

PHYSICAL EDUCATION (PED)

PED 111 - Wellness, 1 credits.

Discussion of the components of health-related fitness: cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition, as well as nutrition, stress management, and alcohol education. Students are exposed to a variety of lifetime activities that promote health and well-being. Required for graduation.

Frequency: *Every Semester*

PED 200 - Foundations in Physical Education, 2 credits.

History, philosophy and principles of physical education, with a special emphasis on the development of a professional understanding and attitude toward physical education are studied. An overview of the MTLE I content test for teaching licensure is reviewed.

Frequency: *1st or 2nd Half - 1st Semester*

PED 216 - Sport Officiating, 2 credits.

Designed to provide students with the knowledge, skill and experience necessary to become certified officials. Specific attention to baseball/softball, basketball, football, soccer and volleyball

Frequency: *1st or 2nd Half - 1st Semester*

PED 230 - Motor Development, 2 credits.

Designed to help students understand principles, observe movement skill patterns, assess and apply concepts of motor development through developmentally age appropriate practice.

Frequency: *1st or 2nd Half - 1st Semester*

PED 250 - Pre-May Seminar, 2 credits.

Frequency: *Not offered on a Regular Basis*

PED 251 - Adapted Physical Education, 2 credits.

Designed to promote knowledge and understanding of the problems, responsibilities and procedures of physical education for the exceptional student.

Frequency: *1st or 2nd Half - 2nd Semester*

PED 252 - Prevention and Care of Sport-Related Injuries, 2 credits.

A study of the treatment of athletic injuries. Includes demonstrations and practical experience in taping and bandaging techniques.

Frequency: *1st or 2nd Half - 1st Semester, 1st or 2nd Half - 2nd Semester*

PED 255 - Teaching Motor Skills, 4 credits.

Exposes students to the theories and principles that explain motor skill acquisition and performance. Throughout the course, application of theoretical concepts to instructional and clinical settings will be emphasized.

Frequency: *Every Year - Second Semester*

PED 260 - Coaching and Officiating: Baseball and Softball, 2 credits.

These are 2-credit courses offered periodically at the discretion of the department, and on the basis of student interest and faculty schedules.

Frequency: *Not offered on a Regular Basis*

PED 261 - Coaching and Officiating: Basketball, 2 credits.

These are 2-credit courses offered on an alternating-year basis, with the exceptions of football, basketball and volleyball, which are offered first semester every year, and track and field, and baseball/softball, which are offered second semester every year.

Frequency: *Not offered on a Regular Basis*

PED 262 - Coaching and Officiating: Football, 2 credits.

These are 2-credit courses offered on an alternating-year basis, with the exceptions of football, basketball and volleyball, which are offered first semester every year, and track and field, and baseball/softball which are offered second semester every year.

Frequency: *Not offered on a Regular Basis*

PED 263 - Coaching and Officiating: Soccer, 2 credits.

These are 2-credit courses offered on an alternating-year basis, with the exceptions of football, basketball and volleyball, which are offered first semester every year, and track and field, and baseball/softball which are offered second semester every year.

Frequency: *Not offered on a Regular Basis*

PED 264 - Coaching and Officiating: Hockey, 2 credits.

These are 2-credit courses offered on an alternating-year basis, with the exceptions of football, basketball and volleyball, which are offered first semester every year, and track and field, and baseball/softball which are offered second semester every year.

Frequency: *Not offered on a Regular Basis*

PED 265 - Coaching and Officiating: Track and Field, 2 credits.

These are 2-credit courses offered on an alternating-year basis, with the exceptions of football, basketball and volleyball, which are offered first semester every year, and track and field, and baseball/softball which are offered second semester every year.

Frequency: *Not offered on a Regular Basis*

PED 266 - Coaching and Officiating: Volleyball, 2 credits.

These are 2-credit courses offered on an alternating-year basis, with the exceptions of football, basketball and volleyball, which are offered first semester every year, and track and field, and baseball/softball which are offered second semester every year.

Frequency: *Not offered on a Regular Basis*

PED 267 - Coaching and Officiating: Wrestling, 2 credits.

These are 2-credit courses offered on an alternating-year basis, with the exceptions of football, basketball and volleyball, which are offered first semester every year, and track and field, and baseball/softball which are offered second semester every year.

Frequency: *Not offered on a Regular Basis*

PED 268 - Coaching and Officiating: Swimming, 2 credits.

These are 2-credit courses offered on an alternating-year basis, with the exceptions of football, basketball and volleyball, which are offered first semester every year, and track and field, and baseball/softball which are offered second semester every year.

Frequency: *Not offered on a Regular Basis*

PED 300 - May Seminar, 4 credits.

Frequency: *May Seminar*

PED 301 - Elementary Physical Education, 2 credits.

Designed to teach activities, materials and methods of instruction in physical education for preschool, primary and intermediate grade teacher candidates (for elementary education majors). It is offered once per year (spring) in academic years beginning with even numbers (2016-17) and both semesters in academic years beginning with odd numbers (2017-2018).

Frequency: *Every Semester*

PED 317 - Teaching Assistant in Physical Education, 1 credits.

Students will be assigned to a section of PED 111 in which they will be expected to develop and teach two to three lessons, as well as assist the instructor.

PED 320 - Curriculum and Assessment in Physical Education, 4 credits.

This course bridges the gap between theory and practice by providing a practical approach to curriculum in writing, standards, positive classroom management, and a variety of assessment techniques used in K-12 physical education programs. Open only to physical education majors.

Frequency: *Every Year - Second Semester*

Prerequisites: PED 255

PED 361 - Organization and Administration of Physical Education and Athletic Programs, 2 credits.

A study of organization and administration related to today's physical education, organized athletics, and other sports programs.

Frequency: *1st or 2nd Half - 2nd Semester*

PED 362 - Fitness Assessment and Technology, 2 credits.

A study of the practical measurement for evaluation in physical education and exercise science, with emphasis on personal fitness and neuromuscular skills testing. Use of Tri-fit, heart rate monitors and other forms of technology.

Frequency: *1st or 2nd Half - 1st Semester*

PED 380 - Special Topics, 0-4 credits.

Courses covering various topics of interest in this particular discipline are offered regularly. Contact department or program chair for more information.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes

PED 390 - Cooperative Education, 1-8 credits.

Frequency: *Every Semester*

Repeatable: Yes

PED 400 - Special Problems Seminar, 1-4 credits.

A flexible course designed to meet the needs and desires of students. Possibilities include current research or trends in physical education.

Frequency: *Not offered on a Regular Basis*

PED 410 - Sport and American Society, 4 credits.

A study of the sociological, psychological, economic and religious aspects of physical education, athletics and recreation in the American culture.

Frequency: *Every Year - Second Semester*

PED 480 - Independent Study, 1-4 credits.

This course provides an opportunity for individual students to conduct in-depth study of a particular topic under the supervision of a faculty member. Contact the department or program chair for more information.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes

PED 487 - Directed Research, 1-4 credits.

This course provides an opportunity for individual students to conduct research in a specific area of study, completed under the direction of a faculty mentor. Specific expectations of the research experience to be determined by the faculty. Repeatable for credit. Prerequisite: consent of instructor.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes

PED 491 - Practicum in Coaching, 1-2 credits.

The practicum is a coaching experience of not less than 40 hours at the junior high, high school or college level in which the student works under an approved supervisor.

Frequency: *Every Semester, Summer Session*

Repeatable: Yes