



## Physical Education (PED)

**Associate Professor Dunnigan**

**Associate Professor Hood**

**Associate Professor Meyer**

**Associate Professor Schwenk**

**Assistant Professor Kindt**

**Instructor I. Brown**

**Adjunct Instructor Gill**

A student majoring in physical education chooses one emphasis from the following: sport management/fitness, teacher certification, or athletic training.

A physical education major prepares the student for such professional experiences as managing fitness settings, personal fitness training, teaching physical education, and athletic training. The physical education teacher must pursue an additional teaching major. The athletic trainer completes all of the internship requirements of the National Athletic Training Association. In addition, the student needs to achieve a satisfactory score on the NATA accrediting examination in order to be an accredited athletic trainer.

### Requirements for the Physical Education Major:

1. Complete the following core courses: Physical Education 106, 117, 118, 201, 221, 345, 346, 352, 457.
2. Complete the cognate Biology 101.
3. Complete at least one emphasis chosen from the following:
  - a. Fitness and Sports Management:
    - 1) Physical Education 233, 234, 425.
    - 2) Cognates: Accounting 103; Biology 215 (or 216); Business 212 (or 315), 242, 251, 341, Mass Communication/English 113 (or Business 205); Sociology 109 (or Psychology 117), and one course selected from Business 324, Mass Communication 320, Speech Communication 216.
  - b. Athletic Training:
    - 1) Physical Education 321, 355, 445, 446.
    - 2) Cognates Biology 215, 216, one chemistry course, one physics course.
    - 3) Eight hundred (800) clock hours of athletic training clinical experience under the supervision of the athletic training program director.
4. Students who are seeking certification for public school teaching in Physical Education (K-12) complete the following courses in addition to the Physical Education core and cognate requirements listed in #1 and #2:
  - a. Four terms of Physical Education 101, Physical Education 228, 233, 234, 355, 458, 459.
  - b. Cognates Biology 215 (or 216).
  - c. One additional teaching major.

- d. All requirements listed under the catalog section Secondary Education.

**Requirements for the Coaching Endorsement:**

1. Physical Education 106, 221, 345 (or 346)
2. A minimum of four of the following courses: Physical Education 308, 309, 310, 311, 312, 314
3. A teaching major

**100X Continued Study in Physical Education (0)**

Continued study in a packet sequence (Physical Education 117, 118, 221, 345, 346, 457 and 458) started the previous term in which the student earned a grade of Making Progress (MP). **The student may enroll on four separate occasions but only once per term.**

**101 Physical Activity Course (1)**

A course offering choices from the following sports: tennis, racquetball, bowling, golf, weight training, aquatics, creative movement and jazz dance.

**104 Theory of Lifetime Fitness (1)**

A half-semester course providing students with knowledge of how to stay fit throughout their lifetimes. It includes both academic (fitness theory and nutrition) and physical (how to exercise properly) components.

**106 Cardiopulmonary Resuscitation, First Aid, and First Responder (2)**

A course providing instruction in basic cardiopulmonary resuscitation, first aid, and first responder concepts and skills. Upon successful completion, students qualify for a "completion card" in basic CPR and first aid, using the guidelines of the National Safety Council. In addition, students receive more in-depth instruction in preparation for the associated certifying examination, also using the guidelines of the National Safety Council.

**117 Organization and Administration I (2)**

A study of career opportunities and of practical problems of instructional organizations, supervision, financial and departmental organization of physical education and athletic programs, as well as public and private recreation programs.

**118 Organization and Administration II (3)**

Studies which include the historical, philosophical, sociological, psychological, and administrative factors which form the basis for the construction of physical education, recreation, and athletic programs in schools and communities.

**201 Issues of Health and Safety (3)**

A general view of personal health and safety concerns. Student will acquire an understanding of the process for selection, planning, teaching, and the evaluation of comprehensive school health education programs. This includes demonstrating an awareness of objectives of a comprehensive school health program and applying the knowledge of personal and community health care and physical education activities to school health education pro-

grams. Personal health issues to be presented include disease prevention, drug/substance abuse, and emotional/mental health.

**221 Fundamentals in Athletic Training (2)**

The study and application of appropriate procedures in the prevention and care of injuries generally associated with normal physical activity in secondary school (7-12) physical education programs, as well as those associated with injury related to sports participation.

**228 Movement and Rhythmics for Young Children (2)**

A study of the elementary principles of rhythmical movement and methods of developing and assessing elementary (K-6) school-aged children's motor rhythmic performance.

**233 Personal Performance Competencies I (1)**

Provides experiences which will allow the student to demonstrate competency in specified motor skills, including aquatics for adults and secondary school (7-12) aged children.

**234 Personal Performance Competencies II (1)**

Provides experiences which will allow the student to demonstrate competency in specified motor skills, including gymnastics for adults and secondary school (7-12) aged children.

**290, 390, 490 Directed Study (1-3) (1-3) (1-3)**

An opportunity for supervised, independent study of a particular topic based on the interest of the student and the availability and approval of the faculty.

**308 Coaching Basketball (2)**

An examination of methods of coaching offensive and defensive styles of play as well as rule interpretations, considerations for athletes' psychological characteristics and needs, and equipment needed in secondary school interscholastic basketball programs.

**309 Coaching Volleyball (2)**

An examination of methods of coaching offensive and defensive styles of play as well as rule interpretations, considerations for athletes' psychological characteristics and needs, and equipment needed in secondary school interscholastic volleyball programs.

**310 Coaching Track and Field (2)**

An examination of theory and methodology of coaching all of the standard track and field events, including considerations for athletes' psychological characteristics and needs, and the planning and conducting of track meets.

**311 Coaching Football and Wrestling (2)**

An examination of methods of coaching offensive and defensive styles of playing football and all basic techniques of wrestling as well as scouting, rules, interpretations, considerations for athletes' psychological characteristics and needs, and equipment needed in secondary school interscholastic football and wrestling programs.

**312 Coaching Tennis and Golf (2)**

An examination of methods of coaching as well as rule interpretations, considerations for athletes' psychological characteristics and needs, and equipment needed in secondary school interscholastic tennis and golf programs. *Offered alternate years.*

**314 Coaching Baseball and Softball (2)**

An examination of methods of coaching as well as rule interpretations, considerations for athletes' psychological characteristics and needs, and equipment needed in secondary school interscholastic baseball and softball programs. *Offered alternate years.*

**321 Techniques for Orthopedic Evaluations (3)**

A course that allows the student to develop the ability to apply concepts and principles used to perform a thorough orthopedic evaluation on injured athletes. Emphasis is placed on assessment techniques and involves practical experience as well as classroom lecture. *Prerequisite: Physical Education 221, Biology 215, 216 or taken concurrently.*

**345 Scientific Foundations of Physical Education I (4)**

Serves to nurture an understanding of the physiology of exercise and of nutrition pertaining to physical/athletic activity of secondary school (7-12) aged children and adults. Students will also demonstrate an ability to apply theory of appropriate procedures in the physical training and conditioning for competition and general fitness. *Spreadsheet competency recommended.*

**346 Scientific Foundations of Physical Education II (3)**

A study of the science of human motion and the mechanical principles which apply to sport techniques. Material includes competencies in motor skill learning and the kinesiological aspects of movement.

**352 Perceptual Motor Development and Movement Experiences for Young Children (3)**

The fundamental study of growth and perceptual motor development in young children. Special emphasis is placed on components of perceptual motor efficiency and the application of appropriate physical education activities for perceptual motor development. Included are the theories and practices for evaluating perceptual motor development with practical application of perceptual motor tests.

**355 Adaptive Physical Education (3)**

A course designed to provide students with an understanding of the causes and pathology of prevalent disabilities which influence motor performance of elementary (K-6) school-aged students. Students will also be able to develop curriculum which is specific to the delivery of adapted physical education instruction. *Prerequisite: Physical Education 352.*

**421 Physical Education Internship (0-9)**

This course is designed to offer a structured professional experience in sport/fitness management settings. The nature and location of this experience is arranged in cooperation with the Director of Career Development and must be approved by the Physical Education Coordinator. A maximum of

nine credits may be applied to graduation requirements. *Prerequisite: Cooperative Education 205 or permission. (Pass/Fail)*

**425 Fitness and Sport Management (3)**

A course designed to provide introduction to and experience with fitness testing. Exercise prescription and stress management techniques, along with the study of approaches to managing sport/fitness settings, are also included. *Prerequisite: Physical Education 345 or permission.*

**445 Therapeutic Modalities (3)**

The course identifies the use and application of modalities commonly used in the athletic training room environment. The student will understand the internal functioning of the modalities as well as demonstrate practical applications in the training room environment. *Prerequisite: Physical Education 221 or permission.*

**446 Therapeutic Exercise (3)**

A presentation of the physiological rationale for appropriate and effective use of therapeutic exercise in the rehabilitation of athletic injuries. Students will design and implement rehabilitation programs based on the individual athlete and related sport participation. The course is a progression of therapeutic modalities. *Prerequisite: Physical Education 445.*

**450 Structuring Movement Activities for Elementary-Aged Children (2)**

A course offered to those who are not seeking Teacher Certification in physical education. Course work includes strategies for teaching games, movement activities for skill acquisition, and health/wellness measures appropriate for elementary-aged children (K-8) in school and recreational settings.

**457 Techniques of Teaching Physical Education I (7-12) (4)**

A course including competencies in various teaching models for the normal as well as the atypical child, and interpretation of a variety of testing and measurement devices appropriate for any selected objective. The primary emphasis is on secondary school (7-12) physical education programs. *Prerequisite: Physical Education 233 or 234, or permission. Spreadsheet competency recommended.*

**458 Techniques of Teaching Physical Education II (K-6) (4)**

A course providing information and techniques relative to planning, developing, implementing and administering a curriculum for elementary school, physical education programs including strategies in various teaching models for the normal and atypical child (K-6). *Prerequisite: Physical Education 233 (or 234), 352, 355 or permission.*

**459 Techniques of Teaching Physical Education III (K-12) (4)**

A course providing a review and an opportunity to implement the various teaching concepts provided in Physical Education 457 and 458 in preparation for the experiences of the professional semester. It also includes materials which deal more specifically with the administrative and organizational issues of classroom work. *Prerequisite: Enrolled in professional term, or permission.*