

# Health and Physical Education Course Descriptions

## Health Science Course Descriptions

### HS 175 Health Systems

*3 credit hours*

This course provides an overview of how healthcare is organized and how healthcare services are delivered in the U.S. It explores issues such as healthcare access, cost, and quality. It will cover the roles of government, patients, health professionals, hospitals, insurers and pharmaceutical companies, as well as the interactions of these stakeholders. The course aims to provide skills in critical and analytical thinking and decision-making related to the U.S. healthcare system and the people in it. (Fall)

### G-HS/PE 190 Social and Behavioral Determinants of Health

*3 credit hours*

This course considers health and health behaviors within the context of social, cultural, and environmental influences on individual behaviors. Students explore the ways social factors affect individual health and well-being, including high-risk behaviors and health inequities. Health behavior programs and interventions and theories of health promotion, health behavioral change, and health education will be examined. (Spring)

### HS 200 Public and Community Health

*3 credit hours*

This course offers a basic introduction to the issues of public health, major public health problems, and public health systems. The class examines core principles of public health, focusing on a community perspective. Student learn about public health approaches to health assessment, health promotion, disease prevention, and the outcomes of public health initiatives at the local, state, and national levels. (Fall)

### HS 275 Career Exploration in Health Science/Healthcare Management

*2 credit hours*

This course educates students about the wide range of careers available in the healthcare industry. A minimum of 20 total hours of observation in one or more healthcare settings is required. The desired student outcome is enhanced clarity about career directions through deeper understanding of personal strengths, values, aptitude, and interest. *Prerequisites: HS 175 and G-HS/PE 190* (Spring)

### HS 290 Health Policy

*3 credit hours*

Students explore key health policy concepts in the U.S. health care system. They examine governmental and non-governmental policy-making processes and learn to analyze policies and evaluate policy outcomes. Students will learn how U.S. policy-making processes interact with the structure of the U.S. healthcare system and the implications of changes to these processes and the system. The effect of health policy on the health of rural communities, in particular, is analyzed along with the intersection of U.S. health policy with infectious diseases, bioethics, and globalization. (Spring)

### HS 325 Healthcare Finance

*3 credit hours*

This course focuses on the critical issues in financing healthcare in the U.S., from supply costs to third-party reimbursement. The course addresses determinants of demand for healthcare, such as population demographics and health status, insurance coverage and out-of-pocket costs, and public expectations of health professionals and technology. The course will explore the role of health professionals in guiding and shaping the allocation of resources in healthcare markets and the roles of competition in U.S. healthcare. A focus of the course is how healthcare managers use financial data to manage their organizations and inform decision-making processes. The course also introduces students to the basic principles and tools of budget and resource management. (Fall)

### HS 375 Junior Seminar in Health Science/Healthcare Management

*2 credit hours*

This course builds on the foundation of personal development and career exploration achieved in HS 275 Career Exploration in Health Science/Healthcare Management. Students will work with experienced healthcare practitioners a minimum of 40 hours. The course also takes students through the steps of developing, writing, and submitting the proposal for their senior capstone project. Capstone proposals are reviewed by the appropriate health science/healthcare management faculty and must be approved before capstone experiences begin. (Spring)

### HS 395 Healthcare Administration, Leadership, and Management

*3 credit hours*

This course connects an overview of healthcare delivery systems with in-depth explorations of organizational theory and traditional managerial and executive leadership roles found in healthcare facilities. Leadership competencies and skills are developed through the examination of topics such as team building, strategic planning, compliance with professional standards and governmental regulations, management and development

of human resources, managerial problem solving, and organizational communication, among others. (Spring)

### **HS 475 Senior Capstone in Health Science/Healthcare Management**

*6 credit hours*

Students may complete their capstone hours over their final two semesters at McPherson College. Students write and submit their capstone proposal in HS 375 Junior Seminar in Health Science/Healthcare Management. Capstones are designed based on unique personal and professional goals. Components may include, but are not limited to: (1) Additional upper-division coursework in relevant disciplines, (2) Internships in a health science or healthcare management setting, (3) On-campus research with a McPherson College faculty member or off-campus research with a partner organization, (4) Advance work toward allied health certificates or graduate studies, (5) Community-based research, service, or work experience. Students will record their observations and reflect on their personal and professional growth throughout their capstone experience and, in their final semester, present their capstone portfolio in a public presentation. (Fall, Spring)

## **Physical Education Course Descriptions**

### **PE 110 Introduction to Team Sports**

*2 credit 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, volleyball, and softball. Students will gain experience leading and officiating these events. (Fall, Spring)

### **G-PE/HS 150 Concepts in Holistic Health**

*2 credit 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. (Fall, Spring)

### **PE 160 Introduction to Individual and Dual Sports I**

*2 credit 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, Spring)

### **PE 161 Introduction to Individual and Dual Sports II**

*2 credit 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. (Fall, Spring)

### **G-PE 170 Personal and Community Health**

*2 credit 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 credit 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 credit 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*

This course 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 244 Sport and Society**

*3 credit hours*

This course will provide students with an opportunity to learn about the sociological and cultural aspects of sport. There will be a broad understanding of social settings and cultural issues as they relate to sport and physical activity. *Antirequisite: PE 288.* (Fall)

#### **PE 280 Care and Treatment of Athletic Injuries**

*3 credit 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 289 Sport and Exercise Psychology**

*3 credit hours*

This course will provide insight into the theories, subject matter, and latest empirical research concerning the cognitive processes and emotional states that regulate and influence performance in sport, exercise, and other physical activities. *Antirequisite: PE 288.* (Spring)

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

*2 credit 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 and CI 251.* (Spring)

#### **PE 330 Physiology of Exercise**

*3 credit 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, and PE 220.* (Spring)

#### **PE375 Junior Seminar**

*1 credit 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 credit hours (Language Intensive)*

A study of the development of sport and physical education throughout pivotal historical periods and philosophical movements. (Fall)

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

*2 credit 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, and CI 251.* (Interterm)

#### **PE 411 Kinesiology**

*3 credit 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 and G-CH 101.* (Fall)

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

*2 credit 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, and CI 251.* (Fall)

#### **PE 445 Readings and Research-Health Science**

*1 credit 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 physical education department or seniors in the health science major. (Spring)

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

*3 credit 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. (Spring)

#### **PE 475 Senior Seminar**

*2 credit hours*

This is the culminating or "capstone" course for physical education majors who do not participate in student teaching. Discussion of current topics in physical education and the allied health fields will be combined with field experience to give the student a practical understanding of the fields they have chosen to pursue. (Fall, Spring)

#### **Special Course Options**

**PE 295/PE 495** Field Experience (1-4 credit hours for each course)

**PE 297** Study Abroad (12-16 credit hours)

**PE 299/PE 499** Independent Study (1-4 credit hours for each course)

**PE 388** Career Connections (3-10 credit hours)

**PE 445** Readings and Research (1 credit hour-Language Intensive)

#### **Intercollegiate Competition Credit Hours**

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; however, 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.

**PE 209/PE 309** Intercollegiate Cheerleading (1 credit hour each)

**PE 211/PE 311** Intercollegiate Softball-Women (1 credit hour each)

**PE 212/PE 312** Intercollegiate Tennis (1 credit hour each)

**PE 213/PE 313** Intercollegiate Football-Men (1 credit hour each)

**PE 214/PE 314** Intercollegiate Basketball (1 credit hour each)

**PE 215/PE 315** Intercollegiate Cross Country (1 credit hour each)

**PE 216/PE 316** Intercollegiate Track and Field (1 credit hour each)

**PE 217/PE 317** Intercollegiate Volleyball-Women (1 credit hour each)

**PE 219/PE 319** Intercollegiate Soccer (1 credit hour each)

**PE 221/PE 321** Intercollegiate Baseball (1 credit hour each)