

# Health, Physical Education & Recreation Program

## Purpose Statement

The department of health, physical education and recreation commits itself to developing graduates that embrace the liberal arts philosophy and can demonstrate a variety of skills efficiently and effectively, can analyze and critique movement, and understand the interrelationship of health, fitness, and wholeness in life.

The department achieves this purpose when its graduates

- understand the concepts of physical education and health content and applies these concepts for the development of an educated learner;
- understand how individuals learn and develop, including special needs learners, and can provide safe, developmentally appropriate opportunities that support their physical, cognitive, social and emotional development in the physical education environment;
- understand the need to foster relationships with colleagues, parents/guardians and other professionals in the learning community and seeks opportunities to grow professionally;
- uses knowledge of effective verbal, nonverbal and media communication techniques to foster inquiry, collaboration and engagement in various physical activity settings and understands how individuals differ in their approaches to learning;
- plans and implements a variety of developmentally appropriate instructional strategies to develop physical educated individuals;
- understand and uses formal and informal assessment strategies to foster the learning and skill development of all learners in physical activity;
- uses an understanding of individual group motivation and behavior to create a safe learning environment that encourages positive social interaction, active engagement in learning and self-motivation;
- develop a personal strategy for health and fitness, understanding that behaviors learned are a continual, lifelong process;
- demonstrate an appreciation for the necessary impact of play on the quality of life;
- meet the qualifications and standards of their chosen profession (majors only);
- meet State Department of Education standards and NCATE standards for licensure in the area of physical education and health (applies to those seeking teaching certification in physical education and health).

The department offers programs designed for teaching physical education and health in the elementary and secondary schools, graduate preparation, and a related area of special emphasis in sports management.

## Physical Education and Health Major

Completion of the required and supporting courses listed below, plus courses and/or a selected emphasis area of professional preparation should total a minimum of 37 semester hours in the department of physical education and 11 semester hours of required related courses.

### Requirements

- PE 110** Introduction to Team Sports (2 hours)
- G-PE 150** Concepts of Holistic Health (2 hours)
- PE 160** Intro to Dual and Individual Sports I (2 hours)
- PE 161** Intro to Dual and Individual Sports II (2 hours)
- G-PE 170** Personal and Community Health (2 hours)
- PE 180** First Aid and Personal Safety (2 hours)
- PE 210** Human Sexuality (3 hours)
- PE 220** Human Anatomy and Physiology for Physical Education (2 hours)
- PE 280** Care and Treatment of Athletic Injuries (3 hours)
- PE 288** Psychology and Sociology of Sport (2 hours)
- PE 330** Physiology of Exercise (3 hours)
- PE 375** Junior Seminar (1 hour)
- \*PE 380** History and Philosophy of Sport and Physical Education (3 hours)
- PE 411** Kinesiology (3 hours)
- PE 450** Organization & Administration of Health, Physical Education, and Athletics (3 hours)
- PE 475** Senior Seminar (2-6 hours)

### Required Supporting Courses

- G-BI 101** Principles of Biology (4 hours) or
- G-BI 111** College Biology (4 hours) or
- G-BI 106** Environmental Biology (4 hours)
- PE/SO 210** Human Sexuality (3 hours)

## Additional Requirements for Teacher Education Majors, PK-12

### Professional Education Requirements

#### Related Courses:

- PY 101** Introduction to Psychology (3 hours)
- PY 204** Child and Adolescent Development (3 hours)
- CI 232** Educational Technology (2 hours)
- CI 333** Intercultural Education (2 hours)

#### Education Courses:

- CI 150** Introduction to Education (3 hours)
- CI 251** Introduction to Education Practicum (1 hour)
- SE 210** Intro to Infant, Child, Youth with Special Needs (3 hours)
- CI 220** Principles & Strategies of Teaching (3 hours)
- CI 315** Reading in the Content Field (2 hours)
- CI 455** The Teaching-Learning Process (3 hours)

#### Methods Courses:

- PE/CI 426** Methods of Teaching School Health (2 hours)
- PE/EE 305** Methods of Teaching PE in Elementary School (2 hours)
- PE/CI 410** Methods of Teaching PE in Secondary School (2 hours)

#### Observations & Student Teaching:

- CI 351** Secondary Education Practicum (1 hour)
- EE 375** Elementary Education Practicum (1 hour)
- EE 465** Student Teaching in the Elementary School (6 hours)
- CI 475** Student Teaching in the Secondary School (6 hours)
- CI 476** Professional Seminar in Education (2 hours)

Total Hours 45 hours

## Additional Requirements for Sports Management Emphasis

- G-BA 101** Introduction to Business (3 hours)
- EC 202** Survey of Economics (3 hours)
- AC 205** Financial Accounting (3 hours)
- BA 224** Principles of Management (3 hours)
- BA 321** Marketing (3 hours)
- \*BA 339** Human Resource Management (3 hours)