
Physical Education

The Physical Education program is divided into three areas:

- Physical Education with Teacher Certification (K-12)
- Physical Education/Athletic Training, and
- Physical Education/Fitness Leadership.

A minor in Physical Education with Secondary Endorsement provides a second area of teaching ability in addition to one's primary discipline.

The Physical Education with Teacher Certification major is designed to provide students with the knowledge, skills, and experiences needed to be a physical educator. Attention is directed toward gaining an understanding of organizational procedures and instructional techniques applicable to physical education activities, wellness activities, intramural sports, and varsity athletics.

The Physical Education/Athletic Training major is aimed at students interested in pursuing certification from the National Athletic Trainers' Association (NATA). It is an Internship Program, providing individual courses recommended by the NATA and the opportunity to gain practical experience under a Certified Athletic Trainer. This sequence of courses and field experiences will prepare persons for graduate study in Athletic Training, as well as Physical Therapy, Adapted Physical Education, and Developmental Physical Education.

The Physical Education/Fitness Leadership major is designed to provide students with a solid understanding and knowledge of the benefits of physical fitness and the knowledge and skills necessary to educate persons from various populations toward this end. Specifically, students are prepared to assume fitness management positions in a variety of settings and may pursue exercise specialist certifications through organizations such as ACSM, NSCA, and NDEITA, as well as graduate degrees in specialty areas of physical education.



REQUIREMENTS FOR A PHYSICAL EDUCATION MAJOR WITH TEACHER CERTIFICATION – 40 hours of coursework including the following:

			<i>Hours</i>
HED	179	First Aid/CPR/Injury Prevention	1
BIO	264	Human Anatomy and Physiology II	4
PED	180	Introduction to Physical Education	2
PED	255	Psychological and Sociological Aspects of Physical Education and Sports	3
PED	256	Methods of Teaching Team Activities <i>or</i>	
PED	257	Methods of Teaching Individual and Dual Activities	3
PED	260	Methods of Teaching Fitness Activities	3
PED	261	Methods of Teaching Elementary Rhythms and Dance	3
PED	300	Tests and Measurements in Physical Education	3
PED	380W	Kinesiology	3
PED	382	Physiology of Exercise	3
PED	383W	Adapted Physical Education	3
PED	385W	Organization and Administration of Physical Education, Sport, and Intramurals	3
PED	394	Motor Learning and Behavior	3
PED	410	Program and Curricular Development in Physical Education	3
TOTAL:			40 hours

Plus Professional Education Course Requirements. (For a list of these courses, please refer to the Education section of the catalog concerning requirements for certification in Secondary Education.) A student must have an overall 2.50 GPA and a 2.75 GPA in the Physical Education major outlined above.

REQUIREMENTS FOR A PHYSICAL EDUCATION MINOR/SECONDARY ENDORSEMENT – 24 hours including the following:

			<i>Hours</i>
PED	180	Introduction to Physical Education	2
PED	256	Methods of Teaching Team Activities <i>or</i>	
PED	257	Methods of Teaching Individual and Dual Activities	3
PED	260	Methods of Teaching Fitness Activities <i>or</i>	
PED	261	Methods of Teaching Elementary Rhythms and Dance	3

BIO	264	Human Anatomy and Physiology II	4
PED	300	Tests and Measurements in Physical Education	3
PED	410	Program and Curricular Development in Physical Education	3
<i>Plus two of three:</i>			6
PED	380W	Kinesiology	3
PED	382	Physiology of Exercise	3
PED	394	Motor Learning and Behavior	3
TOTAL:			24 hours

REQUIREMENTS FOR A MAJOR IN PHYSICAL EDUCATION/ATHLETIC TRAINING – 42 hours consisting of the following courses:

			<i>Hours</i>
PED	180	Introduction to Physical Education	2
HED	179	First Aid/CPR/Injury Prevention	1
BIO	264	Human Anatomy and Physiology II	4
PED	281	Principles of Athletic Training	3
PED	293	Athletic Injury Assessment	3
PED	255	Psychological and Sociological Aspects of Physical Education and Sports	3
PED	300	Tests and Measurements in Physical Education	3
PED	380W	Kinesiology	3
PED	382	Physiology of Exercise	3
PED	390	Practicum in Athletic Training	2
PED	392W	Advanced Athletic Training	3
PED	393	Therapeutic Modalities	3
HED	274	Drug Education	3
HED	284	Nutrition	3
<i>Plus one of the following:</i>			3
PED	386W	Exercise Science	3
PED	388W	Body Composition and Analysis	3
TOTAL:			42 hours

The following courses are recommended:

HED	204	Human Sexuality	3
PED	385W	Organization and Administration of Physical Education, Sport, and Intramurals	3
PED	394	Motor Learning and Behavior	3
PED	490	Practicum in Athletic Training	3

See appropriate sections of this catalog for course descriptions.

REQUIREMENTS FOR A MAJOR IN PHYSICAL EDUCATION/FITNESS LEADERSHIP – 39 hours including the following:

			<i>Hours</i>
PED	180	Introduction to Physical Education	2
HED	179	First Aid/CPR/Injury Prevention	1
PED	210	Recreation	2
PED	211	Camp Leadership and Management	2
PED	260	Methods of Teaching Fitness Activities	3
BIO	264	Human Anatomy and Physiology II	4
PED	300	Tests and Measurements in Physical Education	3
PED	380W	Kinesiology	3
PED	382	Physiology of Exercise	3
HED	284	Nutrition	3
BUA	220W	Management	3
PED	385W	Organization and Administration of Physical Education, Sport, and Intramurals	3
PED	391	Fitness Leadership Practicum	2
PED	495	Fitness Leadership Internship Minimum	2
<i>Plus one of the following:</i>			3
PED	386W	Exercise Science	3
PED	388W	Body Composition and Analysis	3
TOTAL:			39 hours

Physical Education Courses

Physical Education is a part of the College's general education requirement. The Physical Education program provides the student with the opportunity to assess his/her own attitudes toward exercise, fitness, and personal development, and contributes to the immediate and future needs of the student.

ATH 027-047 Non-Credit Varsity Sports **0 hours**

A record of participation may be entered on the student's transcript after satisfactory participation in a season of the sport, if reported in writing by the coach. No semester hours of credit. Participation earns a grade of "P." Numbers assigned are:

027 Men's Cross Country

028 Women's Cross Country

029 Men's Soccer

030 Women's Soccer

031 Volleyball

033 Football

035 Men's Basketball

036 Women's Basketball

- 037 Men's Swimming
- 038 Women's Swimming
- 039 Men's Track
- 040 Women's Track
- 041 Men's Golf
- 042 Women's Golf
- 043 Men's Tennis
- 044 Women's Tennis
- 045 Softball
- 047 Baseball

ATH 127-147 Credit Varsity Sports**1 hour**

Intercollegiate athletes can receive 1 semester hour of credit for only one full season of participation in an intercollegiate sport. Athletes may participate in and receive credit for multiple sports. Participation earns a grade of "P." Numbers assigned are:

- 127 Men's Cross Country
- 128 Women's Cross Country
- 129 Men's Soccer
- 130 Women's Soccer
- 131 Volleyball
- 133 Football
- 135 Men's Basketball
- 136 Women's Basketball
- 137 Men's Swimming
- 138 Women's Swimming
- 139 Men's Track
- 140 Women's Track
- 141 Men's Golf
- 142 Women's Golf
- 143 Men's Tennis
- 144 Women's Tennis
- 145 Softball
- 147 Baseball

PED 161 Lifeguarding**1 hour**

(Extra fee; consent of instructor required)

Participants will gain the knowledge and skills necessary to become certified to lifeguard. Class counts towards the general education requirements as one activity in the aquatics core. Includes American Red Cross certification in First Aid and CPR for the Professional Rescuer.

PED 162 Water Safety Instructor **2 hours**

Prerequisite: current American Red Cross Emergency Water Safety or Lifeguarding certification.

Successful completion certifies the student as an American Red Cross Water Safety Instructor authorized to teach all classes in the Learn to Swim Program.

PED 180 Introduction to Physical Education **2 hours**

Study of the historical background, philosophy, and underlying principles of physical education.

PED 191 Fitness Leadership Practicum **2 hours**

Prerequisite: consent of instructor.

Assist an instructor in teaching a department activity class.

PED 210 Recreation **2 hours**

(Offered in alternate years)

Study of the basic principles and techniques involved in planning and conducting recreation programs.

PED 211 Camp Leadership and Management **2 hours**

Prerequisite: consent of camp director.

Designed to prepare the student for camp responsibilities including program planning, activity supervision, instruction, counseling, and special events.

PED 241 Techniques of Sport Coaching **2 hours**

Prerequisite: PED 211 and consent of camp director.

Students will demonstrate the responsibilities and strategies of sport coaching, including instruction of fundamentals, conditioning, scouting opponents, player evaluation, team strategies, and motivation.

PED 255 Psychological and Sociological Aspects of Physical Education and Sport **3 hours**

Prerequisite: PED 180 and either PSY 101 or SOC 102.

Introduces students to the neuropsychological, biophysical, psychosocial, and intrapersonal variables that influence athletic performance. Additionally, students will study the fundamental social processes of sport including socialization, social control, stratification, social conflict, and social change.

PED 256 Methods of Teaching Team Activities **3 hours**

Prerequisite: PED 180 or declared PED major or minor.

A course for PED certification majors which involves peer instruction and evaluation in a variety of team activities.

PED 257 Methods of Teaching Individual and Dual Activities 3 hours

Prerequisite: PED 180 or declared PED major or minor.

A course for PED certification majors which involves peer instruction and evaluation in a variety of individual/dual activities.

PED 260 Methods of Teaching Fitness Activities 3 hours

Prerequisite: PED 180 or declared PED major.

Instruction in skills development, safety, testing, and teaching methodology in the areas of aerobic exercise and weight training.

PED 261 Methods of Teaching Elementary Rhythms and Dance 3 hours

Prerequisite: PED 180 or declared PED major.

Instruction in skills development, safety, and teaching methodology in the areas of rhythmic activities and dance.

PED 281 Principles of Athletic Training 3 hours

Prerequisite: concurrent enrollment in PED 180 or consent of instructor.

Introduction to the fundamental techniques and knowledge required by athletic trainers. Course topics include injury prevention, injury mechanism and classification, emergency procedures, specific injury recognition, environmental concerns, and drugs in athletics.

PED 290 Athletic Training Practicum 2 hours

Prerequisite: consent of instructor.

Students will be assigned athletic practice and event coverage, learning the day-to-day responsibilities and duties of the Student Athletic Trainer.

PED 291 Fitness Leadership Practicum 2 hours

Prerequisite: consent of instructor.

Involves the development, promotion, and independent instruction of a campus wellness course.

PED 293 Athletic Injury Assessment 3 hours

Prerequisite: PED 281. (Offered in alternate years)

The various techniques used in the evaluation of athletic injuries, ranging from minor to life threatening, will be studied and practiced. Rehabilitation techniques will also be examined.

PED 300 Tests and Measurements in Physical Education 3 hours

Prerequisite: PED 180 and declared PED major; also MAT 099R or above, ACT Math score of at least 23, or placement test (COMPASS).

Designed to meet the needs of the physical education instructor in the actual administration and statistical analysis of the various tests used in the program to determine the physical fitness, skill proficiency, knowledge of the activity, degree of improvement, relationship within the group, and diagnosis of specific needs.

PED 304 Theory and Techniques of Coaching Football **2 hours**
(Offered as needed)

Designed to give the prospective football coach a basic knowledge of football fundamentals and understanding of the different philosophies which accompany the game.

PED 305 Theory and Techniques of Coaching Basketball **2 hours**
(Offered as needed)

Each position is discussed from a fundamental offensive and defensive viewpoint. Emphasis is placed on the theory and practice of various offenses and defenses leading to team play.

PED 306 Theory and Techniques of Coaching Baseball **2 hours**
(Offered as needed)

Each position is discussed in light of offensive and defensive strategy.

PED 310 Theory and Techniques of Coaching Volleyball **2 hours**
(Offered as needed)

Emphasis is placed on principles of team development and playing strategies.

PED 341 Techniques of Officiating Basketball/Volleyball **2 hours**
Prerequisite: PED 211 and consent of camp director.

Students will learn the rules and mechanics of officiating basketball and be able to demonstrate these techniques through practical application in game play.

PED 380W Kinesiology **3 hours**
Prerequisite: BIO 264; with consent of the instructor, may be taken at sophomore level.

Study of the movements, muscular action, and joint mechanics in relation to physical education activities and of the mechanical analysis of the more commonly used physical skills.

PED 382 Physiology of Exercise **3 hours**
Prerequisite: BIO 264.

Study of the physiological mechanisms associated with the muscular activities involved in everyday living, recreation, and sports. Intended to give the physical education major a basic understanding of the underlying physiological principles involved in muscular activity.

PED 383W Adapted Physical Education **3 hours**
Prerequisite: junior or senior standing.

Study of principles and practices in the modification of physical education activities to meet the needs of students with disabilities. Alternatives are offered for integrating students with disabilities into the regular physical education program.

PED 385W Organization and Administration of Physical Education, Sport, and Intramurals **3 hours**

Prerequisite: junior or senior standing.

Study of the nature of administration and management in sport, physical education, and intramurals, including: leadership and supervision, organization and evaluation, communication and public relations, law and physical education, risk management, financial management, and designing and planning physical education/sport programs and facilities.

PED 386W Exercise Science **3 hours**

Prerequisite: PED 382. (Offered in alternate years)

Study of the preventative and rehabilitative concepts of fitness including: applied exercise physiology, exercise prescription, electrocardiography, health appraisal, gerontology, behavior modification, and fitness program administration.

PED 388W Body Composition Analysis **3 hours**

Prerequisites: BIO 264, PED 382. (Offered in alternate years)

Comprehensive study of the physical dimensions and composition of the body, both as these influence motor performance and are modified by physical activity.

PED 390 Practicum in Athletic Training **2 hours**

Prerequisite: consent of instructor.

Students will be responsible for the day-to-day management of junior varsity and varsity teams as assigned by the Head Athletic Trainer.

PED 391 Fitness Leadership Practicum **2 hours**

Prerequisite: junior standing and consent of instructor.

Observation in a number of preventative and rehabilitative settings.

PED 392W Advanced Athletic Training **3 hours**

Prerequisite: BIO 264 and PED 281. (Offered in alternate years)

For athletic trainers, a more detailed discussion of current techniques and knowledge in sports medicine. Topics will include athletic training room resource management, pharmacology, psychological stress, exercise rehabilitation, skin disorders, and other health conditions related to athletics.

PED 393 Therapeutic Modalities **3 hours**

Prerequisite: PED 281. (Offered in alternate years)

Theory and application for the use of various therapeutic modalities in the athletic training setting.

PED 394 Motor Learning and Behavior **3 hours**

Prerequisites: PSY 101, PED 255, BIO 264. (Offered in alternate years)

Study of the areas within the traditional field of motor skill acquisition including motor learning (the relatively permanent change in the performance of a motor skill

resulting from experience and/or practice), motor development (the aspects of motor skill acquisition resulting from heredity), and motor control (the cognitive bases of motor skill acquisition and the organization and application of these during controlled, skilled movement).

**PED 410 Program and Curricular Development
in Physical Education**

3 hours

Prerequisite: Senior standing.

Designed to enhance students' understanding and skill for making sound curricular design decisions consistent with relevant educational philosophy, with attention paid to the social context within which students learn, the nature of curriculum changes, and the major elements of curricular design.

PED 490 Practicum in Athletic Training

3 hours

Prerequisite: consent of instructor.

Students will be responsible for the day-to-day management of the athletic training needs of a varsity athletic team. Specific work assigned will be discussed between the Head Athletic Trainer and the student.

PED 491 Fitness Leadership Practicum minimum

2 hours

Prerequisite: senior standing.

Focused participation in one of the settings chosen subsequent to the PED 391 experience.

PED 495 Fitness Leadership Internship minimum

2 hours

Prerequisite: PED 491.

Internship experience in a preventative or rehabilitative setting.

Physical Science

Courses in Physical Science are among the requirements for majors in Elementary Education, Environmental Sciences, and Physics. Other majors may choose to enroll in a PHS to satisfy one of their general education requirements in science.

Physical Science Courses

PHS 110 Introduction to Physical Science

4 hours

Prerequisite: MAT 099R, an ACT Math score of at least 23, or placement by divisionally designated, nationally normed placement test (e.g. COMPASS).

Study of the fundamentals of chemistry and physics with special attention paid to the experimental method and the nature of scientific evidence. Lecture and laboratory. This course is not available to students who have received credit in PHY 220.