Health, Human Performance and Recreation (HHPR)

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Health, Human Performance and Recreation website (http://hhpr.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/psycaleducationphedmed) (PHED)
M.Ed. in Recreation and Sport Management (http://catalog.uark.edu/graduatecatalog/programsofstudy/recreationandsportmanagementresmmeded) (RESM)
M.S. in Kinesiology (http://catalog.uark.edu/graduatecatalog/programsofstudy/kinesiologykinsmsphd) (KINS)
M.S., Ph.D. in Community Health Promotion (http://catalog.uark.edu/graduatecatalog/programsofstudy/communityhealthpromotionchlpmsphd) (CHLP)
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
Bonacci, Jeff, D.A. (Middle Tennessee State University), M.S. (West Virginia University), B.S. (University of Akron), Clinical Associate Professor, 2000.
Calleja, Paul C., Ph.D., M.S. (University of Arkansas), B.S. (San Jose State University), Clinical Professor, 2003.
Davis, Robert, Ph.D., M.S., B.S. (University of Mississippi), Assistant Professor, 2018.
DiBrezzo, Rosalie, Ph.D. (Texas Woman’s University), M.S. (Indiana University), B.S. (Brooklyn College), University Professor, 1983.
Dittmore, Stephen W., Ph.D. (University of Louisville), M.A., B.A. (Drake University), Professor, 2008.
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), Assistant Professor, 2013.
Forbess, Janet B., M.Ed. (University of Florida), B.S.E. (Georgia Southern College), Instructor, 1978.
Gallagher, Kaitlin, Ph.D., B.Sc. (University of Waterlo, Canada), Assistant Professor, 2015.

Ganio, Matthew Stueck, Ph.D. (University of Connecticut), M.S., B.S. (University of Georgia), Associate Professor, 2011.
Gorman, Dean Richard, Ph.D. (University of Kansas), M.S., B.A. (Arizona State University), Professor, 1979.
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), Assistant Professor, 2013.
Hammig, Bart, Ph.D. (University of Kansas), M.P.H. (University of Kansas Medical Center), B.S. (University of Kansas), Professor, 2008.
Henry, Leah Jean, Ph.D. (Texas Woman’s University), M.A. (Michigan State University), B.S. (Texas A&M University), Associate Professor, 2008.
Howie, Erin, Ph.D. (University of South Carolina), B.S. (University of Maryland), Assistant Professor, 2016.
Jones, Ches, Ph.D. (University of Alabama at Birmingham), B.S.E. (Pittsburg State University), Professor, 1994.
Jozkowski, Kristen N., Ph.D., M.S. (Indiana University at Bloomington), B.S. (Pennsylvania State University), Associate Professor, 2011.
Kavouras, Stavros Anastassios, Ph.D. (University of Connecticut), M.S. (University of Colorado-Colorado Springs), B.S. (University of Athens-Greece), Associate Professor, 2012.
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.
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), Clinical Assistant Professor, 2018.
Lirgg, Cathy D., Ph.D. (Michigan State University), M.S. (Indiana State University), B.A. (Muskingum College), Professor, 1991.
McDermott, Brendon P., Ph.D. (University of Connecticut), M.S. (University of Arkansas), Professor, 2010.
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.
Muir, Sherry, Ph.D. (Walden University), Associate Professor, 2017.
Smith-Nix, Angela, Ph.D. (University of Arkansas), M.Ed., B.S.E. (Arkansas State University), Clinical Assistant Professor, 1989.
Stokowski, Sarah, Ph.D. (University of Tennessee), M.Ed. (University of Oklahoma), B.S.E. (University of Kansas), Assistant Professor, 2014.
Sullivan, Amanda Lynn, Ph.D., M.A.T., B.S.E. (University of Arkansas), Clinical Associate Professor, 2010.
Vandemark, Lesley, Ph.D., M.S. (University of Connecticut), B.S. (California University of Pennsylvania), Clinical Assistant Professor, 2016.
Washington, Tyrone A., Ph.D., B.S. (University of South Carolina at Columbia), Associate Professor, 2011.

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. 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.

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.

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.

EXSC 5443. Seminar in Brain Injury and Behavior. 3 Hours.
The Brain Injury and Behavior Seminar will immerse you in specific topics pertaining to the study of human brain-behavior relationships. Emphasis will be placed on traumatic brain injury (TBI), including moderate-to-severe injuries, as well as mild TBI or concussion. The first half of the course will focus on research related to how individuals sustain and recover from TBI. The second half of the course will focus on sports-related concussion in youth, collegiate, and professional athletes, with an emphasis on how athletes sustain concussions, how concussions are assessed, treated, and managed, and how return-to-play decisions are made. This course will introduce you to research in a variety of fields that include physiology, neurology, and neuropsychology through primary source material in the form of book chapters and journal articles.

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.

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.

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.

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.

EXSC 5593. Practicum in Laboratory Instrumentation. 3 Hours.
Practical experience in testing physical fitness utilizing laboratory equipment. Objective is to quantify physiological parameters, leading to the individualized exercise prescription. Corequisite: Lab component.

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.

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. Prerequisite: Students must be accepted into the Masters of Athletic Training graduate program.

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.

EXSC 5613. 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.

EXSC 6232. Biomechanics II. 3 Hours.
Analysis of human movement with emphasis on sports skills by application of principles of anatomy, kinesiology, and cinematographical analysis. Prerequisite: EXSC 5323.

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.

EXSC 6443. Thermoregulation and Fluid Balance. 3 Hours.
Comprehensive overview of human thermoregulatory responses to exercise in heat and cold.

Health, Human Performance and Recreation Courses

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.

HHPR 560V. Workshop. 1-6 Hour.
Workshop.

HHPR 6233. Management in HHPR. 3 Hours.
Deals with principles, procedures, relationships, problems, and current practices in the supervision of health education and kinesiology. Includes management of facilities, programs, personnel, and processes.

HHPR 6333. Measurement in HHPR. 3 Hours.
Competencies for analysis and application of evaluation and measurement in HHPR.

HHPR 689V. Directed Research. 1-6 Hour.
Laboratory investigations, in basic and applied research.

HHPR 699V. Seminar. 1-3 Hour.
Seminar. May be repeated for up to 3 hours of degree credit.

HHPR 700V. Doctoral Dissertation. 1-18 Hour.
Doctoral Dissertation. Prerequisite: Candidacy. May be repeated for degree credit.

Physical Education Courses

PHED 5233. Research on Teaching in Physical Education. 3 Hours.
A review of contemporary research literature informing effective teaching practices in physical education settings. Students gain experience in critically reviewing literature in physical education as well as related behavioral science, education, and humanities disciplines; emphasis is placed in incorporating research finding into personal teaching strategies.

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.

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.

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.
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.

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.

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.

PHED 5753. Sport Psychology. 3 Hours.
Investigation of historical and contemporary research in sport psychology.

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.

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.

PHED 6723. Project Implementation and Data Analysis. 3 Hours.
This course is designed to expose students to the rigors of research and will be the culminating experience of their degree program. The students will spend the majority of time developing a research topic. The research topic will be expanded into a complete research study in which the student will seek approval from the University of Arkansas IRB committee to conduct the study and then collect data. The data will be analyzed and presented at the conclusion of the class.

Recreation and Sport Management Courses

RESM 5023. Outdoor Adventure Leadership. 3 Hours.
(Formerly RESM 4023.) 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.

RESM 5273. The Intramural Sports Program. 3 Hours.
(Formerly RESM 4273.) 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.

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.

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.

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.

RESM 550V. Workshop. 1-3 Hour.
Workshop. 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.

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.

RESM 5833. Recreation and Sport for Special Populations. 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.

RESM 5843. Tourism. 3 Hours.
Explores major concepts of tourism to discover what makes tourism work, how tourism is organized, and its social and economic effects.

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.

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.

RESM 5883. Recreation and Sport Services Promotion. 3 Hours.
Examines specific strategies for promoting recreation and sport programs in the local community.

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.

RESM 600V. Master's Thesis. 1-18 Hour.
Master's Thesis. May be repeated for degree credit.

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

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.

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.