A minimum of 120 semester hours is required for a Bachelor of Arts degree in human performance and health sciences. All degrees within the department require a designated track concentration. The department was one of the first academic programs of its kind in the nation to institute a “track” structure, which allows students to concentrate their efforts on a more specific sub-discipline. Detailed requirements of each track can be obtained on the departmental webpage <http://www.ruf.rice.edu/~hphs/>. Tracks include exercise science, sports management, sports medicine, and health sciences.

**Senior Honors Program.** The Department of Human Performance and Health Sciences has recently instituted a Senior Honors Program. One of the purposes of the program is to foster the development of professional writing skills and verbal presentation skills. Participation and successful completion will result in enhanced computer skills as well as research and discursive presentation skills. Students who qualify will be strongly encouraged to enroll.

**Degree Requirements for the B.A. Degree in Human Performance and Health Sciences**

**Exercise Science**

*Dr. Brian Gibson, Coordinator*

Students wishing to major in the exercise science track of the department are typically those who intend to continue their education at the graduate level or plan on attending medical school or other professional schools such as physical therapy, occupational therapy, and nursing. Graduates may also be employed as exercise
physiologists in medical and corporate settings, including both preventative and rehabilitative programs. These graduates generally obtain certification for exercise testing, physical fitness evaluation, or exercise prescription through the American College of Sports Medicine <http://www.a1.com/sportsmed/>.

Students receive a solid foundation in chemistry, biochemistry, biology, anatomy, and physiology via required courses in the department as well as 15 elective hours in a wide variety of natural science–based offerings. Upper-level courses focus on physiological adaptations that occur with exercise and preventative medicine. During advising sessions, students are encouraged to select from these electives according to their respective career goals. They are also encouraged to participate in experimental research with faculty members to further enhance their graduate school preparation. Students in the Exercise Science Track are expected to develop a strong scientific knowledge base as well as adept critical reading, writing, and oral communication skills.

Qualified students of the Exercise Science Track who do not enroll in the Senior Honors Program will be encouraged to participate in an Independent Study. This Independent Study is under the supervision of the director of the Exercise Science Track. The application (proposal) process for Independent Studies is outlined in the web page listed below. Finally, few extremely qualified students are encouraged to apply for any one of a variety of highly competitive internships.

For more information, go to the exercise science web site at <http://www.ruf.rice.edu/~hphs/bgibson_index.html>.

**Sport Management**  
*Dr. Harmon Gallant, Coordinator*

Sport management is an interdisciplinary field of fairly recent development. It first appeared in the early to mid-1980s under a variety of designations in the curricula of American universities. Rice University became a pioneer institution in the integration of this field into the traditional academic area known as “physical education” by making sport management one of the original tracks when the department was reorganized into its present configuration.

As a distinct body of knowledge and field of study, sport management draws from a variety of the academic disciplines: economics, sociology, political science, psychology, law, and managerial studies. Ethical principles affecting the administration of sport organizations are considered. Each discipline can be applied to the business enterprise of amateur or professional sport; by studying the various disciplines, students are educated in the management techniques necessary to assume responsible roles in professional and amateur sport. Career preparation for both public and private sector organizations is a goal of sport management education at Rice.

The North American Society for Sport Management (NASSM) is the leading academic association in this field. In an effort to set and maintain scholarship and teaching standards, it has issued the following definition of sport management: “the theoretical and applied aspects of management theory and practice specifically related to sport, exercise, dance, and play as these enterprises are pursued by all sectors of the population.”

Students in the sport management track acquire a solid grounding in the organizational, psychological, and legal aspects of the sports industry. They examine in some detail specific topics such as marketing, finance, and labor relations. Graduates of this track are prepared to accept employment in sport management positions or enter graduate-level studies in business, law, or sport management.

**Sports Medicine**  
*Dr. Dale Spence, Coordinator*

The department’s sports medicine track is an outgrowth of a burgeoning interest in sports medicine. The outcome of concentration in the sports medicine track is evident in
the professional careers that graduates have pursued. Most students choose one of three professional directions after graduation: medicine, physical therapy, or athletic training. Some graduates continue with postgraduate study in areas related to human performance and health sciences, including graduate study in sports medicine.

The sports medicine track is a specialized course of study for students majoring in human performance and health sciences. Although it has several common courses with other tracks within the major curriculum, the sports medicine track includes two specialized courses, one laboratory in sports medicine and athletic training, and either an internship or independent study specifically related to sports medicine. The internship or independent study provides students an opportunity to experience the application of sports medicine concepts and practice in a health-care setting or to participate in clinical research. The specific didactic and seminar courses related to sports medicine are limited mostly to athletic injury, including mechanism, assessment, management, and rehabilitation of injury. The laboratory in training room procedures practices the techniques of managing athletic injuries within a rehabilitation setting. The material in these courses and laboratory includes applications of anatomy, biomechanics, physiology, and athletic medicine.

Health Sciences

Dr. Nicholas K. Iammarino, Coordinator

The purpose and goal of the health sciences track is to provide students with a fundamental and broad background in health promotion and disease prevention that will enable them to understand and appreciate the complexities of maintaining an optimal level of personal health while also considering the role that health promotion plays in society and the mechanisms that affect community health. The health science track is viewed as an excellent option for undergraduate students who are preparing to enter graduate school in health education, health promotion, or public health as well as other health-related graduate or professional schools, such as medicine, dentistry, etc.

The successful completion of the health sciences track requires students to complete a total of 42 semester hours in addition to other university degree requirements. The track currently consists of 6 required lecture courses (1 of which is an HPHS core course that is consistent across all four tracks) and 1 academic lab (First Aid/CPR) for a total of 19 required hours. The 5 remaining courses cover the structure and function of the human body (Anatomy and Physiology), an introductory course designed to acquaint students with the fundamental concepts of health and models of health promotion (Concepts of Health Science), methods of understanding the disease process (Epidemiology), and two courses that provide both an introduction to statistics and measurement (Measurement and Evaluation), and the competencies in the operation of networked and personal computers (Introduction to Computing).

All students in the health sciences track must also complete 4 activity courses in the Basic Instruction Program. HPER 103 and 104 carry 1 semester hour of credit each while HPER 101 and 102 are zero-credit courses and required of all Rice undergraduate students.

The remaining 21 semester hours are drawn from elective courses that are both within the HPHS department (8 HEAL and 2 HPER courses) and, at present, 13 courses from other academic departments. In keeping with the university’s interdisciplinary approach to undergraduate education, students choose health-related courses within the natural sciences, social sciences, and humanities divisions.

See HEAL (pages 371–373) and HPER (pages 399–401) in Courses of Instruction.