

**SUPPLEMENT FOR THE SCHOOL OF HEALTH SCIENCES AND HUMAN PERFORMANCE**  
**SPRING 2011 COURSE OFFERINGS**

The School of Health Sciences and Human Performance Supplement contains a partial listing of courses. Please see the *bookmarks at the left* for each department's courses. For further information, students should consult the class schedule on [Homer Connect](#) for Spring 2011 and the [Ithaca College Undergraduate Catalog](#).

Additional information may be obtained from academic advisors or the instructor of a particular course. Course offerings may change between the publication of the supplement and the start of the spring semester. HSHP reserves the right to correct errors in the supplement.

Click the *bookmark* to the left for a list of courses designated for general education. Remember that the listing only includes courses designated in the school of HSHP and not all these courses are offered for the spring semester.

Also *bookmarked* to the left is a schedule worksheet to help you in planning your schedule.

## **DEPARTMENT OF EXERCISE & SPORT SCIENCES**

### **EXSS 16200 INTRODUCTION TO FITNESS AND EXERCISE SCIENCE NLA**

#### **2 CREDITS**

**INSTRUCTOR:** Becky Robinson, Hill Center 3, Ext. 4-3145

**ENROLLMENT:** 40 students

**PREREQUISITES:** None

**OBJECTIVES:** Presents a basic understanding of physical fitness as it relates to health and disease. Emphasis is on safe, effective techniques for developing all components of health-related fitness. Skills presented help students become savvy consumers of exercise information. Discussion of the many and varied career opportunities in exercise science.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, demos, guest speakers, discussion

### **EXSS 20200 SPORT AND EXERCISE PSYCHOLOGY SLA - 1**

#### **3 CREDITS**

**INSTRUCTOR:** Justine Vosloo, CHS 309A, Ext. 4-3435

**ENROLLMENT:** 60 students

**PREREQUISITES:** Sophomore standing

**OBJECTIVES:** Introduction to the psychological factors that influence individual and group sport and exercise participation. Psychological Skills Training (PST) techniques used to enhance sport and exercise performance are presented. Some topics include exercise and rehabilitation adherence, management of eating disorders and substance abuse, burnout and overtraining, self-confidence, goal-setting, anxiety and stress management, concentration and attention control, imagery and visualization, group cohesion, sport and exercise leadership, motivation and communication.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, large and small group discussion, cooperative learning experiences

### **EXSS 24600 PREVENTION AND CARE OF ATHLETIC INJURIES NLA**

#### **3 CREDITS**

**INSTRUCTOR:** Staff

**ENROLLMENT:** 35 students

**PREREQUISITES:** EXSS-12000

**OBJECTIVES:** Introduction to basic concepts in athletic training, with emphasis on anatomical bases and mechanisms of common athletic injuries. Basics of injury prevention, recognition, and initial care are covered. Laboratory time for practice of common taping and wrapping techniques is included so students may develop these practical skills.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, demos

### **EXSS 29900 PSYCHOLOGY OF COACHING LA**

#### **3 CREDITS**

**INSTRUCTOR:** Justine Vosloo, CHS 309A, Ext. 4-3435

**ENROLLMENT:** 40 students

**PREREQUISITES:** EXSS-20200

**OBJECTIVES:** Designed to expose the student to the varied psychological factors that influence effective coach-athlete interactions. Through lecture, small group, and larger group cooperative learning formats, students will learn and develop specific psychological skills training (PST) principles and strategies that can be used in their varied coaching roles. They will develop practical hands-on (applied) strategies for creating practice and competitive environments that foster greater athlete success and team goal attainment.

**STUDENTS:** All majors

## **DEPARTMENT OF HEALTH PROMOTION AND PHYSICAL EDUCATION**

### **HLTH-11300-01 PERSONAL HEALTH NS LA - 1**

#### **3 CREDITS**

**INSTRUCTOR:** 01, 02, 03, 04 - TBA

**ENROLLMENT:** 40 students

**PREREQUISITES:** None

**OBJECTIVES:** Designed to provide expert knowledge about health and health care available to the individual. Emphasizes wellness and health promotion in areas that concern STUDENTS, such as exercise, stress, nutrition, weight management, contraception, intimate relationships, HIV infection, drugs, alcohol, and others.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, group discussion, experiential and performance-based learning.

### **HLTH-20200-01 HUMAN NUTRITION NS LA - 1**

#### **3 CREDITS**

**INSTRUCTOR:** Amy Frith, Hill Center 39, Ext. 4-5135

Julia Lapp, Hill center 29, Ex. 4-3943

**ENROLLMENT:** 40 students

**PREREQUISITES:** EXSS-12000, BIOL-11900, BIOL-12100, CHEM-11100, or CHEM-12100, sophomore standing.

**OBJECTIVES:** An introduction to the field of human nutrition. Includes the study of human nutritional needs and the attainment of health through an adequate diet. Topics such as obesity, sport nutrition, eating disorders, and the use of nutritional supplements are critically reviewed. Issues relating to diet, ethnicity and health, world hunger, nutrition, and disease prevention are explored. The use of a computerized diet analysis database enables STUDENTS to assess the adequacy of their own diets.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, group discussion, experiential and performance-based learning.

### **HLTH-21300-01 WELLNESS: MULTICULTURAL PERSPECTIVES ON HEALTH AND HEALING LA**

#### **3 CREDITS**

**INSTRUCTOR:** Mary Bentley, Hill Center, Ext. 4-3105

**ENROLLMENT:** 30 students

**PREREQUISITES:** Sophomore standing.

**OBJECTIVES:** An overview of the dynamic nature of the wellness movement. Its historical, social, political, cultural, and economic variables are critically examined. A wide range of wellness modalities, including those that fall under manual, mind-body, herbal, movement, and bioelectrical fields of practice, are included. Cross-cultural paradigms of health and healing are examined and compared. Prevention of chronic disease and health promotion are integrated into the concept of wellness, and disease etiologies and treatments are presented from multiple perspectives. The implications of and opportunities for prevention specialists in schools and communities are emphasized.

**PREREQUISITES:** Sophomore standing. (F-S, Y)

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, group discussion, experiential and performance-based learning.

**HLTH-22700-01 STRESS: ITS NATURE AND MANAGEMENT LA – 1**

**3 CREDITS**

**INSTRUCTOR:** 01- Kris Miller, Hill Center, Ext. 4-3129  
03- Michelle Cole, Hill Center 36 Ext. 4-3125

**ENROLLMENT:** 25 students

**PREREQUISITES:** Any level-1 psychology course

**OBJECTIVES:** Overview of the nature and physiology of stress and techniques used to manage stress. Topics include stress physiology, social engineering, cognitive restructuring, conflict resolution, time management, self-help techniques, nutrition, exercise, and relaxation techniques such as meditation, progressive relaxation, and autogenic training. Online instruction comprises part of the course.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, group discussion, experiential and performance-based learning.

**HLTH-22800-01 HUMAN SEXUALITY LA - 1**

**3 CREDITS**

**INSTRUCTOR:** 01: Ann Kolodji, Hill Center 41, Ext. 4-3167  
02: Shewanee Howard, Hill Center 4 Ext. 4-3195

**ENROLLMENT:** 30 students

**PREREQUISITES:** Sophomore standing.

**OBJECTIVES:** Promotes a critical perspective of contemporary issues associated with human sexuality. The importance of healthy behavioral practices and responsible decision making concerning sexuality is emphasized. Content areas include contraception and birth control, pregnancy and childbirth, sexually transmitted infections, gender and gender roles, ethnicity and sexuality, sexual anatomy and physiology, sexual response, sexual expression, sexual orientation, relationships, and sexuality over the life span.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, group discussion, experiential and performance-based learning

**HLTH-35000-01 PSYCHOACTIVE DRUGS LA**

**3 CREDITS**

**INSTRUCTOR:** 01- Shewanee Howard, Hill Center 4, Ext. 4-3195

**ENROLLMENT:** 30 students

**PREREQUISITES:** Junior standing.

**OBJECTIVES:** Promotes critical thinking about many implications of the use of mind-altering drugs within our society. An interdisciplinary approach is used to study a number of issues regarding drugs, society, and human behavior.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, group discussion, experiential and performance-based learning.

**HLTH-20500 CRITICAL HEALTH ISSUES LA - 1**

**3 CREDITS**

**INSTRUCTOR:** 01, 02, Stewart Auyash, Hill Center 24, Ext. 4-1312

**ENROLLMENT:** 30 students per section

**PREREQUISITES:** None

**OBJECTIVES:** Examination of the health workforce, medical education, medical specialization, the rising cost of care, voluntary and governmental health insurance, health care delivery systems, and health care for the poor. 3 credits. (F-S,Y)

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, video, guest speakers, discussion.

## **DEPARTMENT OF OCCUPATIONAL THERAPY**

### **OTBS-10500-01 OCCUPATIONS AND YOU LA – 1**

#### **3 CREDITS**

**INSTRUCTOR:** Julie Dorsey, Smiddy 205, Ext. 4-1078

**ENROLLMENT:** 35 students

**PREREQUISITES:** None

**OBJECTIVES:** An introduction to the concept of human occupations. The nature of occupations from personal, historical, cultural, and practical perspectives are explored. Investigation of engagement in work, self-care and play/leisure and its meaning to people, their development and identity. How individuals and groups interact in their environment is a major focus of this class.

**FORMAT AND STYLE:** Lecture/discussion

### **OTBS-20200-01 HUMAN DEVELOPMENT II LA – 1**

#### **3 CREDITS**

**INSTRUCTOR:** Jessica Taves, CHS 401-G, Ext. 4-3792

**ENROLLMENT:** 40 students

**PREREQUISITES:** Psych-10300 and sophomore standing

**OBJECTIVES:** Study of developmental theories and factors influencing normal development from adolescence through older adulthood. Developmental norms and sequences are examined, with emphasis on sensorimotor, cognitive, and psychosocial tasks.

**FORMAT AND STYLE:** Lecture/discussion

### **OTBS 20600-01 CULTURE OF DISABILITY LA 1h**

#### **3 CREDITS**

**INSTRUCTOR:** TBA

**ENROLLMENT:** 20 students

**PREREQUISITES:** sophomore standing or permission of the instructor.

**OBJECTIVES:** An examination of the historical, medical, and sociocultural construction of disability through readings, discussion, film, and personal narrative. The history of several disability groups will be used as case studies to analyze the ideological, socioeconomic, political, and cultural experience of disability.

**FORMAT AND STYLE:** Lecture/discussion, guest speakers, case studies, experiential learning, and video.

### **OTBS-21000-01 THE CANCER EXPERIENCE 1 - LA**

#### **3 CREDITS**

**INSTRUCTOR:** Laura Morse, Smiddy 204I, Ext. 4-1975

**ENROLLMENT:** 20 students

**PREREQUISITES:** Sophomore standing

**OBJECTIVES:** An introduction to the major types of cancer, impact of cancer on the individual, basic medical terminology, cultural differences in types of cancer, and external and internal influences on cancer, as well as treatment, adjustments, and coping strategies. Course includes discussion with individuals who have personally dealt with various aspects of the cancer experience.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, demos, guest speakers, discussion

**OTBS-30600-01 OCCUPATIONAL APARTHEID LA SS**

**3 CREDITS**

**INSTRUCTOR:** Judy Gonyea, Smiddy 204D, Ext. 4-1737

**ENROLLMENT:** 40 students

**PREREQUISITES:** OTBS 20500

**OBJECTIVES:** Exploration of the concept of occupational apartheid—the separation between those who have meaningful, useful occupations and those who are deprived of, isolated from, or otherwise constrained in their pursuit of dignified participation in daily life. Surveys, political, sociological, cultural and environmental influences on individuals' engagement in occupation. The premise of occupational justice will be explored in relation to specific national and international situations.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, discussion, individual student research and student presentations.

## **DEPARTMENT OF RECREATION AND LEISURE STUDIES**

### **RLS-10100-01 LEISURE AND SOCIETY SS LA - 1**

#### **3 CREDITS**

**INSTRUCTOR:** Tirazah-Jo Tucci, (Contact Department Chair) Ext. 4-3144

**ENROLLMENT:** 30 students

**PREREQUISITES:** None

**OBJECTIVES:** This course surveys concepts of leisure and recreation in contemporary society. It discusses individual needs for leisure as well as community responses to leisure provision.

**FORMAT AND STYLE:** Lecture/discussion, guest speakers, presentations, class participation.

### **RLS-10500-01 LEADERSHIP NLA**

#### **3 CREDITS**

**INSTRUCTOR:** Tomaselli (Contact Department Chair), Ext. 4-3144

**ENROLLMENT:** 25 students

**PREREQUISITES:** None

**OBJECTIVES:** STUDENTS become acquainted with various leadership theories and group dynamics. Through experiential learning, STUDENTS become conversant with a variety of leadership techniques to facilitate leisure-related experience.

**FORMAT AND STYLE:** Lecture/discussion, guest speakers, presentations, class participation, and experiential learning.

### **RLS-12500-01 UNDERSTANDING DISABILITY: CHARACTERISTICS, CAUSES AND SERVICES**

#### **LA - 1**

#### **3 CREDITS**

**INSTRUCTOR:** Joanie Groome (Contact Department Chair), Ext. 4-3144

**ENROLLMENT:** 30 students

**PREREQUISITES:** None

**OBJECTIVES:** STUDENTS will review a wide spectrum of disabilities focusing on causes, characteristics, and needs of people with disabilities in a variety of service contexts.

**FORMAT AND STYLE:** Lecture/discussion, guest speakers, presentations, class participation, and experiential work with preschoolers with and without disabilities in the pool once a week.

### **RLS-15000-01/02 ROCK CLIMBING NLA**

#### **1 CREDIT**

**INSTRUCTOR:** Mark Holton, (Contact Department Chair), Ext. 4-3144

**ENROLLMENT:** 8 students each section

**PREREQUISITES:** None

**OBJECTIVES:** Introduction to the fundamentals of rock climbing.

**FORMAT AND STYLE:** Demonstration and climbing at new IC climbing wall at the Fitness Center.

### **RLS-15000-03 ROCK CLIMBING NLA**

#### **1 CREDIT**

**INSTRUCTOR:** Mark Holton, (Contact Department Chair), Ext. 4-3144

**ENROLLMENT:** 8 students

**PREREQUISITES:** None

**OBJECTIVES:** Introduction to the fundamentals of rock climbing.

**FORMAT AND STYLE:** Demonstration and climbing at new IC climbing wall at the Fitness Center.

**RLS-15100-01 FOUNDATIONS OF OUTDOOR ADVENTURE PURSUITS LA - 1**

**3 CREDITS**

**INSTRUCTOR:** Megan-Mac Nicholson (Contact Department Chair), Ext. 4-3144

**ENROLLMENT:** 25 students

**PREREQUISITES:** Sophomore standing

**OBJECTIVES:** Overview of phenomenon of outdoor pursuits. Topics include risk taking, motivations for participation, resource areas, management philosophies and practices, and environmental issues.

**FORMAT AND STYLE:** Lecture, small group discussions, case studies, readings.

**RLS-21600-01 OUTDOOR ADVENTURE SKILLS NLA**

**3 CREDITS**

**INSTRUCTOR:** Megan-Mac Nicholson (Contact Department Chair), Ext. 4-3144

**ENROLLMENT:** 15 students

**PREREQUISITES:** Sophomore standing or above

**OBJECTIVES:** Introduction to basic skills and concepts in a variety of outdoor adventure pursuits. Skills include trip preparation, menu planning, cooking techniques, and safety considerations in both moderate- and cold-weather camping.

**FORMAT AND STYLE:** Lecture/discussion, demonstration, experiential application of practical skills, small group work, and weekend experiential trip.

**RLS-23300-01 INTRODUCTION TO THERAPEUTIC RECREATION NLA**

**3 CREDITS**

**INSTRUCTOR:** Linda Heyne, Smiddy 208, Ext. 4-3050

**ENROLLMENT:** 25 students

**PREREQUISITES:** RLS-12500

**OBJECTIVES:** In-depth study of the scope of therapeutic recreation including historical and philosophical foundations, therapeutic recreation process, application of services, profession within the context of other helping professions, and professional and ethical issues.

**FORMAT AND STYLE:** Lecture/discussion, guest speakers, group work, and experiential fieldwork in the community.

## **DEPARTMENT OF SPEECH-LANGUAGE PATHOLOGY AND AUDIOLOGY**

### **SLPA-10901-01 & 02 SIGN LANGUAGE I LA**

#### **3 CREDITS**

**INSTRUCTORS:** James Meyers, Lisa Witchey, and Jennifer Giroux in Smiddy 303, Ext. 4-1138

**ENROLLMENT:** 20 students in each of two sections (Myers, one; Witchey, one; Giroux, one)

**PREREQUISITES:** None

**OBJECTIVES:** An opportunity to gain familiarity with and a working knowledge of American Sign Language and finger-spelling, as well as an understanding of deafness and Deaf culture.

**FORMAT AND STYLE:** Lecture, demonstration, practice, class participation, presentations, performance.

### **SLPA-11000-01 PHONETICS NLA**

#### **3 CREDITS**

**INSTRUCTOR:** Luanne Andersson, Smiddy 302, Ext. 4-1850

**ENROLLMENT:** 30 students

**PREREQUISITES:** None

**OBJECTIVES:** An introduction to the study of speech sounds. The primary emphasis is placed on sound to symbol relationship, using the International Phonetic Alphabet.

### **SLPA-15000-01 INTRODUCTION TO COMMUNICATION DISORDERS SS LA - 1**

#### **3 CREDITS**

**INSTRUCTOR:** Richard Schissel, Smiddy 204H, Ext. 4-7089

**ENROLLMENT:** 80 students

**PREREQUISITES:** None

**OBJECTIVES:** Overview of communication disorders for students who may want to explore speech – language pathology and audiology as a major, for students entering the major, and for others interested in the topic.

### **SLPA-20901-01 & 02 SIGN LANGUAGE II LA**

#### **3 CREDITS**

**INSTRUCTOR:** Jennifer Giroux, Smiddy 303, Ext. 4-1138; Kip Opperman, Smiddy 304, Ext 4-3101

**ENROLLMENT:** 20 students in each of two sections (Giroux, one; Opperman, one)

**PREREQUISITES:** Successful completion of SLPA-10900 or equivalent as determined by the instructor.

**OBJECTIVES:** Expand manual communication skills and knowledge of deafness and Deaf culture.

**FORMAT AND STYLE:** Lecture, demonstration, practice, class participation, presentations, performance.

### **SLPA-21900-01 LANGUAGE/LITERACY DEVELOPMENT IN CHILDREN AGES 3-21 NLA**

#### **2 CREDITS**

**INSTRUCTOR:** Skott Freedman, Smiddy 307, Ext. 4-3731

**ENROLLMENT:** 40 students

**PREREQUISITES:** Sophomore standing

**OBJECTIVES:** To become familiar with issues related to language and literacy development for the purpose of enhancing one's ability to serve the academic needs of children and to converse with future colleagues in a school setting.

### **SLPA-21901-01 Communication Disorders in the Classroom NLA**

#### **1 CREDIT**

**INSTRUCTOR:** Skott Freedman, Smiddy 307, Ext. 4-3731

**ENROLLMENT:** 40 students

**PREREQUISITES:** SLPA 21900

**OBJECTIVES:** For future educators, an introduction to working in the classroom with children who have communication disorders.

**SLPA-20800-01 PERSPECTIVES ON DEAFNESS LA**

**3 CREDITS**

**INSTRUCTOR:** Jim Meyers, Smiddy 303, Ext. 4-1138

**ENROLLMENT:** 40 students

**PREREQUISITES:** SLPA 10900

**OBJECTIVES:** To become familiar with disability perspectives and alternatives to disability perspectives on deafness in the US.

## **DEPARTMENT OF SPORT MANAGEMENT AND MEDIA**

### **SPMM-29500-01 SOCIAL ASPECTS OF SPORT SS LA 1**

#### **3 CREDITS**

**INSTRUCTOR:** Ellen Staurowsky, Hill Center 11, Ext. 4-1730

**ENROLLMENT:** 40 students

**PREREQUISITES:** Sophomore standing

**OBJECTIVES:** An investigation of the social significance of sport and the utilization of the sociological perspective for understanding the nature of sport.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, group discussion, experiential and performance based learning.

### **SPMM-29700 SPORT: PHILOSOPHICAL PERSPECTIVES LA 1**

#### **3 CREDITS**

**INSTRUCTOR:** Stephen Mosher, Hill Center 28, Ext. 4-3162

**ENROLLMENT:** 20 students

**PREREQUISITES:** Sophomore standing: SPMM-20700 or SPMM-29500

**OBJECTIVES:** An introduction to several philosophical perspectives on the meaning of sport as a human activity. An examination of selected philosophical issues or topics as they occur in sport.

**STUDENTS:** All majors

**FORMAT AND STYLE:** Lecture, group discussion, experiential and performance based learning.

### **SPMM-29800 GENDER ISSUES IN SPORT LA 1**

#### **3 CREDITS**

**INSTRUCTOR:** Ellen Staurowsky, Hill Center 11, Ext. 4-1730

**ENROLLMENT:** 40 students

**PREREQUISITES:** Sophomore standing

**OBJECTIVES:** A study of the central role of gender in the formulation of understandings and expectations about sport in American culture. An overview of selected psychosocial, historical, and philosophical issues that shape the nature and scope of men's and women's participation in sport and physical activity. Particular emphasis is placed on the social construction of gender in sport, specifically the ways sport is used to reinforce a predominantly male value system, and how female and male sport experience are defined and constrained by that system.

**STUDENTS:** All Majors

**FORMAT AND STYLE:** Lecture, group discussion, experiential and performance based learning

## **HSHP INTERDISCIPLINARY**

### **HINT-31200-01 HEALTH CARE AND CULTURE LA – 1g** **2 CREDITS**

**INSTRUCTOR:** Julie Dorsey, Smiddy 205, Ext. 4-1078

**ENROLLMENT:** 20 students

**PREREQUISITES:** None

**OBJECTIVES:** An investigation of socio-cultural context in the delivery of health care and rehabilitation services. Students will examine the role of ethnicity, race, religion, and socio-economic status in shaping the health-related beliefs and behaviors of individuals through readings and discussion.

**FORMAT AND STYLE:** Lecture and guest speakers, discussion, independent research and interactive learning, and student presentations.

## Schedule Planning Sheet

MWF	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	T/TH
8:00						8:00
9:00						9:25
10:00						10:50
11:00						10:50
12:00						
1:00						1:10
2:00						2:35
3:00						
4:00						4:00
5:25						5:25
6:50						6:50
8:15						8:15

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