

## **COURSE INFORMATION**

### **PHYSICAL EDUCATION COURSES**

---

#### **PE 109 TECHNOLOGY IN PHYSICAL EDUCATION**

AS REQUIRED

3 credit hours

This course provides students with an introduction to the types of technology utilized in physical education and health. Students learn to find and access search engines and data bases to create authentic assessments. Students also learn how to research and write grants to supplement and fund physical education/health budgets. Prerequisites: None.

#### **PE 117 FOLK, SQUARE, AND SOCIAL DANCE**

FALL ONLY/ODD YEARS

3 credit hours

This course includes the fundamental techniques and terms common to dance. Basic skills for educational dance programs are emphasized, to include, but not limited to world folk dances, American square and country/western line dances, and social/ballroom. Historical, multicultural concepts, and etiquette related to dance are included. Students will be introduced to basic style and choreography appropriate to each dance form.

#### **PE 118 OUTDOOR PURSUITS AND RACQUET SPORTS**

SPRING ONLY/EVEN YEARS

3 credit hours

This course introduces the student to the basic concepts and skills of outdoor pursuits and racquet sports in the school setting. Emphasis is on the development of enjoyable and appropriate cooperative and competitive modes of behavior. This includes skill acquisition, explanation/ demonstration of skills, appropriate progressions, safety, etiquette, and self-awareness. Attention is given to healthful approaches for vigorous lifetime physical activity. Prerequisite: NONE.

#### **PE 119 LEADERSHIP IN PHYSICAL CONDITIONING**

FALL/SPRING/ALL YEARS

3 credit hours

Physical conditioning with emphasis on leadership that is designed to progressively increase a student's physical fitness abilities using the U.S. Army's Physical Readiness Training (PRT) methods. This course is primarily ability group oriented, focusing on personal physical fitness goals, military traditions, and is offered to all full-time students with no commitment to the Army ROTC program. Prerequisites: Medical clearance and instructor's consent. Note: This course is cross listed with MSL-119.

#### **PE 124 INDOOR INDIVIDUAL SPORTS**

FALL ONLY/ODD YEARS

3 credit hours

This course provides students with opportunities to engage in various individual sports taught in the schools such as: badminton, tennis, bowling, fencing, archery, golf, and self-defense. Students learn how to plan developmentally appropriate activities and assess student performance toward learning objectives. Prerequisites: None.

#### **PE 125 WILDERNESS SPORTS AND ADVENTURE EDUCATION**

AS REQUIRED

3 credit hours

This course provides students with opportunities to participate in physically challenging outdoor activities such as camping, backpacking, canoeing, hiking, mountaineering, orienteering, and windsurfing. Students engage in initiatives where obstacles are contrived and environments are created that challenges students to work with individuals and groups to solve problems. Prerequisites: None.



## PE 126 OUTDOOR TEAM SPORTS

SPRING ONLY/ODD YEARS

3 credit hours

This course provides instruction in a variety of outdoor team sports that are included in the schools. Analysis of skills, drills, strategies and rules are addressed as well as lead-up games for different age groups and skill levels.

## PE 127 INTRODUCTION TO TUMBLING AND RHYTHMIC GYMNASTICS

SPRING ONLY/EVEN YEARS

2 credit hours

This course introduces the student to the concepts and procedures for teaching basic tumbling and rhythmic gymnastics in a school setting. Emphasis is given equally to safety, skill acquisition, spotting techniques, explanation/demonstration of skills, and appropriate progressions for a tumbling program. Students are provided with the opportunity to acquire skills and spotting techniques for basic stunts, balances, and rhythmic gymnastics.

## PE 212 MOTOR LEARNING

FALL ONLY/ODD YEARS

3 credit hours

This course provides students with an understanding of the processes that underlie human movement learning. Students learn how to assess performance and provide effective instruction that optimizes skill acquisition and performance.

## PE 214 COMMUNITY HEALTH FOR EDUCATORS

FALL ONLY/EVEN YEARS

3 credit hours

This course provides students who are interested in teaching health in the 6-12 setting, an introduction to the various aspects of community health at the local, federal, and international levels. This course introduces students to the discipline of community health education and examines the social/political reasons why community health problems continue to exist. Students think critically on issues concerning the legislation and financing of health care services as well as view a community's health status as a part of a larger, global community. Prerequisites: HS200.

## PE 220 INDOOR TEAM SPORTS

FALL ONLY/EVEN YEARS

3 credit hours

This is a professional preparation course providing instruction in a variety of team sports that are included in the schools. Analysis of skills, drills, strategies and rules are addressed as well as teaching strategies for different age groups and skill level.

## PE 305 HISTORICAL AND PHILOSOPHICAL FOUNDATIONS OF PHYSICAL EDUCATION

FALL ONLY/EVEN YEARS

3 credit hours

This course reviews the history of sport, fitness and physical education; the impact that events have had on their development; and how physical education, fitness and the use of sport is influenced by society. Emphasis is placed on philosophical perspectives and ethical values of this profession for the educator. Content is devoted to the study and understanding of sport and physical activity within numerous cultures throughout history to support diversity and help students consider the multiple perspectives expressed through the incorporation of sport and physical activity. This course includes discussion of current theories, philosophies, and practices in the profession.



## PE 312 SCHOOL HEALTH

SPRING ONLY/ODD YEARS

3 credit hours

This course provides students who are interested in teaching health in the 6-12 setting, an in-depth understanding of personal health issues and health issues in general that affect students in the 6-12 setting. This course integrates the concepts of the Coordinated School Health Program (CSHP). Prerequisite: HS200, PE214.

## PE 326 SPORTS INSTRUCTION/ ATHLETICS I

AS RESOURCES PERMIT

3 credit hours

This course provides students who are interested in sports instruction for individual and team sports at the elementary level, with an understanding of developmentally appropriate practices. This course specifically focuses on appropriate skill development, sport pedagogy, organization and administration, nutrition, and risk management specific to the elementary level. Observation and service learning experiences provide for application of classroom material. The course also prepares students to take the American Sport Education Program (ASEP) exam. Prerequisites: ED201, PE212, PE352.

## PE 352 METHODS OF TEACHING ELEMENTARY PHYSICAL EDUCATION

FALL ONLY/ALL YEARS

3 credit hours

This course focuses upon planning, implementing, and assessing developmentally appropriate physical education, dance and health programs that meet national standards and the diverse needs of students in Pre-K-6 grade. Prerequisite: ED201, ED300, with grades of C or above.

## PE 353 METHODS OF TEACHING MIDDLE AND HIGH SCHOOL HEALTH AND PHYSICAL EDUCATION

SPRING ONLY/ALL YEARS

3 credit hours

This course prepares the physical or health Teacher Candidate to develop and present physical education and health programs that meet the needs of all students in the secondary school setting including those with disabilities or health-related limitations. Attention is given to develop knowledge, skills and dispositions required to implement and assess developmentally appropriate secondary programs. Prerequisites: ED201, ED300, with a grade of C or better. Students must have been admitted to the Concentration in Teaching Physical Education.

## PE 426 SPORTS INSTRUCTION/ATHLETICS II

AS REQUIRED

3 credit hours

This course provides students who are interested in sports instruction for individual and team sports at the secondary level, with an understanding of developmentally appropriate practices. This course specifically focuses on appropriate skill development, sport pedagogy, organization and administration, nutrition, and risk management specific to the secondary level. Observation and service learning experiences provide for application of classroom material. The course also prepares students to take the American Sport Education Program (ASEP) exam. Prerequisites: ED201, PE212, PE353.

## PE 446 ENTREPRENEURSHIP: NEW VENTURE CREATION

SPRING ONLY/ALL YEARS

3 credit hours

Provides an opportunity to develop a business plan through the application of the principles, theories and practices learned in the previous entrepreneurship courses. Emphasis will be placed on the practicability of the plan and the ability to present the concept as a viable and profitable business venture. Note: This course is cross listed with BA446.



## **PE 454 ADAPTED AND DEVELOPMENTAL PHYSICAL EDUCATION**

SPRING ONLY/ODD YEARS

3 credit hours

This course emphasizes assessment, design, and implementation of physical education that meets the developmental characteristics and special needs of pre-school and school age children, youth, and adults including those with disabilities or health related impairments. Particular attention is paid to adaptations to instruction, equipment and facilities to accommodate and individualize PE instruction for students with disabilities in schools and participants in community settings.

Prerequisites: ED201, ED300 with a grade of C or above.

## **PE 454G ADAPTED AND DEVELOPMENTAL PHYSICAL EDUCATION, RECREATION, AND DANCE**

SPRING ONLY/ODD YEARS

3 credit hours

This course emphasizes assessment, design, and implementation of physical education that meets the developmental characteristics and special needs of preschool and school age children, youth, and adults including those with disabilities or health related impairments. Particular attention is paid to adaptations to instruction, equipment and facilities to accommodate and individualize PE instruction for students with disabilities in schools and participants in community settings.

Prerequisite: ED 201, ED 300 and either PE 352 or PE 353 with a grade of C or above.