

# PHYSICAL EDUCATION (PHE)

## **PHE 190. Wellness Experience:\_\_\_\_\_ (1-2 Credits)**

I, II. Formerly HPR 190. Wellness activities of current interest and/or need for students. May be retaken to a maximum of six hours, if subtitles are different. Credit will not be awarded to students who have received credit for HPR 190.

## **PHE 200. Dance and Culture. (3 Credits)**

I. Introduction to dance and its role as a non-verbal means of expression. The course examines several dance forms and their cultural context including folk, social, ethnic, entertainment, and dance as an art form. Gen. Ed. Element 3A.

## **PHE 201. Foundations of Sport Science. (3 Credits)**

I, II. Introduction to the profession, exposure to professional standards in the field, and historical perspective and philosophies in physical education and sports science.

## **PHE 212. Care & Prev of Ath & Exer Inju. (3 Credits)**

I, II. Overview of the mechanism, prevention, management, and rehabilitation of athletic and exercise injuries.

## **PHE 220. Team Sports I. (2 Credits)**

I. Basic skills, strategy, rules, officiating, and teaching techniques related to various team sports.

## **PHE 224. Team Sports II. (3 Credits)**

I, II. Prerequisite: Open only to majors in Physical Education, Sports Management, those who have declared a coaching minor, coaching/personal training certificate, or those with departmental approval. Basic skills, strategy, rules, officiating, and teaching techniques related to basketball, volleyball, soccer, and track and field.

## **PHE 230. Social Dance I. (1 Credit)**

I, II. This course introduces the basic movement concepts of social dancing. Rhythm, style and variations of several popular social dances are covered as well as leading and following skills. Some of the dances covered include: swing, salsa, merengue, tango, waltz and hustle.

## **PHE 241. Swimming and Water Safety. (1 Credit)**

A, I, II. Beginning Swimming or instructor approval. Develop swimming skills and endurance to intermediate level; study of fundamental mechanical principles; basic safety skills; ability to conduct a variety of aquatic activities.

## **PHE 250. Modern Dance I. (1 Credit)**

I, II. A beginning level modern dance technique class designed to introduce the student to basic modern dance skills and concepts including some improvisation and choreographic skills. No prior dance experience is necessary. May be retaken up to a maximum of 3 hours.

## **PHE 261. Coaching Baseball and Softball. (2 Credits)**

I, II. Theory and practice in coaching the fundamentals of baseball and softball; team offense and defense.

## **PHE 271. Ballet I. (1 Credit)**

A. A beginning ballet class designed to introduce the student to the art of ballet. Basic barre, center floor and across the floor combinations are performed. Ballet history and terminology are covered through the textbook readings and videos.

## **PHE 300. Dance Activities in the School. (3 Credits)**

II. Teaching creative and social forms of dance in the educational and recreational setting.

## **PHE 301. Foundations of Coaching. (3 Credits)**

I, II. Coaching communication, organization, motivational skills, sports skills, tactics, and philosophy. American Sport Education Program (ASEP) certification awarded to those who qualify.

## **PHE 305. Individual and Dual Sports I. (3 Credits)**

I, II. Prerequisite: Open only to majors in Physical Education or Sport Management, those who have declared a Coaching minor, Coaching/Personal Training Certificate, or those with departmental approval. Basic skills, strategy, etiquette, rules, and teaching techniques related to tennis, golf, and badminton.

## **PHE 306. Individual & Dual Sports II. (3 Credits)**

A. Basic skills, strategy, etiquette, rules, and teaching techniques related to archery, bowling, and racquetball.

## **PHE 310. Physical Act & Child Developme. (3 Credits)**

II. Prerequisite: EDF 219 or 219W with a minimum grade of "C". Understanding of motor development and the improvement of human movement through developmental movement activities which are basic to readiness for performance at school.

## **PHE 313. Lifeguard Training. (2 Credits)**

I, II. Prerequisite: ability to pass American Red Cross swimming test. Advanced technique of water safety and rescue; American Red Cross certification awarded to those who qualify.

## **PHE 315. Phy Fitness Concepts & Applica. (3 Credits)**

(3) I. II. Prerequisite: Open only to majors in Physical Education or those with departmental approval. Discussion, demonstration, practice of fitness concepts and various methods of developing physical fitness.

## **PHE 320. Biomechanics. (3 Credits)**

I, II. Prerequisite: BIO 171. Qualitative study of human movement through anatomical, physiological, and biomechanical concepts; analysis and application.

## **PHE 322. Legal Issues in Sport. (3 Credits)**

I. Prerequisite: GBU204. Legal issues involved in the supervision, management, and business operations of sport. A critical perspective of the American legal system as it applies to sport.

## **PHE 323. Movemt Concepts & Skill Themes. (3 Credits)**

I. Prerequisites: physical education major, CED 100 and EDF 203. Motor skill themes and movement concepts required for planning and teaching the appropriate sequence and scope for achievement of learner outcomes through elementary physical education.

## **PHE 324. Policy and Governance in Sport. (3 Credits)**

I. Designed to encourage students to integrate management theory with governance and policy development. Provides an overview of the sport industry from the perspective of the sport management professional.

## **PHE 325. Physiology of Activity. (3 Credits)**

I, II. Prerequisite: BIO 301. Effects of physical activities on various systems of the human body.

## **PHE 327. Sport in American Society. (3 Credits)**

II. Impact of sport in American society with attention to relationship of political, economic, ethnic, and institutional forces operating within the phenomenon of sport.

## **PHE 328. Sport Finance. (3 Credits)**

II. Course will examine all aspects of successful sport business operations, including budgeting, legal issues, marketing, competitive positioning, regulatory compliance, and strategies for success in sport and recreation industry.

**PHE 330. Social Dance II. (1 Credit)**

A. This course will build on skills learned in Social Dance I. New dances covered will include: Triple Swing, West Coast Swing, Bolero, Samba and Quickstep. More variations will also be introduced for dances learned in Social Dance I.

**PHE 340. Adv Swim for Fit/Water Safety. (3 Credits)**

I, II. Prerequisite: proficient swimming ability. For excellent swimmers, this American Red Cross course will train students to become certified swimming instructors. Course consists of lecture, lab, technique instruction, and practice teaching. WSI certification for those who qualify.

**PHE 345. Dance Choreography. (2 Credits)**

II. Basics of dance choreography, applicable to entertainment and art forms of dance.

**PHE 349. Co-op or Appl Lrn: Physical Ed. (0.5-8 Credits)**

A. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**PHE 349A. Cooperative Study. (0.5-8 Credits)**

A. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**PHE 349B. Cooperative Study. (0.5-8 Credits)**

Work in a cooperative placement related to student's academic studies.

**PHE 349C. Cooperative Study. (0.5-8 Credits)**

Work in a cooperative placement related to student's academic studies.

**PHE 350. Modern Dance II. (1 Credit)**

A. An intermediate level Modern Dance technique class including floor, center floor and across the floor dance combinations. The course is designed to help the student improve his/her alignment, technique, improvisation and choreographic skills.

**PHE 355. Ethnic Dance Forms. (1 Credit)**

A. A beginning/intermediate dance class in a particular ethnic form of dance. Basic steps and rhythms characteristic of the dance form will be learned as well as information about the culture from which it is derived.

**PHE 360. Coaching Basketball. (2 Credits)**

I, II. Theory and practice in coaching the fundamentals of basketball; team offense and defense.

**PHE 361. Coaching Volleyball. (2 Credits)**

I, II. Theory and practice in coaching the fundamentals of volleyball; team offense and defense.

**PHE 362. Coaching Track and Field. (2 Credits)**

II. Theory and practice in coaching fundamentals involved in track and field.

**PHE 365. Gymnastics. (2 Credits)**

I, II. Knowledge and skills required for teaching gymnastics skill themes and movement concepts.

**PHE 370. Practicum in Physical Education. (1-3 Credits)**

I, II. Overview of physical education teaching through consultation and application; students will experience teaching-learning situations by assisting with various curricular programs. May be retaken to a maximum of three hours.

**PHE 383. Sports Officiating. (1 Credit)**

I, II. Technique and skill of officiating, structure of officiating, and relationship between performance, behavior, and the official's duties.

**PHE 390. Lifetime Activity Series:\_\_\_\_. (0.5-2 Credits)**

I, II. Formerly HPR 390. A series of activities suitable for participation throughout life. Includes rules, skills, techniques, and strategies. May be retaken to a maximum of four hours toward graduation requirements. Credit will not be awarded to students who have received credit for HPR 390.

**PHE 400. Mgt of Sport Organizations. (3 Credits)**

I, II. Aspects of sport management including disciplinary foundations of sport, theoretical and applied foundations of organization and management, opportunities available in various segments of the sport industry, and professional preparation and development.

**PHE 407. Strength & Conditioning Prg. (3 Credits)**

I, II. Advanced skills in developing, implementing, and evaluating strength training programs. Knowledge of strength and resistance training, spotting techniques, and safety techniques, exercises and associated anatomy, periodization, and general guidelines for all fitness levels and ages.

**PHE 415. Outdoor & Lifelong Motor Activ. (3 Credits)**

II. Prerequisites: EDF 103, 203. Knowledge and skills needed to conduct cooperative, leisure, adventure, and outdoor motor activities for achievement of important personal and educational goals in the school system.

**PHE 418. Dance Science. (3 Credits)**

A. Application of functional anatomy, basic physiology and physics to dance movement. Offers knowledge base for teachers to instruct safe and effective dance classes and prevent injury. Requirement for Dance Certification.

**PHE 420. Coaching Football. (2 Credits)**

I, II. Theory and practice in coaching the fundamentals of football; team offense and defense.

**PHE 423. Psychology of Coaching. (3 Credits)**

I. Study of the dynamics of coaching including performance enhancement and understanding the functions of the coaching process.

**PHE 430. Fitness Program Administration. (3 Credits)**

I. Prerequisites: PHE 320, 325, and 407 with a grade of C or better. Students will learn aspects of fitness and wellness program administration, including management skills, budgeting, member tracking, promotion, and record keeping. Additionally, students will be introduced to electrocardiography.

**PHE 433. Adult Physical Fitness Program. (3 Credits)**

II. Prerequisites: BIO 171, 301, PHE 325 and junior standing. Practice and study of exercise programs meeting the guidelines of the American College of Sports Medicine (ACSM) for improving body composition and cardiovascular-respiratory function in adults.

**PHE 435. Group Fitness Instruction. (3 Credits)**

I. Prerequisites: PHE 320 and 325. A methods class for teaching group fitness classes. Students will learn movement and rhythmic fundamentals, effective teaching methods, how to develop appropriate and creative choreography, injury prevention, marketing techniques, and legal issues involved in starting and running a group exercise class.

**PHE 450. Modern Dance III. (1 Credit)**

I, II. An advanced level modern dance technique class including floor, center floor and across the floor dance combinations. The course is designed for the dancer that has had several years of dance training and is prepared for more challenging and complex dance skills. May be retaken to a maximum of three hours.

**PHE 467. Skill Acquisition. (3 Credits)**

I. Practical application of principles of learning and performing motor skills taught in the physical activity environment and the influence of historical events on research in the area of skill acquisition.

**PHE 470. Internship: Sport Management. (1-6 Credits)**

A. Prerequisite: 2.0 GPA, completion of sport management core and supporting courses. Students are required to document a minimum of 50 hours of sport management related experiences prior to enrollment in PHE 470. Supervised experiences in the directing of sports and physical activities in various settings. May be retaken to a maximum of six hours.

**PHE 471. Practicum in Teaching Dance. (3 Credits)**

A. Practical experience creating lesson plans and teaching dance in the P-12 school system. Practicum students will teach primary, elementary, middle and secondary students, dance as an art form along with ethnic, folk and social dance. Required for Dance Certification.

**PHE 472. Internship: Wellness. (1-6 Credits)**

A. Prerequisite: 2.0 GPA; completion of physical education core courses and physical fitness and wellness option courses. Students are required to document a minimum of 50 hours of physical fitness and wellness related experiences prior to enrollment in PHE 472. Supervised experiences in the directing of wellness and physical fitness activities in various settings. May be retaken to a maximum of six hours.

**PHE 485. Independent Study. (1-3 Credits)**

I, II. Individual work on a physical education related problem in supervised situation. Restricted to undergraduate physical education major or minor student. Student must have the independent study proposal form approved by faculty supervisor and department chair prior to enrollment.

**PHE 490. Experiences in Research. (1-3 Credits)**

(1-3) I, II. Prerequisites: ATR 100 or PHE 201 and departmental approval. Directed research experience in athletic training, physical education or sports management. May be retaken to a maximum of 9 hours. Students must have research proposal form approved by faculty supervisor and department chair prior to enrollment.

**PHE 517. Bioenergetics & Physical Actvty. (3 Credits)**

A. Prerequisite: Junior/senior standing in major or with departmental approval. Study of bioenergetics processes and the relationship to energy storage, transformation and utilization in biological systems. Study of energy metabolism during different physiological conditions and the applications to clinical exercise science and sport.

**PHE 530. Sports Information Programs. (3 Credits)**

II. Study of the role and function of the sports information director. Includes public relations techniques applied to sports information; press releases, publications programs, office and staff organization, time utilizations, news media, and formats.

**PHE 562. Adapted Physical Activity. (3 Credits)**

I, II. Principles and practices of adapted physical education emphasizing the needs of people with disabilities. Emphasis will be placed on the importance of physical activity, recent legislation, assessments, individual education plans, and adapting activities.

**PHE 575. Tests & Measurements in P E. (3 Credits)**

I, II. Administration and scoring of tests; evaluation of use of results obtained.

**PHE 590. Special Topics in Physical Edu. (1-4 Credits)**

Study of various topics in physical education and sport selected to meet special student needs and interests.

**PHE 717. Bioenergetics & Phy Activity. (3 Credits)**

(3) A. Study of bioenergetics processes and the relationship to energy storage, transformation and utilization in biological systems. Study of energy metabolism during different physiological conditions and the applications to clinical exercise science and sport.

**PHE 730. Sports Information Programs. (3 Credits)**

I. Study of the role and function of the sports information director. Includes public relations techniques applied to sports information; press releases, publications programs, office and staff organization, time utilizations, news media, and formats.

**PHE 762. Adapted Physical Activity. (3 Credits)**

I, II. Principles and practices of adapted physical education emphasizing the physical activity needs of people with disabilities. Emphasis will be placed on the importance of physical activity, recent legislation, assessments, individual education plans, and adapting activities.

**PHE 775. Tests & Measurements in P E. (3 Credits)**

I, II. Administration and scoring of tests, evaluation and use of results obtained.

**PHE 790. Special Topics in Phys Educat. (1-4 Credits)**

A. Study of various topics in physical education and sport selected to meet special student needs and interests. May be retaken to a maximum of six hours with advisor's approval provided subtitle is different.

**PHE 800. Research Methods HEA/PHE/REC. (3 Credits)**

I, II. Cross listed with EHS 800. Application of research methods to health/physical education/recreation with emphasis on consumption of research, methods of research, and tools and instrumentation for research in health/ physical education/recreation. Credit will not be awarded for PHE 800 if taken EHS 800. to students who have credit for EHS 800.

**PHE 805. Dance in the P-12 Curriculum. (3 Credits)**

A. The course teaches the basic dance concepts and skills that are to be covered in the P-12 school curriculum. Teachers of all levels and specialties learn how to include dance in their own curriculum. Folk/ social, ethnic and art forms of dance are covered. No previous dance experience is necessary.

**PHE 810. Financial Aspects of Sport. (3 Credits)**

A. Study of the principles, practices, and theories associated with finance planning and management of enterprises engaged in the provision of sport related services and/or products. Topics include budget planning and preparation, preparing and analyzing financial statements, revenue sources, money management, preparation of business plans and feasibility studies.

**PHE 812. Lifetime Fitness and Wellness. (3 Credits)**

A. Philosophical and factual basis for lifetime fitness for professional fitness leaders. Problem-solving and decision-making approaches to establish creative and effective programs.

**PHE 814. Sport Mkt/Prom/Fund Raising. (3 Credits)**

I, A. Marketing, promotion, and fund raising within the context of amateur and professional sport. An overview of sport business industry; theory; pricing, distribution, and promotional technique of sport; media relations; endorsement and sponsorships; and licensing.

**PHE 821. Physiological Bases of Phy Fit. (3 Credits)**

II. Effects of chronic exercise on neuromuscular, cardiovascular, respiratory, and metabolic function.

**PHE 822. Sociology of Sport. (3 Credits)**

A. Meaning of sport in contemporary societies; relationship of selected social factors on development of social groups and attitudes in varying levels of sport; structure and function of sport in simple and complex social institutions.

**PHE 823. Sport and Exercise Psychology. (3 Credits)**

II. Scientific study of people and their behavior in sport and exercise contexts and the practical applications of that knowledge.

**PHE 825. Policy and Governance of Sport. (3 Credits)**

II. An in-depth study of major sport governing agencies including organizational structure, constitutions, policies, procedures, and membership requirements of sport agencies at the state, national, and international levels.

**PHE 831. Lab Meth Exercise Physiology. (3 Credits)**

II. Prerequisite: PHE 821 or instructor approval. Study, practice and applications of methods of calorimetry; anthropometry; measurement of muscular strength, muscular endurance and cardiovascular-respiratory endurance; analysis of expired air; and determination of reliability and validity.

**PHE 833. Motor Development. (3 Credits)**

A. Examination of physical activity as a factor in growth and development of children and adolescents. Including biological and behavioral science as the foundation for integrated study of physical growth, motor development, and physical activity.

**PHE 835. Legal Issues in Sports. (3 Credits)**

I. Principles and concepts of sport in contemporary society with primary emphasis on legal issues that relate to amateur sport.

**PHE 839A. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**PHE 839B. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**PHE 839C. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**PHE 839D. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**PHE 840. Disability Sport & Rehab.. (3 Credits)**

A. This course will introduce students to disability sport, and how exercise and adapted physical activity may be used to improve the quality of life for persons with disabilities.

**PHE 848. History/Philosophy PE & Sport. (3 Credits)**

A. A study of organized physical activity of people in significant cultural epochs in history and the underlying philosophy that influenced these activities.

**PHE 850. Event and Facility Management. (3 Credits)**

I. A. Focus on fundamentals of event and facility management: organizing and operating athletic events, planning and modifying facilities associated with athletic, physical education, fitness, and recreation programs.

**PHE 852. Motor Learning & Performance. (3 Credits)**

II. Behavioral aspects related to the theory of learning and performance of motor skills taught in school and non-school environments; factors affecting learning and performance are also investigated.

**PHE 869. Organization/Admin of Athletic. (3 Credits)**

II. Administrative patterns for high school and college athletics; topics include programs, personnel, facilities, athletic organization consideration.

**PHE 870. Internship Sports Administrati. (1-6 Credits)**

A. Supervised experience in selected aspects of sports in a sports administration setting. May be retaken to a maximum of six hours.

**PHE 871. Internship: Exercise/Wellness. (1-6 Credits)**

A. Supervised experiences of selected aspects of wellness programming.

**PHE 875. Seminar in PE/Exercise/Sport. (3 Credits)**

A. Research and discussion of critical questions in physical education; topics to be studied will vary according to the concerns of seminar students.

**PHE 885. Independent Study. (1-3 Credits)**

A. Designed for graduate students who have demonstrated the ability to conduct individual research relating to physical education. Student must have the independent study proposal form approved by faculty supervisor and department chair prior to enrollment. May be retaken to a maximum of three hours.

**PHE 891. Issues in PE/Exercise/Sport. (3 Credits)**

A. Identification of critical issues arising from current problems; exploration of points of view and possible solutions.

**PHE 895. Assessment in Physical Educati. (3 Credits)**

II. Prerequisite: PHE 775 or instructor approval. Comparative statistics, construction of measurement instruments, and evaluation techniques applied to physical education.

**PHE 896. Sports Administration Capstone. (3 Credits)**

A. Comprehensive integration and application of program learning outcomes. The student will analyze and synthesize academic knowledge and practical experience as they relate to issues and problems in sports administration.

**PHE 897. Thesis. (3-6 Credits)**

A. For students preparing a thesis in partial fulfillment of the requirements for the master's degree programs. May be retaken to a maximum of six hours.