completed the following major courses: REC 110, REC 121, REC 225, REC 241, REC 332, REC 353, REC 382, REC 494, a health/fitness elective; a recreation leadership elective, and a leisure studies elective. Students wishing to complete an internship outside of the faculty's direct supervision area (approximately a 120-mile radius from USM) must have a GPA of at least 2.6. Internship opportunities extend throughout New England and beyond. The Department cannot guarantee that students will be able to obtain internships in the southern Maine area.

Course Fees

A course fee is assessed in Emergency Response (CON 216), Arts and Crafts Programming and Leadership (REC 231), Adventure Based Counseling (REC 367) and selected RHF courses.

Courses with a CON prefix are listed at the end of the College of Nursing and Health Professions section.

RHF 100-Level Recreation/Fitness Courses

RHF courses are designed to provide education and skill development in a particular recreation or health/fitness activity. Because skill and/or fitness development are objectives in all RHF courses, students must attend and participate in class activities in order to pass. The Department reserves the right to request written medical clearance for participation in courses that require high intensity exercise. An * after a course number indicates that students will be required to pay a vendor charge for access to activity environments and/or equipment. The course instructor will explain any charge. The following are the RHF activity areas: RHF 101 Tennis; RHF 106 Ballroom Dance; RHF 107 Aerobics; RHF 108 Step Aerobics; RHF 109 Beginning Weight Training; RHF 114* Rock Climbing; RHF 117 Low Impact Aerobics; RHF 118 Yoga; RHF 121 Self-Defense; RHF 122 Aerobic Kickboxing; RHF 124 T'ai Chi Qigong; RHF 126 Stability and Physio-Ball Exercise; and RHF 127 Pilates. Cr 1.5 each.

RHF 123 Introduction to Sea Kayaking and Introduction to Cross-Country Skiing Cr 1 each.

REC 110 Foundations of Recreation and Leisure Studies

This course addresses the concepts of leisure, play, and recreation, emphasizing the role leisure should play in modern society. Lectures and discussions on societal attitudes toward work and leisure stresses the need to keep these in proper perspective. Students will concentrate on the psychological aspects of optimal experience and quality of life. Community leisure services will be addressed. Assignments will encourage students to explore leisure lifestyle attitudes. Cr 3.

REC 121 Introduction to Therapeutic Recreation Services

An overview of therapeutic recreation including historical and philosophical foundations, service models, professional functions and service settings. The psychology of disability will be included as will an introduction to disabling conditions. Prerequisite: therapeutic recreation major or instructor permission. Cr 3.

REC 218 Wilderness Emergency Response

This course prepares students to stabilize and care for victims of medical emergencies in remote and wilderness area settings when advanced medical professionals are not readily available. The course is a requirement for students enrolled in the nature tourism minor. Students who successfully complete the course will qualify for certification by the American Red Cross in Wilderness Emergency Response and CPR for the Professional Rescuer. Cr 3.

REC 224 Inclusive Leisure Services

This course will explore how to include persons with disabilities into non-treatment leisure services. Topics including disability awareness and history, stigma, attitudes, barriers, legislation, physical and social inclusion strategies, empowerment, and administrative concerns, such as the development of mission statements, needs assessments, staff training, and marketing will be examined. Prerequisite: REC 110 or instructor permission. Cr 3.

REC 225 Therapeutic Recreation Analysis and Technology

This course examines the role of activities in therapeutic recreation as well as methods that can be used to analyze the therapeutic potential of recreation activities relative to functional behavior change. The structure and role of leisure education activities will be examined as will the roles of legislation and assistive technology in providing access to recre-

ation activities. A variety of recreation assistive devices and services will be studied. Prerequisite: REC 110 or instructor permission. Cr 3.

REC 226 Lifetime Leisure Activities

Through participation in a variety of recreational pursuits, students will explore the rules, techniques, strategies, and adaptations for successful participation by those individuals with disabilities. Leadership techniques for teaching physical recreation activities and basic motor learning concepts will also be addressed. Cr 3.

REC 229 Adapted Aquatics Laboratory

This course introduces students to the therapeutic medium of water as it is used to promote the physical, psychological, and social well-being for persons with disabilities. The lab will require students to participate in a community-based adapted aquatics program under the supervision of a therapeutic recreation, adapted aquatics specialist. Students will be given a general introduction to the disabilities presented by program participants and will be required to learn and apply adapted aquatics assessments, skills, and program management knowledge. Each student will negotiate, with the instructor, the aquatics program that will be attended. The lab will require approximately two hours on site per week. Prerequisites: REC 225 or instructor permission, plus passage of basic swimming skills and lifting tests. Cr 1.

REC 231 Arts and Crafts Programming and Leadership

Students will learn about the therapeutic benefits of art and craft activities and how to plan, adapt, organize, and lead programs and activities. The course will require students to participate in a variety of craft activities such as leatherwork, weaving, quilting, sand painting, and other appropriate projects. Prerequisite: REC 110 or instructor permission. Cr 3.

REC 233 Outdoor Recreation

This course focuses on safe, sustainable, nature-based recreation with an emphasis on "leave no trace" principles. The role of park systems and wilderness environments relative to recreation in modern society will be examined. A variety of outdoor recreation activities will be introduced. Several class trips will be required; thus students must be prepared to pay charges (a total of no more than \$20) for access to outdoor activity environments and equipment. Cr 3.

REC 234 Outdoor Recreation Leadership

This course examines outdoor leadership as a vocation and focuses on the environmental planning, implementation, and risk management knowledge and skills needed to lead outdoor trips and activities competently. Students will assist the REC 233 instructor in leading outdoor activities. Students may also be required to take part in a class planned overnight trip. Prerequisites: REC 233, nature tourism minor, and/or instructor permission. Cr 3.

REC 241 Recreation Leadership

This course will provide students with the basic knowledge and methods necessary for effective leadership in recreation settings. Students will be required to participate in projects, presentations, and discussions which are aimed at helping them develop and analyze leadership skills in a variety of recreation program areas such as special events, expressive arts, passive recreation, outdoor recreation, and sports. Prerequisites: therapeutic recreation major and REC 110 or instructor permission. Cr 3.

REC 294 Professional Foundations of Therapeutic Recreation Practice

This course will prepare students for an extended internship experience. Students will complete all of the tasks necessary to apply for an internship placement. Serious study and discussion of topics such as professional conduct, ethics, safety, and risk management will be required. This course must be taken immediately prior to Internship. Prerequisites: Recreation core courses and instructor's permission. Cr 3.

REC 295 Internship

Students work as therapeutic recreation assistants under the supervision of an appropriately certified therapeutic recreation leader in a university approved agency which provides therapeutic recreation services. A faculty member will work with the agency supervisor to coordinate the student's educational experiences. Students will be required to participate in some on campus classroom sessions to process their internship experiences. Prerequisite: REC 294 taken immediately prior to Internship. Health insurance is required for students enrolled in this course. Cr 6.

REC 314 Leisure Education and Counseling

The intent of this course is for students to learn how to help people plan for and find enjoyment in leisure. Theories and techniques of counseling will be included. Students will learn how to help clients identify barriers and to assess their values, attitudes, and interests as they relate to their leisure behavior. Students will be expected to work on projects in small groups. Prerequisite: majors only or permission of the instructor. Cr 3.

REC 332 Methods in Therapeutic Recreation Program Design

Using a systems approach to therapeutic recreation program development, students will learn how to develop group-oriented treatment and educational programs. Leisure assessment, documentation, and individualized treatment plan development will be introduced. Students will be required to meet together outside of class to work on group program development projects. Prerequisites: REC 121, REC 225, majors only. Cr 3.

REC 353 Implications of Disabling Conditions for Therapeutic Recreation

This course provides an overview of physical and developmental disabilities with emphasis on etiolo-

gy, clinical descriptors, rehabilitation, and educational concerns. Examination of the impact of disability on leisure and therapeutic recreation programming will be addressed, as will barriers that affect communication and interactions between persons with and without disabilities. Prerequisite: REC 225. Cr 3.

REC 367 Adventure Based Counseling

The course focuses on how to facilitate and then process outdoor/adventure/recreation activities as a means to improve self-concepts, develop group cohesion and uncover feelings, among others. Course objectives will be met through experiential as well as theoretical methods, thus allowing the student to acquire the skills necessary to lead groups through similar activities. Class format will be lectures, discussions, group activities, and presentations by class members. The course will address how to plan, implement, lead, debrief, and evaluate adventure experiences. Prerequisite: REC 241. Cr 3.

REC 382 Therapeutic Recreation Interventions and Protocols

This course examines therapeutic recreation services in a variety of habilitation and rehabilitation settings. Emphasis will be on individual treatment planning, intervention strategies, and the development of diagnostic and treatment protocols. Students will be required to work in groups and participate in class leadership. A 24-hour practicum experience at an outside treatment facility is required. Prerequisites: REC 332, PSY 333, HRD 200J and SWO 388 or CON 497 and recreation and leisure studies major or instructor permission. Cr 3.

REC 398 Independent Study

This course is open only to students majoring in therapeutic recreation who have identified a topic, relevant to their major, that they want to study in

depth. Students must obtain a faculty supervisor and negotiate a written independent study contract with this person. Independent study forms can be obtained from the Department. Cr 1-3.

REC 494 Professional Foundations of Therapeutic Recreation Practice

This course will prepare students for an extended internship experience. Students will complete all of the tasks necessary to secure an internship placement. Serious study and discussion of topics such as professional conduct, ethics, safety, and risk management will be required. This course must be taken immediately prior to Internship. Prerequisites: Recreation core courses and instructor's permission. Cr 3.

REC 495 Internship

Students are required to work a minimum of 490 hours in an agency that provides recreation or therapeutic recreation services. During this period the students will apply the knowledge, methods, and leadership techniques which have been learned in academic courses. Students will be directly supervised by qualified agency personnel and indirectly supervised by faculty. This course is usually taken the senior year. Prerequisites: REC 494 and instructor's permission. Health insurance is required of students enrolled in this course. Cr 12.

REC 498 Management and Supervision in Therapeutic Recreation

An overview of management roles in therapeutic recreation settings with major focuses on comprehensive program development, supervision of professional and volunteer personnel, policy and strategy development and quality assurance. Each student is required to develop a comprehensive program and policy manual. Students will apply the information learned during internships to course assignments and discussions. Prerequisite: REC 495. Cr 3.

College of Nursing and Health Professions CON Courses

CON 216 Emergency Response

This course will cover the topics prescribed by the American Red Cross in their emergency response course, including respiratory and cardiac emergencies, wounds, poisoning, sudden illness, burns and other topics. Successful completion of the course requirements will lead to Emergency Response certification, including adult, child, and infant CPR, from the American Red Cross. Cr 3.

CON 219 Lifetime Physical Fitness and Wellness

The primary emphasis of this course is to teach students how to take control of their personal health and lifestyle habits. Major areas will include nutrition/weight management, fitness training techniques, flexibility, coronary risk factor management, muscular strength/endurance, stress management, and other wellness-related topics. Class content will include readings, discussions, self-assessment activities, and development of personalized nutrition and physical activity plans. Cr 3.

CON 252 Human Nutrition

This course examines the basic concepts of human nutrition and their application to the needs of human beings throughout the life cycle. Discussion of factors affecting food practices and attitudes is included. Prerequisites: BIO 211 or SCI 172. For challenge information contact the College of Nursing and Health Professions. Cr 3.

CON 280 Holistic Health I

This course explores the many facets of holistic health. Emphasizing the integration of body, mind, and spirit, specific techniques and therapies will be introduced including, but not limited to, nutrition, stress management, meditation, therapeutic movement and massage, music, and others. The primary goal is to bring greater self-confidence, increased knowledge, and self-responsibility about health into each student's life. Cr 3.

CON 281 Holistic Health II

This course explores the realm of holistic health in greater depth. A strong component will focus on approaches to healing, including such topics as nutrition, meditation, creative imagery, crystals, and herbal remedies. Spiritual and metaphysical dimensions will be integrated as they relate to the total well-being of the individual. The primary goal is to become conversant with holistic approaches that are widely used in promoting and supporting self-healing in both self and others. Prerequisite: CON 280 or permission of instructor. Cr 3.

CON 283 Healing and Spirituality

This course will explore the links between spiritual understandings and physical and mental health. Focusing on global spiritual and religious traditions, the course will examine the determinants of health and the healing techniques utilized in each faith. We will also examine the ways in which religious values and expectations become internalized and affect the ways in which we interpret our wellness and our discomforts. This course is designed to offer an opportunity to become familiar with the world's faith traditions, and to explore spirituality as it relates to healing, both personally and institutionally. Cr 3.

CON 284 Botanical Therapies

The use of medicinal plant remedies can offer a rich, effective, and safe addition to health care for a variety of common illnesses and conditions. With dramatic increase in use of herbal preparations, however, questions of effectiveness and safety arise for both health care consumers and their providers. This course will give the historical background on the use of medicinal plants in the U.S. and Europe, examine the current legal status of plant remedies and herbal practitioners, review the most commonly used botanical remedies available, and discuss the benefits and risks that attend the use of these and other medicinal plant preparations. Cr 3.

CON 285 Perspectives on Animal-Assisted Therapy

This course explores the role of pets and other animals in contemporary society with a special emphasis on understanding the role animals may play in the treatment/rehabilitation of persons with a variety of physical and psychological disabilities. Lectures, discussions, guest speakers, and a variety of A/V materials will be utilized to meet course objectives. Cr 3.

CON 302 Pharmacology

This course provides an overview of the principles of pharmacokinetics and pharmacodynamics. The major drug categories are reviewed with emphasis placed on the therapeutic use, action, and adverse reactions of selected prototype drugs. Emphasis is placed on the benefits and risks of drug therapy, thereby preparing the health professional for safe, therapeutic pharmacologic interventions. There is no clinical component to CON 302. For nursing majors concurrent or semester preceding NUR

323/325. Prerequisites: BIO 211 or SCI 172 and junior standing. Cr 3.

CON 308 Professional Communication and Technology Utilization in Nursing and the Health Sciences

This course emphasizes a critical examination of how technology and communication can enhance the understanding of the historical development of the profession of nursing. Students explore professional development in nursing theory, using written and oral communication skills and learn to present information effectively using a variety of sources and techniques. To achieve this objective, the course will introduce APA style of referencing; review basic tenets of good writing style; present information access and utilization skills through library computer searches; explore basic computer skills such as e-mail, listserv membership, Internet searching and critique; and support the development of public presentation skills through the use of presentation software. Cr 3.

CON 311 Psychosocial Interventions for Older Adults

This course will explore the normal aging process in addition to a variety of chronic conditions experienced by older adults. The focus of the course will be on non-pharmacological intervention strategies for older adults residing in community and clinical agencies. Intervention examples include stress management, animal-assisted therapy, storytelling, autobiographical writing, bibliotherapy, adventure-based activities, air mat therapy, and "simple pleasures" activities. Other topics of study will include attitudes, stereotypes, and social issues that affect older adults today. Off-campus service learning experiences will be expected along with in-class discussions. Cr 3.

CON 321 Health-Related Research

Introduction to health-related research with an emphasis on understanding the research process and becoming a consumer of research. Critique of health-related research findings to health professions and their application to professional practice is a major component of this course. Prerequisite or concurrent: PSY 201D or MAT 120D. Cr 3.

CON 352 Nutrition for Physical Performance

The in-depth study of general nutritional practices applied to athletes and other individuals who are physically active. The course will emphasize basic cellular metabolism as it relates to energy production and expenditure during the course of preparation and training for athletics and physical activity. Weight control, use of ergogenic aids and nutritional supplements will also be discussed. Prerequisites: ALT, EXS, HEF major; CON 252; SPM 330 or concurrent. Cr 3.

CON 356 Concepts in Community Health

This course introduces the concepts and principles

basic to the development and maintenance of the community's health. The epidemiological process guides the survey of current major health issues. The course focuses on the health issues of groups in the community at local, state, national, and global levels. Cr 3.

CON 435 Death and Dying: Contemporary Issues

This course focuses on dying, death, and bereavement in contemporary Western society within the context of theory, research, and practice. Issues around sudden death and dying from a chronic and/or terminal illness will be explored. Selected topics include cardiopulmonary resuscitation, palliative and hospice care, pain and symptom management, physician assisted suicide, family caregiving at the end of life, advance care planning, pregnancy loss, and the death of a child. Normal grief will be differentiated from pathological or traumat-

ic grief. Finally, the continuum of services (e.g., support groups, psycho-educational groups, Internet chat groups) that are available for bereaved persons will be explored. Cr 3.

CON 440 International Health

This is a multi-disciplinary elective course which presents multiple perspectives on improving the health of populations in the interconnected global environment. Cr 3.

CON 497 Substance Use and Abuse: Issues and Policies

This course is an interdisciplinary examination and study of issues and policies surrounding alcohol and other drugs. Emphasis is placed on epidemiology; pharmacology; theoretical models; strategies for prevention, treatment, and relapse prevention; needs of special populations; and ethical, legal, and socio-political aspects surrounding addiction. Cr 3.