

PHED: PHYSICAL EDUCATION (PHED)

PHED 120. Foundations Of Physical Ed. (2 Credits)

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 Credit)

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 & Practice Gym Apparatu. (1 Credit)

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 Credit)

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 Credit)

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 Credit)

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 Credit)

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 Credit)

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 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 Credit)

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 214. Outdoor Ed & Leisure Activitie. (1 Credit)

Provides knowledge, skills, and processes for teaching contemporary outdoor (e.g. camping, hiking, walking, and tenets of cooperative living) and leisure activities suitable for life-long participation. Attention given to the selection, development, and utilization of appropriate instructional resources such as leisure, competition, and sportsman; the relationship between a physically active lifestyle and health; the needs of special and diverse populations; safety and emergency care; and injury prevention.

PHED 217. Lifesaving. (2 Credits)

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

PHED 224. Fitness Program Management. (3 Credits)

This course focuses on the economic and administration of programs within the fitness industry. Principles include administrative and theoretical aspects of designing, managing, marketing and promoting a health-fitness facility. Concepts include personnel, communication, problem solving, fiscal management, budgeting, ethical considerations, productivity and evaluation of community, commercial and corporate level programs.

PHED 226. Prin. of Fitness Instruction. (3 Credits)

This course focuses on developing knowledge to plan and implement group fitness classes as well as personal training sessions. Topics include: risk management, exercise plans, group fitness instruction, personal training, fitness pedagogy, training special populations, cardiovascular fitness, resistance training, flexibility training, and core stability.

PHED 232. Coaching And Officiating. (2 Credits)

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 Credits)

Satisfactory completion of this course qualifies the student for the American National Red Cross Instructor's Certificate.

PHED 273. Football Officiating. (1 Credit)

The rules and mechanics of officiating football. Students will gain practical experience by officiating intramural, recreation league, or other organized games. This course also prepares students for future careers in officiating.

PHED 274. History Principles Objective P. (3 Credits)

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.

PHED 281. Business of Golf. (3 Credits)

This course covers business aspects of golf, basic golf rules, etiquette, and mechanics with a golf simulator. Five full rounds of golf must be completed by semester's end. Class meets on campus and off campus at a local golf course.

PHED 310. Advanced Personal Fitness. (3 Credits)

This course will introduce students to the practical application of the principles of fitness. These components include flexibility, cardiovascular endurance, muscle strength, muscle endurance, and body composition. Students will also study principles of personal training, nutritional fitness, as they apply to the physiological improvement of the human body. Students completing this course will be eligible to sit for the AFAA personal training and group exercise certification. This course requires students to engage in daily physical activity.

PHED 329. Motor Learning. (2 Credits)

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 Credit)

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 Credits)

Course designed to provide the student with an understanding of the anatomical and biomechanical 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. Prerequisites: BIOL 318 Human Anatomy; BIOL 319 Human Physiology; or consent of instructor.

PHED 339. Measurement Evaluation Health. (3 Credits)

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. Prerequisites: PHED 120 Foundations of Physical Education or consent of instructor.

PHED 343. Elem School Pe Method Activiti. (2 Credits)

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 place 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. Pre-candidates will observe experienced teachers in a clinical setting to properly orientate them to the teaching profession.

PHED 344. Middle & Secondary Sch Pe Meth. (3 Credits)

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. Prerequisites: PHED 120 Foundations of Physical Education or consent of instructor.

PHED 374. Human Physiology&Sport Perform. (3 Credits)

This course surveys and critically evaluates the basic principles of human physiology with direct application to acute and chronic exercise and muscle rehabilitation.

PHED 400. Adapted Physical Education. (3 Credits)

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. Prerequisites: PHED 120 Foundations of Physical Education or consent of instructor.

PHED 401. Org & Adm Hlth Pe & Athletic P. (3 Credits)

Provides a basic understanding of the many aspects of administering health, physical education, 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. Prerequisites: Completion of junior year or consent of instructor.

PHED 402. Student Teaching Hlth & PE. (3 Credits)

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. Prerequisites: Departmental Approval Prerequisites: PHED 120 Foundations of Physical Education or consent of instructor. Co-requisites: EDUC 401 Student Teaching Seminar; EDUC 402 Student Teaching.

PHED 403. Physiology of Exercise. (3 Credits)

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. Prerequisites: BIOL 318 Human Anatomy and Physiology.

PHED 407. Sport & Exercise Psychology. (3 Credits)

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). Prerequisites: PHED 120 Foundations of Physical Education; Senior standing or consent of instructor.