

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

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Department Overview

The Department of Health, Physical Education and Recreation offers a wide range of curricula for Virginia State University students who wish to earn a Bachelor of Science Degree in Health and Physical Education or a Master of Science Degree in Sport Management. Students completing a course of study within the Department, will have acquired those competencies necessary to function as exemplary practitioners in the contemporary marketplace and as potential candidates for graduate school.

Course study encompasses core curricular areas such as Foundations, First Aid, Exercise Physiology, Adapted Physical Education, Organization and Administration of Sport, Health and Wellness, skills in lifetime sports, and internship experiences in each minor area. In addition, students may seek an endorsement in Drivers Education. In the Department of Health, Physical Education and Recreation, students who major in Health and Physical Education must also select a concentration in one of the following areas:

- Dance
- Health Science
- Physical Education PreK-12
- Public Health
- Recreation
- Sport Management

Mission Statement

The Department of Health, Physical Education and Recreation is a component of the College of Education. In harmony with the mission of the College, the Department's purpose is to prepare professionals to serve the public in the areas of teaching, health and wellness, leisure and recreation, sport management, and allied fields.

This purpose is facilitated through teaching, research/technology-based activities, outreach-public service endeavors, practical experiences, and graduate school preparation strategies. These components are designed to prepare students to negotiate the demands of a global marketplace that require a sensitivity to members of diverse cultures and special populations.

Degree Highlight Information

A degree from our program can take you many places! Our alumni have had successful careers in each of the concentration areas.

One of the highlights of the department curricula is the internship course that all students must take. Undergraduate students are required to complete a 150-hour internship in their respective concentration area, and graduate students complete a 400 hour internship. The internship has led to many of our students been offered jobs prior to graduation.

Accreditation Information

As a department in the College of Education, the program is accredited by the Council for the Accreditation of Educator Preparation (CAEP).

Department Goals

Through teaching, research, and outreach-public service activities, the Department's goal is to prepare students to negotiate the demands of an ever-changing, highly competitive, and global profession.

Upon completion of the program. Students will have the competencies needed to:

- Describe the foundation of history, science, philosophy and techniques needed to develop professionals in health, physical education, recreation, dance, and sport management.
- Discuss and reflect on the engagement of professional, social, ethical, and essential practices in health and fitness among culturally diverse communities.
- Relate, design, implement, and evaluate evidence-based practices acquired in major course work to field-based experiences.
- Apply critical thinking skills to science-based research in the fields of health, physical education, recreation, dance, and sport management.
- Demonstrate the effective use of technology to promote professional practice and improve communication.

Program Listings

Bachelor of Science (B.S.) in Health and Physical Education

Students in the B.S. program must earn a **grade of C or higher** in the following courses:

- ENGL 110 and ENGL 111
- All core major courses
- All required concentration courses

Minors:

- Dance
- Health Science
- Physical Education PreK-12
- Public Health

- Recreation
- Sport Management

Endorsement Opportunities

Teaching Endorsement

Students participating in the PreK-12 HPER Teacher Preparation program must complete competency tests assigned from the Commonwealth of Virginia. These core assessments include the VCLA and Core math assessment as well as the Praxis 2 content assessment. Once completing and passing Virginia related assessments, successful candidates seek admittance to the College of Education. Accepted students must have a 2.5 GPA and a "C" or higher on all major courses.

Driver Education (Add-on Endorsement)

Students seeking an add-on endorsement in Driver Education shall have an endorsement in a secondary area (such as Physical Education) and enroll in the following courses:

Code	Title	Credit Hours
HLTH 143	Prin Accident Causation & Prev	3
HLTH 445	Driver Ed Instruc'L Principles	3

Sankofa Dance Theatre

The HPER Department features the Virginia State University's Sankofa Dance Theatre. Sankofa is the official theatrical dance company at Virginia State University. It is the professional, performing arts extension of the dance minor. Students perform lyrical, modern, jazz, hip-hop, African Diaspora, and traditional African dance in professional presentations throughout the University and surrounding community. Participation in Sankofa requires 1) a student must provide an audition that is approved by the Program Coordinator; 2) must be a dance minor.

The VSU Fitness/Wellness Center

The VSU Fitness/Wellness Center is located in Daniel Gymnasium and is open to VSU students, faculty, and staff. The Fitness/Wellness Center offers a plethora of cardio and weight training equipment for patrons to use.

Swimming Pool

The swimming pool is available for the Virginia State University community, student activities and outside vendors. The area contains spectator seats and a variety of equipment for use in the swimming pool.

Major

- Health, Physical Education, and Recreation, Bachelor of Science (B.S.) (<http://catalog.vsu.edu/undergraduate/college-education/departments-health-physical-education-recreation-dance/health-physical-education-recreation-dance-major-bs/>)

Minor(s)

- Minor in Public Health (<http://catalog.vsu.edu/undergraduate/college-education/departments-health-physical-education-recreation-dance/public-health-minor/>)

- Minor in Dance (<http://catalog.vsu.edu/undergraduate/college-education/departments-health-physical-education-recreation-dance/dance-minor/>)
- Minor in Health Science (<http://catalog.vsu.edu/undergraduate/college-education/departments-health-physical-education-recreation-dance/health-science-minor/>)
- Minor in Recreation (<http://catalog.vsu.edu/undergraduate/college-education/departments-health-physical-education-recreation-dance/recreation-minor/>)
- Minor in Sport Management (<http://catalog.vsu.edu/undergraduate/college-education/departments-health-physical-education-recreation-dance/sport-management-minor/>)
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DANCE

DANC 100 FOUNDATIONS OF DANCE - 3 semester hours

An introduction to career options focusing on dance as education, performance, recreation and therapy- including the development of a dance portfolio. This course is offered online through Distance Education during the summer session. The course is offered as a hybrid course during the Fall and Spring.

DANC 101 BALLET I - 3 semester hours

Introduction to the basic concepts, movement and theory of ballet techniques.

DANC 102 BALLET II - 3 semester hours

Further studies in the concepts, movement and theory of ballet techniques.

Prerequisites: DANC 100; DANC 101 or consent of instructor

DANC 201 MODERN DANCE I

An introduction to the concepts and disciplines of Modern Dance. The utilization of basic concepts in modern dance techniques and terminology will be the central focus of classroom instruction.

DANC 202 MODERN DANCE II

An intermediate introduction to the concepts and disciplines of Modern Dance technique and terminology.

DANC 250 DANCE CONDITIONING

Introduction to the basic concepts, movement, and vocabulary of dance in combination with conditioning and toning exercises specifically for the dancer as an athlete in training. Aerobic dance activity, weightlifting, and toning of the muscles are included in the course activities. Dancer conditioning techniques such as Yoga, Pilates, Dunham, Horton, Martha Graham, et al. will be visited and revisited in various muscle conditioning and educational contexts.

DANC 203/204/205/206/207/208/209/210

A study of dance compositions based on elements of dance styles as the performing arts. Laboratory problems with criticism and preparation problems in staging dance for the theater.

DANC 301 JAZZ DANCE I

A basic introduction to build strength, flexibility, and endurance for execution of basic Jazz Dance concepts through floor exercises and combinations. Musicality in dance will be explored, and an understanding of proper body alignment and posture will be emphasized. There will also be an introduction to notable performers and some historical and cultural aspects of jazz through discussion and video observation.

DANC 302 JAZZ DANCE II

This course is designed to build strength, flexibility, and endurance for execution of intermediate level Jazz Dance concepts through floor exercises and combinations. Musicality in dance will be explored, and an understanding of proper body alignment and posture will be emphasized. There will also be an introduction to notable performers and some historical and cultural aspects of jazz through discussion and video observation.

DANC 328 ADVANCED DANCE COMPOSITION - 3 semester hours

The incorporation of various themes, music, staging and movement techniques. Students will have laboratory assignments of creating dances with small groups. Laboratory problems will include dance criticism and preparation problems in staging dance for the theatre as well as actual performances in front of a live audience.

DANC 355 DIRECTED RESEARCH – 3 semester hours

Structured research in dance presented as an undergraduate research publication or conference presentation.

DANC 378 HISTORY OF DANCE AND THE BLACK EXPERIENCE - 3 semester hours

An online survey course about dance history in America and the contributions of African Americans to historical and current trends in dance.

DANC 401 AFRICAN/CARIBBEAN DANCE FORMS I - 3 semester hour

Online course covering the historical and socio-cultural implications that influence dance movements found in Africa, the Caribbean, and the Americas.

DANC 402 AFRICAN/CARIBBEAN DANCE FORMS II - 3 semester hours

Intermediate to advanced movement sequences as well as socio-cultural implications that accompany traditional dances found in Africa and the Caribbean.

DANC 404 SOMATIC MOVEMENT AND THEATRE - 3 semester hours

Interwoven interdisciplinary movement techniques exploring the interface of dance and drama. Includes dancing through mental imagery,

interpreting stories, scripts, poetry, and techniques of improvisation and composition.

DANC 471 INTERNSHIP SEMINAR - 1 semester hour

This course involves observation and practice of leadership in a supervised Dance organization. Students must investigate all aspects of potential sponsoring organizations, their expectations of internship, and how they can maximize their field experience toward professional growth. Note: Conference with teacher of record is required immediately upon registration of this course.

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DANC 472 INTERNSHIP - 3 semester hours

Supervised work experience under expert guidance at approved sites (as well as onsite) provided for the prospective professional in Dance. Emphasis is on various individual and group opportunities in dance performances, involving theories, techniques, managerial tasks, administrative procedures, dance production, and working with individuals, in the surrounding community including, public schools, community centers, recreation centers, dance studios, and government facilities. Internship is designed to secure enriching experiences in all aspects of the dance profession that will enable students to grow personally and professionally in the field of dance.

Note: Conference with teacher of record is required immediately upon registration of this course

HEALTH

HLTH 143 PRINCIPLES OF ACCIDENT CAUSATION AND PREVENTION - 3 semester hours

This course is designed to present an overview of the dimensions of the accident problem with special attention to accident prevention, concepts and theories. Emphasis is placed on student safety and other legal issues, signs, signals, pavement markings, and right-of-way rules; interaction with other highway users (pedestrians, animals, motorcycles, bicycles, trucks, buses, trains, trailers, motor homes, ATVs, and other recreational users); time/space and risk management; alcohol and other drugs and driving; behavior aspects of crash prevention and the natural laws of driving; adverse driving conditions and emergencies; planning ahead for a trip.

HLTH 210 FOUNDATIONS OF HEALTH SCIENCE - 3 semester hours

This course is designed to provide students with an introduction to the areas of health science, public health and related allied fields. Concepts covered include history, principles and philosophies of these areas, ethics, career exploration and current trends and issues in the health field.

HLTH 311 SPECIAL TOPICS IN HEALTH - 3 semester hours

This course is designed to provide students with the opportunity to explore current trends and emerging issues in health.

HLTH 330 DRUG USE AND DRUG ABUSE EDUCATION - 3 semester hours

This course will discuss the different categories of drugs and explain their routes of administration. Patterns of illicit drug use, misuse, and abuse, including who uses illicit drugs and abuse of controlled substances and why they use them, will also be addressed. The legal, social, financial, and personal impact of drug abuse will be addressed.

HLTH 337 HEALTH PRACTICUM - 3 semester hours

Provides various opportunities for the professional student to work with individuals and groups in a variety of settings. These opportunities shall include observation and/or participation in health-related activities in school and/or community locations.

HLTH 340 COMMUNITY HEALTH - 3 semester hours

Designed to cover community health issues relating to foundations and organizations of public health. It includes the study of community health organizations and programs, epidemiology and disease control, environmental health, community and occupational safety and health, the health care system, aging, and other community health issues.

HLTH 342 CONTEMPORARY HEALTH ISSUES - 3 semester hours

Designed to meet the educational needs and interests of students through a study of contemporary health issues. Specific topics relevant for today's society will be determined and include women's health concerns, nutrition and nutritional disorders, pre-menstrual syndrome, sexually transmitted diseases, domestic violence, child abuse, rape, and cancer. Cardiovascular diseases and others may also be included.

HLTH 343 CULTURAL DIVERSITY IN HEALTH COUNSELING - 3 semester hours

This course focuses on health traditions of culturally diverse clients and how those traditions must be considered during effective patient education. A brief history of counseling is addressed and various counseling theories are also explored. The course focuses on diversity between the generations and explores ageism and counseling approaches with senior citizens in area assisted living facilities.

HLTH 346 SCHOOL AND COMMUNITY HEALTH PROGRAMS - 2 semester hours

This course demonstrates the organization and administration of comprehensive school and community health programs. Topics include: student safety, child abuse, and other legal issues, health services, instruction, program planning and assessment, the role of administration in comprehensive school health, personal health and fitness, active lifestyles and health, environmental, mental and emotional health, family disruptions, nutrition, tobacco, alcohol and other drugs, school and consumer health, and disease prevention and treatment. An overview of the knowledge, skills, and processes needed to teach school health on the elementary, middle, and secondary levels is also provided.

HLTH 347 FIRST AID AND EMERGENCY MEDICAL CARE - 2 semester hours

Lectures and demonstrations on first aid measures for wounds, hemorrhages, burns, exposure, 141 sprains, dislocations, fractures, unconscious conditions, suffocation, drowning, and poisons, with skill training in all procedures. Emphasis will be given to the following areas: safety and other legal issues, activating emergency medical services,

safety and emergency care (first aid, CPR, AED, universal precaution), injury prevention, rehabilitation, an understanding of the basic content knowledge needed to teach first aid, and the structure and function of selected body systems. Successful completion of this course may lead to certification by the American Heart Association, the National Safety Council or the American Red Cross in First Aid and Cardiopulmonary Resuscitation.

HLTH 348 DIRECTED RESEARCH - 3 semester hours

This course is designed to provide opportunities for the pursuit of in-depth knowledge and understanding of a variety of significant and emerging health problems and issues in the health care industry.

HLTH 349 SCIENTIFIC READINGS IN HEALTH - 3 semester hours

A course that provides comprehensive knowledge, understanding and concepts in various areas of health. Students are required to read scientific peer reviewed articles in the health profession and demonstrate their understanding of peer reviewed article structure and comprehension of statistical research methods.

HLTH 440 HUMAN REPRODUCTION AND SEXUAL DEVELOPMENT - 3 semester hours

This course is designed to provide a comprehensive look at human reproduction and sexual development. Anatomy and physiology of male and female reproductive systems; psychosocial sexual development, sources of sexual outlet, family planning and relationships are among discussion topics.

HLTH 441 HEALTH TEACHING METHODS AND MATERIALS - 3 semester hours

Fundamental methods of health teaching as applied to school and public health education. Materials applicable to health education, evaluation techniques, preparation of health training units and bibliographies, and surveys of current literature in the field of health education are presented and/or researched.

HLTH 443 EPIDEMIOLOGY AND BIOSTATISTICS - 3 semester hours

This course emphasizes the goals and objectives of epidemiology, its policy and procedure, and its foundation and support in health care information are the focus of this course. Investigation of an epidemic, measures of mortality, incidence and prevalence, measures of risk, biological variability, probability, screening, sampling, statistical significance, correlation, multiple regression, survival analysis, retrospective and prospective studies

HLTH 445 DRIVER EDUCATION INSTRUCTIONAL PRINCIPLES - 3 semester hours

This course is designed to provide an analysis of the rules and regulations governing driver education in the Commonwealth of Virginia with application to program organization and administration, and the development and conduct of learning experiences in the classroom and laboratory. It also provides a guide for teachers, supervisors, and administrators in the organization, administration and planning of a driver and traffic safety curriculum.

Prerequisite: HLTH 143

HLTH 447 NEEDS ASSESSMENT AND PLANNING HEALTH PROMOTION PROGRAMS - 3 semester hours

Principles of program planning in public health education, including needs assessment, health hazard appraisal, community analysis and organization, selection of program topics, coordination of 142 health education and health promotion programs in school, community, occupational or clinical settings, audience analysis, task analysis, and the role of evaluation.

HLTH 450 INSTRUCTIONAL STRATEGIES FOR HEALTH EDUCATION - 3 semester hours

Application of innovative strategies for teaching health education in the elementary, middle, and secondary school level. Attention is given to conceptualizing instruction, specifying instructional objectives, planning properly written units and lessons, utilizing various instructional methods, selecting and using instructional materials, and evaluating teaching effectiveness and technology. Topics include personal health and fitness-related issues such as: mental and emotional health, healthy social development skills, basic consumer, environmental and school health, nutrition, tobacco, alcohol and other drugs, basic disease prevention and treatment strategies, and the relationship between a physically active lifestyle and health.

HLTH 451 INDEPENDENT STUDY IN HEALTH - 3 semester hours

This course provides an opportunity for students to work independently on health-related topics approved under the guidance of an instructor.

HLTH 471 INTERNSHIP SEMINAR - 1 semester hour

This course involves observation and practice of leadership in a supervised health organization. Students must investigate all aspects of potential sponsoring organizations, their expectations of internship, and how they can maximize their field experience toward professional growth.

HLTH 472 INTERNSHIP – 3 semester hours

Supervised work experience under expert guidance at approved sites provided for the prospective professional in Health. Emphasis is on various individual and group opportunities in health agencies, involving theories, techniques, managerial tasks, administrative procedures and working with exceptional individuals. Internship is designed to secure enriching experiences in all aspects of the organization that will enable students to grow personally and professionally.

GENERAL EDUCATION HEALTH AND WELLNESS

HPER 160 TEAM SPORTS/WELLNESS – 1 semester hour

This course is designed to provide students with the development of basic skills and abilities needed to perform a variety of team sports and their relationship to personal health, wellness, and physical activity.

HPER 162 TEAM SPORTS II/WELLNESS- 1 semester hour

A continuation of HPER 160, this course is designed to provide students with the development of basic skills and abilities needed to perform a variety of team sports and their relationship to personal health, wellness, and physical activity.

HPER 165 PERSONAL FITNESS- 1 semester hour

The personal fitness curriculum is designed with the intent of improving many aspects of wellness including cardiovascular fitness, muscular strength and endurance, flexibility, mental health, nutritional and personal safety. This class incorporates a wide variety of activities in order to target each one of these aspects. Students will also be introduced to fitness technology to help monitor the fitness progression and workouts.

HPER 166 BEGINNING SWIMMING/WELLNESS- 1 semester hour

This course is designed for non-swimmers to equip students with basic water skills and knowledge needed to make them reasonably safe while in, on, or about the water. Satisfactory 143 completion of this course enables the student to meet the requirements for the American Red Cross Beginner Swimming Certificate.

HPER 167 INTERMEDIATE SWIMMING/WELLNESS – 1 semester hour

Refine five basic strokes; development of endurance; drown proofing and water safety techniques; standing and running dives, and the relationship of swimming skills to personal health and fitness. This course is designed for the student who has passed beginning swimming or who already possesses beginner swimming skills.

HPER 169 GYMNASTICS/WELLNESS – 1 semester hour

A basic course in gymnastics designed to assist students in acquiring fundamental skills in stunts, tumbling, and selected apparatus, and their relationship to personal health and fitness.

HPER 170 HEALTH AND WELLNESS- 2 semester hours

Health encompasses all aspects of an individual's wellbeing. School, work, relationships, social, and family responsibilities are all affected by the quality of health. This course is designed to help participants establish lifestyles that can lead to better health.

HPER 171 LIFETIME SPORTS/WELLNESS – 1 semester hour

Development of fundamental skills and knowledge of rules needed to perform a variety of individual sports and their relationship to personal health and fitness.

HPER 172 LIFETIME SPORTS II/WELLNESS- 1 semester hour

A continuation of HPER 171, this course is designed to provide a development of fundamental skills and knowledge of rules needed to perform a variety of individual sports and their relationship to personal health and wellness.

HPER 182 SKILLS/FIELD EXPERIENCE IN COACHING 1 semester hour

The coaching practicum involves three separate practicum experiences (softball, baseball, basketball, soccer, tennis, etc.) and is designed to provide the student with a realistic experience in a setting and level similar to that in which he/she wishes to obtain employment. The practicum experience is a 50-hour learning opportunity in which the student assist in all phases of the operation of an athletic program. The student may not be the head coach, unless a direct supervisor is present.

HPER 188 BEGINNING TENNIS – 1 semester hour

An introductory course teaching the fundamental skills of tennis. Basic strokes; the forehand and the backhand drives, the flat serve, volley, lob, and smash; history, rules, scoring, and court etiquette. Basic singles and doubles court play and game strategies. In addition, warm-up and cool-down procedures, as well as conditioning and nutrition for sport participation are covered.

HPER 190 AQUA AEROBICS – 1 semester hour

This course is designed to provide students with the knowledge, skills, and abilities needed to develop proper water aerobics form and techniques and to explore the benefits of water aerobic exercise. The proper of use of water aerobics exercise equipment is also explored.

SPORT MANAGEMENT

PESM 200 – FOUNDATIONS OF SPORT MANAGEMENT- 3 semester hours

This course will introduce students to the sports industry, the history and principles of sports, the wide range of career opportunities involving sports, and the economic impact of sports in America.

PESM 301 SPECIAL TOPICS IN SPORT MANAGEMENT - 3 semester hours

This course provides opportunities for students to pursue topics of interest in sport management beyond those accessible via the standard curriculum. The application of content to authentic situations is stressed.

PESM 330 SPORT MARKETING - 3 semester hours

A study and critical examination of the marketing mix (product, price, place and promotion) related to sports marketing. Special emphasis will be placed on production and advertising and sales techniques applied to educational environments, athletic programs and to amateur and professional sports.

PESM 350 SPORT FACILITY AND EVENT MANAGEMENT - 3 semester hours

This course will provide students with effective management skills for the operation of sport facilities in regard to operations, security, and event planning.

PESM 402 DIRECTED RESEARCH - 3 semester hours

This course is designed to provide opportunities for the pursuit of in-depth knowledge and understanding of a variety of significant and emerging sport management issues in the instructional program.

PESM 405 SPORT IN AMERICAN SOCIETY - 3 semester hours

Discusses the phenomenon of sport as it represents one of the most pervasive social institutions today. The major theme of this course is to demonstrate how sports reflect and enforce the beliefs, values, and ideologies of society. Emphasis is placed on changing attitudes and current trends in the world of sports. The course will be taught from a sociological and philosophical perspective.

PESM 406 SPORT LAW - 3 semester hours

This course is the identification and application on various areas of law to the sports industry. Includes how constitutional law, contract law, employment law and tort law impact sport management decisions and the sports industry.

PESM 408 FINANCIAL ASPECTS OF RECREATION AND SPORT MANAGEMENT - 3 semester hours

This course will investigate fund raising activities and the appropriate use of financial resources within the sport industry.

PESM 472 INTERNSHIP – 3 semester hours

Supervised work experience under expert guidance at approved sites provided for the prospective professional in sport and recreation management. Emphasis is on various individual and group opportunities in sport and recreation management organizations involving theories, techniques, managerial tasks, administrative procedures and working with exceptional individuals. Internship is designed to secure enriching experiences in all aspects of the organization that will enable students to grow personally and professionally. 300 supervised hours required.

PHYSICAL EDUCATION

PHED 120 FOUNDATIONS OF PHYSICAL EDUCATION - 2 semester hours

An introduction to the personal and professional challenges and opportunities available in the field of human movement. Its primary purpose is to help the student gain insight into the broad discipline of physical education; to acquaint the student, generally, with the organized body of knowledge embraced within the discipline of physical education; and to show the proper relationship of physical education to the fields of health and recreation.

PHED 125 BODY MECHANICS -1 semester hour

This course is a requirement for all physical education majors. The primary purpose of this course is to acquaint students with the basic knowledge, understanding, and value of physical activity as related to optimal healthful living. Emphasis is placed on improving students' performance of basic gross motor skills.

PHED 126 THEORY AND PRACTICE OF GYMNASTICS AND APPARATUS -1 semester hour

Acquaints students with basic knowledge, understanding, and value of gymnastics as related to optimal healthful living. Emphasis is placed on improving students' performance of basic gross motor skills, and the utilization of physical fitness assessment data to plan and implement a

lifelong personal fitness program. Content includes the incorporation of scientific principles of movement as they apply to personal health-related fitness (flexibility, strength, aerobic, endurance, body composition) and personal skill-related fitness (coordination, agility, power, balance, and speed).

PHED 127 BEGINNING SWIMMING -1 semester hour

Course is designed to equip students with basic water skills and knowledge needed to make them reasonably safe while in, on, or about the water. Attention given to safety and emergency care (First Aid, CPR, Universal Precaution).

PHED 128 INTERMEDIATE SWIMMING -1 semester hour

Upon completion of this course, students should comprehend the elements of good swimming. Instruction in intermediate swimming is given to students who have taken and passed the beginner's swimming course, or those who have never had swimming instruction but can pass the beginner's swimming test.

PHED 200 TEAM SPORTS I - 1 semester hour

The development of physical skills and an understanding of the knowledge, skills, and abilities needed to teach soccer, volleyball, and softball on the preK-12 levels. Content includes an analysis of skills, progressions, drill, error analysis, and corrections, and the development of rudimentary one unit and three lesson plans for each activity. The cultural significance of team sports, competition, and sportsmanship is also included.

PHED 201 TEAM SPORTS II -1 semester hour

The development of basic skills and an understanding of the knowledge, skills and abilities needed to teach a variety of team sports including basketball, softball, and flag football on the preK-12 levels. Content includes an analysis of skills, progressions, drill, error analysis, and corrections, and the development of rudimentary units and lesson plans for each activity. The cultural significance of team sports, competition, and sportsmanship is also included.

PHED 211 LIFETIME SPORTS I -1 semester hour

The development of physical skills and an understanding of the knowledge, skills, and abilities needed to teach a variety of individual sports, including archery, badminton, and bowling on the 147 preK-12 levels. Content includes an analysis of skills, progressions, drill, error analysis, and corrections, and the development of rudimentary unit and lesson plans for each activity. The cultural significance of individual sports, competition, and sportsmanship is also included.

PHED 212 LIFETIME SPORTS II – 1 semester hour

The development of physical skills and an understanding of the knowledge, skills, and abilities needed to teach a variety of individual sports, including golf, tennis, track and field on the preK-12 levels. Content includes an analysis of skills, progressions, drill, error analysis, and corrections, and the development of rudimentary one unit and lesson for each activity plans. The cultural significance of individual sports, competition, and sportsmanship is also included.

PHED 217 LIFESAVING - 2 semester hours

Course designed to enable students to meet the requirements for the American National Red Cross Advanced Lifesaving Certificate.

Prerequisites: PHED 127; PHED 128

PHED 232 COACHING AND OFFICIATING - 2 semester hours

Concepts and competencies applicable for the physical educator who desires breadth and depth of preparation in athletic coaching and officiating. Designed to prepare the student to understand the role of coaching and the art of officiating in ways that complement his/her basic knowledge of each course activity and its skills.

PHED 238 WATER SAFETY - 3 semester hours

Satisfactory completion of this course qualifies the student for the American National Red Cross Instructor's Certificate. Prerequisite Advanced Swimming; Intermediate level or above.

Prerequisite Advanced Swimming; Intermediate level or above.

PHED 274 HISTORY, PRINCIPLES AND OBJECTIVES OF PHYSICAL EDUCATION - 3 semester hours

The study of the historical foundations of physical education from earlier times to the present and their implications for society. Attention is given to understanding principles which have been developed to insure a valid interpretation of the place of the physical education program. Content also includes the cultural significance of dance, leisure, competition, and sportsmanship, and the value of physical fitness.

Prerequisites: PHED 120

PHED 329 MOTOR LEARNING - 2 semester hours

Course designed to provide the student with an understanding of motor behavior. It is specifically concerned with the efficacy of motor skill acquisition and motor skill performance. Specific topics include classifications and measurement of motor performance; the role and function of sensory processes, perception, memory, and attention; and the delivery of feedback and structure of practice. This course also covers the basics of research design.

PHED 335 RHYTHMIC FORMS -1 semester hour

Explores the historical perspective and cultural significance of American and international folk, square, and social dance, and their steps, patterns, and formations. Integrates an understanding of personal health and skill-related fitness components (e.g., flexibility, strength, coordination and balance). And the knowledge, skills, and processes needed to teach rhythmic forms and dance. Attention given to the selection, development, and utilization of appropriate instructional resources, and technology.

PHED 338 KINESIOLOGY - 3 semester hours

Course designed to provide the student with an understanding of the anatomical and biomechanical 148 bases of human motion, with applications for motor skill acquisition, and developmental and

rehabilitative exercise. This course also emphasizes the application of mechanical physics to body movement and sports medicine.

PHED 339 MEASUREMENT AND EVALUATION IN HEALTH AND PHYSICAL EDUCATION - 3 semester hours

The focus of this course is on the development of evaluation and measurement skills used by teachers and administrators of physical education throughout the nation. Major emphasis is placed on interpreting descriptive statistics and developing test construction techniques. Students are given many opportunities to administer physical performance tests and to acquire knowledge of different grading techniques.

PHED 343 ELEMENTARY SCHOOL PHYSICAL EDUCATION METHODS AND ACTIVITIES - 2 semester hours

Provides knowledge, skills, and processes needed to teach elementary physical education. Includes the election, development, and utilization of appropriate instructional methods, resources, and technology. Emphasis is placed on the importance of the development and maintenance of physically active lifestyles and good health, skills theme approaches and developmental physical education; activities designed to help students understand, develop and value personal fitness; cooperative activities; and activities for special and diverse populations including gifted and talented. Field experiences in this course will provide opportunities for pre-candidates to observe and participate in different roles as a teacher in a school setting prior to doing student teaching. Precandidates will observe experienced teachers in a clinical setting to properly orientate them to the teaching profession.

Prerequisites: EDUC 201 and 202.

PHED 344 MIDDLE AND SECONDARY SCHOOL PHYSICAL EDUCATION METHODS AND ACTIVITIES - 3 semester hours

Methods and materials of teaching physical education in secondary schools. Emphasis is on program content, and the selection, organization, and guidance of learning experiences appropriate for secondary level students. Content also includes a review of personal health-related (flexibility, strength, aerobic, endurance, body composition) and skill-related (coordination, agility, power, balance, speed) fitness components, an understanding of the knowledge, skills, and processes needed to teach cooperative activities, team and individual activities, the relationship between a physically active lifestyle and health. The value of lifelong fitness programs, activities for the mentally and physically challenged, activities for the talented and gifted and the cultural significance of dance, leisure, competition, and sportsmanship. Field experiences in this course will provide opportunities for pre-candidates to observe and participate in different roles as a teacher in a school setting prior to doing student teaching. Pre-candidates will observe experienced teachers in a clinical setting to properly orient them to the teaching profession.

PHED 400 ADAPTED PHYSICAL EDUCATION - 3 semester hours

This course is designed to provide the student with an understanding of disabling conditions, definitions, and implications as they relate to special education, adapted physical education, injury prevention and rehabilitation, the regular physical education program, integration, and future trends. Emphasis is placed on instructional methods and materials as well as teaching laboratory practical experiences, teaching

and planning methods appropriate for exceptional students and the integration of technology.

PHED 401 ORGANIZATION AND ADMINISTRATION OF HEALTH PHYSICAL EDUCATION, RECREATION AND ATHLETIC PROGRAMS - 3 semester hours

Provides a basic understanding of the many aspects of administering health, physical education, 149 recreation and athletic programs on the pre k-12 levels, in colleges and universities, as well as in recreational and private industry sectors. Content includes the need for quality instruction, risk management, student safety and other legal issues, the role of administration in comprehensive school health programs and personnel and programmatic planning, management, and assessment. Contemporary and computer-driven team building exercises, research presentations, and community service projects, afford students opportunities to integrate theoretical concepts into practical application, and strengthen their verbal, written and technological levels of proficiency.

PHED 402 STUDENT TEACHING IN HEALTH AND PHYSICAL EDUCATION -2 semester hours

This course is designed to provide supervision in the content area for pre-service secondary health and physical education candidates and involves observing student teachers. Coursework includes class instruction on student developed and implemented projects in assessment, technology, school culture as well as lesson and unit planning.

Co-requisites: EDUC 401; EDUC 402

PHED 403 PHYSIOLOGY OF EXERCISE - 3 semester hours

This course is designed to provide the student with a better understanding of the physiological aspects of physical activity, relationships between physical activity, fitness and health, knowledge of the basic fundamentals necessary to understand and apply exercise physiology, and guidelines for devising and managing programs for both active and sedentary individuals. Physical fitness assessments will be conducted during this course.

PHED 407 SPORT PSYCHOLOGY - 3 semester hours

This course presents the theoretical and empirical foundations of sport psychology. Operating from a conceptual rather than an applied framework, this class develops an understanding of social psychological phenomena and processes related to participation in sport and physical activity (e.g., personality, anxiety, arousal, achievement motivation, social facilitation, aggression, emotions, and fan behavior).

RECREATION

RECR 100 FOUNDATIONS OF RECREATION AND LEISURE - 3 semester hours

Community recreation programs, including camping, survey of agencies, activities in the recreation program, recreation as a profession, trends, and an introduction to the literature in the field.

RECR 200 INTRODUCTION TO THERAPEUTIC RECREATION - 3 semester hours

Theoretical, philosophical, and historic foundation of therapeutic recreation; role of treatment and rehabilitation with a survey of major services and settings.

RECR 231 TOURISM AND COMMERCIAL RECREATION - 3 semester hours

Analysis of private, commercial, and industrial recreation fields, focusing on economic impact, marketing strategies, consumer protection, and career opportunities.

RECR 301 SPECIAL TOPICS IN RECREATION - 3 semester hours

This course provides opportunities for students to pursue topics of interest in Recreation beyond those accessible via the standard curriculum. The application of content to authentic situations is stressed.

RECR 321 LEISURE PROGRAM DEVELOPMENT - 3 semester hours

An examination of the principles and practices of leisure programming in terms of needs assessments, development, content, public relation, funding, facilities, leadership, and evaluation. 150 Program methodologies in municipal, voluntary, private, religious, and commercial agencies will be examined.

RECR 350 LEISURE SERVICE MARKETING - 3 semester hours

This course involves the study of the theoretical/practical application of marketing/advertising strategies in the development/delivery of leisure services.

RECR 351 MANAGEMENT OF LEISURE SERVICES - 3 semester hours

Problems commonly encountered in establishing and organizing leisure programs, services, playgrounds, youth centers, community centers, campus and other areas and facilities.

RECR 352 CAMP COUNSELING/OUTDOOR LEISURE ACTIVITIES - 3 semester hours

Knowledge and skills of contemporary, non-competitive activities suitable for participation throughout life, e.g. camping, hiking, walking, etc. Special emphasis is placed on the tenets of outdoor cooperative living.

RECR 353 RECREATION ACTIVITIES AND LEADERSHIP METHODS - 3 semester hours

Principles of leading, planning, and supervising a wide range of social recreational activities including parties, dances, picnics, special celebrations, and a variety of quiet games.

RECR 354 RECREATIONAL AREAS AND FACILITIES - 3 semester hours

Study of planning and design concepts, standards and guidelines, use continuum, grants, and planning of selected areas and facilities; parks, pools, centers, and recreation resource areas development. Major emphasis placed upon the construction, planning, layout, and maintenance of recreation areas and facilities.

RECR 402 DIRECTED RESEARCH IN RECREATION - 3 semester hours

This course is designed to provide opportunities for the pursuit of in-depth knowledge and understanding of a variety of significant and emerging recreation issues in the instructional program.

RECR 453 THEORY AND PHILOSOPHY OF RECREATION - 3 semester hours

An examination of philosophical concepts and issues of recreation and leisure with a focus upon current trends and issues in professional leisure service delivery. Play, games, work, and recreation are studied as aspects of human behavior affected by global, physical, societal, and personal concerns.

RECR 471 INTERNSHIP SEMINAR - 1 semester hour

This course involves observation and practice of leadership in a supervised Recreation organization. Students must investigate all aspects of potential sponsoring organizations, their expectations of internship, and how they can maximize their field experience toward professional growth.

RECR 472 INTERNSHIP - 3 semester hours

Supervised work experience under expert guidance at approved sites provided for the prospective professional in Recreation. Emphasis is on various individual and group opportunities in recreation organizations involving theories, techniques, managerial tasks, administrative procedures and working with exceptional individuals. Internship is designed to secure enriching experiences in all aspects of the organization that will enable students to grow personally and professionally.

Prerequisite: Senior Standing or consent of instructor.