

# Physical Education

## Health, Physical Education and Recreation

**Physical Education Major:** Thirty-six semester hours from any theory courses in health or physical education. The student may elect either the Bachelor of Arts (B.A.) or the Bachelor of Science (B.S.) degree.

The college provides intercollegiate competition in basketball, soccer, and golf for both men and women, baseball for men, and softball for women. A varsity athlete may receive a maximum of four semester hours' credit for intercollegiate competition in each of these sports with no more than eight hours total.

**Physical Education Minor:** Eighteen semester hours, including PED 337 and PED 339. Twelve semester hours may be elected from any other theory courses.

**Teacher Licensure:** Forty-one semester hours, including: HEA 230, HEA 300, HEA 323, PED 200, PED 231, PED 324, PED 325, PED 331, PED 333, PED 336, PED 432, PED 433, PED 436, and PED 437. PED 337 and PED 339 must be taken as methods courses. Additional licensure requirements are listed under special subject areas in the education department.

**Health, Physical Education, and Recreation Major:** Fifty-four semester hours from the following areas: Nine hours in health from HEA 230, HEA 240, HEA 300, HEA 3210, HEA 3230; 24 hours in physical education from PED 222, PED 231, PED 324, PED 325, PED 326, PED 329, PED 331, PED 333, PED 334, PED 336, PED 337, PED 338, PED 339, PED 432, PED 433, PED 436, and PED 437; nine hours in recreation from REC 301, REC 302, REC 303, REC 304, REC 305, REC 306, and REC 307; and 12 hours of electives from the courses listed above.

**Coaching Minor:** Twenty-one semester hours, including PED 222, 329, 432, and six hours from the following PED 331, 333, or 334. Six additional hours may be elected from any PED theory course.

**Recreation Minor:** Eighteen semester hours of recreation courses.

### COURSE DESCRIPTIONS FOR PHYSICAL EDUCATION (PED)

**222. Organization of Practice and Scouting of Team Sports:** (3 hours) Principles for organizing and administering a practice session. Scouting techniques for football, basketball, and baseball.

**231. History and Introduction to Physical Education:** (3 hours) Physical education in America from the Colonial days to the present. Satisfies writing intensive course requirement.

**324. Anatomy-Physiology:** (3 hours) A study of the physical structure of the body and how each system relates in its function.

**325. Motor Development and Creative Rhythms for Elementary School:** (3 hours) The development and refinement of skillful performance in gymnastics, rhythms, and games.

**326. Motor Learning:** (3 hours) Practical application and analysis of motor learning.

**329. Philosophy and Psychology of Coaching:** (3 hours) A study of how sports became a part of the school and society; an analysis of the purpose, values, nature, and scope of coaching.

**331. The Theory and Practice of Coaching Basketball:** (3 hours)

**333. The Theory and Practice of Coaching Baseball:** (3 hours)

**334. The Theory and Practice of Coaching Soccer:** (3 hours)

**336. Kinesiology:** (3 hours) The scientific principles of movement, muscles and muscular actions, and mechanical principles, such as levers, laws of motion,

stability, and momentum.

**337. Methods of Teaching Health and Physical Education in Elementary Schools:** (3 hours) A study of principles of learning, principles of teaching, class organization, teaching techniques, and materials of elementary school.

**338. Health and Physical Education in Elementary Schools:** (3 hours) A study of how physical education, physical fitness, health and wellness, and movement can be effectively used in the elementary grades.

**339. Methods of Teaching Health and Physical Education in Secondary Schools:** (3 hours) A study of principles of learning, principles of teaching, class organization, teaching techniques, and materials of secondary school.

**432. The Care and Prevention of Sports Injuries:** (3 hours) Basic fundamentals and techniques in the prevention, diagnosis, treatment, and care of injuries.

**433. Organization and Administration of Physical Education:** (3 hours) General principles of administration and their effects upon the organization of a physical education program.

**436. Tests and Measurements in Physical Education:** (3 hours) Techniques of constructing, administering, and analyzing written and skill test in health and physical education.

**437. Physical Education for the Exceptional Child:** (3 hours) The nature of certain physical and mental handicaps and methods for working with handicapped students in a physical education program.

## **COURSE DESCRIPTIONS FOR HEALTH EDUCATION (HEA)**

**230. First Aid:** (3 hours) Methods of caring for injuries and applying first aid to the injured, together with methods of preventing injuries and accidents.

**240. Nutrition and Diet Therapy:** (3 hours) Role of nutrition in high level wellness. Therapeutic diets prescribed for common medical problems.

**300. Health and Exercise for a New Lifestyle:** (3 hours) This course is designed to teach the student how to be totally healthy, including information on healthy diets and types of exercise that are best for achieving and maintaining optimal strength.

**321. Methods of Safety:** (3 hours) Methods of preventing automotive, pedestrian, and school accidents.

**323. Consumer Health:** (3 hours) A study of the effects tobacco, alcohol and other drugs have on the body; drug abuse in today's society; the eating habits of today's young people; and family relationships.

## **ACTIVITY COURSES (PED)**

Students who do not wish to take activity courses may take HEA 300.

**100. Orientation to Activity:** (1 hour) Three hours a week.

**111. Aerobics:** (1 hour) Three hours per week.

**112. Human Wellness:** (1 hour) Three hours a week.

**114. Golf:** (1 hour) Three hours a week.

**117. Badminton:** (1 hour) Three hours a week.

**118. Tennis:** (1 hour) Three hours a week.

**119. Bowling:** (1 hour) Three hours a week.

**121. Beginning Swimming:** (1 hour)

**160. General Movement and Dance for Theatre:** (1 hour) Same as THE 160.

**162. Movement and Dance for the Musical Theatre: Jazz:** (1 hour) Same as THE 261.

**163. Movement and Dance for the Musical Theatre: Tap:** (1 hour) Same as THE 260.

**164. Movement and Dance for the Musical Theatre: Modern:** (1 hour) Same as THE

**166. Stage Combat:** (1 hour) Same as THE 166.

**200. Badminton, Bowling, Golf, and Tennis for Teacher Certification:** (2 hours) Does not satisfy physical education activity requirement.

## **ACTIVITY CREDIT (PEG)**

**Note: A maximum of eight semester hours of the following courses may count toward a degree.**

**101, 102, 103, 104. Intercollegiate Basketball:** (1 hour)

**106, 107, 108, 109. Intercollegiate Baseball:** (1 hour)

**121, 122, 123, 124. Cheerleading:** (1 hour)

**141, 142, 143, 144. Intercollegiate Soccer:** (1 hour)

**151, 152, 153, 154. Intercollegiate Softball:** (1 hour)