



Promoting Healthier Lifestyles through Physical Activity Pedagogy

How can we improve physical activity in our schools and communities through education and programming? This program focuses on addressing this key societal issue. You will examine issues related to inactivity, physical activity and health, and you will learn to address those issues by changing people's and institution's behaviors and through education, health promotion and other wellness programs and policies. Students in this program have opportunities to work alongside nationally recognized faculty to improve the health of our society through research and community engagement.

This program is a good fit, if you:

- Have a background in health, physical education, recreation, exercise science or other related field
- Lead an active lifestyle
- Enjoy helping others lead an active lifestyle
- Want to conduct research in physical activity settings
- Want to lead physical activity programs in community settings
- Want to enhance your school physical activity and wellness programs and policies
- Would like to improve your programming and participant/cliental performance and health outcomes

For More Information Contact:

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Core Coursework (9 credits)

Course	Title	Credit
MvSc 570	Research in Physical Activity, Theory, and Design	3
PEP 570	Ethical Practice and Communication in Physical Activity	3
Or		
REC 575	Leadership,, Programming and Marketing	3
PEP 530	Contemporary Issues in Health and Activity	3
Or		
PEP 532	Health and Community Development in HPERD	3

Specialization Coursework (9 credits)

Content Area	Title	Credit
PEP 522	Pedagogy Applied to HPERD	3
PEP 523	Physical Activity Assessment	3
PEP 544	Program Development in HPERD	3

Electives

Students may select 6-9 credits from the following courses (or other courses outside the department,) in consultation with your major professor:

Course	Title	Credit
PEP 504	Special Topics	3
PEP 518	Advanced Physiology of Exercise	3
PEP 530	Contemporary Issues in Health Activity	3
PEP 532	Health & Community Development	3
PEP 560	Sport Psychology	3
PEP 561	Motivation in Sport & Recreation	3
PEP 563	Physical Activity, Health, and Metabolic Disease	3
PEP 593	Fitness Assessment & Prescription	3
REC 596	Recreation and Sport Management Behavior	3
PEP 599	Research	3

Culminating Experience

PEP 502 Project (3 credits) AND/ OR PEP 599 Research (3 credits)

Negotiated and developed with major professor

Students must file their major professor form in the first semester. Students are encouraged to file their study plan in the first semester, but must file their study plan after successful completion of 12 credits. These forms can be found at <http://www.uidaho.edu/cogs/forms/>. Please type all forms and submit a hard copy with original signatures to the Department Chair in PEB 101.

