

# PHYSICAL EDUCATION (PE)

## PE-1101 Teaching Soccer/Volleyball (2 Credits)

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher

Theory, instruction, and practice in the fundamentals of team sports and games; techniques in soccer and volleyball, including coaching techniques.

**Typically offered:** Spring Only

## PE-1102 Skills Activities II: Basketball, Baseball, Softball (2 Credits)

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher

Theory, instruction, and practice in the fundamentals of team sports and games; techniques in basketball, softball, and baseball, including coaching methods.

**Typically offered:** Spring Only

## PE-1103 Skills Activities: Tennis (2 Credits)

Theory, instruction, and practice in individual and dual sports techniques in badminton, racquetball, and tennis, including coaching methods.

**Typically offered:** Fall Only

## PE-1104 Teaching Badminton (2 Credits)

This course is designed to teach the students how to participate in the sport as well as teach the elements involved with badminton which includes the skills, various practice activities and the official rules. After the completion of this course the students will have the confidence to apply their abilities and their knowledge of Badminton to the teaching field and/or a recreational play environment.

**Typically offered:** Fall Only

## PE-1106 Floor Hockey (2 Credits)

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher

Theory, instruction, and practice in the fundamentals of team sports and games; techniques in hockey and team handball, including coaching methods.

**Typically offered:** Fall Only

## PE-1107 Skills Activities: Track & Field (2 Credits)

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher

Theory, instruction, and practice in the fundamentals of team and individual sports; techniques in football, track and field, and golf; includes coaching techniques.

**Typically offered:** Fall Only

## PE-1109 Fitness Education and Assessment (2 Credits)

Teaching practices for physical activity and fitness concepts appropriate for children and adolescents in school, sport, and recreation programs. Physical Best certification will be offered. One lecture and one hour of lab per week.

**Typically offered:** Spring Only

## PE-1143 Olympic Weightlifting (2 Credits)

Students will learn and perform Olympic style lifts including the snatch and clean & jerk. Assistance exercises and program development for lifetime fitness will be taught and practiced.

**Typically offered:** Spring Only

## PE-1500 Personal Training (3 Credits)

Students will learn how to become a Personal Trainer by studying topics in weight loss, program design, toning, strength, power, endurance and flexibility. This course helps prepare students for personal training certification.

**Typically offered:** All Sessions

## PE-2145 Dance Choreography (3 Credits)

**Requisite(s):** FIT-1145

Students will learn the components of dance choreography which include creativity, purpose, structure and organization. They will also analyze dance performances in their appropriate social, cultural, and historical context. Finally students will create and present their own original dance number.

**Typically offered:** Fall Only

## PE-2202 History and Principles of Physical Education (2 Credits)

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher

Introduction to the history and principles of physical education; current trends and problems in physical education are analyzed and evaluated.

**Typically offered:** Spring Only

## PE-2208 Kinesiology (3 Credits)

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher

An introduction to the study of human movement. Sub-disciplines of kinesiology will be introduced and will include but not be limited to, exercise physiology, sports psychology and biomechanics.

**Typically offered:** Fall Only

## PE-3100 Evaluation of Physical Education (2 Credits)

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher

Methods and procedures used in performance-based assessment of learning in physical education; introduction to rubrics as assessment tool; standards-based learning; authentic assessment; higher-order thinking skills; application vs. recall of knowledge.

**Typically offered:** Fall Only

## PE-3200 Biomechanics (2 Credits)

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher

An introduction to kinetic and kinematic principles applied to sports and human movement. Topics include the study of the structure and functions of the body using the principles of physics and engineering. Lab fee.

**Typically offered:** Spring Only

## PE-3301 Advanced Concepts in Physical Education (2 Credits)

**Requisite(s):** Junior standing

A survey course designed to provide physical education students with an overview of the essential concepts and major areas that constitute knowledge and skills in physical education. Four subareas examined: physical fitness and health, lifelong movement activities and sports, personal growth and development, and the physical education program.

**Typically offered:** As Needed

**PE-3304 Organization and Administration of Physical Education (2 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher, Cumulative 3.0 GPA or higher. Emphasis on organization and administrative policies and procedures; purchase and care of equipment and supplies; public and professional relations; structural and functional aspects of a school program in physical education, athletics, and intramurals.

**Typically offered:** Fall Only

**PE-3305 Physiology of Exercise (3 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher  
This course provides students with an overview of how physical training affects the human body. Topics include weight training, principles of training, as well as aerobic and anaerobic changes that occur from a training stimulus.

**Typically offered:** Fall Only

**PE-3306 Training Theory (3 Credits)**

Training methods to improve strength, endurance, power, flexibility and overall fitness and conditioning.

**Typically offered:** Fall Only

**PE-3308 Motor Learning (3 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher  
introduction to teaching and learning sport skills from a motor learning perspective. Open and closed loop information processing systems are used to describe and explain sports skill, reaction time, and motor skills. Theory and concepts learned will be applied to the everyday practical aspects of teaching and coaching sport.

**Typically offered:** Spring Only

**PE-3322 Introduction to Legal Issues (3 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher  
Relates basic legal concepts to sport and physical education environments. Includes torts, contract law, constitutional law, negligence, and Title IX issues.

**Typically offered:** Fall Only

**PE-4300 Curriculum and Methods of Instruction in PE, K-12 (3 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher  
An in-depth look at curriculum models, instructional strategies, and teaching styles for physical education in grades K-12. Management, discipline, motivation, and professional development for the physical educator will be discussed.

**Typically offered:** Fall Only

**PE-4301 Literacy Instruction in Physical Ed in PE, K-12 (3 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher  
This course is designed to develop the abilities of preservice physical education teachers to implement literacy instruction within physical education instruction in grades P-12. In addition to exploring the role of more traditional literacies, this course will also include a focus on discipline-specific literacy skills, including interpreting visual diagrams related to physical education, analyzing and evaluating live as well as recorded sports performances, and interpreting digital fitness data.

**Typically offered:** Fall Only

**PE-4302 Physical Education for Students With Special Needs (3 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher  
An introductory course designed to provide pre-service physical education teachers with the knowledge and tools to successfully include students with disabilities in a quality physical education program, grades K-12. Topics include: least restrictive environment; IEP; legal mandates for physical education services: IDEA, Section 504, AD; unique characteristics of specific disabling conditions; various modifications to allow for individualizing instruction and for the inclusion of students with disabilities in games and activities.

**Typically offered:** Spring Only

**PE-4500 Field Experience I (2 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher  
Observation and supervised experience of at least 100 hours in an area of the student's expressed professional interest.

**Typically offered:** On Demand

**PE-4616 Psychology of Sport (3 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher  
Introduction to psychological concepts applied to sport and physical activity. The effects of thoughts, feelings and beliefs on athletic performance; various behavioral interventions for performance enhancement; peak performance state; team dynamics; team cohesion; coach leadership style and decision making; motivation; arousal control; concentration and attention control; anxiety-performance relationship.

**Typically offered:** Spring Only

**PE-4990 Supervised Student Teaching (6 Credits)**

**Requisite(s):** Complete ED-1201 with a B grade or higher, Complete ED-2020 with a B grade or higher  
The final, supervised clinical component of the teacher preparation program in a partner elementary, middle, or high school, as appropriate to the program of study. The experience supports theoretical and practical applications of contemporary curricular frameworks.

**Typically offered:** All Sessions

**PE-4995 Independent Study in Physical Education (1-3 Credits)**

Independent study and readings in an area of specialization in the discipline of physical education. Conferences, report, special project, or term paper.

**Typically offered:** On Demand