

# **SIMMONS SCHOOL OF EDUCATION AND HUMAN DEVELOPMENT**

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## **GENERAL INFORMATION**

The Annette Caldwell Simmons School of Education and Human Development comprises research institutes, undergraduate and graduate programs, and community service centers that concern the areas of professional education, dispute reso-

The Department of Education Policy and Leadership focuses on preparing educators for leadership roles in complex educational settings. Coursework and systematic applications of knowledge are designed to ensure that the education leaders of tomorrow are able to develop and support effective teachers and other education service providers; to select and implement effective curricula and instructional programs; and to identify, implement and sustain effective organizational practices to ensure high levels of student learning and achievement. In service to this mission, the department offers the following Master of Education degrees: an

**All of the courses in the program of study are based on the Texas standards for**

**Field Experience and Student Teaching.** The teacher education program includes extensive field experience to help students prepare for careers in teaching. A personal/criminal background check is required prior to field experience and student teaching. The student progresses from observational activities in classrooms to teaching and learning practice sessions in early field experiences with individual students and small groups. Finally, during student teaching, the student assumes responsibility for an entire classroom in a carefully managed student-teaching experience. SMU students receive mentoring from faculty members noted for their exemplary records as both master teachers and scholars. Exemplary teachers from inner city to suburban settings also act as coaches during the field experience. Part of



**EDU 5121 (1)**

**FIELD EXPERIENCE I: ELEMENTARY**

This course gives students opportunities to work in appropriate school settings and allows them to observe a functioning classroom. Includes classroom setup, environment, organization, structure, and discipline.

**EDU 5122 (1)**

**FIELD EXPERIENCE II: ELEMENTARY**

This course concerns special populations. It gives students opportunities to work in appropriate school settings and allows them to observe the teaching techniques used to help children with disabilities.

**EDU 5123 (1)**

**FIELD EXPERIENCE III: ELEMENTARY**

This course gives students opportunities to work in appropriate school settings and to plan and teach lessons. Students shadow a teacher in preparation for student teaching.

**EDU 5124 (1)**

**FIELD EXPERIENCE I: SECONDARY**

This course gives students opportunities to work in appropriate school settings and allows them to observe a functioning classroom. Includes classroom setup, environment, organization, structure, and discipline.

**EDU 5125 (1)**

**FIELD EXPERIENCE II: SECONDARY**

This course concerns special populations. It gives students opportunities to work in appropriate school settings and allows them to observe the teaching techniques used to help children with disabilities.

**EDU 5126 (1)**

**FIELD EXPERIENCE III: SECONDARY**

This course gives students opportunities to work in appropriate school settings and to plan and teach lessons. Students shadow a teacher in preparation for student teaching.

**EDU 5310 (3)**

**CIVIC LEADERSHIP**

Individual and community transformations, resulting from civic leadership, will be examined in the classroom and experientially through a required community service component occurring outside the classroom.

**EDU 5318 (3)**

**FORMATIVE/SUMMATIVE ASSESSMENT**

This course is an explanation and practice of formal and informal assessment strategies and how assessment outcomes should inform instruction and be shared with families. All assignments relate to putting assessment skills into practice in the classroom.

**EDU 5327 (3)**

**INTEGRATING TEACHING AND LEARNING**

Reviews the nature and design of educational activities: theory, research, and practice of unit planning and lesson planning for active learning that meets the needs of individual students.

**EDU 5331 (3)**

**CONTENT AREA STUDIES FOR ELEMENTARY SCHOOL**

This course is an exploration of science, social studies, art, music, drama, and physical education content for EC through 6th-grade students and effective teaching strategies for each content area.

**EDU 5335 (3)**

**ADOLESCENT DEVELOPMENT AND COGNITION**

This course focuses on theory of adolescent growth and development and its application in the classroom. The study of how adolescents learn and the conditions under which they learn best will guide this course.



**THE INSTITUTE FOR EVIDENCE-BASED EDUCATION**

[www.smu.edu/EvidenceBasedEducation](http://www.smu.edu/EvidenceBasedEducation)

**Professor Patricia G. Mathes, Director**



## **DEPARTMENT OF APPLIED PHYSIOLOGY AND WELLNESS**

**Associate Professor Peter Gifford, Department Chair**

**Associate Professors:** Lynn Romejko Jacobs, Peter Weyand. **Assistant Professor:** Scott L. Davis. **Research Professor:** Eric Bing. **Senior Lecturers:** Marilyn “Birdie” Barr, Brian Fennig. **Research Assistant Professor:** Jeffrey Hastings. **Clinical Assistant Professor:** Megan Murphy. **Professors of Practice:** Susan Holland, Michael Lysko, Michael Stone. **Lecturers:** Piotr Chelstowski, Jessica Gillaspay, Donna Gober, Megan Knapp, Kristen McAlexander, Vicki Wood.

The Department of Applied Physiology and Wellness offers an undergraduate major in applied physiology and sport management. The department also offers the University Curriculum’s Personal Responsibility and Wellness courses, as well as a large selection of sports and fitness activity Wellness courses. All UC students must take PRW1 and PRW2 in order to graduate from SMU.

**Applied Physiology and Sport Management Major**

[www.smu.edu/apsm](http://www.smu.edu/apsm)

The Applied Physiology and Sport Management program provides a rigorous cur-

### **Sport Management Concentration**

Due to the explosion of interest in sport as a business, curricula to prepare management professionals are growing in number and prevalence. Further, as the business of sport becomes more complex, the preparation of professionals has become increasingly sophisticated, relying heavily on successful business theories and principles.

The academic discipline of sport management draws significantly on valid research and practices from organization and information management systems, including: budgeting, accounting, managing events, managing personnel and facilities, controlling, directing, evaluating, leading, writing, selling, working with media, developing publications, keeping game notes and statistics, interviewing, promoting, advertising, and fundraising.

#### **Admission Requirements**

Have a minimum 2.000 GPA overall.

	<i>Credit Hours</i>
<b>Core Courses</b>	<b>15–17</b>
<b>Sport Management Concentration (15 hours)</b> APSM 3311, 3322, 3332, 3340, 5300	
<b>Applied Physiology and Enterprise Concentration (17 hours)</b> APSM 3411, 3422, 3332, 3340, 5300	
<b>Concentration Courses</b>	<b>24</b>
<b>Sport Management Concentration</b> APSM 2310, 3372, 4345, 4371, 4372, 5371, 5672	
<b>Applied Physiology and Enterprise Concentration</b> APSM 2441, 2442, 3351, 4412, 5351, 5610	
	<b>39–41</b>

### *Minors in Applied Physiology and Sport Management*

A candidate for a degree may also complete the requirements of a minor, either in the Simmons School or in one of the other undergraduate schools of the University. Coursework that is intended to apply toward a minor may not be taken pass/fail. If an APSM minor makes a grade below *C-* in any APSM course, the student must retake the course. In addition, the Simmons School requires a cumulative GPA of 2.000 on all courses attempted for completion of a major or minor. All courses attempted that could count toward the major/minor are included in determining the major/minor GPA. Minors must be officially declared (or changed) through the Office of the Dean.

	<i>Credit Hours</i>
<b>Minors in Applied Physiology and Sport Management</b>	<b>18–23</b>
<b>Applied Physiology and Enterprise Minor (23 hours)</b> APSM 2441, 2442, 3311, 3322, 3332, 3351, 5351 (PSYC 3360 <i>recommended</i> )	
<b>Sport Management Minor (18 hours)</b> APSM 2310, 3332, 3340, 5371 Choice of two electives from the following: APSM 3372, 4345, 4371, 4372	
<b>Applied Physiology Minor (23 hours)</b> APSM 2441, 2442, 3411, 3422, 3351, 4412 (PSYC 3360 <i>recommended</i> )	

### **General Requirements**

#### *Student Responsibility for Completion of Degree Plan*

Students are required to schedule a degree-plan conference with an APSM adviser at the time of their acceptance into the major. Detailed information concerning academic regulations and degree requirements will be provided at that time. Students are individually responsible for knowing and complying with all regulations and requirements that may apply to the APSM program.

#### *Application for a Degree*

Students must submit to the Office of the Dean a formal application for graduation by August 26 for December graduation, by January 23 for May graduation or by June 5 for August graduation.

*Credits*

**A candidate for a Simmons School APSM degree must have**

### ***Departmental Distinction***

A student may be awarded departmental distinction regardless of eligibility for graduation honors. This award is conferred by the Applied Physiology and Wellness Department based on specific criteria established by the department. Further information may be obtained from [www.smu.edu/apsm](http://www.smu.edu/apsm) or the department.

### ***The Courses (APSM)***

#### **Elective Courses**

These courses are elective courses available to APSM and non-APSM students.

APSM 5160, 5260, 5360, 5261, 5361

#### **APSM 2310 (3)**

##### **CONTEMPORARY ISSUES IN APPLIED PHYSIOLOGY AND SPORT MANAGEMENT**

Explores the functional areas of business, management principles, contemporary issues, and future considerations for organizations within the fitness and sports industries. Gateway course for sport management concentration majors. Successful completion of this course is mandatory to be invited into the applied physiology and sport management major with a sport management concentration. First-year, sophomore, or junior standing only (less than 90 hours).

#### **APSM 2441 (4)**

##### **HUMAN ANATOMY AND PHYSIOLOGY I WITH LABORATORY**

A systemic approach to the study of the human body, with a focus on the anatomical structure and function of the human neuro-musculo-skeletal systems. Gateway course for applied physiology and enterprise concentration majors. Successful completion is mandatory to be invited into the applied physiology and sport management major with an AP&E concentration.

#### **APSM 2442 (4)**

##### **HUMAN ANATOMY AND PHYSIOLOGY II WITH LAB**

This course examines the gross anatomy and physiology of the endocrine, cardiovascular, respiratory, digestive, and urinary systems and their relationship with human health and performance. *Prerequisite:* APSM 2441.

#### **APSM 3311 (3)**

##### **EXERCISE PHYSIOLOGY**

This course uses an organ system approach to examine the body's responses and adaptations to exercise and movement. *Prerequisite:* APSM 2310.

#### **APSM 3322 (3)**

##### **BIOMECHANICS**

**APSM 3411 (4)**

**EXERCISE PHYSIOLOGY WITH LABORATORY**

This course is focused on developing an understanding of the physiological mechanisms underlying human movement. Specific topics of study include muscle physiology, respiration, cardiac function, circulation, energy metabolism, and application to training. Students are expected to have a basic understanding of algebra, general chemistry, and anatomy/physiology prior to enrollment. Offered in spring only. *Prerequisite:* APSM 2441 or 4441.

**APSM 3422 (4)**

**BIOMECHANICS WITH LABORATORY**

This course introduces the scientific basis of support and motion in humans and other vertebrate animals, drawing equally on musculoskeletal biology and Newtonian mechanics. Offered in spring only. Recommended: PHYS 1303. *Prerequisite:* APSM 2441 or 4441.

**APSM 4159 (1), 4259 (2), 4359 (3)**

**INDEPENDENT STUDY IN APSM**

For APSM majors or minors seeking to increase their experiential presence and/or research capabilities. Enrollment is by faculty invitation only. *Prerequisite:* APSM 2310 or 2441.

**APSM 4345 (3)**

**SPORTS MARKETING**

This course provides a strategic framework to understand market dynamics, trends, consumer behavior, products, delivery systems, and marketing and promotional strategies that shape and drive the sports marketing industry. *Prerequisite:* APSM 2310.

**APSM 4371 (3)**

**REVENUE IN SPORTS**

This course covers sports industry revenue topics, including professional league and team revenue generation, franchise ownership and valuation, corporate sponsorship, sports media revenue, and industry selling practices. *Prerequisite:* APSM 2310.

**APSM 4372 (3)**

**SPORT FACILITY AND EVENT MANAGEMENT**

This course examines the principles of sport facility planning, design, and management. Topics include venue design, operations, revenue streams, budgeting, personnel, security, media relations, crisis control, and legal considerations. *Prerequisite:* APSM 2310.

**APSM 4412 (4)**

**ADVANCED EXERCISE PHYSIOLOGY**

This course introduces students to measurement techniques used to assess physiological responses to exercise. Students take measurements on themselves (or one another if they prefer) in structured laboratory experiences. *Prerequisites:* APSM 3311 or 3411, and APSM 2441 or 4441.

**APSM 5160 (1), 5260 (2), 5360 (3)**

**TEACHING PRACTICUM**

Students assist the instructor in conducting a course in which they have previously excelled. Three credit hours maximum allowed. *Prerequisites:* Junior or Senior standing; Demonstrated academic excellence when previously enrolled in the same course (No less than an A-); Instructor approval.

**APSM 5261 (2), 5361 (3), 5461 (4), 5561 (5), 5661 (6)**

**RESEARCH PRACTICUM IN APPLIED PHYSIOLOGY**

**APSM 5351 (3)****FITNESS AND HEALTH ENTERPRISE**

This course prepares students who aspire to careers in the health and fitness industries. Topics include the fundamentals of entrepreneurship, leadership, salesmanship, certification, and liability. *Prerequisites:* APSM 2441 or 4441, and junior-year standing.

**APSM 5362 (3), 5363 (3)****DIRECTED STUDIES IN APPLIED PHYSIOLOGY**

This directed research course is necessary to be considered for departmental distinction. Students must have an APSM faculty sponsor and a written structured course plan to enroll. *Prerequisites:* Instructor invitation, APSM 5361, senior standing, 3.000 overall GPA, and 3.500 GPA within the major.

**APSM 5364 (3)****DIRECTED STUDIES IN APPLIED PHYSIOLOGY AND ENTERPRISE**

This directed research course is necessary to be considered for departmental distinction. Students must have an APSM faculty sponsor and a written structured course plan to enroll. *Prerequisites:* Instructor approval; APSM 4159, 4259, or 4359; senior standing; 3.000 overall GPA; and 3.500 GPA within the major.

**APSM 5371 (3)****SPORT MANAGEMENT PRACTICUM**

Experiential learning through planning, promoting, executing, and evaluating a sports-related event on campus for a total of 150 hours. *Requisite:* Junior year standing. Recommended to precede APSM 4345, APSM 3372, APSM 4371, APSM 4372.

**APSM 5610 (6)****APPLIED PHYSIOLOGY AND ENTERPRISE INTERNSHIP**

Experiential learning at a local fitness or health organization as an intern for a total of 250 hours. *Prerequisites:* APSM 5351. *Requisite:* Senior year standing. Reserved for Applied Physiology and Sports Management majors.

**APSM 5672 (6)****SPORTS MANAGEMENT INTERNSHIP**

Experiential learning at a local sports industry organization as an intern for a total of 250 hours. *Prerequisites:* APSM 5371 Sport Management Practicum. *Requisite:* Senior year standing. Reserved for Applied Physiology and Sports Management majors.

goals and fitness plans for the term. A variety of individual and group fitness courses are available; in both cases, students work with instructors. Each course contains central core objectives and student-learning outcomes based on health-related fitness components. Topics and activities include the following: comprehensive physical fitness assessments, cardiorespiratory workshops, resistance exercise workshops, individual goals and individual or group training, post-training assessments, counseling, and a final exam under the auspices and leadership of a qualified instructor. Grades are based on attendance, understanding of training and health principles, and satisfactory improvements toward the goals that students set for themselves. The aim is to help each student achieve immediate fitness benefits and inculcate positive, lifelong fitness habits. Grading is on a letter (A, B, C) basis. PRW2 courses are offered in the fall and spring terms. All courses share a congruent



**PRW 2112 (1)****PRW2: PHYSICAL FITNESS: WALKING**

Walks of 2 to 2.5 miles during class time, and diet and nutrition information. Students also engage in selected activities designed to target health-related fitness.

**PRW 2114 (1)****PRW2: PHYSICAL FITNESS: BEGINNING TRIATHLON**

Students train for an actual sprint distance triathlon (swim, bike, run) during the term. Additionally, students engage in selected activities designed to target health-related fitness.

**PRW 2115 (1)****PRW2: PHYSICAL FITNESS: INTERMEDIATE TRIATHLON**

This course prepares the student to complete an Olympic triathlon (1.5 km swim, 40 km bike, 10 km run). Covers bicycle care, training progressions, and race strategies. Additionally, students engage in selected activities designed to target health-related fitness. *Prerequisite:* Completion of a sprint distance triathlon.

**PRW 2117 (1)****PRW2: PHYSICAL FITNESS: BEGINNING MARATHON TRAINING**

This class helps students gain the skills and endurance needed to complete the local White Rock Marathon at the end of the term. Additionally, students engage in selected activities designed to target health-related fitness. Students are charged a \$75 activity fee to cover marathon entry fees.

**PRW 2120 (1)****PRW2: PHYSICAL FITNESS: SPINNING**

Spinning utilizes specialized, stationary cycles in a controlled, group setting. This indoor class is uniquely tailored to suit a wide range of abilities. Training principles are inspired by road cycling, and the pace is self-directed. Additionally, students engage in selected activities designed to target health-related fitness. Special activity fee: \$10.

**PRW 2125 (1)****PRW2: PHYSICAL FITNESS: GROUP FITNESS**

Introduces students to a variety of group fitness activities such as kickboxing, jogging, Pilates, calisthenics, indoor rowing, and nonmachine strength training. This is a boot camp style class.

**PRW 2127 (1)****PRW2: PHYSICAL FITNESS: PILATES**

Pilates is a total-body conditioning exercise method that combines flexibility and strength activities designed to develop the mind and body uniformly by providing balance, flexibility and strength, improved posture, and strengthened

**PRW 2140 (1)**

**PRW2: PHYSICAL FITNESS: INTERMEDIATE SWIMMING**

This class is for the intermediate to advanced sw

**WELL 2116 (1)**

**BEGINNING MARATHON TRAINING**

This course is for the runner who is looking to take their sport to the next level. The class will help participants of all levels, from beginning runners to the more experienced, to gain skill and endurance and complete the White Rock Marathon at the end of the semester. Students will be charged a \$75.00 activity fee to cover marathon entry fees.

**WELL 2117 (1)**

**CHOICES II: SPINNING**

Cycling has long been recognized as an outstanding means for developing fitness. Spinning takes place indoors in a controlled, group setting and utilizes specialized indoor cycles. The class is uniquely tailored to suite a wide range of abilities and emphasizes road cycling-inspired training principles at self-directed paces.

**WELL 2118 (1)**

**CHOICES II: GROUP FITNESS**

This class exposes students to variety of group fitness activities included

**opportunity to make new friends,**



**WELL 3145 (1)**

**CHOICES II: VOLUNTEER ACTIVITY**

(Previously WELL 2170) Students explore the well-being that comes from serving others and develop skills and knowledge to increase individual effectiveness as a volunteer. Students perform a minimum of 45 hours of volunteer work in a community agency.

**WELL 3147 (1)**

**CHOICES II: FLY-FISHING**

(Previously WELL 2139) Students learn the techniques and ideology behind the sport of fly-fishing, including equipment use, casting, reading a river, safety, fly selection, and the basics of fly tying. SMU-in-Taos only.

**WELL 3150 (3)**

**ADVANCED ATHLETIC TRAINING TECHNIQUES**

(Previously WELL 3342) Advanced athletic training techniques are introduced, and students receive practical experiences in their application. Enrollment is limited to students who are seriously interested in becoming an athletic trainer. Special laboratory fee: \$15.

**HUMAN DEVELOPMENT COURSES (HDEV)**

The Simmons School offers a selection of courses under the HDEV rubric that address learning and career-development skills.

**HDEV 1110 (1)**

**OPTIMUM READING, ATTENTION, COMPREHENSION, LEARNING EFFICIENCY**

(formerly EDU 1110; course number modified spring 2011) A one-term, one-credit-hour course that counts as a University free elective. Designed to improve reading and learning efficiency, O.R.A.C.L.E. is directed to undergraduate students who want to acquire advanced reading and learning techniques.

**HDEV 1111 (1)**

**SUCCESS STRATEGIES**

Students will learn strategies for creating success in their academic, professional, and personal lives. Students will engage in self-assessment and journal writing to identify academic strengths and challenges. Students will also learn study skills and have the opportunity to explore campus resources to succeed at SMU.

**HDEV 1306 (3)**

**DEVELOPMENTAL MATHEMATICS**

This course refreshes and strengthens algebraic skills, especially those needed for success in precalculus. Only SMU students who are approved to take this course on the SMU campus may receive credit. This course is not eligible for transfer credit from other institutions.

**HDEV 1307 (3)**

**ESSENTIALS OF COLLEGE WRITING**

This course emphasis is placed on reading comprehension, grammar, and punctuation mastery appropriate to university-level thinking. Only SMU students who are approved to take this course on the SMU campus may receive credit. This course is not eligible for transfer credit from other institutions.

**HDEV 1308 (3)**

**PSYCHOLOGY OF LEARNING**

This course is a theoretical overview of how human learning occurs. Only SMU students who are approved to take this course on the SMU campus may receive credit. This course is not eligible for transfer credit from other institutions.

**HDEV 2101 (1)**

**PRACTICUM: GROUP LEADERSHIP**

This course is a unique leadership experience that gives students a laboratory for assessing learned concepts and skills about leadership. Course content includes discussions on empowerment, public speaking, ethics, and citizenship.

**HDEV 2102 (1)**

**PRACTICUM: GROUP LEADERSHIP**

This course is a one-hour credit for a minimum of 15 clock hours practicum either on campus or in the community. *Prerequisite:* Must have completed HDEV (EDU) 2101.

**HDEV 2201 (2)**

**DIVERSITY: FITTING INTO A WORLD OF DIFFERENCE**

This course is a study of human diversity and identity development. Students learn about their own identities and about fitting into the communities of which they are a part. Topics include elements of oppression, cycle of socialization, identity development models, privilege, race, sex, gender, sexuality, ability, ethnicity, class, and faith.

**HDEV 2308 (3)**

**CAREER DEVELOPMENT THEORY AND PRACTICE**

## **SMU Mediation and Arbitration Center**

[www.smu.edu/MediationClinic](http://www.smu.edu/MediationClinic)

Mediation and arbitration services are available to parties involved in a dispute. Alumni, current students of the Dispute Resolution Program who have completed at least 200 training hours and other conflict resolution professionals serve as volunteer mediators and arbitrators.

Parties may use SMU's mediation services either before or after a lawsuit is filed. Parties may contact SMU directly to arrange for services, or if a lawsuit has been filed, a judge may order mediation and appoint the center as the mediator. Parties have an equal say in the mediation process and the settlement terms. The mediator has no authority to impose a settlement; if no agreement is reached, the lawsuit continues or is filed. There is no determination of guilt or innocence in this process. Both sides are able to exchange information, express expectations and propose solutions for reaching a resolution. The mediator facilitates this process by helping the parties to communicate clearly and appropriately.

Arbitration is an alternative to litigation that allows parties to have more control over their case but still leaves the ultimate decision about how to resolve the dispute to a neutral third party. The process is similar to a trial but with fewer procedural restrictions. If parties have an arbitration clause in a contract, or just wish to utilize arbitration to settle their dispute, they may contact SMU directly.

Most mediated settlements are completed in one meeting, saving time and money. Legal or other representation is permitted but is not required. A mediated settlement or arbitrated award can be binding upon both parties. Mediation is a confidential process, and communications and settlement discussions cannot be used as evidence in any future court proceedings, except in very limited circumstances. In arbitration, the parties and the arbitrator may choose to restrict or prohibit disclosure of information and evidence presented during the arbitration outside the arbitration process. The parties pay only a minimal administrative fee to SMU for mediation or arbitration.

## **Center for Family Counseling**

[www.smu.edu/FamilyCounseling](http://www.smu.edu/FamilyCounseling)

The Center for Family Counseling delivers developmentally appropriate and culturally sensitive counseling services for families, couples, adults, adolescents and children undergoing varying life circumstances, while providing SMU graduate counseling students with meaningful training experience via supervised therapeutic interactions. Counseling services are designed to assist individuals and groups seeking to enhance their overall life functioning, interpersonal relationships, self-understanding and career satisfaction for optimal well-being.

## **Center for Child and Community Development**

[www.smu.edu/cccd](http://www.smu.edu/cccd)

The Center for Child and Community Development is dedicated to the cognitive, affective/social, and cultural development of children in ethnically diverse communities. With both a national and international reach, the center serves this mission through the provision of research-related educational programs and services to schools, families and community organizations.



## **Center on Communities and Education**

[www.smu.edu/cce](http://www.smu.edu/cce)

The mission of the Center on Communities and Education is to close the education gap in low-income communities by providing coordinated resources to support schools and teaching and by using data to drive students' academic success. CCE has four core strategies:

**Hands-on work in low-income communities.**

**Research and evaluation by faculty and students.**

**Collaboration with local and regional education reform efforts.**

**Contributions nationwide to the practice of education transformation.**