

# PHYSICAL EDUCATION (PHYS-ED)

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## Courses

PHYS-ED 106 Badminton Credit: 1

This course teaches the basic rules, skill techniques, terminology and strategy for badminton.

PHYS-ED 125 Golf Credit: 1

PHYS-ED 157 Weight Training Credit: 1

Weight Training helps students build a solid foundation of current weight training knowledge and practice that can be used throughout their lifetime. Information in the course is consistent with recommendations of the National Strength and Conditioning Association (NSCA) and the American College of Sport Medicine (ACSM). Based on individual goals and assessments, beginning weight training students will create a personal training program and implement a record keeping system to keep track of their progress.

PHYS-ED 158 Advanced Weight Training Credit: 1

This course teaches free weight training exercises that are used within a well-balanced training program, and provides experience needed to design weight training programs.

PHYS-ED 174 Cross Training Credit: 1

This course provides knowledge, skill and opportunity to improve primary sport/activity performance or overall fitness, through designing and participating in a variety of cross training physical activities.

PHYS-ED 175 Personal Fitness Credits: 2

This course is designed to expose students to facts about and experiences in dealing with motor, physical, physiological, psychological and nutritional aspects of the human being. Specific areas of study include hypokinetic disease, physical fitness, nutrition and wellness concepts.

PHYS-ED 175L Lifetime Fitness Lab Credit: 1

This course is designed to provide supervised activity experiences including self assessment and self directed physical exercise programs that are coordinated with the lecture portion of the course.

PHYS-ED 180 Beginning Swimming Credit: 1

This course is designed to equip each student with basic water safety skills and knowledge in order to make them reasonably safe while in, on or about the water.

PHYS-ED 181 Fitness Swimming Credit: 1

This course is designed to challenge and encourage each student to develop an individualized fitness program based on personal goals. Lap swimming as well as water exercise will be incorporated in the class.

PHYS-ED 189 Special Topics: Activity Credit: 1

A course designed to deal with a special activity class which is not available in the regular course offerings. Activity class, instructors and prerequisites to be listed in the semester bulletin.

PHYS-ED 189AY Special Topics:Activity Credit: 1

PHYS-ED 189BE Special Topics: Activity Credit: 1

PHYS-ED 189YO Special Topics: Activity Credit: 1

Special topics in physical education.

PHYS-ED 203 Aquatic Skills And Teaching Techniques Credits: 2

The purpose of this course is to train students to teach water safety and swimming courses through observation, participation and peer teaching.

**Prerequisites:** Swimmer level skill.

PHYS-ED 206 First Aid And Safety Credit: 1

Methods of administering first aid in case of accident or sudden illness; bandaging; resuscitation; and caring for wounds and injuries. Safety in schools will be stressed. (Elective).

PHYS-ED 207 Outdoor And Leisure Pursuits Credits: 2

Designed to acquaint students with opportunities for leisure and recreational activity in the outdoors. Emphasizes safety measures and planning skills as well as development of particular movement skills and knowledge about associated wildlife.

PHYS-ED 212 Self Defense Credit: 1

Study in the theory of self defense. Content focuses on: technique for eliminating dangers from daily living, methods for recognizing and avoiding dangers, and skills and strategies for employing physical defense when necessary.

PHYS-ED 300 Mechanical Analysis of Human Movement Credits: 3

Study of the kinesiological and biomechanical aspects of human motion with focus on application to sport skill, dance and exercise situations.

**Prerequisites:** HLSC 120 and HLSC 160 or concurrent enrollment.

PHYS-ED 300L Mechanical Analysis of Human Movement Lab Credit: 1

Lab activities that support the study of kinesiological and biomechanical aspects of human motion with focus on application to sport skill, dance, and exercise situations.

**Co-requisites:** PHYS-ED 300.

PHYS-ED 312 Physical Education For Elementary Schools Credits: 2

Identifies physical education needs of elementary school child in relation to his/her total development with emphasis on methods and materials.

PHYS-ED 312L Laboratory Experiences in Physical Educ for the Elementary School Credit: 1

This course consists of laboratory teaching experiences, with skill theme combinations of games, gymnastics, dance fitness.

**Co-requisites:** PHYS-ED 312.

PHYS-ED 323 Nutrition for Fitness and Sport Credits: 3

This course examines the role nutrition, complemented by exercise, may play in the enhancement of fitness and sport performance. Considerable attention will be devoted to the use of nutritional ergogenic aids with reference to athletic performance.

**Prerequisites:** BIOLOGY 218, BIOLOGY 218L, LS-PHYS 217.

PHYS-ED 350 Physiology of Sport and Exercise Credits: 3

Study of the concepts and principles of exercise physiology with the intent of learning how to apply them to exercise, sport and movement experiences. Includes development of fitness testing skills, program planning and exercise.

**Prerequisites:** HLSC 120 and HLSC 160 or concurrent enrollment.

PHYS-ED 350L Physiology of Sport and Exercise Lab Credit: 1

Using lab activities, the course uses the concepts and principles of exercise physiology and applies them to exercise, sport, and movement experiences. Includes the development of fitness testing skills, program planning and exercise.

**Co-requisites:** PHYS-ED 350.

PHYS-ED 361WI Sociology of Sport and Exercise Credits: 3

The critical examination of the function of sport in the American culture, in an interdisciplinary fashion, with a focus on the contemporary scene. The work of the course will include readings on sociological issues of sport and exercise, the writing of mini-research papers, and a long paper with a presentation. Recommended preparation: Introduction course in sociology.

PHYS-ED 370 Psychology of Sport and Exercise Credits: 3

Exploration of psychological constructs related to the competitive sport process and to physical activity.

PHYS-ED 389 Special Topics In Health And Physical Education Credits: 1-3

This course is designed to offer a topic which is not available in the regular course offerings. Topics, instructors and prerequisites to be listed in the semester bulletin.

PHYS-ED 391 Fitness Assessment and Exercise Prescription Credits: 3

This course introduces students to health appraisal and fitness assessment of individuals. The course proceeds with prescribing exercise and conditioning programs, to enhance health and develop physical performance.

**Prerequisites:** PHYS-ED 350.

PHYS-ED 401 Teaching Healthy Behaviors in the Schools Credits: 3

Study of school health and physical activity programs with emphasis on methods and materials for health, safety, and classroom physical activity instruction in grades K-8.

PHYS-ED 401L Health Teaching In The Schools Lab Credit: 1

Students will attain beginning level competence in skills related to teaching health in schools, including planning, preparation and presentation skills. Computer skills will be used to search internet, e-mail, and develop a computer generated presentation.

PHYS-ED 499 Internship Credits: 3-6

Extensive experience in a practical situation under supervision of university faculty and on-site personnel. Breadth and intensity of involvement will depend on student ability. Available only to upper-division majors.