Health, Physical Education & Recreation Course Descriptions

PE 110 Introduction to Team Sports

2 hours
This course is an introduction to the organization, strategy, rules and practice of team sports. Team Sports covered in this course will include, but not be limited to ultimate frisbee, team handball, field hockey, speedball, whiffleball, eclipse ball, cageball, volleytennis, and mattball. Students will gain experience leading and officiating these events. (Fall)

PE 140 Introduction to Rhythms and Dance

2 hours
The purpose of this course is to provide students with a wide spectrum of information on rhythmic activities and dance. Students will learn body movements and how to perform them to music. Students will also choreograph and teach developmentally appropriate rhythmic activities and dance to others. (On Demand)

G-PE 150 Concepts in Holistic Health

2 hours
This course is designed to present the student with cognitive health and wellness principles and to offer suggestions for their application. These principles will be examined using a traditional approach with a variety of cultural influences. Major areas of study include mind-body interrelatedness and control, stress management, individual fitness, health and health related topics, and lifestyle management (including play). (Fall, Spring)

PE 160 Introduction to Individual and Dual Sports I

2 hours
This course is comprised of an introduction to the fundamentals, organization, and practice of tennis, golf, bowling, badminton, dance-ballroom/swing, orienteering, disc golf, and blow guns. This course exists because a basic understanding of the physical and mental principles in individual and dual sports is essential for the fullest and richest enjoyment. (Fall)

PE 161 Introduction to Individual and Dual Sports II

2 hours
This course is comprised of an introduction to the organization and practice of racquetball, Pickleball, archery, ladderball, table tennis, billiards, dance – square/ line and fishing/camping. Individual and dual sports are an integral part of our society. This course exists because a basic understanding of the physical and mental principles in individual and dual sports is essential for the fullest and richest enjoyment. (Spring)

G-PE 170 Personal and Community Health

2 hours
The purpose of this course is to provide students with a wide variety of information concerning personal and community health and wellness. It is designed to have an overview of the physical, mental, emotional, social, and spiritual components of health as they combine to influence the complete human being. Included within the course will be an introduction to the management of stress, physical fitness, nutrition and weight management, drug use and abuse, noninfectious and infectious diseases, sexuality and fertility, consumerism, environmental concerns and the maturing adult. Additionally, a practical approach to setting up a personal improvement plan for lifetime wellness will be stressed. (Fall, Spring)

PE 180 First Aid and Personal Safety

2 hours
This course is designed for all students to understand and prevent accident situations, to treat a wide variety of accident and emergency situations including use of supportive equipment and psychological first aid, and receive American Red Cross certification for CPR. (Interterm)

PE/PY/SO 210 Human Sexuality

3 hours
A study of female roles, male roles, values, life adjustments, sexual identities, religion, language, and behavior differences based on cultural, educational and socioeconomic factors related to human sexuality. Course uses lectures, audio- visuals, discussions, guest resource persons, assigned readings, and projects or papers to present information. Prerequisite: sophomore standing or higher or instructor consent. (Spring)

PE 220 Human Anatomy and Physiology for Physical Education

2 hours
Anatomy and physiology is designed to introduce the student to the science of the body structure and function. Content is presented in a simple to complex pattern which includes the design and function of cells, body systems, and the interdependence of systems. (Fall)

PE 280 Care and Treatment of Athletic Injuries

3 hours

The purpose of this course is to provide students with a wide spectrum of information on the care and treatment of athletes and their injuries. It is designed to provide an overview of emergency procedures and on-court assessment of injured athletes. The importance of preventative measures and an overview of the responsibilities of an athletic trainer will be addressed. Preparation and taping for game day will be discussed theoretically and rehearsed practically.Prerequisite: PE 220. (Spring)

PE 288 Psychology and Sociology of Sport

2 hours

This course is designed to expose the student to the principles of psychology and sociology as applied to a sports setting. The purpose being performance enhancement for both players and coaches with the ultimate goal of individual/human enrichment. (Spring)

PE/EE 305 Methods for Teaching Physical Education in the Elementary School

2 hours

This course is designed to introduce prospective elementary school physical education and classroom teachers to the fundamentals, principles, and practices of physical education at the elementary school level. Movement exploration and methods will be stressed in the variety of play activities introduced. Additionally, this course has been designed to integrate theory and concept learning with practical laboratory experiences. Prerequisites: G-CI 150, CI 151. (Spring)

PE 426/CI 426 Methods for Teaching Health in Elementary and Secondary School

2 hours

A course designed to acquaint the student with a variety of methods and modalities for teaching school health. The health problems of the individual school child and his/her environment will also be studied. Students will be videotaped when teaching a lesson. Prerequisites: G-PE 150 or G-PE 170, G-CI 150, CI 151. (Fall)

PE 327 Personal Training I

3hours

This course is designed to be a two course series which will enable the successful student the tools to pass the ACSM exam in order to become a certified personal trainer (ACSM – American College of Sports Medicine). The first (Fall) course will be primarily theoretical, emphasizing the science of personal training and behavior modification.

PE 329 Personal Training II

1 hour

This course is designed to be a two course series which will enable the successful student the tools to pass the ACSM exam in order to become a certified personal trainer (ACSM – American College of Sports Medicine). This second (Spring) course will incorporate a more practical approach, focusing on client screening and developing exercise programs. Prerequisite: PE 327.

PE 330 Physiology of Exercise

3 hours

This course is designed for future educators, coaches, and a variety of other health professionals including physical therapists, occupational therapists, fitness programmers and other persons interested in his field. This course will provide concepts for safe and sensible conduct of sport and physical education programs as well as any other exercise-based programs. Prerequisites: G-BI 101 or G-BI 106 or G-BI 111, PE 220. (Spring)

PE 340 Leadership in Camping/Recreation

3 hours

This course introduces students to the knowledge and skills necessary for leading safe, successful camping and recreation programs. The class will camp at different sites around Kansas. A fee (in addition to tuition) is required to cover the cost of food and transportation. (On Demand)

PE375 Junior Seminar

1 hour

This course is designed to help students foster relationships with colleagues and other professionals in the learning community for the promotion of health and physical education techniques for learning and teaching. (Fall)

PE 380 History & Philosophy of Sport & Physical Education

3 hours (Language Intensive)

A study of the development of sport and physical education as affected by major historical periods and events. (Fall)

PE/EE 410 Methods for Teaching Physical Education in the Secondary Schools

2 hours

A study of various teaching techniques and analysis of fundamental skills of physical education activities in the secondary school setting. The

course offers an opportunity to explore various teaching techniques in individual, dual, and team activities in the field of physical education for the secondary schools. Prerequisites: PE 110, PE 160, PE 161, G-CI 150, CI 251. (Interterm,)

PE 411 Kinesiology

3 hours
Kinesiology is the study of human motion based on anatomical, physiological and mechanical principles. The study of the human body as machine for the performance of work will be examined from three major areas, mechanics, anatomy and physiology. All students should have prerequisite courses of Principles of Biology and Introductory Chemistry. All students who have met the above requirements are welcome to participate in this course, but it will be taught from the perspective of those going into physical education and/or coaching. Prerequisites: G-BI 101, G-CH 101. (Fall, odd)

PE 450 Organization and Administration of Health, Physical Education and Athletics

3 hours
It is the goal of this course to introduce students to a variety of situations involving organization and administrative skills, and through this process, provide students with a broad range of organizational and administrative alternatives useful in the successful administration of school health, physical education and athletic programs. (Fall, odd)

PE 445 Readings and Research – Health Science

1 hour Language Intensive
This course is designed for the enrichment of a student's study in the discipline either by research on a topic not covered in the regularly offered courses or by research done on or off campus. Students will write an academic research paper on the topic of their choosing and then present this research in a formal setting. This course is only open to seniors in the Physcial Education department or seniors in the Health Science major. (Spring)

PE 475 Senior Seminar

2 hours
This is the culminating or "capstone" course for Physical Education majors that do not participate in student teaching. Discussion of current topics in Physical Education and the Allied Health fields would be combined with field experience to give the student a practical understanding of the fields they have chosen to pursue.

Intercollegiate Competition:

PE 209 & 309 Intercollegiate Cheerleading (1 hour)
PE 211 & 311 Intercollegiate Softball – Women (1 hour)
PE 212 & 312 Intercollegiate Tennis (1 hour)
PE 213 & 313 Intercollegiate Football-Men (1 hour)
PE 214 & 314 Intercollegiate Basketball (1 hour)
PE 215 & 315 Intercollegiate Cross Country (1 hour)
PE 216 & 316 Intercollegiate Track and Field (1 hour)
PE 217 & 317 Intercollegiate Volleyball-Women (1 hour)
PE 219 & 319 Intercollegiate Soccer (1 hour)
PE 221 & 321 Intercollegiate Baseball (1 hour)

After completing one year of intercollegiate athletic competition, students may enroll in intercollegiate competition (PE 211-21 and PE 311-21) for 1 credit hour, but a maximum of 2 credit hours for intercollegiate competition will count toward graduation. Students who transfer credits are limited to 2 credit hours for intercollegiate competition.

Special Course Options
295/495 Field Experience (1-4 hours)
297 Study Abroad (12-16)
299/499 Independent Study (1-4 hours)
388 Career Connections (3-10 hours)
445 Readings and Research (1-4 hours)