



SPORT, FITNESS & LEISURE STUDIES

Professor Amy Everitt, Chairperson

Professors: Bette Bailey, Patricia A. Everitt, Maryellen McGee

Associate Professors: Jennifer Clark Uhl, Philip Kelly

Assistant Professors: Robin C. Benton, David Berry, Caitlin Corbett, Heidi Fuller, Heidi Grappendorf, Stuart McMahon, Iris Orbach, Michele Sweeney

Instructors: Steven Dion, Lisa Dupuis

Faculty Emeriti

Professors: Grant F. Longley, Bonnetta Schreck

Associate Professors: William A. Gillis, George Jacobson, Verna L. Moberg, Richard L. Schneider

Assistant Professor: Barry P. Urbanski

PROGRAMS OFFERED

Bachelor of Science – Sport, Fitness and Leisure Studies

Concentrations (and Program Directors)

Aquatic Management
(Professor Robin Benton)

Athletic Training
(Professor Amy Everitt)

Coaching
(Professor Bette Bailey)

Fitness/Wellness
(Professor Heidi Fuller)

Health Education
(Professor Steven Dion)

Leisure Studies
(Professor Maryellen McGee)

Physical Education
(Professor Michelle Sweeney)

Sport Management
(Professor Stuart McMahon)

Options

Teacher Licensure (Elementary)

Teacher Licensure (Secondary)

Minors

Aquatic Management
(Professor Robin Benton)

Coaching
(Bette Bailey)

Dance
(Professor Caitlin Corbett)

Fitness/Wellness
(Professor Heidi Fuller)

Leisure Studies
(Professor Maryellen McGee)

Sport Management
(Professor Stuart McMahon)

NOTE: Please see Program Director and Chairperson for permission to minor in the Sport, Fitness and Leisure Studies Department.

It is the philosophy of the department to promote lifelong wellness by providing all students with the opportunity to learn and participate in lifetime activities and acquire knowledge in fitness and health. The department offers a variety of .5 credits quarter activity courses and 1-credit semester activity courses which can be used to fulfill the core requirement in physical education. A selection of health courses (SFL 194, SFL 361, SFL 362) are offered to meet the core requirement in health.

A description of and exemption policies for the core requirements in physical education and health can be found under Core Requirements in the Undergraduate Programs Section of this catalog.

In addition, a wide variety of courses are offered as free electives.

The department offers a Bachelor of Science degree - Sport, Fitness and Leisure Studies. Each major student must select one concentration.

All Sport, Fitness and Leisure Studies majors complete the necessary requirements for Biology minor. In addition, a second minor is recommended. majors must achieve a minimum grade of "C-" in all major and concentration courses.

SFL Major Activities Requirements (For all B.S. in Sport, Fitness and Leisure Studies degrees)

5 credits required, one from each area; 7 credits electives from the 6 areas:

Exercise

Required: SFL 171

Elective: SFL 391

Sport

Elective: SFL 390, SFL 392, SFL 492, SFL 494A, SFL 395

Aquatics

Required: SFL 291

Elective: SFL 153, SFL 154

Dance

Required: SFL 161A, SFL 162, SFL 163 or SFL 293

Elective: SFL 163, SFL 161, SFL 162, SFL 293

Adventure

Required: SFL 151, SFL 394 or SFL 493, SFL 165

Elective: SFL 394, SFL 493, SFL 151

Gymnastics

Required: PE concentrations

Elective: SFL 292

Aquatic Management (Concentration).

This concentration has been designed to prepare professionals in the aquatic field. The options and potential for employment in the field are varied and virtually limitless as aquatic leisure activities lead the nation as the number one choice for individual and group leisure alternatives.

Athletic Training (Concentration).

This concentration prepares the student for National Athletic Training Board of Certification examination through the CAAHEP Accredited Program. The sequencing of Athletic Training courses will take three and one half years to complete and should be started as a second semester freshman, with the care and prevention course. BIO 105, BIO 200, and CHE 124 should be started in freshmen year. In addition to required courses as indicated on the athletic training flowsheet, this program requires the completion of 800 hours of on site application. Note; This program has limited enrollment, and specific requirements for admission and retention. (See Admission and Retention Requirements for Athletic Training concentration). Additional Requirements: Athletic Training concentration students must be prepared to provide their own transportation to clinical settings. In addition, Athletic Training students will be expected to carry their own liability insurance (approximate cost \$22.00) and be CPR certified. A TB test, hepatitis B immunization and physical exam are mandatory for clinical experience. For complete details concerning curriculum policies and requirements, see Athletic Training Handbook available in the S.F.L. Department.



Coaching (Concentration).

The concentration emphasizes knowledge of sport skills, development of competitive strategies, overseeing competition and tournaments, recruiting and selecting athletes for specific sport teams. Further competencies are acquired in the development and management of athletic programs in colleges and high schools, sport facilities and sport camps.

Fitness/Wellness (Concentration).

The fitness/wellness concentration curriculum is designed to prepare the student with the knowledge and skills necessary to become instructors/technicians, owner/entrepreneurs, directors/managers and graduate students within the health-fitness professions.

Leisure Studies (Concentration).

The Leisure Studies concentration offers the student opportunity to develop competencies in the various areas of recreation and leisure services. The diverse nature of this profession requires both a theoretical foundation in basic fundamentals and the practical application of these principles. Students in this concentration will benefit as participants in an individualized program while they develop competencies in the areas of their choosing.

Physical Education (Concentration).

Those pursuing a career in teaching enroll in the state certified physical education concentration that prepares students to become teachers of elementary or secondary physical education. Candidates for teacher certification in Massachusetts must take and pass the Massachusetts Educator Certification Tests. A unique opportunity is afforded the prospective teacher to gain practical experience with students in public school settings through courses with pre-practicum components.

Sport Management (Concentration).

The concentration is designed to prepare students in the rapidly growing and dynamic field of sport management. The program of study emphasizes providing a well-rounded education with a variety of theoretical and practical opportunities available to students. The curriculum provides the student with the knowledge necessary for today's sport manager, reflecting the needs of the profession and the competencies required by the North American Society for Sport Management (NASSM) and the National Association of Sport and Physical Education (NASPE).

MINORS

Dance Minor

The Dance minor consists of 18 credits:

<i>Required:</i>		
SFL 161A	Modern Dance I	1 credit
SFL 162A	Modern Dance II	1 credit
SFL 163	Ballet	1 credit
SFL 280	Introduction to Dance	3 credits
SFL 281	Dance Composition	3 credits
SFL 381	Dance Theory & Style	3 credits
<i>Choose six credits from the following:</i>		
*SFL 480	Dance Workshop	3 credits
OR		
SFL 500	Directed Study	3 credits
{*SFL 480 is a repeatable course.}		

Admission to the Physical Education Concentration:

The following criteria are to be satisfied for matriculation into the Physical Education concentration:

1. A minimum grade of "C" in all SFL major and physical education concentration courses; English Composition 101 and 102; and Speech 101
2. A 2.75 grade point average for all courses taken at Salem State College

3. A 3.00 grade point average for all SFL major and physical education concentration required courses taken at Salem State College
4. A passing score on the Communication and Literacy Skills Tests of the Massachusetts Tests for Educational Licensure (MTEL) Educator Licensure Tests
5. A recommendation by a majority of the full-time SFL department faculty

Applications for matriculation into the Physical Education Concentration may be submitted by the student after the successful completion of 45-60 credits hours and the minimum standards listed above. Matriculation applications are available from the Physical Education Concentration Coordinator prior to the Fall and Spring advising periods. Matriculation into the Physical Education concentration is a **prerequisite** for: SFL321P, SFL322, SFL420, EDU462N, EDU472N, and EDU472B.

Admission into the Student Teaching Practicum

The following criteria are to be satisfied for admission into the Student Teaching Practicum:

1. Matriculated into the Physical Education concentration
2. A 2.75 overall grade point average
3. A 3.00 grade point average for all SFL major and physical education concentration courses
4. A passing score on the content area part of the Massachusetts Tests for Educational Licensure
5. Senior status – 90 or more credits hours
6. Successful completion of all courses and prepracticum experiences prerequisite to the student teaching practicum

Student teaching applications are available from the Physical Education Concentration Coordinator prior to the Fall and Spring advising periods.

Admission to the Athletic Training Concentration

The following criteria are to be satisfied for matriculation into the Athletic Training concentration:

1. Successful completion of 36 semester hours
2. A grade of "C-" or better in the following courses:
SFL 251 Standard First Aid and CPR
SFL 349 Care and Prevention of Athletic Injuries
BIO 200 Anatomy and Physiology I
BIO 201 Anatomy and Physiology II

Students may be enrolled in one or more of the above courses during the application process, however, the course must be successfully completed with a C- or better.

3. Completion of 50 observation hours in the SSC athletic training room and with athletic teams under the supervision of a certified athletic trainer.

Acceptance into Athletic Training is limited each academic year and is based upon the following criteria:

1. Filing of the appropriate forms to the Program Director by April 15.
2. Three letters of recommendation, with at least one being from a Salem State College faculty member by April 15.
3. Scoring a minimum of 70% on the written and oral/practical examination, which is based on entry-level competencies.
4. Interview with the Selection Committee.
5. Compliance with the Athletic Training Program Technical Standards, published in the Athletic Training Handbook.
6. Completion of a physical examination.

Retention in the Athletic Training Concentration

The following criteria are to be satisfied for retention in the Athletic Training Concentration:

1. Students accepted into the Athletic Training Program will be expected to follow the course sequence outlined below.



- Changes may be made only with the permission of the Program Director and the SFL Department Chairperson.
- A grade of C- or better in each of the athletic training, core, and support courses. See the Athletic Training Handbook for a list of courses requiring a grade of C-. *Failure to maintain this level may result in dismissal from the program.*
 - Only one practicum course may be taken per semester. No more than two practicum courses may be taken per year.
 - Satisfactory completion of competencies and evaluations from Approved Clinical Instructors and Clinical Supervisors.

Athletic Training Course Sequence:

Freshman

<u>Fall</u>	
BIO 105	Biological Systems
CHE 124	General Chemistry for Life Sciences
<u>Spring</u>	
BIO 200	Anatomy and Physiology I
CHE 125	Chemistry of Life Processes
SFL 349	Care and Prevention

Sophomore

SFL 350A	Evaluation: Upper Body
BIO 201	Anatomy and Physiology II
SFL 309	Kinesiology
SFL 353	Evaluation: Lower Body
SFL 351	Practicum I

Junior

SFL 354	Therapeutic Exercise
SFL 355	Practicum II
BIO 324	Exercise Physiology
SFL 451	Therapeutic Modalities
SFL 452	Practicum III
SFL 389	Disease and Illness of Physically Active

Senior

SFL 454	Organization and Administration of Athletic Training Programs
SFL 453	Practicum IV
SFL 479	Senior Seminar in Athletic Training
IDS 375	Research Seminar

Health Education Course Sequence:

Freshman

<u>Fall</u>	
BIO 105	Biological Systems
CHE 124	General Chemistry for Life Sciences
<u>Spring</u>	
BIO 200	Anatomy and Physiology I
CHE 125	Chemistry of Life Processes

Sophomore

SFL 261	Intro to Health Ed & Prom (fall only)
BIO 201	Anatomy and Physiology II
SFL 309	Kinesiology
SFL 221	Perceptual Motor Learning or SFL 200 – Perceptual Motor Development

Junior

BIO 324	Exercise Physiology (spring only)
SFL 324	Phys Ed for Child w/Spec Need

Senior

SFL 360	Method and Materials in Health (fall only)
SFL 443	Directed Field Experience
EDU 473	Practicum in Student Teaching

Important Links

AAHPERD, (<http://www.aahperd.org>) American Alliance for Health, Physical Education, Recreation, and Dance.

Required Core SFL Courses

BIO 324	Exercise Physiology	3
SFL 171	Fund of Ex and Conditioning	1
SFL 185	Introduction of SFL Studies	3
SFL 200	Perceptual Motor Development	4
SFL 251	Standard First Aid & CPR	3
SFL 291	Basic Swim & Water Safety	1
SFL 309	Kinesiology	3
SFL ____	Dance	1
SFL ____	Adventure	1
6 credits of Major Electives		

Health Education Concentration (Licensure Pending Approval)

The Health Education concentration prepares students for initial licensure at both the elementary and secondary levels of the Health/Family and Consumer Sciences teacher license. Candidates for teacher licensure in Massachusetts must take and pass the Communication and Literacy components of the Massachusetts Tests for Educator Licensure (MTEL) in addition to passing the subject matter portion. A unique opportunity is afforded the prospective teacher to gain practical experiences with students in public school settings through courses with prepracticum components. In addition to required courses as indicated on the Health Education flow sheet, this program requires the completion of a minimum of 75 hours of onsite observation, assisting and teaching, and a 300 hour student teaching practicum in a Massachusetts Public School. Additional recommendations: BIO 105, BIO 200 and CHE 124 should be started in ones freshman year to ensure proper sequencing of science courses.

Admission to Health Education Concentration

The following criteria are to be satisfied for matriculation into the Health Education concentration:

- A minimum grade of “C” in all SFL major and physical education concentration courses; English Composition I and II and Speech 101
- A 2.75 grade point average for all courses taken at Salem State College
- A 3.00 grade point average for all SFL major and physical education concentration courses taken at Salem State College
- A passing score on the Communication and Literacy Skills Tests of the Massachusetts Tests for Educator Licensure
- A recommendation by a majority of the full-time SFL department faculty

The student may submit applications for matriculation into the Health Education concentration after successful completion of 45-60 credits hours and the minimum standards listed above. Matriculation applications are available from the Health Education Concentration Coordinator prior to the fall and spring advising periods. **Matriculation** into the Health Education concentration is a prerequisite for: SFL 360, SFL 443, and EDU 473.

Admission to Student Teaching Practicum

The following criteria are to be satisfied for admission into the Student Teaching Practicum:

1. Matriculated into the Health Education concentration
2. A 2.75 overall grade point average
3. A 3.00 grade point average for all SFL major and health education concentration courses
4. A passing score on the content area part of the Massachusetts Tests for Educator Licensure
5. Senior status – 90 or more credits hours
6. Successful completion of all courses and prepracticum experiences prerequisite to the student teaching practicum

Student teaching applications are available from the Health Education Concentration Coordinator prior to the fall and spring advising periods.



Sport, Fitness & Leisure Studies
Salem State College
Advisor: _____

Name: _____
Date admitted into Major: _____
Transfer credits: _____

BACHELOR OF SCIENCE
SPORT, FITNESS & LEISURE STUDIES
AQUATIC MANAGEMENT CONCENTRATION

CORE REQUIREMENTS

Competency-Based Skills

- @ Basic College Math
@ Reading Comprehension
@ Computer Literacy

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Includes ENG 101, ENG 102, SPC 101, SFL 194, SFL 361, SFL 362, SFL Physical Education Activities.

Distribution Sequences (18-20 credits)

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Includes Literature I, Literature II, BIO 121, BIO 122, HIS 101, HIS (History II).

Distribution Electives (18 credits)

Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.

Humanities (Division I)

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Blank rows for student input.

Science/Mathematics (Division II)

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Blank rows for student input.

Social Sciences (Division III)

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Blank rows for student input.

(Note: Courses allowable as distribution electives are marked 'D' in the College Catalog or indicated by appropriate footnotes.)

COURSES IN MAJOR (58 credits total)

Major Core (24 credits)

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Includes BIO 206, BIO 324, SFL 171, SFL 185, SFL 200, SFL 221, SFL 251, SFL 291, SFL 309, SFL Adventure, SFL Dance.

Major Electives (9 credits)

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Blank rows for student input.

Major Activities (7 credits)

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Blank rows for student input.

CONCENTRATION (18 credits)

AQUATIC MANAGEMENT

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Includes SFL 213B, SFL 215B, SFL 217, SFL 373, SFL 393B, SFL **.

FREE ELECTIVES (minimum: 18 credits)

Table with 4 columns: Prefix, Course Number, Course Title, Credits. Blank rows for student input.

@ Requirements so marked should be completed within the first 53 credits of study (i.e., before Junior status).
* These are required support courses which may also be used to satisfy the indicated Distribution requirements.
** Recommended Department Electives: SFL 240A, 331, 340A, 370, 372A, 490A, 410, 510.
Note: If a course is used to satisfy two or more requirements (for example, a support course and a distribution elective), the credits are counted in only one place.



Sport, Fitness & Leisure Studies
 Salem State College
 Advisor: _____

Name: _____
 Date admitted into Major: _____
 Transfer credits: _____

**BACHELOR OF SCIENCE
 SPORT, FITNESS & LEISURE STUDIES
 ATHLETIC TRAINING CONCENTRATION**

CORE REQUIREMENTS

Competency-Based Skills

- @☐ Basic College Math
- @☐ Reading Comprehension
- @☐ Computer Literacy

@	ENG	101	Composition I	3	_____
@	ENG	102	Composition II	3	_____
@	SPC	101	(Speech)	3	_____
@	SFL	194	Health and Wellness	3	_____
			OR		
	SFL	361	or SFL 362	3	_____
			Physical Education Activities (1 cr. total)		
@	SFL	_____	_____	_____	_____
@	SFL	_____	_____	_____	_____

Distribution Sequences (18-20 credits)

_____	_____	(Literature I)	3	_____	
_____	_____	(Literature II)	3	_____	
*	BIO	200	Anatomy & Physiology I	4	_____
*	BIO	201	Anatomy & Physiology II	4	_____
@	HIS	101	History of World Civilization I	3	_____
@	HIS	_____	(History II)	3	_____

Distribution Electives (18 credits)

Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.

Humanities (Division I)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Science/Mathematics (Division II)

*	BIO	105	Biological Systems	4	_____
*	CHE	124	Gen. Chem. Life Sci.	4	_____
*	CHE	125	Chem. Life Processes	4	_____

Social Sciences (Division III)

*	PSY	101	General Psychology	3	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

(Note: Courses allowable as distribution electives are marked 'D' in the College Catalog or indicated by appropriate footnotes.)

COURSES IN MAJOR (64 credits total)

Major Core (21 credits)

BIO	324	Exercise Physiology	3	_____
SFL	171	Fund. of Exercise & Conditioning	1	_____
SFL	185	Intro to SFL Studies	3	_____
SFL	251	Standard First Aid & CPR	3	_____
SFL	291	Basic Swim. & Water Safety	1	_____
SFL	309	Kinesiology	3	_____
SFL	_____	Adventure	1	_____
SFL	_____	Dance	1	_____

CONCENTRATION (38 credits)

ATHLETIC TRAINING

SFL	349	Care & Prevention Athletic Injury	3	_____
SFL	350A	Injury Evaluation Upper Body	3	_____
SFL	353	Injury Evaluation Lower Body	3	_____
SFL	354	Therapeutic Exercise	3	_____
SFL	389	Diseases & Illness of the Physically Active	3	_____
SFL	451	Therapeutic Modalities	3	_____
SFL	454	Org. & Adm. Athletic Programs	3	_____
SFL	351	Athletic Train. Practicum I	3	_____
SFL	355	Athletic Train. Practicum II	3	_____
SFL	452	Athletic Train. Practicum III	3	_____
SFL	453	Athletic Train. Practicum IV	3	_____
SFL	479	Senior Seminar in Athletic Training	2	_____
SFL	240A	Essentials of Fitness & Nutrition	3	_____

SUPPORT COURSES (4-9 CREDITS)

IDS	375	Research Practicum	1-6	_____
MAT	247	Statistics I	3	_____

FREE ELECTIVES (minimum: 10-15 credits)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Sport, Fitness & Leisure Studies

@ Requirements so marked should be completed within the first 53 credits of study (i.e., before Junior status). Exceptions will be made for transfer students.
 * These are **required** support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken. If the required biology and chemistry courses are used as distribution electives, no more than nine credit hours may be applied to distribution. The remaining three credit hours may be used to satisfy, in part, the free elective requirement.
 Note: If a course is used to satisfy two or more requirements (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the credit total required for graduation.



Sport, Fitness & Leisure Studies
Salem State College
Advisor: _____

Name: _____
Date admitted into Major: _____
Transfer credits: _____

BACHELOR OF SCIENCE
SPORT, FITNESS & LEISURE STUDIES
FITNESS/WELLNESS CONCENTRATION

CORE REQUIREMENTS

Competency-Based Skills

- @ Basic College Math
@ Reading Comprehension
@ Computer Literacy

Table with 4 columns: Requirement symbol, Course number, Course title, Credits. Includes ENG 101, ENG 102, SPC 101, SFL 194, SFL 361 or SFL 362, SFL Physical Education Activities (1 cr. total).

Distribution Sequences (18-20 credits)

Table with 4 columns: Requirement symbol, Course number, Course title, Credits. Includes Literature I, Literature II, BIO 121, BIO 122, HIS 101, HIS History II.

Distribution Electives (18 credits)

Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.

Humanities (Division I)

Table with 4 columns: Requirement symbol, Course number, Course title, Credits. Blank rows for student input.

Science/Mathematics (Division II)

Table with 4 columns: Requirement symbol, Course number, Course title, Credits. Blank rows for student input.

Social Sciences (Division III)

Table with 4 columns: Requirement symbol, Course number, Course title, Credits. Blank rows for student input.

(Note: Courses allowable as distribution electives are marked 'D' in the College Catalog or indicated by appropriate footnotes.)

COURSES IN MAJOR (58 credits total)

MAJOR CORE (24 CREDITS)

Table with 4 columns: Course number, Course title, Credits, Requirement symbol. Includes BIO 206, BIO 324, SFL 171, SFL 185, SFL 200, SFL 221, SFL 251, SFL 291, SFL 309, SFL Adventure, SFL Dance.

MAJOR ELECTIVES (9 credits)

Table with 4 columns: Requirement symbol, Course number, Course title, Credits. Three blank rows for student input.

MAJOR ACTIVITIES (7 credits)

Table with 4 columns: Requirement symbol, Course number, Course title, Credits. Seven blank rows for student input.

CONCENTRATION (18 credits)

FITNESS/WELLNESS

Table with 4 columns: Course number, Course title, Credits, Requirement symbol. Includes SFL 240A, SFL 261, SFL 327A, SFL 340A, SFL 373, SFL 440A.

FREE ELECTIVES (minimum: 18 credits)

Table with 4 columns: Requirement symbol, Course number, Course title, Credits. Eight blank rows for student input.

@ Requirements so marked should be completed within the first 53 credits of study (i.e., before Junior status). Exceptions will be made for transfer students.
* These are required support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.
** Recommended Major Electives chosen from SFL 153, 217, 250A, 327B, 370, 372A, 431A, 540A. Recommended activity elective is SFL 153.
Note: If a course is used to satisfy two or more requirements (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does not reduce the credit total required for graduation.

Total credits for graduation: 127

Effective: 9/04



Sport, Fitness & Leisure Studies
 Salem State College
 Advisor: _____

Name: _____
 Date admitted into Major: _____
 Transfer credits: _____

**BACHELOR OF SCIENCE
 SPORT, FITNESS & LEISURE STUDIES
 HEALTH EDUCATION CONCENTRATION
 TEACHER LICENSURE (PRE-K-12) (PENDING APPROVAL)**

CORE REQUIREMENTS

Competency-Based Skills

- Basic College Math
- Reading Comprehension
- Computer Literacy

@	ENG	101	Composition I	3	_____
@	ENG	102	Composition II	3	_____
@	SPC	101	Speech	3	_____
@	SFL	194	Health and Wellness		
			OR		
	SFL	361 or SFL 362		3	_____
@	SFL	_____	_____	_____	_____
@	SFL	_____	_____	_____	_____

Distribution Sequences (20 credits)

_____	_____	(Literature I)	3	_____	
_____	_____	(Literature II)	3	_____	
*	BIO	200	Anatomy & Physiology I W/lab	4	_____
*	BIO	201	Anatomy & Physiology II W/lab	4	_____
@	HIS	101	History of World Civilization I	3	_____
@	HIS	_____	(History II)	3	_____

Distribution Electives (18 credits)

Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.

Humanities (Division I)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Science/Mathematics (Division II)

*	BIO	105	Biological Systems	4	_____
*	CHE	124	Gen. Chem. Life Sci.	4	_____
*	CHE	125	Chem. Life Processes	4	_____

Social Sciences (Division III)

*	PSY	101	General Psychology	3	_____
	HIS	_____	American Government	3	_____
_____	_____	_____	_____	_____	_____

(Note: Courses allowable as distribution electives are marked 'D' in the College Catalog or indicated by appropriate footnotes.)

COURSES IN MAJOR (65 credits)

Major Core (20 credits)

BIO	324	Exercise Physiology	3	_____
SFL	171	Fund. of Exercise & Conditioning	1	_____
SFL	185	Intro to SFL Studies	3	_____
SFL	200	Perceptual Motor Development		
		OR		
SFL	221	Perceptual Motion Learning	4	_____
SFL	251	Standard First Aid & CPR	3	_____
SFL	291	Basic Swim. & Water Safety	1	_____
SFL	309	Kinesiology	3	_____
SFL	_____	Adventure	1	_____
SFL	_____	Dance	1	_____

MAJOR ELECTIVES (6 credits)

SFL	_____	_____	_____	_____
SFL	_____	_____	_____	_____

**CONCENTRATION (39 credits)
 HEALTH EDUCATION (Pre-K-12)**

SFL	261	Intro to Health Ed & Health Promo	3	_____
SFL	230	Issues In Public and Community Health	3	_____
SFL	240B	Nutrition & Physical Performance	3	_____
SFL	231	Consumer Health	3	_____
SFL	327B	Legal Issues in SFL Studies	3	_____
SFL	324	Physical Education for Child W/Special Needs	3	_____
SFL	389	Disease & Illness of the Physically Active	3	_____
SFL	360	Methods & Materials in Health Education	3	_____
SFL	443	Directed Field Experience in Health Education	3	_____
SFL	473	Student Teaching in Health Education (PreK-12)	3	_____

REQUIRED SUPPORT COURSES (6 credits)

*	IDS	320	Human Sexuality	3	_____
*	PSY	218	Childhood and Adolescence	3	_____

FREE ELECTIVES (minimum: 2 credits)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

@ Requirements so marked should be completed within the first 53 credits of study (i.e., before Junior status). Exceptions will be made for transfer students.
 * These are **required** support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken. If the required biology and chemistry courses are used as distribution electives, no more than nine credit hours may be applied to distribution. The remaining three credit hours may be used to satisfy, in part, the free elective requirement.
 Note: If a course is used to satisfy two or more requirements (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the credit total required for graduation.



Sport, Fitness & Leisure Studies
Salem State College
Advisor: _____

Name: _____
Date admitted into Major: _____
Transfer credits: _____

BACHELOR OF SCIENCE
SPORT, FITNESS & LEISURE STUDIES
LEISURE STUDIES CONCENTRATION

CORE REQUIREMENTS

Competency-Based Skills

- @ Basic College Math
@ Reading Comprehension
@ Computer Literacy

Table with 5 columns: Prefix, Course Number, Course Title, Credits, and a blank line for selection. Includes ENG 101, ENG 102, SPC 101, SFL 194, SFL 361, and SFL 362.

Distribution Sequences (18-20 credits)

Table with 5 columns: Prefix, Course Number, Course Title, Credits, and a blank line for selection. Includes Literature I, Literature II, BIO 121, BIO 122, HIS 101, and HIS (History II).

Distribution Electives (18 credits)

Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.

Humanities (Division I)

Table with 5 columns: Prefix, Course Number, Course Title, Credits, and a blank line for selection.

Science/Mathematics (Division II)

Table with 5 columns: Prefix, Course Number, Course Title, Credits, and a blank line for selection.

Social Sciences (Division III)

Table with 5 columns: Prefix, Course Number, Course Title, Credits, and a blank line for selection.

(Note: Courses allowable as distribution electives are marked 'D' in the College Catalog or indicated by appropriate footnotes.)

COURSES IN MAJOR (58 credits total)

Major Core (24 credits)

Table with 5 columns: Course Number, Course Title, Credits, and a blank line for selection. Includes BIO 206, BIO 324, SFL 171, SFL 185, SFL 200, SFL 221, SFL 251, SFL 291, MGT 231, and SFL (Dance).

MAJOR ELECTIVES (9 credits)

Table with 5 columns: Prefix, Course Number, Course Title, Credits, and a blank line for selection.

MAJOR ACTIVITIES (7 credits)

Table with 5 columns: Prefix, Course Number, Course Title, Credits, and a blank line for selection.

CONCENTRATION (18 credits)
LEISURE STUDIES

Table with 5 columns: Course Number, Course Title, Credits, and a blank line for selection. Includes SFL 270, SFL 370, SFL 373, SFL 374, SFL 471, and SFL.

FREE ELECTIVES (minimum: 18 credits)

Table with 5 columns: Prefix, Course Number, Course Title, Credits, and a blank line for selection.

@ Requirements so marked should be completed within the first 53 credits of study (i.e., before Junior status). Exceptions will be made for transfer students.
* These are required support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.
** Concentration Electives chosen from SFL 215B, 327B, 340A, 371A, 372A, 431A, 470, 570.
Note: If a course is used to satisfy two or more requirements (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does not reduce the credit total required for graduation.



Sport, Fitness & Leisure Studies
 Salem State College
 Advisor: _____

Name: _____
 Date admitted into Major: _____
 Transfer credits: _____

**BACHELOR OF SCIENCE
 SPORT, FITNESS & LEISURE STUDIES
 SPORT MANAGEMENT CONCENTRATION**

CORE REQUIREMENTS

Competency-Based Skills

- @ Basic College Math
- @ Reading Comprehension
- @ Computer Literacy

@	ENG	101	Composition I	3	_____
@	ENG	102	Composition II	3	_____
@	SPC	101	(Speech)	3	_____
@	SFL	194	Health and Wellness	3	_____
			OR		
	SFL	260	Current Issues in Health	3	_____
			Physical Education Activities (1 cr. total)		
@	SFL	_____	_____	_____	_____
@	SFL	_____	_____	_____	_____

Distribution Sequences (18-20 credits)

_____	_____	(Literature I)	3	_____	
_____	_____	(Literature II)	3	_____	
*	BIO	121	Diversity of Life	4	_____
*	BIO	122	World of Cells	4	_____
@	HIS	101	History of World Civilization I	3	_____
@	HIS	_____	(History II)	3	_____

Distribution Electives (18 credits)

Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.

Humanities (Division I)

PHL	203	Business Ethics	3	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Science/Mathematics (Division II)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Social Sciences (Division III)

PSY	101	General Psychology	3	_____
ECO	201	Prin. Macroeconomics	3	_____
ECO	202	Prin. Microeconomics	3	_____

(Note: Courses allowable as distribution electives are marked 'D' in the College Catalog or indicated by appropriate footnotes.)

COURSES IN MAJOR (58 credits total)

Major Core (20 credits)

BIO	206	Struct./Funct. of Human Body	4	_____
BIO	324	Exercise Physiology	3	_____
SFL	185	Intro to SFL Studies	3	_____
SFL	200	Perceptual Motor Development		
		OR		
SFL	221	Perceptual Motor Learning	4	_____
SFL	251	Standard First Aid & CPR	3	_____
SFL	291	Basic Swim. & Water Safety	1	_____
SFL	_____	Adventure	1	_____
SFL	_____	Dance	1	_____

**CONCENTRATION (38 credits)
 SPORT MANAGEMENT**

SFL	220B	Management in SFL Studies	3	_____
SFL	242	Mktng & PR in SFL Industries	3	_____
SFL	326A	Dir.Field Exp. in Sport Management	2	_____
SFL	327B	Legal Issues in SFL Studies	3	_____
SFL	329	Financial Aspects of SFL Industries.	3	_____
SFL	376	Ethics & Comm in Sports Mgmt	3	_____
SFL	431A	Sport in Culture	3	_____
SFL	448	Facility & Event Mgmt in SFL Industries	3	_____
SFL	455A	Senior Seminar in Sport Management	3	_____
SFL	550	Sport Management Internship	12	_____

FREE ELECTIVES (minimum: 18 credits)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

MINOR: _____ (18 credits)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

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Sport, Fitness & Leisure Studies
Salem State College
Advisor: _____

Name: _____
Date admitted into Major: _____
Transfer credits: _____

BACHELOR OF SCIENCE
SPORT, FITNESS & LEISURE STUDIES
COACHING CONCENTRATION

CORE REQUIREMENTS

Competency-Based Skills

- @ Basic College Math
@ Reading Comprehension
@ Computer Literacy

Table with 4 columns: Prefix, Course Number, Course Name, Credits. Includes ENG 101, ENG 102, SPC 101, SFL 194, SFL 361, SFL 362, SFL Physical Education Activities.

Distribution Sequences (18-20 credits)

Table with 4 columns: Prefix, Course Number, Course Name, Credits. Includes Literature I, Literature II, BIO 121, BIO 122, HIS 101, HIS (History II).

Distribution Electives (18 credits)

Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.

Humanities (Division I)

Table with 4 columns: Prefix, Course Number, Course Name, Credits. Blank rows for student input.

Science/Mathematics (Division II)

Table with 4 columns: Prefix, Course Number, Course Name, Credits. Blank rows for student input.

Social Sciences (Division III)

Table with 4 columns: Prefix, Course Number, Course Name, Credits. Blank rows for student input.

(Note: Courses allowable as distribution electives are marked 'D' in the College Catalog or indicated by appropriate footnotes.)

COURSES IN MAJOR (58 credits total)

Major Core (24 credits)

Table with 4 columns: Course Number, Course Name, Credits. Includes BIO 206, BIO 324, SFL 171, SFL 185, SFL 200, SFL 221, SFL 251, SFL 291, SFL 309, SFL Adventure, SFL Dance.

MAJOR ELECTIVES (9 credits)

Table with 4 columns: Prefix, Course Number, Course Name, Credits. Blank rows for student input.

MAJOR ACTIVITIES (7 credits)

Table with 4 columns: Prefix, Course Number, Course Name, Credits. Blank rows for student input.

CONCENTRATION (18 credits)
COACHING

Table with 4 columns: Course Number, Course Name, Credits. Includes SFL 220B, SFL 250A, SFL 331, SFL 327B, SFL, SFL.

FREE ELECTIVES (minimum: 18 credits)

Table with 4 columns: Prefix, Course Number, Course Name, Credits. Blank rows for student input.

@ Requirements so marked should be completed within the first 53 credits of study (i.e., before Junior status). Exceptions will be made for transfer students.
* These are required support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.
** Concentration Electives chosen from SFL 215B, 332, 333, 334, 335, 336, 337, 338, 339, 371A, 385, 410, 430A, 431A, 530.
Note: If a course is used to satisfy two or more requirements (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does not reduce the credit total required for graduation.



Sport, Fitness & Leisure Studies
 Salem State College
 Advisor: _____

Name: _____
 Date admitted into Major: _____
 Transfer credits: _____

**BACHELOR OF SCIENCE
 SPORT, FITNESS & LEISURE STUDIES
 PHYSICAL EDUCATION CONCENTRATION
 TEACHER CERTIFICATION ELEMENTARY OPTION**

CORE REQUIREMENTS

Competency-Based Skills

- @ Basic College Math
- @ Reading Comprehension
- @ Computer Literacy

@	ENG	101	Composition I	3	_____
@	ENG	102	Composition II	3	_____
@	SPC	101	(Speech)	3	_____
@	SFL	194	Health and Wellness		_____
			OR		
	SFL	361 or SFL 362		3	_____
			Physical Education Activities (1 cr. total)		
@	SFL	_____	_____	_____	_____
@	SFL	_____	_____	_____	_____

Distribution Sequences (20 credits)

	_____		(Literature I)	3	_____
	_____		(Literature II)	3	_____
*	BIO	121	Diversity of Life	4	_____
*	BIO	122	World of Cells	4	_____
@	HIS	101	History of World Civilization I	3	_____
@	HIS	_____	(History II)	3	_____

Distribution Electives (18 credits)

Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.

Humanities (Division I)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Science/Mathematics (Division II)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Social Sciences (Division III)

*	PSY	101	General Psychology	3	_____
*	PSY	251	Child Growth	3	_____
*	_____	_____	American Government	3	_____

(Note: Courses allowable as distribution electives are marked 'D' in the College Catalog or indicated by appropriate footnotes.)

COURSES IN MAJOR (40 credits)

Major Core (25 credits)

BIO	206	Struct./Funct. of Human Body	4	_____
BIO	324	Exercise Physiology	3	_____
SFL	171	Fund. of Exercise & Conditioning	1	_____
SFL	185	Intro to SFL Studies	3	_____
SFL	200	Perceptual Motor Development	4	_____
SFL	251	Standard First Aid & CPR	3	_____
SFL	291	Basic Swim. & Water Safety	1	_____
SFL	309	Kinesiology	3	_____
SFL	_____	Adventure	1	_____
SFL	293	Folk, Social & Square Dance	1	_____

Major Electives (6 credits)

SFL	_____	_____	3	_____
SFL	_____	_____	3	_____

Major Activities (7 credits)

SFL	292	Basic Gymnastics	1	_____
SFL	390	Move. Ed. El. Games	1	_____
SFL	392	Sports Fundamentals I	1	_____
SFL	492	Sports Fundamentals II	1	_____
SFL	494A	Net/Wall Games	1	_____
SFL	_____	_____	1	_____
SFL	_____	_____	1	_____

CONCENTRATION (33 credits)

PHYSICAL EDUCATION (PRE-K-9)

SFL	220B	Management of SFL Studies	3	_____
SFL	321P	Physical Education Pre-K-9	3	_____
SFL	323	T & M in Psychomotor Skills	3	_____
SFL	324	P. E. for Children with Special Needs	3	_____
SFL	327B	Legal Issues in SFL Studies	3	_____
SFL	420	Directed Field Experience in P. E.	3	_____
SFL	421	Philosophical Aspects of P. E.	3	_____
EDU	462N	Student Teaching in P.E. Pre-K-9	12	_____

FREE ELECTIVES (minimum: 5 credits)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

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Note: If a course is used to satisfy two or more requirements (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the credit total required for graduation.



Sport, Fitness & Leisure Studies
Salem State College
Advisor: _____

Name: _____
Date admitted into Major: _____
Transfer credits: _____

BACHELOR OF SCIENCE
SPORT, FITNESS & LEISURE STUDIES
PHYSICAL EDUCATION CONCENTRATION
TEACHER CERTIFICATION SECONDARY OPTION

CORE REQUIREMENTS

Competency-Based Skills

- @ Basic College Math
@ Reading Comprehension
@ Computer Literacy

Table with 4 columns: Course code, Title, Credits, and a blank line for marking. Includes ENG 101, ENG 102, SPC 101, SFL 194, and SFL 361 or SFL 362.

Physical Education Activities (1 cr. total)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking. Includes SFL courses.

Distribution Sequences (18-20 credits)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking. Includes Literature I/II, BIO 121/122, and HIS 101.

Distribution Electives (18 credits)

Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.

Humanities (Division I)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking.

Science/Mathematics (Division II)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking.

Social Sciences (Division III)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking. Includes PSY 101, PSY 152, and American Government Course.

(Note: Courses allowable as distribution electives are marked 'D' in the College Catalog or indicated by appropriate footnotes.)

COURSES IN MAJOR (58 credits total)

Major Core (24 credits)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking. Includes BIO 206, BIO 324, SFL 171, SFL 185, SFL 200, SFL 221, SFL 251, SFL 291, SFL 309, SFL Adventure, and SFL 293.

MAJOR ELECTIVES (9 credits)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking.

MAJOR ACTIVITIES (7 credits)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking. Includes SFL 292, SFL 392, SFL 492, SFL 494/ANet/Wall Games, and SFL courses.

CONCENTRATION (30 credits)

PHYSICAL EDUCATION (5-12)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking. Includes SFL 220B, SFL 322, SFL 323, SFL 324, SFL 327B, SFL 420, SFL 421, and EDU 472N.

FREE ELECTIVES (minimum: 5 credits)

Table with 4 columns: Course code, Title, Credits, and a blank line for marking.

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* These are required support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.

Note: If a course is used to satisfy two or more requirements (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does not reduce the credit total required for graduation.

Total credits for graduation: 127

Effective: 9/04



COURSE DESCRIPTIONS

SPORT, FITNESS AND LEISURE STUDIES

SFL 100 Archery 0.5 credit

This course includes the basic skills needed for participation in target archery with the bow sight method of aiming. The beginner is exposed novelty shooting and is taught safety, terminology, and archery etiquette. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 102 Badminton 0.5 credit

This course is designed to introduce the student to those basic skills essential to the playing of both singles and doubles in badminton, such as forehand, backhand, and serve. Basic strategy will be introduced. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 104 Ballroom Dancing (Spring) 0.5 credit

Through presentation, demonstrations, student participation and practice the student will be introduced to dances such as the fox trot, waltz, polka, rhumba, cha cha, and swing. Offered third quarter annually. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 105 Basketball 0.5 credit

This course consists of the presentation, demonstration, and practice of the basic basketball skills: passing, dribbling, shooting, rebounding, fundamental offensive and defensive strategies. Rules and procedures will be presented as game situations warrant. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 107 Canoeing (Fall) 0.5 credit

This course is designed to introduce the beginning student to the basic skills and knowledge essential to the enjoyment of canoeing. Safety will be emphasized. One activity hour per week for one half semester and two 1/2 day Saturday field trips. Student responsible for transportation. Partially fulfills physical education activities requirement.

SFL 108 Circuit Training 0.5 credit

Students will participate in physical exercise for aerobic conditioning and flexibility training. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 109 Diet and Exercise 0.5 credit

Through discussion followed by participation in aerobic exercise, the student will evaluate and improve upon his/her physical fitness level. Life-style habits such as food intake vs. energy expenditure will be discussed, evaluated and modified if necessary to assist the student in bringing about desired physical changes. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 110 Elementary Games 0.5 credit

The purpose of this course is to introduce the student to children's games. A wide variety of games are covered for all ages; methods and techniques of teaching games are presented. The course is highly recommended for Early Childhood and Elementary Education teachers as well as for playground instructors and recreation leaders. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 111 Fencing 0.5 credit

Fencing is a combative sport, the object of which is to hit one's opponent with the point of the weapon on the trunk of the body. The course will stress fundamental skills and basic rules for competition. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 115 Golf 0.5 credit

Students will experience activities and drills that will help them develop the physical skills necessary to perform the golf swing. Students will understand equipment terminology along with rules and golf etiquette. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 120 Ice Skating 0.5 credit

This course is a basic introduction to the art of ice-skating. Basic techniques of balance and stride and the use of outer and inner edges for proper control will be presented. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 122 Jogging 0.5 credit

In this activity emphasis is placed on cardiovascular fitness. Mechanics of conditioning will be stressed. The focus of the course is the development of a training program for fitness. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 126 Power Volleyball 0.5 credit

This course is designed to develop advanced skills in players who have a fundamental knowledge and ability in volleyball. Spiking, blocking, dives, offensive and defensive patterns, and advanced serving techniques will be emphasized. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 130 Soccer 0.5 credit

This course emphasizes basic skill development through group and individual drill situations. Rules and tactics will be presented through competitive games. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 135 Tennis 0.5 credit

This course will cover the basic skills and facts of beginner tennis. Specific skills covered will include the forehand, backhand and serve. Facts will include basic rules and procedures, simple strategies and scoring methods. Offered first and fourth quarters. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 137A Basic Snorkeling 0.5 credit

This course is designed to introduce students to basic skills essential to snorkeling. Course will address swimming, suspension, and self-rescue for safe snorkeling. Selection and use of personal and safety equipment, communication systems will be included. Two hours a week for one half semester, and a field trip are required. Partially fulfills physical education activities requirement. Two activity hours per week and two half-day field trips. Prerequisite: Ability to swim 100 yards continuously with face in the water using some form of rhythmic breathing.

SFL 138 Weight Training 0.5 credit

Through demonstrations and student participation this course is designed to set up individual weight training programs on free weights and Universal Weight Machines. Included will be: weight training fundamentals and principles, safety procedures for lifting and equipment use, and individual program appraisals. Two hours per week for half a semester. Partially fulfills physical education activities requirement.

SFL 140 Aquatic Exercise Leader 1 credit

This course is designed to assist students in fulfilling aquatic exercise leader certification requirements. Students will participate in aquatic exercise classes and peer teach aquatic exercise sessions. Basic teaching skills, exercise safety guidelines, lifestyle habits, and participants with special needs will be introduced. Upon successful completion of the course students will be certified to lead group aquatic exercise sessions. Open only to SFL majors, or others by permission of the Department Chairperson. Prior successful completion of SFL 152, or 291 or higher level aquatic. Course. Current CPR certification required to sit for certification examination.

SFL 151 Backpacking 1 credit

Through lecture, discussion and practical experience this introductory course acquaints the beginner with equipment, knowledge and skills needed to participate in backpacking. Students must provide appropriate attire. Six two-hour classes and a required overnight trip. Satisfies SFL major adventure requirement and fulfills the physical education activities requirement.



SFL 152 Swimming 1 credit
This course is designed to introduce the student to basic swimming strokes and aquatic skills as well as to develop those skills already acquired, and are geared to individual needs and interests. This course progresses at the student's own rate. Two hours per week; satisfies physical education activities requirement; SFL major activity elective.

SFL 153 Aquacise 1 credit
This course is designed to introduce the student to a series of exercises for the development of flexibility, strength, and aerobic fitness in an aquatic medium. No swimming ability is required. Two hours per week. Satisfies physical education activities requirement and SFL major elective requirement.

SFL 154 Synchronized Swimming 1 credit
This course is designed for any student with intermediate swimming ability. The student will be introduced to the basic components of synchronized swimming including strokes, stroke variations, sculls, support skills, propulsion skills, figures and hybrid figures, selection of music, choreography, set design, make-up, lighting, etc. Two hours per week in-water. Fulfills physical education activities requirement. major elective.
Prerequisites: 25 yards each of front crawl, backstroke, breaststroke, sidestroke; tread water 30 seconds; surface dive.

SFL 161A Modern Dance I 1 credit
An introduction to modern dance using movements from many dance techniques. Students will learn various combinations to music. Appropriate dance attire must be worn. Two hours per week. Satisfies SFL major dance requirement and fulfills physical education activities requirement.

SFL 162A Modern Dance II 1 credit
An introduction to the basic principles of dance movement. Body alignment, coordination, strength and flexibility will be included. Also incorporated will be basic forms of locomotion and development of improvisation skills. Appropriate dance attire must be worn. Two hours per week. Satisfies SFL major dance requirement and fulfills physical education activities requirement.

SFL 163 Ballet 1 credit
Introduction to the basic principles of Ballet technique. Emphasis will be on correct body alignment, form and musicality. Appropriate dance attire must be worn. Two hours per week. Satisfies SFL major dance requirement and fulfills physical education activities requirement.

SFL 165 Adventure Through Physical Challenges 1 credit
Through active participation, this course provides a study of adventure-based physical challenges that are applicable to education, leisure, and business settings. Physical activities that promote collaboration, cooperation, leadership, and other team and personal qualities will be presented. The skills of selecting, presenting, and facilitating adventure-based challenges with different populations will be included. Two hours per week. Satisfies SFL major adventure requirement and fulfills the physical education activities requirement.

SFL 171 Fundamentals of Exercise and Conditioning I 1 credit
Through discussion and lab experience this course examines the basic principles and methods of exercise and conditioning. major emphasis will be on lab experiments to test and evaluate the components of physical fitness. Two hours per week. Required of SFL majors, except those in the Sport Management concentration. Open only to SFL majors.

SFL 172 Movement Analysis 1 credit
Through discussion and practical experience this course will emphasize underlying motor patterns inherent in sports skills. A subjective analysis of similarities and differences in ball handling skills will be included. Two hours per week. Required of all SFL majors.

SFL 185 Introduction to Sport, Fitness and Leisure Studies 3 credits
This course is designed to orient the student to sport, fitness and leisure studies. Historical and philosophical aspects of sport, fitness and leisure will be included as well as a preview of current issues and career opportunities. Students should begin to formulate personal aims and career goals. Three lecture hours per week. Required of SFL majors.

SFL 194 Health and Wellness 3 credits
Through lecture and discussion the student will investigate a variety of health issues facing them in today's society. The intent of the course is to provide a basic understanding of the "wellness" concept; assisting the student in dealing with life's choices or lifestyles. Three lecture hours per week. Students are offered an opportunity to become exempt through a testing procedure scheduled within the first week of class. All students (except Nursing and B.S. Biology), who matriculate at Salem State College will be required to complete this All-College Core course.

SFL 200 Perceptual Motor Development 4 credits
Through lecture, discussion and laboratory this course emphasizes the understanding of physical growth and motor behavior across the lifespan. Developmental levels of fundamental motor skills are studied as well as structural development. Evaluation and theories of perceptual motor development are included. Three lecture hours and one two-hour laboratory per week plus ten hours of required field-based experience. SFL 200 or SFL 221 is required of all SFL majors, except those in the Athletic Training Concentration. SFL 200 is a required course in the Physical Education concentration Teacher Certification Elementary option.

SFL 213B Aquatic Therapy 3 credits
Students will gain knowledge and skills to work with clients in the water for swimming, exercise, and leisure. Current research and protocols will be reviewed for clients with diabetes, arthritis, pregnancy, or orthopedic injuries and more. Legislation and risk management will be addressed. Use of special equipment and communication systems will be introduced. Three lecture/lab hours per week are required, plus a 6 hour field experience. Required of Aquatic Management students. major elective. Open to all students.
Prerequisites: SFL 152 or SFL 291 or equivalent skills or permission of the Department Chairperson.

SFL 215B Aquatic Administration & Facility Operation 3 credits
This course is designed to provide information specific to aquatic facility administration. Health regulations and risk management will serve as the foundation for dealing with leadership, management, chemistry, preventative and routine maintenance in the aquatic environment. Prior aquatic experience including life guarding strongly recommended. Course includes National Swimming Pool Foundation Pool Operator training and certification. Required for Aquatic Management concentration/minor. major elective. Open to all students.

SFL 217 Fitness Swimming 3 credits
This highly self-paced course is designed to enable the student to improve his/her cardiovascular fitness and meet personal fitness goals through swimming. Course content and methods are based on researched principles including Resting Heart Rate/Target Heart Rate, training concepts/practices/equipment, stroke mechanics, workout components, and pre-post-testing work. Two lecture and two lab hours per week. Required for Aquatic Management concentration. major elective. Open to all students.
Prerequisite: 100-yard continuous swim; 25 yards each of freestyle, backstroke, breaststroke, and choice of stroke.


SFL 220B Management in Sport, Fitness, and Leisure Studies 3 credits

Through lecture, discussion, and applied learning experiences, this course is designed to provide the student with an understanding of the concepts of management and leadership unique to sport, fitness, and leisure studies, including an understanding of the various agencies which govern sport. Students will be able to describe the various skills, roles, and functions of sport, fitness, and leisure managers, including elements of leadership theory and practice. Three lecture hours per week. major elective. Required for Sport Management, Coaching, and Physical Education concentrations. Open to all students.

SFL 221 Perceptual Motor Learning 4 credits

Through lecture, discussion and laboratory this course provides an introduction to theories of motor learning and skill acquisition. Physiological aspects of kinesis applicable to the older child and adult will be considered. The following factors affecting motor skill learning will be included: feedback, transfer, mental practice, distributed vs. massed, reaction time, speed of movement, speed vs. accuracy and balance. Three lecture hours and one two-hour laboratory per week, plus ten hours of required field-based experience. Required course in the Physical Education (5-12) concentration.

SFL 230 Issues in Public and Community Health 3 credits

This course helps students become effective public and community educators by increasing knowledge in both public and community health areas and enhancing individual skills and competencies essential to this field. This course provides an overview of the organization, role, and structure of community health agencies, with a specific emphasis on health education services. In addition, this course will cover the important role of national and global governance in public health. Three lecture hours per week. Required for Health Education concentration students.

SFL 231 Consumer Health 3 credits

This course aids prospective health professionals in determining sources of valid and reliable health information, providers of services, product and service options, and consumer rights. Three lecture hours per week. Open to all students. Required of Health Education concentration students.

SFL 240B Nutrition and Physical Performance 3 credits DII

This course enables students to attain an understanding of the dynamic relationship between nutrition and the human body. This course prepares students to engage in preventive and dietary management techniques as related to nutritional requirements and athletic and physical performance. Three lecture hours per week. Required for Athletic Training, Fitness/Wellness, and Health Education concentrations. Open to all students, except those who have received credits for SFL 240 or SFL 240A.

SFL 242 Marketing and Public Relations in Sport, Fitness, and Leisure Industries 3 credits

This course is designed to provide the student an understanding of the various aspects of marketing and public relations within the sport, fitness, and leisure industries. Students will understand the unique aspects of the sport product, sport consumer markets, and sport product markets. Attention will be given to the importance of public relations and the techniques associated with communication specific to the sport agency, with particular emphasis on internal and external interaction. Three lecture hours per week. major elective. Required for Sport Management concentration. Open to all students. Recommended prior course: MKT 241N.

SFL 250A Introduction to Athletic Training I (Fall) 3 credits

Presents the duties and functions of the certified athletic trainer and their relationship to other allied medical professionals. Focuses on the fundamentals of cause, prevention, recognition, care, reconditioning of athletic injuries/illnesses, and program organization and administration. Course will include the planning, preparation, and presentation of group projects on assigned topics related to training. Three hours per week. Not open to students in Athletic Training concentration/minor. Required in Sport Management & Coaching concentration.

SFL 251 Standard First Aid and Personal Safety w/C.P.R. 3 credits

Through lecture, discussion and practical experience the successful completion of this course qualifies the student to receive a certificate of completion in Standard First Aid & Personal Safety & CPJR. Guidelines for the use of Automated External Defibrillation will also be provided. Three lecture hours per week. Required of all SFL majors. Open to all students.

SFL 261 Introduction to Health Education and Health Promotion 3 credits

Through lecture and discussion students will study various health promotion programs in a variety of settings (school, clinical, occupational). The effect of health promotion programs on shaping individual lifestyles will be examined, as well as their value to sponsoring agencies. Three lecture hours per week. Required of Fitness/Wellness concentration/minor and Health Education concentration.

SFL 270 Introduction to Leisure Studies 3 credits DIII

This course introduces the student to the history, and philosophy of leisure. It examines the physical, psychological, social and economic impact of leisure on the individual and society. Three lecture hours per week. Optional field trips at student's expense are encouraged. Required of Leisure Studies concentration/minor.

SFL 280 Introduction to Dance 3 credits DI

A distribution elective which provides a broad-based study of the aesthetics of dance and its history through lecture and discussion. Presented against the backdrop of 20th century American modern dance, this overview includes an introduction to ballet, vernacular dance forms, and other dance topics. Relevant movement experiences serve to illuminate some class discussions. Attendance required at dance concerts. Three lecture hours per week. Required of Dance minors. Open to all students.

SFL 281 Dance Composition I (Fall) 3 credits

This course enables students to understand movement design (form) within the art of choreography. Dance Composition I also encourages students to integrate personal content (meaning) into their developing aesthetic forms. Through ongoing movement experiences, readings, and experimentation within a variety of artistic media, this course provides students with the ability to integrate art and creativity into their thinking lives. Three lecture hours per week.

SFL 290 Cardiopulmonary Resuscitation 1 credit

Through lectures and practical experience, successful completion of this course qualifies the student for certification in CPR Course also includes artificial respiration and the First Aid for obstructed airways. Two hours per week. This course does not fulfill the Physical Education activities core requirement.

SFL 291 Basic Swimming and Water Safety 1 credit

This course is designed to introduce the student to the basic swimming skills and strokes. Skill essential to survival and rescue techniques will be included. Various aspects of aquatics will be introduced. Two hours per week. Required of and open only to SFL majors.

SFL 292 Basic Gymnastics 1 credit

This course is designed to develop an understanding of movement as it relates to basic gymnastics and tumbling skills. Stretching, warm-up, spotting techniques, and safety procedures will also be included. Two hours per week. Required for Physical Education concentrations Pre-K-9 and 5-12.

SFL 293 Folk, Social and Square Dance 1 credit

This course is designed to introduce the student to international folk dances, American heritage dances, square dances and basic ballroom dance steps. Two hours per week. Required for Physical Education concentrations Pre-K-9 and 5-12. Satisfies SFL dance requirement and physical education activities requirement.



SFL 309 Kinesiology **3 credits**
Through lecture, discussion and laboratory experiences this course is designed to apply the basic principles of anatomy and physics to exercise and human movement. Emphasis will be placed on anatomical analysis of human performance. Two lecture hours and one two-hour laboratory per week. Required for SFL majors, except those in the Leisure Studies and Sport Management concentrations.

Prerequisite: BIO 206 or BIO 201.

SFL 321P Physical Education Pre-K-9 **3 credits**
An examination of physical education programs from Pre-K school through ninth grade, which refine basic motor skills, the acquisition of sport skills, gymnastics and dance. The study and discussion of teaching methodologies, unit and lesson planning, motivational, management, and discipline techniques will be included. Three lecture hours per week. Course requirements include fifteen hours of field-based experience in Physical Education classes with grades Pre-K-9. Required course in the Physical Education Pre-K-9 concentration.

Prerequisites: SFL 200, SFL 390 and be matriculated into the Physical Education Pre-K-9 concentration.

SFL 322 Physical Education in Grades 5-12 **3 credits**
An examination of physical education programs in grades 5-12 which refine basic motor skills in the acquisition of sports skills, gymnastics, and dance. The study and discussion of teaching methodologies, unit and lesson planning, motivational management, and discipline techniques will be included. Three lecture hours per week. Course requirements include fifteen hours of field-based experience in physical education classes with grades 5-12. Required course in the Physical Education 5-12 concentration.

Prerequisites: SFL 172, SFL 221 and be matriculated into the Physical Education 5-12 concentration.

SFL 323 Tests and Measurements in Psychomotor Skills **3 credits**
The role of measurement techniques will be studied as an aid in meeting the objectives of sport, fitness, and leisure programs. Included will be the construction, selection, and interpretation of evaluative instruments. Three lecture hours per week. Required for Physical Education concentration.

SFL 324 Physical Education for Children with Special Needs **3 credits**
Through lecture, discussion and demonstration, this course will present legislative interpretation assisting students planning to work with children with special needs. Teaching techniques are considered. The intent of the course is to familiarize students with the variety of special needs disabilities which one may encounter in a classroom or client setting. Three lecture hours per week. Opportunities for observing programs and/or ten hours of field-based experiences in physical education are provided. Students should have completed SFL 200 or SFL 221. Required course in the Physical Education and Health Education concentrations.

SFL 326A Directed Field Experience in Sport Management **2 credits**
This course is designed to offer the student an applied experience in the sport industry, based on site approval. Performed on or in close proximity to the campus, the field experience will provide the opportunity for the student to observe and assist another professional. A minimum of ninety (90) field hours required. Required for Sport management concentration. Recommended for junior year. Not open to those who have taken SFL 326.
Prerequisites: SFL 220B, 242, and 327A or 327 B.

SFL 327B Legal Issues in Sport, Fitness, and Leisure Studies **3 credits**
This course is designed to familiarize the student with legal terminology, laws and regulations, and current issues dealing with sport, physical education and recreation. Students will become familiar with the legal concepts in those areas that they are most likely to encounter in the workplace. Three lecture hours per week. SFL major Elective. Required course in the Sport Management, Coaching, Physical Education, Health Education and Fitness/Wellness concentrations.

SFL 328 Exercise Psychology: Enhancing Health & Well-Being **3 credits**
The course covers topics in exercise psychology designed to provide the student with an overview of the theoretical foundations of exercise psychology, research associated with the field, and implications of this research for practitioners. Students will apply their knowledge in selected areas such as relationships between exercise and psychological well-being, exercise behavior and adherence, addictive and unhealthy behaviors. Three lecture hours per week. Recommended as a major elective. Open to all students.

SFL 329 Financial Aspects of Sport, Fitness and Leisure Industries **3 credits**
Sport, fitness, and leisure have become major industries within the national economy. As such, they contribute to the shaping of our national economy. Particular attention will be given to such areas as: economic theory and perspectives related to the sport, fitness, and leisure industries; economic impact of television, venues, and events; budgeting principles and fiscal control. Three lecture hours per week. Major elective. Required for Sport Management concentration. Open to all students. Recommended for Junior year. Recommended prior course: ECO 202.

SFL 331A Sport Psychology **3 credits**
This course covers topics that deal with the application of psychology to sport at all performance levels. It is designed to provide students with an overview of the theoretical foundations of the field, as well as the implications for practitioners. Students will explore factors that have an impact on the athlete's performance, such as motivation, anxiety, self-confidence, personality, group dynamics, and leadership. Three lecture hours per week. Required for Coaching concentration. Recommended as a major elective. Not open to students who have received credits for SFL 331.

SFL 332 Coaching Baseball and Softball (Spring) **3 credits**
Through lecture, discussions and demonstrations the student examines all areas of knowledge essential to the future coach of baseball and softball. Special attention will be given to conditioning, practice organization, skill analysis and strategies of offensive and defensive patterns. Three hours per week. Offered in alternate years.

SFL 333 Coaching Basketball (Fall) **3 credits**
Through lecture, discussion and demonstration the student examines all areas of knowledge essential to the future coach of basketball. Special attention will be given to conditioning, practice organization, skill analysis, and strategies of offensive and defensive patterns. Three hours per week. Offered in alternate years.

SFL 334 Coaching Field Hockey (Fall) **3 credits**
This course is designed to meet the needs of those students interested in coaching field hockey. Emphasis will be placed upon the theory and styles of coaching. Special attention will be given to conditioning, practice organization, skill analysis, and strategies of offensive and defensive patterns. Three hours per week. Offered in alternate years.

SFL 335 Coaching Football (Fall) **3 credits**
This course is designed to meet the needs of the future coach. Emphasis will be placed upon the theory and style of coaching football. Special attention will be given to conditioning, practice organization, skill analysis, and strategies of offensive and defensive patterns. Three hours per week. Offered in alternate years.

SFL 336 Coaching Ice Hockey (Spring) **3 credits**
This course is designed to meet the needs of the future coach. Emphasis will be placed upon the theory and style of coaching ice hockey. Special attention will be given to conditioning, practice organization, skill analysis, and strategies of offensive and defensive patterns. Three hours per week. Offered in alternate years.

SFL 337 Coaching Soccer and Tennis **3 credits**
This course examines all areas of knowledge essential to coaching soccer and tennis. Emphasis will be placed upon the theory and style of coaching with special attention to conditioning, organization, skill analysis and strategies. Three hours per week. Offered in alternate years.


SFL 338 Coaching Track and Cross Country (Spring)
3 credits

This course is designed to meet the needs of the future coach. Emphasis will be placed upon the theory and style of coaching track and cross-country. Special attention will be given to conditioning, practice organization, skill analysis and strategies of offensive and defensive patterns. Three hours per week. Offered in alternate years.

SFL 339 Coaching Volleyball (Spring)
3 credits

This course is designed to meet the needs of the future coach. Emphasis will be placed upon the theory and style of volleyball. Special attention will be given to conditioning, practice organization, skill analysis and strategies of offensive and defensive patterns. Three hours per week. Offered in alternate years.

SFL 340A Design & Evaluation of Fitness/Wellness Programs (Spring)
3 credits

This course provides students with the skills necessary to develop, implement, and evaluate fitness and wellness programs in a variety of settings. Population assessment program design, and evaluation methods will be emphasized. Other topics include behavior theory and exercise compliance, designing for at risk and special populations and program promotion. Provisions are made to visit several fitness/wellness facilities to learn and compare different programs. Three hours per week. Required for Fitness/Wellness concentration. Not open to students who have previously received credits for SFL 340. Prerequisite: SFL 240A.

SFL 349 Care & Prevention of Athletic Injuries (Spring)
3 credits

The competencies necessary for effective functioning as an athletic trainer will be examined. Topics include cause, prevention, recognition, care, and reconditioning of athletic injuries/illnesses. Focuses on the physiological and pathological nature of injuries. Three hours per week. Open only to and required of students in the Athletic Training concentration. Recommended for Freshman year.

SFL 350A Injury Evaluation & Upper Body (Fall)
3 credits

Through lectures, discussions, and demonstrations, evaluation techniques for injuries to the upper extremities, cervical spine, and head will be presented. The following will be included: relevant anatomy, athletic injuries, and specific evaluations. Three hours per week. Open only to and required of students in the Athletic Training concentration. Recommended for Sophomore year. Prerequisite: SFL 349.

SFL 351 Athletic Training Practicum I
3 credits

This course is designed to offer the student opportunities to observe and perform professional skills under the direct supervision of a certified athletic trainer in a field setting. Practical experience may include athletic training room duties, work with low and high-risk sports, male and female athletes, and observation of orthopedic surgeries. Scheduled seminars are required. Practicum experiences may only be completed at Salem State College or one of its approved affiliated sites. Open only to and required of students in the Athletic Training concentration. Recommended for Sophomore year. Prerequisites: SFL 350A, Current CPR certification.

SFL 353 Injury Evaluation: Lower Body (Spring)
3 credits

Through lectures, discussions, and demonstrations, evaluation techniques for injuries to the lower extremities, lower back, and abdomen will be presented. The following will be included: relevant anatomy, athletic injuries, and specific evaluation. Three hours per week. Open only to and required of students in the Athletic Training concentration. Recommended for Junior year. Prerequisite: SFL 350A.

SFL 354 Therapeutic Exercise (Fall)
3 credits

Through lecture, discussion, demonstration and class participation, the fundamentals and techniques in injury rehabilitation involving therapeutic exercise will be examined. Course will include the following: principles, objectives, therapeutic exercises, and rehabilitation equipment, plus the planning and presentation of a specific rehabilitation program. Two lecture hours and one two-hour laboratory per week. Open only to and required of students in the Athletic Training concentration. Recommended for Junior year. Prerequisite: SFL 353.

SFL 355 Athletic Training Practicum II
3 credits

This course is a continuation of Athletic Training Practicum I and is designed to offer the student opportunities to observe and perform professional skills under the direct supervision of a certified athletic trainer in a field setting. Practical experience may include athletic training room duties, work with low and high-risk sports, male and female athletes, and observation of orthopedic surgeries. Scheduled seminars are required. Practicum experiences may only be completed at Salem State College or one of its approved affiliated sites. Open only to and required of students in the Athletic Training concentration. Recommended for Junior year. Prerequisites: SFL 351, Current CPR certification.

SFL 360 Methods and Materials in Health Education
3 credits

The course emphasizes teaching methodologies for all grade levels. Consideration of materials applicable to health education, evaluation techniques, discipline techniques, preparation of teaching units and bibliographies; and a survey of current literature in the field. Three lecture hours per week. Course requirements include fifteen (15) hours of field-based experience in health education classes with grades (Pre-K-12). Required course for Health Education concentration. Prerequisite: SFL 200 or 221, SFL 261 and matriculation in the Health Education (Pre-K-12) concentration.

SFL 361 Health Seminar: Women in Today's World
3 credits

This seminar traces the development of the women's equality movement, and examines some of the unique socioeconomic pressures which confront women. It includes a comparison of the status of American women with the status of women in other societies. Also included is the analysis of the physiological structure of women. Three lecture hours per week. May be used to fulfill Health core requirement.

SFL 362 Men's Health Seminar
3 credits

The Men's Health Seminar will survey developmental, physical, sexual and psychosocial aspects of men's health. Threats to health and wellness such as alcoholism, trauma, depression, low self-esteem and unrealistic body image will be discussed. The focus will be topical issues, including male identity, chronic diseases, mental illness, and media coverage of these topics. Three lecture hours per week. May be used to fulfill health core requirement.

SFL 363 Stress & Health Empowerment
3 credits DIII

This course provides a comprehensive view of stress and stress management. The concept of stress, the psychophysiology of stress, the relation of stress to the different dimensions of wellness, the measurement of stress, prevention and intervention strategies, and special topics surrounding stress. Three lecture hours per week. Recommended completion of one or more of the following courses: SFL 194, 260, 261, 361 or 362.

SFL 370 Leisure Services and Facilities (Spring)
3 credits

This course provides a comprehensive study of various leisure services; their organization, program content, and relationship to other social institutions and the community. Included will be a survey of both public and private leisure service facilities. Three lecture hours per week. Optional field trips at student's expense are encouraged. Required for Leisure Studies concentration.

SFL 371A Camp Administration
3 credits

This course includes history and philosophy of the camp movement, program planning, staffing, policies and procedures essential to the administration of a camp. Special emphasis is placed on agency, sport and specialty camps. Three lecture hours per week. Concentration elective for Leisure Studies and Sport Management. SFL major elective. Not open to students who have taken SFL 371.



SFL 372A Leisure and Aging (Spring) 3 credits

This course will cover all aspects of recreation programming for the senior population. Consideration will be given to physical, psychological, social and financial implications for such programs. Emphasis will be placed on non-institutionalized senior citizens. Surveys will be taken of existing local programs and comparisons made with other regions. Three lecture hours per week; 15 hours of practical experience required.

SFL 373 Leisure/Fitness Programming and Management (Spring) 3 credits

This course is designed to teach the student the basic management skills necessary to initiate and maintain the various operational and functional aspects of leisure and fitness program development. Three lecture hours per week. Required of Aquatic Management, Fitness/Wellness and Leisure Studies concentrations.

SFL 374 Commercial Recreation 3 credits

This course examines the developing field of commercial recreation. Through lecture, discussion and on-site analysis, a comprehensive study of various aspects of this field will be covered. Particular attention will be given to the impact of this rapidly growing aspect of the leisure industry. Three lecture hours per week. Optional field trips at students' expense are encouraged. Required in Leisure Studies concentration.

SFL376 Ethics and Communication in Sport Management 3 credits

This course is designed to provide students with an understanding of various leadership skills, with a strong emphasis placed upon the ethical and communication proficiencies necessary to be an effective sport manager. Emphasis will be placed upon ethical theories and responsibilities as they apply to the sport management setting, as well as how to effectively communicate a course of action based upon ethical principles. Interactions and information exchange both internal and external to the sport organization will also be examined. Three lecture hours per week. Required for Sport Management concentration.

Prerequisites: SFL 220B, SFL 242, SFL 327A or SFL 327B, and SFL 329.

SFL 381 Dance Theory and Style (Spring) 3 credits

Course emphasizes movement fundamentals as a preparation for dance, rhythmic analysis and awareness, and the appreciation of principles and form in modern, ballet and jazz dance. The exploration of movement as a means to composition will also be involved. Three hours per week.

SFL 385 Officiating Football (Fall) 3 credits

The objective of this course is to prepare men and women to interpret rules of football presently used in secondary schools and recreation/youth programs. The course will cover the rules and mechanics of officiating to aid students in coaching and to assist potential candidates planning to take the Association of New England Football Officials exam. Three lecture hours per week.

SFL 389 Disease and Illness of the Physically Active 3 credits

This course examines a wide range of contemporary health concerns and medical disease states encountered by allied health professionals from a pathological and epidemiological standpoint. Prevention and control of illness and disease are discussed during the class. Three lecture hours per week. Required course for the Athletic Training and Health Education concentrations.

SFL 390 Movement Education and Elementary Games 1 credit

This course is designed for students who will be involved in teaching physical education to children utilizing the movement education approach. Movement exploration, including problem solving and guided discovery activities, will be studied and experienced. Students will have the opportunity to participate in a variety of children's games and rhythmic activities. Open to Bachelor of Educational Studies students in Early Childhood and Elementary Education with permission of the SFL Chairperson. Two hours per week. SFL major activity elective. Required course in the Physical Education Pre-K-9 concentration.

SFL 391 Fundamentals of Exercise and Conditioning II 1 credit

This course is designed to introduce the student to the various exercise and conditioning programs. Students will learn to design individual and group programs for all ages in areas such as calisthenics, weight training, circuit training, and aerobic conditioning. Two hours per week. Open to SFL majors only. Prerequisite: SFL 171.

SFL 392 Sports Fundamentals I 1 credit

This course is designed to introduce students to invasion games such as basketball, soccer, field hockey and lacrosse. Using problem solving as the principal teaching method, instruction will be focused upon the understanding of movement concepts and how they relate to the classification and construct of games. Two hours per week. Open only to SFL majors. SFL major activity elective. Required for Physical Education concentrations Pre-K-9 and 5-12.

SFL 393B Lifeguard Training 3 credits

The purpose of the Lifeguard Training course is to teach lifeguards the skill and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare lifeguard candidates to recognize emergencies, respond quickly and effectively to emergencies and prevent drowning and other incidents. The course also teaches other skills an individual needs to become a professional lifeguard. (ARC 1995 Instructors Manual) Certification is available. Three class hours per week. Major elective. Open to all students. Required for Aquatic Management. Prerequisite: Pass specific water test.

SFL 394 Outdoor Education 1 credit

Through discussion, research and application, students will pursue various forms of ecologically responsible leisure activities. Course introduces student to knowledge and skills that promote personally safe, ecologically sound, outdoor adventures. Participation in a community project is required. Two hours per week. One weekend session required. Satisfies SFL major adventure requirement. SFL major activity elective. Satisfies physical education activities requirement.

SFL 395 Officiating Basketball 1 credit

This course is offered for students interested in taking men and women's National Basketball Officials Exam. The objective is to prepare men and women for interpreting rules of basketball at the secondary level. Emphasis will be placed on rules, interpretation, and mechanics of officiating. Two hours per week.

SFL 396 Applied Sport & Exercise Psychology 1 credit

This course will enable students to develop the skills and sensitivity to create productive relationships with coaches, athletes, exercisers and others involved in sport and exercise. Students will learn how to utilize various psychological theories and intervention strategies to improve athletic performance, satisfaction in sport and physical activity, and the well-being of ractioniers. This is an activity class. Two hours per week. Required for Coaching concentration. Satisfies SFL major activity elective and fulfills the physical education activities requirement.

SFL 410 Directed Field Experience in Aquatic Management 3 credits

This course is designed to offer the student the opportunity for practical experience in the field of Aquatics. Seminars will be held regularly to allow students to discuss and analyze their experience. Minimum of seventy-five hours required. Open only to Aquatic Management concentration students.

SFL 420 Directed Field Experience in Physical Education 3 credits

This course provides a concentrated exposure in physical education classes Pre-K-9 or 5-12. Through assignments, the student will gain direct experience in the field of physical education. A minimum of seventy-five hours is required, which includes field-based experience and seminar meetings. Required course for and restricted to students in the Physical Education concentrations Pre-K-9 and 5-12. Prerequisites: SFL 220A, SFL 321P or SFL 322, and be matriculated into the Physical Education Concentrations Pre-K-9 or 5-12.


SFL 421 Philosophical Aspects of Physical Education 3 credits

This course provides a study of the development of physical education philosophies from the Greek culture to the present. Philosophies of physical education governing organizations will be included. Contemporary learning theories and curriculum development will be studied in relation to teaching philosophies. Overall, the student will acquire an understanding of the role and nature of physical education activity and will begin the process of developing a personal philosophy of physical education. Three lecture hours per week. Required course in the Physical Education Concentrations Pre-K-9 and 5-12.

Prerequisite: SFL 321P or SFL 322.

SFL 430A Directed Field Experience in Sport Management & Coaching 3 credits

This course is designed to expose the student to the many aspects of sport management and coaching. The student will be able to observe and assist and will have the opportunity to analyze his/her experiences under the supervision of a varsity coach or athletic director. Elective for Sport Management & Coaching Concentration. Field-based experience and seminars will be included. Minimum of seventy-five hours required.

SFL 431 Sport in Culture 3 credits

Through lecture, discussion, and applied learning experiences, this course is designed to provide the student with an understanding that sport is a microcosm of society and is influenced by cultural traditions, social values, and psychosocial experiences. The student will be able to understand that sport, fitness, and leisure professionals are immersed in the socio-cultural milieu, with sport as the focus. Three lecture hours per week. Major elective. Required for Sport Management concentration. Open to all students.

SFL 440A Directed Field Experience in Fitness/Wellness 3 credits

This course is designed to provide the student with an opportunity for practical experience in an approved fitness/wellness facility. (A minimum of 8 hours per week, 112 hours total per semester). Required of and restricted to Fitness/Wellness concentration/minor students. Not open to students who have previously received credits for SFL 440.

Prerequisites: SFL 261, SFL 373, and SFL 340A.

SFL 443 Directed Field Experience in Health Education 3 credits

This course is designed to offer the student an applied experience in a health education setting. Through assignments, the student will gain direct experience in the field of health education. A minimum of seventy-five (75) hours is required, which includes field based experience and seminar meetings. Required course for and restricted to Health Education Concentration students.

Prerequisite: SFL 360, and matriculation in the Health Education concentration.

SFL 448 Facility and Event Management in Sport, Fitness, and Leisure Industries 3 credits

This course is designed to provide the student with an understanding of principles and practices specifically related to sport, fitness, and leisure facility and event management. Predominant areas of focus will include facility design, funding, financial impact, trends, risk management, crowd management, and event planning, staffing, and organization. Three lecture hours per week. Major elective. Required for Sport Management concentration. Recommended for Senior year. Recommended prior courses: SFL 220B, 242, 327A or B, and 329.

SFL 451 Therapeutic Modalities (Spring) 3 credits

Through lecture, discussion, and laboratory, the fundamentals and techniques of injury rehabilitation involving therapeutic modalities will be examined. Course will emphasize the physiological effects on the healing process, selection, and use of thermo, electrical, and mechanical agents. Two lecture hours and one two-hour laboratory per week. Open only to and required of students in the Athletic Training concentration. Recommended for Junior year.

Prerequisite: SFL 353.

SFL 452 Athletic Training Practicum III 3 credits

This course is a continuation of Athletic Training Practicum I & II and is designed to offer the student opportunities to observe and perform professional skills under the direct supervision of a certified athletic trainer in a field setting. Practical experience may include athletic training room duties, work with low and high-risk sports, male and female athletes, and observation of orthopedic surgeries. Scheduled seminars are required. Practicum experiences may only be completed at Salem State College or one of its approved affiliated sites. Open only to and required of students in the Athletic Training concentration. Recommended for Junior year.

Prerequisites: SFL 355, Current CPR certification.

SFL 453 Athletic Training Practicum IV 3 credits

This course is a continuation of Athletic Training Practicum I, II, & III and is designed to offer the student opportunities to observe and perform professional skills under the direct supervision of a certified athletic trainer in a field setting. Practical experience may include athletic training room duties, work with low and high-risk sports, male and female athletes, and observation of orthopedic surgeries. Scheduled seminars are required. Practicum experiences may only be completed at Salem State College or one of its approved affiliated sites. Open only to and required of students in the Athletic Training concentration. Recommended for Senior year.

Prerequisites: SFL 452, Current CPR certification.

SFL 454 Organization & Administration of Athletic Training Programs (Fall) 3 credits

Through lecture, discussion demonstration and class participation, this course will provide students with the knowledge and skills necessary to manage an athletic training facility. Includes topics such as budgeting, purchasing, facility design, record keeping, injury data collection, computerized programs, administering pre-participation examinations, legal concerns, staffing and scheduling. Three hours per week. Open only to and required of students in the Athletic Training concentration. Recommended for Senior year.

Prerequisites: SFL 354, SFL 451.

SFL 455A Senior Seminar in Sport Management 3 credits

This course serves as a capstone for the sport management concentration. It integrates current information to prepare students to enter the sport industry. Developing a professional and personal philosophy of sport management will be covered. Additionally, resumes, job searches, graduate school programs and entry-level job requirements and expectations will be addressed. Three lecture hours per week. Required for Sport Management concentration. Not open to students who have taken SFL 455.

Prerequisites: Senior status and permission of the Department Chairperson.

SFL 470 Directed Field Experience in Leisure Studies 3 credits

This course is designed to provide the student with an opportunity for practical experience in the field of recreation. Seminars will be held regularly to allow students to discuss and analyze their experiences in the field of leisure. Minimum of eight hours per week and additional required seminars. Open only to students in the Leisure Studies concentration/minor.

Prerequisites: SFL 270, SFL 370 and SFL 471.

SFL 471 Recreation Leadership and Group Dynamics (Fall) 3 credits

This course includes an analysis of the qualities and roles of leaders, theories of leadership, leadership techniques, group dynamics, and problem-solving techniques. The students will also learn how to lead groups in various recreational activities. Three hours per week. Offered in alternate years. Required for Leisure Studies concentration.



SFL 479 Senior Seminar in Athletic Training 2 credits
Seminars will include discussions on current topics pertaining to the field of athletic training. Students will be exposed to a variety of allied health care providers through guest lectures. A field experience will also be required. Two lecture hours per week. Open only to and required of students in the Athletic Training concentration. Recommended for Senior year.
Prerequisite: SFL 454.

SFL 480 Dance Workshop 3 credits
This course is for students with previous dance experience who are interested in dance as a performing art. Students will learn the elements and techniques of choreography and will create and participate in a studio performance. Meets a minimum of three hours per week. Appropriate dance attire must be worn. This course may be repeated for additional credits.

SFL 490A Water Safety Instructor 3 credits
This course trains candidates to teach American Red Cross swimming, diving and water safety courses within a minimum of 36 hours of active participation. 100% attendance and considerable practice teaching are required for certification. Three lecture/lab hours per week plus field trip. Major elective. Open to all students.
Prerequisite: At least 17 years old. Successful completion written and skills pre-course tests based on Community Water Safety Course.

SFL 492 Sports Fundamentals II 1 credit
This course is designed to introduce students to fielding and target games such as softball, cricket, and golf. Using problem solving, as the principle teaching method, instruction will be focused upon the understanding of movement concepts and how they relate to the classification and construct of games. Two hours per week. Open only to SFL majors. SFL major activity elective. Required for Physical Education concentrations Pre-K-9 and 5-12.

SFL 493 Winter Sports (Spring) 1 credit
This course involves instruction, practice and participation in a variety of winter sports such as cross-country skiing, alpine skiing, ice-skating, ice hockey, and snowshoeing. The student, in addition to demonstrating basic skills, having a knowledge of fundamental rules and regulations and an understanding of safety skills, will be shown principles and methods of instruction. This may include designing individual and group programs. Two hours per week for half a semester; may include evening or weekend meetings. Offered third quarter only. Open only to SFL majors. The college provides some equipment.

SFL 494A Net/Wall Games 1 credit
This course is designed to introduce students to net/wall games such as tennis, badminton, volleyball, and handball. Using problem solving as the principal teaching method, instruction will be focused upon the understanding of movement concepts and how they relate to the classification and construct of games. Two hours per week. Open only to SFL majors. SFL major activity elective. Required for Physical Education concentrations Pre-K-9 and 5-12. Not open to students who have completed SFL 494.

SFL 500 Directed Study in Sport, Fitness and Leisure Studies 3 credits
An independent study in an area of special interest in Sport, Fitness or Leisure Studies. Prior to registration a proposal must be submitted and approved by the instructor and the Department Chairperson.

SFL 510 Aquatic Management Internship 3 credits
This course is designed to offer the student practical experience in areas directly related to the student's academic and career interests. Students will be placed with various public and private agencies. Aquatic Management concentration students only.
Prerequisite: SFL 410.

SFL 530 Sport Management and Coaching Internship 3-12 credits
This course is designed to offer the student placement and practical experience in approved career related public and private agencies. It is open only to students in the Sport Management and Coaching concentration.
Prerequisite: SFL 430A.

SFL 540A Fitness/Wellness Internship 3-12 credits
This course is designed to offer a student placement in an approved career-related public or private fitness/wellness agency. Elective for and restricted to Fitness/Wellness concentration/minor students. (Minimum of eight hours per week per three credits, with additional required seminars).
Prerequisite: SFL 440A.

SFL 550 Sport Management Internship 12 credits
This course is designed to offer the student an applied experience in the sport industry, based on site approval. This is actual field experience in a sport management setting in which management practices are applied. A minimum of four hundred (400) hours required. Required for Sport Management concentration.
Prerequisites: SFL 455 or SFL 455A, and permission of the Department Chairperson.

SFL 570 Leisure Studies Internship 3-12 credits
This course is designed to offer the student practical experience in areas directly related to the student's career interests. Students will be placed with various public and private agencies.
Prerequisite: SFL 470.

NOTE: Three internship credits may be applied to concentration electives. Additional internship credits earned may be used to satisfy, in part, the major electives.