

# Health, Physical Education and 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)

## 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 130** Principles of Business Management (3 hours)
- EC 202** Survey of Economics (3 hours)
- AC 202** Survey of Accounting (3 hours)
- BA 221** 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