

Health, Human Performance and Recreation (HHPR)

Michelle Gray
Interim Department Head
306 HPER Building
479-575-6713
Email: gray@uark.edu

Paul Calleja
Assistant Department Head and Graduate Coordinator
306C HPER Building
479-575-2854
Email: pcallej@uark.edu

Health, Human Performance and Recreation website (<http://hpr.uark.edu/>)

Degrees Conferred:

M.A.T. in Athletic Training (<http://catalog.uark.edu/graduatecatalog/programsofstudy/athletictraining/>) (ATTR)
M.Ed. in Physical Education (<http://catalog.uark.edu/graduatecatalog/programsofstudy/physicaleducationphedmed/>) (PHED)
M.Ed. in Recreation and Sport Management (<http://catalog.uark.edu/graduatecatalog/programsofstudy/recreationandsportmanagementresmeded/>) (RESM)
M.P.H. in Public Health (<http://catalog.uark.edu/graduatecatalog/programsofstudy/publichealth/>) (PBHL)
M.S. in Exercise Science (<http://catalog.uark.edu/graduatecatalog/programsofstudy/exercisescienceexscms/>) (EXSC)
Ph.D. in Health, Sport and Exercise Science (<http://catalog.uark.edu/graduatecatalog/healthsportandexercisescience/>) (HSES)

Primary Areas of Faculty Research: Please see individual faculty bios for specific research interests.

Graduate Faculty

Buttram, Mance E., Ph.D., M.A. (Florida International University), M.A. (University of Arizona), Associate Professor, 2021.
Calleja, Paul C., Ph.D., M.S. (University of Arkansas), B.S. (San Jose State University), Clinical Professor, 2003, 2018.
Davis, Robert, Ph.D., M.S., B.S. (University of Mississippi), Assistant Professor, 2018.
Dobbs, Page, Ph.D., M.S., B.S., (University of Arkansas), Assistant Professor, 2020.
Edmonston, Craig, M.S. (University of Kansas), B.S. (Kansas State University), Instructor, 2016.
Elbin, R. J., Ph.D. (Michigan State University), M.A., B.A. (University of New Orleans), Associate Professor, 2013, 2018.
Gallagher, Kaitlin, Ph.D., B.Sc. (University of Waterloo, Canada), Associate Professor, 2015.
Ganio, Matthew Stueck, Ph.D. (University of Connecticut), M.S., B.S. (University of Georgia), Professor, 2011, 2020.
Gray, Michelle, Ph.D. (University of Arkansas), M.S. (Ball State University), B.S. (University of Tennessee, Chattanooga), Associate Professor, 2010.
Greene, Nicholas P., Ph.D. (Texas A&M University), M.S., B.S. (University of South Carolina), Professor, 2013, 2022.

Hammig, Bart, Ph.D. (University of Kansas), M.P.H. (University of Kansas Medical Center), B.S. (University of Kansas), Professor, 2008, 2018.
Henry, Leah Jean, Ph.D. (Texas Woman's University), M.A. (Michigan State University), B.S. (Texas A&M University), Associate Professor, 2008, 2011.
Howie-Hickey, Erin, Ph.D. (University of South Carolina), B.S. (University of Maryland), Associate Professor, 2016, 2022.
Jones, Ches, Ph.D. (University of Alabama at Birmingham), B.S.E. (Pittsburg State University), Professor, 1994.
Kern, Jack C., Ph.D. (Texas Woman's University), M.Ed. (Texas State University-San Marcos), B.S. (University of Wisconsin-LaCrosse), Clinical Professor, 1996, 2013.
Langsner, Steve, Ph.D. (Indiana University at Bloomington), M.S. (University of Baltimore), B.S. (Springfield College), Associate Professor, 1989.
Lens, Joshua, J.D. (University of Iowa), B.A. (University of Northern Iowa), Assistant Professor, 2018.
Lirgg, Cathy D., Ph.D. (Michigan State University), M.S. (Indiana State University), B.A. (Muskingum College), Professor, 1991, 2018.
McDermott, Brendon P., Ph.D. (University of Connecticut), M.S. (Indiana University at Bloomington), B.S. (Northeastern University), Professor, 2012, 2023.
Moiseichik, Merry Lynn, J.D. (University of Arkansas), R.Ed. (Indiana University at Bloomington), M.S., B.S.E. (State University of New York at Cortland), Professor, 1989, 2007.
Murach, Kevin A., Ph.D. (Ball State), M.S. (James Madison University), B.S. (University of North Carolina), Assistant Professor, 2021.
Parke, Elizabeth A., Ph.D. (University of Hawaii), M.S. (University of Utah), B.A. (Hope College), Assistant Professor, 2021.
Rosa-Caldwell, Megan, Ph.D. (University of Arkansas), M.S. (University of Arkansas), B.S. (Baker University), Assistant Professor, 2023.
Russell, Alex, Ph.D. (Texas A & M University), M.A. (University of Houston), B.S. (University of Houston), Assistant Professor, 2020.
Schmitt, Abigail, Ph.D. (University of Florida), M.S. (University of Northern Colorado), B.S. (University of North Carolina), Assistant Professor, 2020.
Schmitt, Craig, Ph.D. (University of Northern Colorado), M.B.A. (University of Central Florida), B.S. (University of Florida), Teaching Assistant Professor, 2020.
Smith-Nix, Angela, Ph.D. (University of Arkansas), M.Ed., B.S.E. (Arkansas State University), Teaching Professor, 1989.
Sullivan, Amanda Lynn, Ph.D., M.A.T., B.S.E. (University of Arkansas), Clinical Associate Professor, 2010, 2018.
Vela, Luzita I., Ph.D., (Pennsylvania State University), M.S. (Barry University), B.S. (Texas Woman's University), Teaching Professor, 2021.
Washington, Tyrone A., Ph.D., B.S. (University of South Carolina at Columbia), Associate Professor, 2011, 2018.

Exercise Science Courses

EXSC 5023. Advanced Teaching in Exercise Science. 3 Hours.

Examination and practical exposure to the principles and practices of undergraduate teaching in exercise science. Includes course planning, teaching techniques, assessment strategies, and supervised practice. (Typically offered: Fall, Spring and Summer) May be repeated for up to 6 hours of degree credit.

EXSC 5323. Biomechanics I. 3 Hours.

Intended to serve as an introduction to biomechanics and focuses on scientific principles involved in understanding and analyzing human motion. (Typically offered: Fall)

EXSC 5333. Instrumentation in Biomechanics. 3 Hours.

The application of knowledge and skills necessary for data collection for sports analysis. Provides valuable information on instrumentation used specifically in biomechanics. Prerequisite: EXSC 5323. (Typically offered: Irregular)

EXSC 5353. Exercise Psychology. 3 Hours.

Exercise Psychology is a lecture and discussion format for students interested in learning about theoretical and research information related to exercise adherence. (Typically offered: Fall)

EXSC 5453. Physical Activity and Health. 3 Hours.

The course is designed to give graduate students from a variety of disciplines a broad introduction to the role of physical activity and how it affects the public's health across the lifespan. Throughout the semester, we will cover topics such as the current recommendations for physical activity, the beneficial effects of physical activity on various health-related outcomes, determinants of physical activity, how to measure physical activity at both the individual and population levels, and strategies used to promote physical activity. Graduate students within all areas of exercise science, public health and disciplines outside of public health (e.g., education, healthcare, social work, and psychology) could benefit from this course at the Masters or Doctoral level. Students will complete a physical activity research project in their field of study and review both historical and current literature. (Typically offered: Irregular)

EXSC 5463. Promoting Physical Activity in the Community. 3 Hours.

This course will give students in the area of public health or physical activity the opportunity to survey community physical activity interventions in diverse settings and populations (i.e. workplaces, schools, urban planning, children). The course will examine evidence-based strategies to promote physical activity, and students will apply program planning and physical activity evaluation skills in the field of physical activity. (Typically offered: Fall)

EXSC 5513. Physiology Exercise I. 3 Hours.

A study of the foundation literature in exercise physiology. Emphasis is placed on the muscular, cardiovascular, and respiratory systems. (Typically offered: Fall)

EXSC 5523. Muscle Metabolism in Exercise. 3 Hours.

A study of the metabolic changes that occur in muscle as a result of exercise, exercise training, and other stressors. Prerequisite: EXSC 5513 or equivalent. (Typically offered: Spring)

EXSC 5533. Cardiac Rehabilitation Program. 3 Hours.

An examination of the concepts, design, and implementation of cardiac rehabilitation programs. Emphasis on exercise programs but reference to nutrition, psychology, and other lifestyle interventions. (Typically offered: Spring Even Years)

EXSC 5543. Cardiovascular Function in Exercise. 3 Hours.

Study of the effects of exercise training and other stressors on the cardiovascular system. Detailed study of the components of the cardiovascular system and the responses and adaptations of those components to selected stimuli. Corequisite: EXSC 5513 or equivalent. (Typically offered: Fall Even Years)

EXSC 5593. Advanced Exercise Testing and Prescription. 3 Hours.

Practical experience in testing physical fitness utilizing laboratory equipment. Objective is to quantify physiological parameters, leading to the individualized exercise prescription. (Typically offered: Fall and Summer)

EXSC 5613. Physical Dimensions of Aging. 3 Hours.

This course will focus on the physiological changes with healthy aging, pathophysiology of age-related diseases, testing issues, exercise interventions, and the psychosocial aspects of aging. Prerequisite: EXSC 5513. (Typically offered: Spring Odd Years)

EXSC 5643. Advanced Psychology of Sports Injury and Rehabilitation. 3 Hours.

The purpose of this course is to explore and discuss factors related to the psychological aspects of athletic injuries. These factors include the sociocultural, mental, emotional, and physical dimensions of injury rehabilitation. (Typically offered: Spring)

EXSC 5773. Performance and Drugs. 3 Hours.

The pharmacological and physiological effects of ergogenic aids upon the athlete and performance coupled with the ethical and moralistic viewpoints of drug taking. Practical laboratory experiences are provided with pertinent statistical surveys of athletes; their drug taking habits and relevant psychological impact on performance. (Typically offered: Spring)

EXSC 6313. Muscle Physiology. 3 Hours.

To expand the student's knowledge of the skeletal muscle form and function. Specifically, how muscle is formed to how it can adapt as a post-mitotic tissue. This course will focus on the morphological, physiological, cellular, and molecular factors that affect skeletal muscle form and function. (Typically offered: Fall Even Years)

EXSC 6343. Physiology of Exercise II. 3 Hours.

Detailed study of the body systems affected by exercise, the functions of these systems during exercise, the effects of age, sex, body type, and nutrition on capacity for exercise, the techniques of assessing work capacity, and a critical analysis of research literature in this area. (Typically offered: Irregular)

EXSC 6443. Thermoregulation and Fluid Balance. 3 Hours.

Comprehensive overview of human thermoregulatory responses to exercise in heat and cold. (Typically offered: Spring Even Years)

Health, Human Performance and Recreation Courses

HHPR 5001. Health, Human Performance and Recreation Seminar. 1 Hour.

This course exposes Department of Health, Human Performance and Recreation (HHPR) students to the research and scholarly activity that is happening by fellow students, faculty, and related constituents. Other activities include professional development and exposure to topics of interest that aid in career enhancement. The course will be graded on a Credit/Fail basis. Prerequisite: Admission into one of the following: Ph.D. in Health, Sport and Exercise Science (HSESPH), M.S. in Exercise Science (EXSCMS), Master of Public Health (PBHLMPH), Master of Athletic Training (ATTRMA), M.Ed. in Physical Education (PHEDME), or M.Ed. in Recreation and Sport Management (RESMME) programs. (Typically offered: Fall and Spring) May be repeated for up to 3 hours of degree credit.

HHPR 5353. Research in Health, Human Performance and Recreation. 3 Hours.

Methods and techniques of research in health, human performance and recreation including an analysis of examples of their use and practice in their application to problems of interest to the student. (Typically offered: Fall, Spring and Summer)

HHPR 6233. Management in HHPR. 3 Hours.

The course is designed to develop student understanding of the principles, procedures, relationships, problems, and current practices in the supervision of recreation, sport, health education and kinesiology in higher education. In addition, students also learn about accreditation, certification, decision making, and tenure systems. (Typically offered: Spring Odd Years)

HHPR 6333. Measurement in HHPR. 3 Hours.

This interdisciplinary course is designed to develop students' understanding of the data collection process from study conception through publication. We will emphasize aspects important to measurements, such as instrumentation, study design, reading and writing, and ethics. Students will apply these concepts to their area of research interest. (Typically offered: Irregular)

HHPR 6483. Grant Writing. 3 Hours.

This course is designed to develop student understanding of the research grants process including identifying funding sources, preparation of grants and the grants review process. The course will be focused on the NIH platform which is the base model used for most biomedical research proposals. We will discuss and have guests to elaborate on other common funding sources and types of funding including: NSF, USDA, Corporate Funds and Research Contracts, Foundations (such as ACSM, AHA, etc.) (Typically offered: Spring Odd Years)

HHPR 689V. Directed Research. 1-6 Hour.

Laboratory investigations, in basic and applied research. (Typically offered: Fall, Spring and Summer)

HHPR 699V. Seminar. 1-3 Hour.

Seminar. (Typically offered: Irregular) May be repeated for up to 3 hours of degree credit.

HHPR 700V. Doctoral Dissertation. 1-18 Hour.

Doctoral Dissertation. Prerequisite: Candidacy. (Typically offered: Fall, Spring and Summer) May be repeated for degree credit.

Physical Education Courses

PHED 5243. Sport Skill Assessment and Instructional Strategies. 3 Hours.

The focus of this course is practical assessment techniques and instructional strategies in the area of sport and physical education activities. (Typically offered: Fall and Summer)

PHED 5253. The Physical Education Curriculum. 3 Hours.

Principles, problems, procedures, and the influence of educational philosophy on programs in physical education and their application in the construction of a course of study for a specific situation. (Typically offered: Fall and Summer)

PHED 5273. Professional Issues in Physical Education and Sport. 3 Hours.

A review of contemporary research literature informing effective teaching practices in physical education settings. Students gain experience in critically reviewing literature and discussing current issues. (Typically offered: Fall and Summer)

PHED 5313. Risk Management in Physical Education & Athletics. 3 Hours.

This course is designed to provide opportunities for the student to acquire an understanding of how to reduce the risk of injuries and eliminate hazards that may contribute to injuries associated with physical education and athletics. (Typically offered: Spring and Summer)

PHED 5483. Conducting Research in Physical Education. 3 Hours.

Methods and techniques of research in physical education, including an analysis of examples of their use and practice in their application to problems of interest to the student. Prerequisite: Students must be currently enrolled in the online MEd in Physical Education program. (Typically offered: Fall and Spring)

PHED 5553. Scientific Principles of Movement and Performance. 3 Hours.

This course focuses on theoretical information about sport biomechanics and movement principles, with practical applications to the physical education of coaching profession. (Typically offered: Spring and Summer)

PHED 5643. Motor Learning. 3 Hours.

Concepts of motor learning and control are presented. Attention is given to an analysis of the literature in movement control, motor behavior, and motor learning. (Typically offered: Spring and Summer)

PHED 5753. Sport Psychology. 3 Hours.

Investigation of historical and contemporary research in sport psychology. (Typically offered: Spring and Summer)

PHED 5803. Measurement Concepts for K-12 Physical Education Teachers. 3 Hours.

This course focuses on techniques that physical education teachers can use to monitor student progress in a K-12 environment. (Typically offered: Fall and Summer)

PHED 6363. Supervision in Physical Education. 3 Hours.

The focus of this course is instructional supervision as a set of complex processes in which the supervisor works within accepted guidelines and functions to effectively supervise a teacher's pedagogical development. The Physical Education Instructional Supervision (PEIS) Model will be used to help facilitate this process. (Typically offered: Fall and Spring)

PHED 6723. Project Implementation and Data Analysis. 3 Hours.

This course is designed to provide students with the tools to identify, develop, and submit grant proposals. (Typically offered: Fall and Spring)

Recreation and Sport Management Courses

RESM 5023. Outdoor Adventure Leadership. 3 Hours.

This course considers the values and scope of outdoor recreation programs, leadership and skill development with practical experience in a wilderness environment. The course will include a canoe trip through the wilderness, and skill training in such areas as orienteering and rock climbing; and leadership development in interpersonal and processing skills. The graduate portion of the class is geared toward leading and trip planning for taking college age and older students into remote areas. Graduate degree credit will not be given for both RESM 4023 and RESM 5023. (Typically offered: Summer)

RESM 5093. Diversity and Inclusion in Recreation and Sport Management. 3 Hours.

Skills, knowledge, and concepts within recreation and sport which are appropriate to planning and implementing recreation and sport programs and services for the handicapped. (Typically offered: Irregular)

RESM 5273. The Intramural Sports Program. 3 Hours.

Historical development, aim and objectives, organization, administration, units of competition, program of activities, schedule making, scoring plans, rules and regulations, awards, and special administrative problems. Graduate degree credit will not be given for both RESM 4273 and RESM 5273. (Typically offered: Fall Odd Years)

RESM 5283. History and Application of American Sport. 3 Hours.

This survey course will explore the historical development of sport in American culture and the processes of change in American culture and sport from the 15th century to the present. Students will learn how to apply historical concepts to current issues in recreation and sport management. (Typically offered: Irregular)

RESM 5293. Athletics and Higher Education. 3 Hours.

This course features an examination of the historical development of athletics within American institutions of higher learning with an emphasis upon concepts and ideals that underlie the developments and the major problems affecting contemporary intercollegiate athletics. The purpose of this course is to teach the learner about the development of intercollegiate athletics from the mid-19th century to today. A second purpose of this course is to examine the major issues facing sport administrators within intercollegiate athletics today. (Typically offered: Spring and Summer)

RESM 5333. Sport Media and Public Relations. 3 Hours.

The course will explore the relationship between media organizations and sport organizations, with an emphasis on the business of media rights, as well as public relations theories such as two-way symmetrical communication and agenda setting. Finally, the course will examine practical communication tactics employed by public relations practitioners such as image repair and crisis communications, and the issues presented by forms of new media. (Typically offered: Fall)

RESM 5463. Sports Facilities Management. 3 Hours.

Considers basic elements and procedures in the planning, design, construction, operation, and maintenance of sport facilities; management considerations in conducting various types of events. (Typically offered: Summer)

RESM 560V. Advanced Workshop. 1-3 Hour.

Workshop. (Typically offered: Irregular) May be repeated for up to 3 hours of degree credit.

RESM 574V. Internship. 1-3 Hour.

This experiential-based course requires 135 hours per semester of work in a recreation or sport setting. (Typically offered: Fall, Spring and Summer)

RESM 5803. NCAA Governance, Legislation, & Compliance. 3 Hours.

This course examines NCAA governance and both the NCAA legislative and infractions processes. As familiarity with and knowledge of NCAA legislation becomes increasingly important within the college athletics industry, a purpose of the course is to examine the NCAA's operative bylaws (11 through 17). The course will incorporate NCAA infractions cases as a method to learn application of the legislation. An overarching objective is to increase appreciation of NCAA rules compliance yet encourage critical thought of both the infractions process and legislative content. (Typically offered: Fall and Summer)

This course is cross-listed with LAWW 5803.

RESM 5813. Social Issues in Sport. 3 Hours.

Using sociological theories and scholarship to examine social and cultural influences on sport and physical activity. Course is based on a social justice framework and a cultural studies perspective. (Typically offered: Fall and Summer)

RESM 5853. Capstone in Recreation and Sport Management. 3 Hours.

Capstone course where students utilize program courses to solve administrative issues which may arise in an organization. Attention is given to how departmental organization, administrative practices and policies, strategic planning, personnel management, finances, and legal areas are integrated to create solutions to broad-based contemporary issues. (Typically offered: Spring)

RESM 5873. Leadership in Recreation and Sport Management Services. 3 Hours.

Considers research, theory, and practical applications of leadership principles utilized in the provision of recreation and sport management services. Focus is on motivation, attitude, communication, group dynamics, and problem solving. (Typically offered: Fall and Summer)

RESM 5883. Recreation and Sport Services Promotion. 3 Hours.

Examines specific strategies for promoting recreation and sport programs in the local community. (Typically offered: Summer)

RESM 5893. Public and Private Finance in Recreation and Sport Management. 3 Hours.

Develops an understanding of both public and private finance management for students in public and private management positions. Provides an understanding of the budgeting processes and techniques used in obtaining and controlling funds, including private sector finance problems in areas of credit, pricing, indexing, and debt management. (Typically offered: Fall)

RESM 600V. Master's Thesis. 1-18 Hour.

Master's Thesis. (Typically offered: Fall, Spring and Summer) May be repeated for degree credit.

RESM 605V. Independent Study. 1-3 Hour.

Independent study. (Typically offered: Fall, Spring and Summer) May be repeated for up to 3 hours of degree credit.

RESM 612V. Directed Reading in Recreation and Sport. 1-3 Hour.

Critical analysis of literature in the area of recreation and sport. (Typically offered: Fall, Spring and Summer)

RESM 6133. Issues in RESM. 3 Hours.

A review of the significant social, demographic, behavioral, developmental, and technological issues that influence health, kinesiology, and recreation and sport management programs. Pre- or Corequisite: Doctoral level students only. (Typically offered: Irregular)

RESM 6533. Legal and Political Aspects. 3 Hours.

An overview of major legislation affecting recreation and sport management professions; how to operate within these laws; and methods for influencing new legislation. Also discusses political aspects of professions both outside and inside government agencies. (Typically offered: Spring)

This course is cross-listed with LAWW 5923.

RESM 674V. Internship. 1-3 Hour.

Students will learn diverse teaching techniques and implement them in an ongoing undergraduate recreation and sport management class serving as the teaching laboratory. The "what" "when" and "how" relative to integrating various teaching techniques with specific content areas in the class will be explored by both the student and the instructor. (Typically offered: Fall, Spring and Summer)