Health, Physical Education & Recreation Program

Purpose Statement

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

The department achieves this purpose when its graduates

- develop a personal strategy for health and fitness, emphasizing the physical domain, understanding that behaviors learned are a lifelong process.
- understand the concepts of physical education and health content and apply these concepts for the development of a physically educated individual.
- demonstrate a heightened awareness of the impact of play on the quality of life.
- 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. In cooperation with the department of natural sciences, it also hosts an interdisciplinary degree in health science.

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)

Health Science Interdisciplinary Major

Required Courses

G-BI 111 College Biology I (4 hours)
BI 112 College Biology II (4 hours)
G-CH 111 College Chemistry I (5 hours)
CH 112 College Chemistry II (5 hours)
G-PH 215 General Physics I (4 hours)
PH 216 General Physics II (4 hours)
G-BI 210 Principles of Nutrition (3 hours)
BI 225 Human Anatomy (4 hours)
BI 315 Human Physiology (4 hours)
PE 180 First Aid and Personal Safety (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 411 Kinesiology (3 hours)
PE/BI 445 Readings and Research: Research Methods in Health Science (1 hour)
PE 475 Senior Seminar – Kinesiology Internship (2 hours)
G-MA 221 Elementary Applied Statistics (4 hours)
G-PY 101 Introduction to Psychology

Recommended Supporting Courses

G-PE 150 Concepts in Holistic Health (2 hours)
G-PE 170 Personal and Community Health

Additional Requirements for Some Pre-professional Programs

PY 204 Child and Adolescent Development (3 hours) OR
PY 305 Abnormal Psychology (3 hours)
BI 207 Medical Terminology (2 hours)
BI 404 Biomedical Ethics (2 hours)

G-MA 105 College Algebra
Trigonometry (or above)
Communication course
Sociology course
Business course

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, floor/field hockey, speedball, continuous whiffleball/ kickball, volleyball, cageball soccer/basketball, and mattball. This course is an introduction to the organization and practice of soccer, speedball, field hockey, softball, team handball, and volleyball. (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. (Fall)

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. (Fall)

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 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. (Interterm)

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.

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, PE 220. (Spring, odd)

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.

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, even)

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 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 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)

Prerequisite: One season of intercollegiate competition.

Individualized Courses Available:

295/495 Field Experience (1-4 hours)
299/499 Independent Study (1-4 hours)
388 Career Connections (1-12 hours)
445 Readings and Research (1-4 hours)