

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)

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| PE 111 History & Philosophy of PE | PE 325 Measurements in Health/PE |
| PE 115 Tumbling & Apparatus | PE 326 Org & Adm Of Health Educ. |
| PE 171-178 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 | |
- 2.750 cumulative GPA prior to official acceptance into the Teacher Education Program, prior to Student Teaching, and as a graduation requirement

NON-TEACHING MAJOR IN PHYSICAL EDUCATION (36 credits)

REQUIRED: 11 courses (27 credits + 3 credits from Sport Activities)

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| 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 21st-century scenarios.

115. Tumbling and Apparatus 2 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

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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.

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.

PE 171. Bowling, Volleyball, Team Handball

PE 172. Basketball, Archery, New Games

PE 173. Track and Field Events

PE 174. Soccer, Speedball, Football

PE 175. Tennis, Badminton, Pickleball

PE 176. Softball, Golf, Field Hockey

PE 177. Aerobics, Weight Training, Plyometrics

PE 178. LaCrosse, Rugby, Fencing

Limit of 4 credits from 177-178 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**

238. Sports Management (SPM 238) **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 Provost 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.

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).

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 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.

348. Organization and Leadership in Sports (PE 348)

3 credits

This course examines the challenges of managing human behavior in organizations. It emphasizes leadership, motivation, communication, human relations, group dynamics, job design, organizational development, and managing a diverse work force.

410. Facility Management and Event Planning (PE 410)

3 credits

This course helps develop a student's understanding and knowledge of the competencies necessary to manage and operate sport facilities and events through theory and application.

425. Field Experience in Sports Management (PE 425)

3 credits

A learning experience in the application of sport management knowledge and skills to organizations within the sport industry (as approved by the program coordinators), including professional, interscholastic, collegiate and amateur. **Junior or Senior status with approval of program coordinators.**

455. Independent Study

1-3 credits

490. Internship

3-9 credits

Taking a break from homework.