

## **PHYSICAL EDUCATION**

Courses in physical education are designed to provide sound theory and practical application in two concentrations, Physical Education Teaching and Physical Education. The curriculum acquaints students with professional skills, techniques and competencies while attending to their cognitive, psychomotor and affective development. Teacher preparation includes K-12 and 6-12 certification programs. The non-school-based physical education concentration provides for preparation in health club/wellness management, athletic sales, and recreation/leisure.

### **GROUP MAJOR IN PHYSICAL EDUCATION TEACHING (73 credits)**

PE 111 History & Philosophy of PE	PE 325 Measurements in Health/PE
PE 115 Tumbling & Apparatus	PE326 Org & Adm Of Health Educ.
PE 150-177 Sports Activities (4 cr)	PE 327 Physiology of Exercise
PE 215 Activities for Elementary Grades	PE 331 Adapted Physical Education
PE 216 Nutrition	BIO 121-122 Anatomy/Physiology
PE 217 Rec/Social Dance	EDC 111 Human Dev & Except Needs
PE 221 Kinesiology	EDC 221 Instructional Strategies
PE 222 Basic Athletic Training	EDC 322 Curriculum Theory
PE 223-224 CPR/First Aid	EDC 411 Student Teaching
PE 250 Concepts of Fitness	EDC 421 Reflection
PE 321 Psychomotor Lrn & Devel	

### **NON-TEACHING MAJOR IN PHYSICAL EDUCATION (36 credits)**

REQUIRED: 11 courses (29 credits)

PE 111 History & Philosophy of PE	
PE 112 Organization & Administration of PE, Athletics & Intramurals	
PE 221 Kinesiology	PE 241 Leisure & Recreation
PE 222 Basic Athletic Training	PE 250 Concepts of Fitness
PE 223 CPR Training	PE 327 Exercise Physiology
PE 224 Red Cross First Aid	BIO121 & 122 Human Anatomy & Physiology

ELECTIVES: 7 credits in Physical Education after consultation with advisor.

### **MINOR IN PHYSICAL EDUCATION (18 credits)**

REQUIRED: 7 courses (14 credits)

PE 111 History & Philosophy of PE	
PE 112 Organization & Administration of PE, Athletics & Intramurals	
PE 223 CPR Training	
PE 224 Red Cross First Aid	
PE 250 Concepts of Fitness	
BIO 121 & 122 Human Anatomy & Physiology	

ELECTIVES: 4 credits in Physical Education after consultation with advisor.

### **MINOR IN ATHLETIC TRAINING (25 credits)**

Undergraduate preparation for most Commission on Accredited Allied Health Education Programs (CAAHEP) accredited Master's degree programs in athletic training. *Students majoring in Physical Education may not minor in Athletic Training.*

REQUIRED: 10 courses (25 credits)

PE 328 Therapeutic Modalities & Exercise	PE 224 First Aid
PE 327 Physiology of Exercise	PE 250 Concepts in Fitness
PE 221 Kinesiology	PE 323 Advanced Athletic Training
PE 222 Basic Athletic Training	BIO 121 & 122 Human Anat & Phys
PE 223 CPR Training	

Electives Recommended:

PSY 110 Intro to Psychology  
PE 216 Nutrition  
PE 325 Measurements in Health and Physical Education

## COURSE DESCRIPTIONS

### **111. History and Philosophy of Physical Education** **2 credits**

A basic course presenting a critical evaluation of social, economic, and political forces associated with the development of physical education throughout its history, and introducing the student to the fundamental facts and principles associated with motivation, program, instruction, supervision, administration, and evaluation in the field of physical education.

### **112. Organization and Administration of Physical Education, Athletics and Intramurals** **2 credits**

Addressing or developing a philosophy based upon institutional policy and client needs relative to the administration of public or private programs. Emphasis upon historic contributions and directed toward scientific application(s) of theory 21<sup>st</sup>-century scenarios.

### **115. Tumbling and Apparatus** **3 credits**

This course includes instruction in tumbling, rhythmic, kinesthetic exercise as well as instruction in apparatus work leading to and understanding and appreciation of all round gymnastics.

### **118. Driving Range Instruction** **3 credits**

Methods and techniques employed in behind-the-wheel instruction including: tracking, turns, parking and turnabouts with a special emphasis in accident avoidance; all in a controlled environment. **Departmental approval required.**

### **119. Traffic Safety and Risk Management** **3 credits**

The course is designed to prepare teachers in methods, materials and administrative techniques related to effective driver education in the secondary schools. The course will include consideration of the areas of vehicle capabilities and limitation, highway safety regulations and control, and the dynamics of traffic safety. Students are expected to evaluate and adopt PUMA model.

### **125. Swimming–Water Safety** **1 credit**

Beginning swimming skills; stroke improvement, rescue and water safety.

### **127. Intermediate Swimming–Water Safety** **2 credits**

Intermediate swimming skills. Special emphasis on methods and materials for teaching. Involves lifeguard certification and replaces first aid-CPR.

**Sport Activities****1 credit each**

These courses emphasize the teaching techniques, knowledge, background, rules, basic fundamentals, game strategy, and the selection and care of equipment for the sport.

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|----------------------------------|------------------------------|-----------------------------------|
| <b>150. Sport of Racquetball</b> | <b>155. Sport of Archery</b> | <b>160. Orienteering</b>          |
| <b>151. Sport of Golf</b>        | <b>156. Sport of Bowling</b> | <b>162. Sport of Wrestling</b>    |
| <b>152. Sport of Badminton</b>   | <b>157. Weight Training</b>  | <b>163. Sport of Softball</b>     |
| <b>153. Sport of Tennis</b>      | <b>158. Rock Climbing</b>    | <b>164. Lacrosse</b>              |
| <b>154. Aerobics(non-dance)</b>  | <b>159. Fencing</b>          | <b>165. Rugby</b>                 |
|                                  |                              | <b>166. Sport of Field Hockey</b> |

*Limit of 4 credits from 150-166 count toward graduation requirements. Physical education majors and minors receive regular letter grades in these courses; all other students receive Pass/Not-pass grades.*

**215. Activities for Elementary Grades****3 credits**

An overview of dramatic play, games, rhythmic, playground/gymnasium procedures and methods relating to planning and implementing lesson plans with an emphasis on developing professional leadership values that promote expertise and professionalism.

**216. Nutrition****3 credits**

Overview of nutrition as it relates to societal needs and available information. The examination of current theories and literature in nutrition as it relates to fitness and health with special emphasis on somatotypical differences and trends.

**217. Recreational and Social Dance****2 credits**

This course is an overview of Recreational and Social dance forms starting with a review of basic movement and continuing through the Schottische, Fox Trot, Waltz, Magic Step, Rhumba, Cha Cha, Tango, Lindy Hop, Square Dance. Course may also include other dance forms such as Line and Swing.

**221. Kinesiology****3 credits**

The study of human motion. The course covers a basic analysis of human movement through a study of mechanical principles and the functions of muscles, levers and neuromuscular controls. This includes an analysis of movements involved in various sports with emphasis on proper movements and identification of the causes of errors in performance.

**BIO 121, 122 or departmental approval required.**

**222. Basic Athletic Training****3 credits**

This course focuses on the basic aspects of athletic training, accomplished through lecture and laboratory experiences. The basic athletic training student will gain knowledge in the following areas: prevention, recognition and care of athletic injuries; physical conditioning; medical nomenclature; evaluation of padding and protective devices; basic taping and rehabilitation principles. **BIO 121, 122 or departmental approval required.**

**223. CPR Training****1 credit**

Standard Red Cross CPR training.

**224. Standard Red Cross First Aid (First Responder)****1 credit**

Training in First Responder's role in aiding victims of sudden illness or accident course. **Prerequisite: PE 223**

- 226. Advanced Swimming–Water Safety** **3 credits**  
Advanced swimming skills. Involves WSI and LGI certification.
- 230. Coaching of Basketball** **2 credits**  
Theory and practice of the fundamentals of basketball. A study of the history, rules, strategy, styles of play, organization of practice, individual and team conditioning, officiating and other coaching problems connected with this sport.
- 232. Coaching of Volleyball** **2 credits**  
Theory and practice of the fundamentals of volleyball. A study of the history, rules, strategy, styles of play, organization of practices, individual and team conditioning, and other coaching problems connected with the sport.
- 233. Coaching of Baseball** **2 credits**  
Theory and principles of the fundamentals of baseball. A study of the history, rules, strategy, organization of practice, individual and team conditioning.
- 234. Coaching of Track and Field Events** **2 credits**  
Theories and principles of the fundamentals involved in track and field events. A study of the rules, history, organization of practice, individual and team conditioning, administration of program, facility layout, program of maintenance, and officiating.
- 235. Coaching of Football** **2 credits**  
Theory and practice of the fundamentals of football. A study of the history, rules, strategy, styles of offense and defense, organization of practice, individual and team conditioning, officiating and other coaching problems involved in this sport.
- 238. Sports Management** **3 credits**  
This course reviews the theories of human resource management within a sports purview. Several models are presented and students are asked to develop their own model to fit the environment they expect to occupy (e.g., coaching, teaching, administrative).
- 240. Recreation Field Experience** **1-3 credits**  
A planned excursion into recreation via camping experience, nature study, series, or a combination of active/passive activities. **Project acceptance by Academic Dean and Physical Education Staff required.**
- 241. Leisure and Recreation** **3 credits**  
Bimodal emphasis providing broadest possible understanding of worthy and productive use of leisure time. Designed to develop professional leadership and to maximally inform consumer.
- 243. Officiating Sports** **2 credits**  
Special officiating consideration shall be given to a number of sports; emphasis shall be placed upon knowledge, interpretation and mechanics. Sports covered may include, but are not limited to: basketball, volleyball, soccer, and other(s) agreed upon during the first week of classes.
- 250. Concepts of Fitness** **2 credits**  
This course is designed to encourage students to learn facts about, gain experiences in dealing with, and develop/sustain positive attitudes toward motor, physical, physiological, psychological, and nutritional aspects of the human being. Specific areas of study include physical fitness, nutrition, stress management, and use of lifetime sports. Students will

have several opportunities to assess various aspects of their own fitness/wellness (status and behaviors).

**261. Coaching of Soccer** **2 credits**

Theory and fundamentals relative to the coaching of soccer. A study of the history, rules, strategies, components of offense and defense, organization of practices, conditioning and application to all-age populations.

**320. Behind the Wheel Instruction** **3 credits**

This course is designed to provide laboratory experience in "behind-the-wheel" instruction. The course will include a sequence of activities and drills necessary in the dual control instructional automobiles, a familiarity with the use of classroom simulators, computer instruction, and testing procedures for safe driving techniques. **Departmental approval required.**

**321. Psychomotor Development and Motor Learning** **3 credits**

This course is designed to provide students with knowledge and practical experience that will enhance their effectiveness in understanding and analyzing development as it relates to reflexes, fundamental motor skills, non-locomotor movements, locomotor skills, manipulative skills, perceptual motor, perception and action in development, sensory motor, cognition, and social and cultural constraints in development. Students need to be exposed to theoretical foundations and applications describing development, an understanding of development and skill analyses necessary when providing services to improve movement patterns and to recognize delays over a lifespan.

**323. Advanced Athletic Training** **3 credits**

This course focuses on the advanced aspects of athletic training, accomplished through lecture and laboratory experiences. The advanced athletic training student will gain knowledge in the following areas: advanced injury recognition, taping procedures and rehabilitation; diet; drug education; budget and supplies; facility design; physical therapy modalities; history and code of ethics of N.A.T.A. **Departmental approval required.**

**324. Psychology of Coaching** **3 credits**

A study of the psychological and social forces which have impacted relationships among: coaches, performers and spectators, and the effect(s) of those relationships on human behavior. **Prerequisite: PSY 110 or department approval.**

**325. Measurements in Health and Physical Education** **3 credits**

A study of measurement and evaluation as applied to health, physical education, and recreation. Principles of test construction, types and characteristics of individual and group tests, application of such tests to school populations and evaluation of results. Includes computer applications.

**326. Organization and Administration of Health Education** **3 credits**

This course is designed to prepare students for their role as health educators and to develop administrative skills for the coordination of the school health/wellness program in conjunction with community health agencies and services. It provides a comprehensive knowledge base of the health/wellness continuum from birth to death including all mental and physical deterrents to optimal health that confront the school-age population. Provides curriculum development K-12 and includes: stress management/coping mechanisms, substance abuse, STDs, HIV/AIDS, and issues germane to specific cultural needs within school populations.

**327. Physiology of Exercise**

**3 credits**

A study of the physiological functions of the body designed to provide the student with a basic understanding of the physiological principles underlying the processes that are so important to physical fitness and athletic performance. "Hands-on" client experience(s) provided in Wellness Maintenance Laboratory. **Departmental approval required.**

**328. Therapeutic Modalities and Exercise**

**3 credits**

This course focuses on the theory, principles, and practice of the healing and physical restoration of the injured athlete. Knowledge will be gained in the areas of rehabilitation of injuries, treatment techniques, the use of physical agents, and different techniques used to help promote the body's healing process. Course topics will be covered through lecture and laboratory experiences. **Prerequisite: BIO 122.**

**331. Adapted Physical Education**

**3 credits**

This course will provide content and disciplinary concepts related to understanding how individuals with disabilities differ in their approach to learning and development. It is designed to prepare teachers to plan developmentally appropriate verbal and nonverbal instructional units adapted to these differences.

**455. Independent Study**

**1-3 credits**

**490. Internship**

**3-9 credits**