

Health, Exercise Sci & Recreation Mgmt

[Overview](#)[Academics & Admissions](#)[Programs](#)[Minors](#)[Courses](#)[Faculty](#)

Courses

- [EL 100: Wilderness Living Techniques](#)
- [EL 103: Ropes Courses and Climbing Basics](#)
- [EL 105: Self Defense Activities](#)
- [EL 111: Cycling](#)
- [EL 117: Volleyball](#)
- [EL 118: Beginning Fencing](#)
- [EL 119: Archery](#)
- [EL 120: Intro to Lifetime Leisure Activities](#)
- [EL 124: Racquetball](#)
- [EL 129: Body Contouring and Conditioning](#)
- [EL 132: Canoeing](#)
- [EL 133: Backpacking](#)
- [EL 134: Kayaking](#)
- [EL 137: Bowling](#)
- [EL 139: Golf](#)
- [EL 142: Open Water Scuba Diving](#)
- [EL 147: Tennis](#)
- [EL 148: Introduction to Pickleball](#)
- [EL 149: Introduction to Pickleball and Tennis](#)
- [EL 151: Weight Lifting](#)
- [EL 153: Sports Conditioning](#)
- [EL 154: Coaching Soccer](#)
- [EL 155: Walking I](#)
- [EL 156: Jogging](#)
- [EL 158: Low Impact Aerobics](#)
- [EL 159: High Impact Aerobics](#)
- [EL 169: Aqua Exercise](#)
- [EL 170: Beginning Swimming](#)
- [EL 171: Intermediate Swimming](#)
- [EL 172: Advanced Swimming](#)
- [EL 173: Lifeguarding](#)
- [EL 174: Water Safety Instructor](#)
- [EL 175: Lifeguarding Instructor](#)
- [EL 200: Teaching Techniques for Land-Based Adven](#)
- [EL 217: Advanced Volleyball](#)
- [EL 218: Advanced Fencing](#)
- [EL 219: Advanced Archery](#)
- [EL 224: Advanced Racquetball](#)
- [EL 229: Advanced Body Contouring & Conditioning](#)
- [EL 231: Teaching Techniques for Small Craft](#)
- [EL 233: Sports Officiating I](#)
- [EL 234: Sports Officiating II](#)
- [EL 237: Advanced Bowling](#)
- [EL 239: Advanced Golf](#)
- [EL 242: Advanced Open Water Scuba Diving](#)
- [EL 247: Advanced Tennis](#)
- [EL 251: Advanced Weight Lifting](#)
- [EL 253: Advanced Sports Conditioning](#)



- [EL 255: Coaching Tennis](#)
- [EL 269: Advanced Aqua Exercise](#)
- [EL 342: Master Diver](#)
- [EL 352: Coaching Football](#)
- [EL 353: Advanced Sports Conditioning](#)
- [EL 354: Coaching Basketball](#)
- [EL 355: Coaching Baseball-Softball](#)
- [EL 357: Coaching Volleyball](#)
- [EL 359: Coaching Track and Field](#)
- [EL 442: Dive Supervisor](#)
- [EL 453: Advanced Sports Conditioning](#)
- [ES 100: Introduction to Exercise Science](#)
- [ES 104: Sports in the Ancient World](#)
- [ES 200: Principles of Personal Training](#)
- [ES 201: Exercise as Medicine](#)
- [ES 319: Sport and Society](#)
- [ES 338: Motor Learning and Control](#)
- [ES 344: Aging in the 21st Century](#)
- [ES 346: Kinesiology](#)
- [ES 347: Kinesiology Lab](#)
- [ES 348: Physiology of Exercise](#)
- [ES 349: Physiology of Exercise Laboratory](#)
- [ES 350: Research Methods in HESRM](#)
- [ES 351: Measurement & Statistics in Exercise Sci](#)
- [ES 358: Exercise Testing and Prescription](#)
- [ES 391: Trends & Topics in Exercise Science](#)
- [ES 393: Experiential Learning](#)
- [ES 394: Therapeutic Exercise and Fitness](#)
- [ES 396: Allied Health Terminology](#)
- [ES 402: Found. of Health and Human Performance](#)
- [ES 440: Behavioral Aspects of Exercise](#)
- [ES 446: Biomechanics of Human Movement](#)
- [ES 447: Biomechanics Laboratory](#)
- [ES 452: Applied Sport Science](#)
- [ES 456: Exercise Testing & Prescription](#)
- [ES 457: Exercise Testing & Prescription Lab](#)
- [ES 458: Clinical Exercise Testing and Prescripti](#)
- [ES 471: Mgmt. of Health, Fitness and Sport Progr](#)
- [ES 473: Practicum](#)
- [ES 490: Independent Study](#)
- [ES 493: Internship](#)
- [ES 503: Data Analytics and Methodologies](#)
- [ES 511: Applied Statistics](#)
- [ES 512: Foundations of Biomechanics](#)
- [ES 514: Applied Electromyography](#)
- [ES 515: Stress and the Brain](#)
- [ES 542: Sports Psychology](#)
- [ES 544: The American Woman in Sports](#)
- [ES 548: Biomechanics of Injury](#)
- [ES 574: Selected Problems in Special Populations](#)
- [ES 603: Data Analytics Methodologies](#)
- [ES 606: Ethics and Human Subjects Research](#)
- [ES 608: Methods & Procedures of Graded Exercise](#)
- [ES 609: Motor Behavior](#)
- [ES 610: Internship in Exercise Science](#)
- [ES 611: Exercise Physiology I](#)
- [ES 612: Instrumentation & Analysis in Biomechani](#)
- [ES 613: Health Aspects of Physical Activity](#)
- [ES 614: Cardiovascular Physiology](#)



- [ES 615: Physiological Aspects of Aging](#)
- [ES 616: Exercise Physiology II](#)
- [ES 618: Advanced Muscle Physiology](#)
- [ES 620: Selected Topics in Exercise Science](#)
- [ES 625: Research Design and Evaluation](#)
- [ES 626: Statistical Analysis I](#)
- [ES 632: Advanced Structural Kinesiology](#)
- [ES 644: Control of Human Voluntary Movement](#)
- [ES 650: Seminar In Exercise Science](#)
- [ES 651: Advanced Individual Study](#)
- [ES 652: Advanced Individual Study](#)
- [ES 653: Independent Research](#)
- [ES 655: Problems in PE/Health Education](#)
- [ES 697: Thesis](#)
- [ES 750: Advanced Seminar in Exercise Science](#)
- [Espr 797: Dissertation](#)
- [HK 606: Ethics and Human Subjects Research](#)
- [HK 710: Meta-Analysis](#)
- [HK 711: Measurement Theory and Practice](#)
- [HK 750: Seminar in Health and Kinesiology](#)
- [HK 751: Advanced Independent Study](#)
- [HK 752: Advanced Independent Study](#)
- [HK 797: Dissertation](#)
- [HP 303: Prevention & Care of Athletic Injuries](#)
- [HP 403: Advanced Athletic Training](#)
- [HP 506: Current Topics](#)
- [PH 191: Personal and Community Health](#)
- [PH 195: Foundations of Public Health](#)
- [PH 203: First Aid and CPR](#)
- [PH 300: Environmental Health](#)
- [PH 305: Program Planning and Evaluation](#)
- [PH 307: Public Health Study USA](#)
- [PH 312: Behavioral Aspects of Weight Mgmt](#)
- [PH 317: Public Health Study Abroad](#)
- [PH 319: Global Health](#)
- [PH 352: Basic Epidemiology](#)
- [PH 391: Special Topics in Health](#)
- [PH 470: Practical Applications in Public Health](#)
- [PH 490: Independent Study](#)
- [PH 503: Data Analytics and Methodologies](#)
- [PH 505: Health Program Planning](#)
- [PH 511: Applied Statistics](#)
- [PH 515: Motivational Interviewing](#)
- [PH 528: Public Health Policy](#)
- [PH 555: Health Equity](#)
- [PH 595: Human Health and Illness](#)
- [PH 600: Foundations of Public Health](#)
- [PH 603: Data Analytics Methodologies](#)
- [PH 607: Public Health Study USA](#)
- [PH 610: Biostatistics for Public Health Practice](#)
- [PH 617: Public Health Study Abroad](#)
- [PH 620: Emerging Issues in Public Health](#)
- [PH 625: Research Design and Evaluation](#)
- [PH 626: Statistical Analysis I](#)
- [PH 635: Theories in Health](#)
- [PH 646: Epidemiology](#)
- [PH 651: Advanced Independent Study](#)
- [PH 652: Advanced Individual Study](#)
- [PH 653: Independent Research](#)

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.



- [PH 665: Special Topics in Health Behavior](#)
- [PH 670: Applied Epidemiology](#)
- [PH 674: Chronic Disease Epidemiology](#)
- [PH 675: Advanced Theoretical Appl Hlth Behavior](#)
- [PH 680: Infectious Disease Epidemiology](#)
- [PH 685: Health Program Evaluation](#)
- [PH 697: Thesis](#)
- [PH 698: Public Health Practicum](#)
- [PH 699: Public Health Capstone](#)
- [SA 511: Applied Statistics](#)
- [SA 601: Measurement and Evaluation in Sport](#)
- [SA 602: Predictive Analytics in Sport](#)
- [SA 603: Big Data Analytics and Data Management](#)
- [SA 604: Quan and Qual Research Methods](#)
- [SA 605: Comm & Data Visualization in Sport](#)
- [SA 611: Sport Business](#)
- [SA 612: Sport Economic Analytics](#)
- [SA 613: Machine Learning in Sport](#)
- [SA 621: Data Analytics in Strength & Conditionin](#)
- [SA 622: Phys Aspects of Sport Perform & Monitor](#)
- [SA 623: Data Based Preven & Mgmt of Sport Injury](#)
- [SA 693: Sport Analytics Capstone](#)
- [SM 316: Christianity and Sport](#)
- [SM 321: Special Topics in Sport Management](#)
- [SM 361: Study USA in Sport Management](#)
- [SM 362: Study Abroad in Sport Management](#)
- [SM 390: Experiential Learning in Sport Managemen](#)
- [SM 623: Advanced Study USA in Sport Management](#)
- [SM 624: Advanced Study Abroad in Sport Managemen](#)
- [SM 673: Sport Finance](#)
- [SRA 194: Foundations of Sports Mgmt and Admin](#)
- [SRA 200: Recreation Program Leadership](#)
- [SRA 262: Introduction to Therapeutic Recreation](#)
- [SRA 270: The Business of Sport](#)
- [SRA 301: Planning & Evaluation in SRA](#)
- [SRA 302: Program Planning & Development](#)
- [SRA 311: Sport Marketing](#)
- [SRA 330: Sport Governance and Policy](#)
- [SRA 332: Outdoor Recreation](#)
- [SRA 370: Sports Economics and Finance](#)
- [SRA 371: Camp Leadership](#)
- [SRA 372: Procedures and Techniques in Therapeutic](#)
- [SRA 375: Recreational Sports Programming](#)
- [SRA 380: Current Issues in Travel & Tourism Mgmt.](#)
- [SRA 388: Assessment/Planning in Therapeutic Rec](#)
- [SRA 391: Practicum in Recreation Administration I](#)
- [SRA 392: Practicum in Rec. Administration II](#)
- [SRA 394: Therapeutic Exercise and Fitness](#)
- [SRA 401: Internship in Recreation Administration](#)
- [SRA 410: Senior Seminar: Professional Development](#)
- [SRA 425: Design and Maintenance of Facilities](#)
- [SRA 471: Admin. of Recreation Admin. Programs](#)
- [SRA 473: Supervision and Administration of Therap](#)
- [SRA 475: Legal Aspects of Sport and Recreation](#)
- [SRA 490: Independent Study](#)
- [SRA 497: Cooperative Field Practicum](#)
- [SRA 498: Cooperative Field Practicum](#)
- [SRA 499: Cooperative Field Practicum](#)
- [SRA 503: Data Analytics and Methodologies](#)



- [SRA 511: Applied Statistics](#)
- [SRA 574: Current Trends in Therapeutic Recreation](#)
- [SRA 580: Recreational Therapy for Older Adults](#)
- [SRA 600: Issues & Trends in Recreation Admin. Pro](#)
- [SRA 602: Assessment & Evalua. of Rec. Admin. Prog](#)
- [SRA 603: Data Analytics Methodologies](#)
- [SRA 621: Sport Policy](#)
- [SRA 625: Research Design and Evaluation](#)
- [SRA 626: Statistical Analysis I](#)
- [SRA 627: Internship](#)
- [SRA 628: Qualitative Inquiry](#)
- [SRA 651: Advanced Independent Study](#)
- [SRA 652: Advanced Independent Study](#)
- [SRA 653: Independent Research](#)
- [SRA 654: Directed Event Programming](#)
- [SRA 660: Sport and Leisure Economics](#)
- [SRA 671: Recreation Admin. Program Administration](#)
- [SRA 672: Business of Sport and Recreation](#)
- [SRA 691: Principles & Practices of Leisure & Recr](#)
- [SRA 697: Thesis](#)

