

Physical Education

PE 100 Lifetime Wellness (½ course credit)

Examination and development of concepts and skills related to lifetime wellness. Cardiovascular fitness, strength/endurance, body composition, nutrition, stress management, lifestyle assessment. Labs, activities designed for specific analysis and benefit. Health and Wellness. Fee.

PE 140 Foundations of Physical Education and Sport

(½ course credit)

Background and understanding of historical, sociological, philosophical foundations of physical education, related disciplines, sport. Fall Term.

PE 142 Introduction to Sport Management (½ course credit)

Overview of the structure of the sports industry and introduction to the scope and variety of career opportunities. Fall Term.

PE 155 Care and Prevention of Athletic Injuries

Necessary background for students interested in interscholastic athletics to become qualified coaches. Emphasis on first-aid procedures/techniques related to care and prevention of athletic injuries. Fall and May Terms. Fee.

PE 200 Coaching Authorization

Introduction to anatomy and physiology, human growth and development, coaching methods and styles, ethics from the perspective of coaching youths in interscholastic athletics. Prerequisite: Second-year standing.

PE 210 Motor Learning (½ course credit)

Study of motor learning characteristics and various stages of motor skills and development. Examination of factors that influence acquisition and performance of motor skills. Instructional methods. Fall Term odd years.

PE 252 Physical Education for Elementary Grades

Organization, administration, content of a developmental physical education curriculum for grades K-8. Program planning. Repertoire of activities emphasizing total development. Fall Term. Prerequisite: ED 100.

PE 254 Physiology of Exercise

Scientific basis for training and conditioning. Exercise effects on the human body. Fall Term. Prerequisite: BI 202 or BI 312.

Coaching Theory (½ course credit)

Fundamental techniques of a specific sport along with strategies, training methods. Development of coaching philosophy.

PE 260 Baseball and Softball

Fall Term odd years.

PE 261 Basketball

Fall Term odd years.

PE 262 Football

Winter Term even years.

PE 263 Track and Field

Winter Term odd years.

PE 264 Volleyball

Fall Term even years.

PE 265 Wrestling

Fall Term even years.

PE 266 Soccer

Winter Term even years.

PE 270 Outdoor Recreation

Types, skills, techniques of outdoor recreation and living. Preparation for camp work and personal leisure activities. Off-campus. May Term. Fee.

PE 298 Health and Wellness Promotion (½ course credit)

Overview of current health promotion environment. In-depth study of components needed to implement and run a health promotion program. Fall Term.

PE 300 Contemporary Issues in Sport Management

Discussion of problems, issues facing sport managers. Analysis of current events in sport and their relevance in society. Winter Term.

PE 351 Kinesiology (½ course credit)

Study of muscular and skeletal systems. Emphasis on anatomy, structure, basic biomechanics. Winter Term. Prerequisite: BI 202 or BI 312.

PE 352 Administration of Physical Education (½ course credit)

Budgeting, purchasing equipment, curriculum improvement, supervision of personnel, intramural programs. Legal aspects, including liability. Writing Intensive. Winter Term odd years. Prerequisite: Third- or fourth-year standing.

PE 353 Tests and Measurement (½ course credit)

Selection, construction, interpretation of physical education tests and physical measurements. Basic statistical techniques. Winter Term even years.

PE 354 Adaptive Physical Education and Fitness for Diverse Learners (½ course credit)

Organization, administration, content of a physical education program for special students. Background information on types of handicaps that could be encountered in school and fitness/wellness settings. Writing Intensive. Winter Term.

PE 355 Biomechanics of Human Movement (½ course credit)

Identical with BI 355. The science of motion and the mechanisms of the human body at rest or in motion. The analysis of motion through basic mechanical principles of statics and dynamics. Winter Term. Prerequisite: PE 351.

PE 356 Strength and Conditioning (½ course credit)

Design and implementation of strength and conditioning programs for individuals in school and/or fitness/wellness settings. Winter and May terms.

PE 357 Essentials of Strength Training

In-depth look at the fundamentals of strength, power, and muscular endurance assessment and program design. Winter Term. Prerequisite: Fourth-year standing.

PE 358 Personal Training (½ course credit)

How to assess a client's physical fitness to develop, implement, and evaluate a comprehensive exercise program. Fall Term. Prerequisites: BI 202; HE 240; PE 356.

PE 359 Group Fitness Instruction (½ course credit)

Identifies appropriate aerobic class activities with safe program design and format for various class possibilities. Emphasis placed on learning to effectively and safely lead group classes. Fall Term. Prerequisite: PE 358. Corequisite: PE 254 or instructor approval.

PE 375 Administration and Organization of Fitness Programs and Facilities

Knowledge and understanding of different types of facilities and how they are planned and managed. Fall Term.

PE 458 Fitness Management Seminar (½ course credit)

Weekly seminars examining current issues in fitness research, underlying problems in health and fitness, limitations to current practices in exercise prescription, client retention, ethical dimensions, liability issues. Career search preparation. Writing Intensive. Capstone. Winter Term. Prerequisite: Fourth-year standing.

PE 470 Secondary Content Methods: Physical Education

Emphasis on introducing, developing, and practicing discipline-specific pedagogy and reviewing general teaching methods. May Term odd years. Prerequisite: ED 229.

PE 471 Internship in Fitness Management (variable credit)

Opportunity to gain insight into fitness and/or wellness as a career and to start making the transition from acquired knowledge in an academic setting to practical experience. Meaningful culmination of undergraduate preparation. P/D/F only. Arranged through department chair. Possible off-campus fees. Prerequisites: Third- or fourth-year standing, 2.0 GPA, department approval.