

# EXERCISE, FITNESS, AND HEALTH PROMOTION (EFHP)

## 500 Level Courses

**EFHP 500:** *Workshop in Exercise, Fitness, and Health Promotion*. 1-3 credits. Provides concentrated full-time workshops, weekend seminars, and workshops on selected topics in exercise, fitness, and health promotion. Notes: No more than 6 credits may be applied for degree credit. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May be repeated within the degree for a maximum 6 credits.

### Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

### Grading:

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 526:** *Prevention, Recognition, and Management of Fitness Related Injuries*. 3 credits.

Promotes familiarity and proficiency with assessment and physical examination of sports-related injuries. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Recommended Prerequisite:** BIOL 124, 125 (or equivalent).

**Recommended Corequisite:** EFHP 522.

### Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

### Grading:

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 598:** *Special Topics*. 1-6 credits.

Focuses on projects related to exercise, fitness, or health promotion. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May be repeated within the term.

**Specialized Designation:** Topic Varies

### Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lec/Sem #1, Lec/Sem #2, Lec/Sem #3, Lec/Sem #4, Lec/Sem #5, Lec/Sem #6, Lec/Sem #7, Lec/Sem #8, Lec/Sem #9, Lecture, Sem/Lec #10, Sem/Lec #11, Sem/Lec #12, Sem/Lec #13, Sem/Lec #14, Sem/Lec #15, Sem/Lec #16, Sem/Lec #17, Sem/Lec #18

### Grading:

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 599:** *Independent Study EFHP*. 1-3 credits.

Studies problem areas in exercise, fitness, and health promotion research, theory, or practice under direction of faculty member. May be repeated. No more than 3 credits may be earned. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May be repeated within the degree for a maximum 6 credits.

### Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Independent Study

### Grading:

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

## 600 Level Courses

**EFHP 610:** *Advanced Exercise Physiology*. 3 credits.

Lecture, demonstration, and seminar experiences in applying research findings to understanding physiological function and effects of exercise on people. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

### Registration Restrictions:

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

### Grading:

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 611:** *Movement and Fitness Assessment*. 3 credits.

Covers common movement and fitness assessments that can be used to develop an individualized exercise program for various populations.

Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 612:** *Scientific Foundation of Applied Kinesiology*. 3 credits.

An integrated study of human anatomy, physiology, chemistry, and microbiology, presenting a complete picture of how the body functions and the diseases and disorders that cause the body to malfunction. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 613:** *Advanced Applied Biomechanics*. 3 credits.

Examines kinetic and kinematic concepts and how they apply to the qualitative and quantitative assessment of human movement. Discusses advanced applied motion analysis techniques. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 614:** *Advanced Exercise Nutrition*. 3 credits.

Advanced study of nutrition's relation to physical activity, exercise, and sports. Reviews biochemical, physiological, and behavioral aspects

of nutrition in promoting health, fitness, and sports performance.

Focuses on nutrient needs during life cycle stages. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 617:** *Corrective and Preventative Exercise Techniques*. 3 credits.

Explores content related to evidence-based exercise interventions to correct and prevent common movement dysfunctions and/or injuries in a variety of healthy populations. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to students with a major in Kinesiology.

Enrollment limited to students in a Graduate Certificate degree.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 618:** *Exercise and Sport Psychology*. 3 credits.

Covers psychological and social-psychological antecedents and consequences of exercise, physical activity, and sports participation. Emphasizes theory and research on personality, motivation, arousal, cognition, attributions, attitudes, self-efficacy, leadership effectiveness, and group dynamics. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 620:** *Research Methods for Applied Kinesiology*. 3 credits.

Introduction to the techniques of research generally employed in the fields of exercise science and health. Offered by School of

Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 621: *Statistical Methods for Applied Kinesiology*.** 3 credits.

Introduction to practical and applied aspects of both descriptive and applied aspects of both descriptive and inferential statistics in exercise science and health. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Recommended Prerequisite:** MATH 102, STAT 250.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 640: *Principles of Strength and Conditioning*.** 3 credits.

Analyzes exercise techniques, training program designs, organization and administration, and testing and evaluation using scientific principles of strength and conditioning. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 690: *Scientific Communications Seminar*.** 1-3 credits.

Studies and applies written and verbal communication skills in reading, analyzing, writing, and distributing scientific information in Applied

Kinesiology. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May be repeated within the degree for a maximum 4 credits.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

## 700 Level Courses

**EFHP 730: *Motor Learning*.** 3 credits.

Appraisal of motor learning theories and an analysis of motor skill development including the roles of information processing, practice, feedback, and motivation. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 794: *Tactical Athlete Field Practicum*.** 3 credits.

Emphasizes developing professional skills, applying knowledge to provide exercise interventions to clients at the practicum site and delivering educational content in Tactical Athlete settings. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students in a Graduate Certificate degree.

**Schedule Type:** Internship

**Grading:**

This course is graded on the Satisfactory/No Credit scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 798: *Project*.** 1-3 credits.

Addresses an applied exercise, fitness, and health promotion issue under supervision of graduate faculty member. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May be repeated within the degree for a maximum 6 credits.

**Registration Restrictions:**

Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Thesis

**Grading:**

This course is graded on the Satisfactory/No Credit scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**800 Level Courses**

**EFHP 810:** *Neuromuscular Responses to Exercise*. 3 credits.

Provides an in-depth study of the muscular systems of the human body and how these systems are altered in response to acute and chronic physical activity. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 811:** *Motor Learning and Control*. 3 credits.

Examines motor learning theories and analyzes motor skill development including the roles of information processing, practice, feedback, and motivation. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 813:** *Musculoskeletal Biomechanics in Human Movement*. 3 credits.

Advanced study of the biomechanical analysis of the musculoskeletal system, including collecting, interpreting, and modeling biomechanical data. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Recommended Prerequisite:** Graduate Standing or Permission of Instructor.

**Registration Restrictions:**

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 815:** *Measurement Techniques and Instrumentation*. 3 credits.

Explores the application and implementation of conventional measurement techniques and instrumentation to collect data in Exercise, Fitness, and Health Promotion. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

[catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/](http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/)). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 820:** *Careers in the Academy Seminar*. 3 credits.

Examines careers in the academy in a seminar format including faculty role, institutional fit, and the higher education academic job search (including developing cover letters and job portfolio outlines); introduces teaching, research, and service expectations at higher education institutions to help prepare for future academic careers. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate level students.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 825:** *Data Analytics in Exercise, Fitness, and Health Promotion*. 3 credits.

Examines data processing, analysis and interpretation using software applications common in Exercise, Fitness and Health Promotion. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 840:** *Doctoral Seminar in Exercise, Fitness, and Health Promotion*. 3 credits.

Examines problem areas in Exercise, Fitness, and Health Promotion research, theory, or practice using a combination of self-directed, guided learning, and critical peer reviews in a seminar format. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate level students.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 860:** *Critical Perspectives in Exercise, Fitness, and Health Promotion*. 3 credits.

Critically examines current topics in Exercise, Fitness and Health Promotion, and Applied Kinesiology. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate level students.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**EFHP 880:** *Grant Writing*. 3 credits.

Provides an overview of grants and contracts; examines federal and non-federal proposal development guidelines; emphasizes National Institutes of Health (NIH) research grant mechanisms as a 'gold standard'. Offered by School of Kinesiology (<http://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate level students.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Special scale. (<http://catalog.gmu.edu/policies/academic/grading/>)