

PHYSICAL EDUCATION, HEALTH AND SPORT EXPLORATION (PEHS)

PEHS 15010 INTRODUCTION TO PHYSICAL EDUCATION, FITNESS AND SPORT 3 Credit Hours

Development of a knowledge base on the roles, foundations, contextual and social issues, and career opportunities as they relate to physical education, physical activity and sport. Experimentation with various fitness tests and assessments that lead to the development of personal fitness plans.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 15012 DEVELOPMENT AND ANALYSIS OF SPORTS AND GAMES I 3 Credit Hours

One half of a two-course series that uses the games classification system to teach the development and analysis of game performance skills, as well as basic tactics and strategies used in these games. Course focuses on the skills and tactics of invasion games and striking and fielding games.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 15013 DEVELOPMENT AND ANALYSIS OF SPORTS AND GAMES II 3 Credit Hours

One half of a two-course series that uses the games classification system to teach the development and analysis of game performance skills, as well as basic tactics and strategies used in these games. Course focuses on the skills and tactics of net and wall games and target games.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 15020 FUNDAMENTAL MOVEMENT, GYMNASTICS AND DANCE 3 Credit Hours

Designed to provide teachers and activity leaders with knowledge, skills, and dispositions necessary to teach developmentally appropriate progressions for fundamental movement skills, dance and gymnastics.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 25025 TEACHING IN PHYSICAL EDUCATION 3 Credit Hours

This course aims to introduce students to teaching and management strategies linked to student learning, the design of instructional materials and techniques, and strategies for working with diverse learners in various contexts. This course will study, discuss, and apply effective teaching skills. Thirty field hours at each elementary and secondary level requires a BCII and FBI background check report.

Prerequisite: None.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

PEHS 25026 OVERVIEW OF OUTDOOR PURSUITS AND ADVENTURE EDUCATION 3 Credit Hours

An overview of outdoor pursuits and adventure education is provided for students preparing to serve students/clients in physically active, outdoor and adventure contexts. Includes a required service learning component, which involves the design and delivery of quality outdoor education programs and/or curricula to children within the local community.

Prerequisite: Physical Education, Health and Sport Exploration majors.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 1 lecture, 4 lab

Grade Mode: Standard Letter

PEHS 25033 LIFESPAN MOTOR DEVELOPMENT 3 Credit Hours

Introduction to motor development across the life span. Special emphasis on description of motor development changes and factors influencing change.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 25056 ASSESSMENT OF LEARNING IN PHYSICAL EDUCATION AND SPORT 3 Credit Hours

This course is designed to provide students with an understanding of the principles and applications of assessment methods in the fields of physical education and sport. Emphasis is placed on the selection, construction, administration, analysis and interpretation of appropriate assessments in a variety of settings, with particular emphasis on using assessments to evaluate learner progress relative to established standards in PE and sport. Throughout the course appropriate technological applications are used to facilitate data collection, management and analysis.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 35010 PSYCHOLOGICAL DIMENSIONS OF MOTOR BEHAVIOR (WIC) 3 Credit Hours

Psychological factors in exercise, physical activity and sport emphasizing motor control learning and performance. Laboratory included.

Prerequisite: EXSC 35068 or PEHS 25056; and junior standing.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 2 lecture, 2 lab

Grade Mode: Standard Letter

Attributes: Writing Intensive Course

PEHS 35020 FITNESS EDUCATION 3 Credit Hours

This course is designed to prepare teachers, coaches and physical activity specialists for an interdisciplinary approach to fitness education. Specific emphasis will be placed on enhancing students' content knowledge of fitness and physical activity within a classroom setting as well as applying pedagogical principles of class management, instructional strategies, feedback and assessment in practical settings to enhance students' ability to teach and coach fitness content within a variety of physical education, sport and physical activity contexts.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 35040 COACHING FOOTBALL 2 Credit Hours

Techniques of coaching football, including film analysis and offensive and defensive skills and systems.

Prerequisite: Not open to freshmen.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 1 lecture, 2 lab

Grade Mode: Standard Letter

PEHS 35041 COACHING SOCCER 2 Credit Hours

Coaching soccer, including analysis of skills strategy and administrative responsibilities.

Prerequisite: Not open to freshmen.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 1 lecture, 2 lab

Grade Mode: Standard Letter

PEHS 35042 COACHING VOLLEYBALL 2 Credit Hours

Coaching volleyball, including analysis of skills, offensive and defensive strategy and administrative responsibilities.

Prerequisite: Not open to freshmen.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 1 lecture, 2 lab

Grade Mode: Standard Letter

PEHS 35044 COACHING BASKETBALL 2 Credit Hours

Philosophy, fundamentals, strategy, administrative responsibilities and conditioning.

Prerequisite: Not open to freshmen.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 1 lecture, 2 lab

Grade Mode: Standard Letter

PEHS 35048 COACHING BASEBALL AND SOFTBALL 2 Credit Hours

Coaching techniques in softball and baseball, including analysis of basic skills, position play and offensive and defensive strategies.

Prerequisite: Not open to freshmen.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 1 lecture, 2 lab

Grade Mode: Standard Letter

PEHS 35049 COACHING TRACK AND FIELD 2 Credit Hours

Coaching techniques relative to track and field events. Principles of organization for track and field meets.

Prerequisite: Not open to freshmen.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 1 lecture, 2 lab

Grade Mode: Standard Letter

PEHS 35084 MOTOR SKILL ANALYSIS 3 Credit Hours

Designed to assist teachers, coaches, and physical activity specialists in the analysis of motor skills. Students study the applications of performance and biomechanical principles to enhance skill and tactical performance in physical activity settings.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 45015 PSYCHOLOGY OF COACHING 3 Credit Hours

(Slashed with PEHS 55015) Psychological factors affecting athletic performance, with particular attention to practice factors, personality, motivation and problem athletes.

Prerequisite: Junior standing.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 45020 CONTEMPORARY ATHLETIC COACHING 3 Credit Hours

(Slashed with TLCS 55020) A focus on the philosophy, skills, strategies and tactics of coaching within contemporary society.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 45037 ADAPTED PHYSICAL EDUCATION 3 Credit Hours

This course aims to promote an academic and practical approach to teaching physical education for students with disabilities. A minimum of 30 field hours is required for this course.

Prerequisite: Junior standing.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

PEHS 45051 ELEMENTARY SCHOOL CONTENT AND METHODS IN PHYSICAL EDUCATION 3 Credit Hours

(Slashed with PEHS 55051) This course focuses on developing in-depth content knowledge and effective teaching practices for elementary school physical education. Emphasis is placed on creating a positive learning environment, planning standards-based lessons, promoting instructional effectiveness, and assessing student learning. Students are required to complete 30 hours of field experience in an assigned school or agency. Prior to the first day of field experience, students are required to apply for and obtain a Pre-Service Teacher Permit from the State Board of Education by completing both the Bureau of Criminal Investigation and Identification (BCII) and Federal Bureau of Investigation (FBI) background checks.

Prerequisite: PEHS 15012, PEHS 15013, PEHS 15020 and PEHS 25025 and PEHS 25033; and admission to advanced study.

Corequisite: PEHS 45192.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 2 lecture, 3 lab

Grade Mode: Standard Letter

PEHS 45053 SECONDARY SCHOOL CONTENT AND METHODS IN PHYSICAL EDUCATION 3 Credit Hours

(Slashed with PEHS 55053) Approaches to teaching in secondary school physical education. Focus on management of the learning environment, planning for learning outcomes in three domains, instructional effectiveness, and sequential curriculum development. Students are required to complete Bureau of Criminal Investigation and Identification (BCII) and Federal Bureau of Investigation (FBI) background checks and submit the results to authorized personnel at their assigned school/agency before the first day of field experience (30 hours).

Prerequisite: PEHS 15012 and PEHS 15013 and PEHS 15020 and PEHS 25025 and PEHS 25033; and admission to advanced study.

Corequisite: PEHS 45592.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 3 lecture, 2 lab

Grade Mode: Standard Letter

PEHS 45092 INTERNSHIP IN PHYSICAL EDUCATION (ELR) 2-4 Credit Hours

(Repeatable for credit) Supervised full-time experience providing knowledge of overall operations for an agency or sports program in an approved setting. Forty-five (45) work hours per credit hour.

Prerequisite: Senior standing; and special approval.

Schedule Type: Practical Experience

Contact Hours: 6-12 other

Grade Mode: Satisfactory/Unsatisfactory-IP

Attributes: Experiential Learning Requirement

**PEHS 45096 INDIVIDUAL INVESTIGATION IN PHYSICAL EDUCATION
1-3 Credit Hours**

(Repeatable for credit) Independent study completed under the supervision of a faculty member. Written approval of supervising faculty member and school director required prior to registration.

Prerequisite: Junior standing; and special approval.

Schedule Type: Individual Investigation

Contact Hours: 3-6 other

Grade Mode: Satisfactory/Unsatisfactory-IP

**PEHS 45192 ELEMENTARY PRACTICUM IN PHYSICAL EDUCATION
(ELR) 1 Credit Hour**

(Repeatable for credit) This field-based practicum provides teacher candidates in physical education with approximately 30 field hours of supervised experience in an elementary school. Under the guidance of a mentor teacher, students will observe, assist, and gradually teach lessons in physical education. Emphasis is placed on planning and implementing developmentally appropriate instruction aligned with state and national standards. Aim is to transition candidates from observation to independent lesson delivery in preparation for full-time student teaching.

Prerequisite: PEHS 15010, PEHS 15012, PEHS 15013, PEHS 15020, PEHS 25025, PEHS 25026 and PEHS 25033.

Corequisite: PEHS 45051.

Schedule Type: Practical Experience

Contact Hours: 3 other

Grade Mode: Satisfactory/Unsatisfactory

Attributes: Experiential Learning Requirement

**PEHS 45592 PRACTICUM IN HEALTH AND PHYSICAL EDUCATION
(ELR) 2 Credit Hours**

(Repeatable for credit) This field-based practicum provides teacher candidates in health and physical education with approximately 100 field hours of supervised experience in a middle or high school. Under the guidance of a mentor teacher, students will observe, assist, and gradually teach lessons in health education and physical education. Emphasis is placed on planning and implementing developmentally appropriate instruction aligned with state and national standards. Aim is to transition candidates from observation to independent lesson delivery in preparation for full-time student teaching.

Pre/corequisite: HED 32543 and PEHS 45053.

Schedule Type: Practical Experience

Contact Hours: 6 other

Grade Mode: Standard Letter

Attributes: Experiential Learning Requirement

PEHS 45692 INTERNSHIP IN ATHLETIC COACHING (ELR) 2-4 Credit Hours

(Repeatable for credit) Supervised experience in organized sport focused upon the duties of a coach; can involve one or more level (youth, school, college, professional) and sport. 45 contact hours per credit.

Prerequisite: PEHS 45020; and special approval.

Schedule Type: Practical Experience

Contact Hours: 6-12 other

Grade Mode: Satisfactory/Unsatisfactory-IP

Attributes: Experiential Learning Requirement

PEHS 49525 INQUIRY INTO PROFESSIONAL PRACTICE 3 Credit Hours

Seminar focused on development of those skills and knowledge which enable future teachers to engage in effective reflective, collaborative and ethical professional practice. Interdisciplinary inquiry into teaching as a professional practice in physical and health education, with an emphasis on the knowledge and skills needed for future teachers to engage in effective reflective, collaborative, and ethical professional practice.

Prerequisite: Physical education, health and sport exploration majors; and admission to advanced study.

Corequisite: PEHS 49592.

Schedule Type: Seminar

Contact Hours: 3 other

Grade Mode: Standard Letter

PEHS 49592 STUDENT TEACHING IN PHYSICAL EDUCATION, HEALTH AND SPORT EXPLORATION (ELR) 12 Credit Hours

(Repeatable for credit) This experience provides for a full semester of student teaching in a school setting that is taken with PEHS 49525 Inquiry into Professional Practice in Physical Education. Students are required to complete Bureau of Criminal Investigation and Identification (BCII) and Federal Bureau of Investigation (FBI) background checks and submit the results to authorized personnel at their assigned school before the first day of the semester in which student teaching will take place.

Prerequisite: Physical Education, Health and Sport Exploration majors; and admission to advanced study

Corequisites: PEHS 49525.

Schedule Type: Practical Experience

Contact Hours: 45 other

Grade Mode: Satisfactory/Unsatisfactory-IP

Attributes: Experiential Learning Requirement

PEHS 55015 PSYCHOLOGY OF COACHING 3 Credit Hours

(Slashed with PEHS 45015) Factors affecting athletic performance emphasizing skill, motivation, personality and practice conditions.

Prerequisite: Graduate standing.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PEHS 55051 ELEMENTARY SCHOOL CONTENT AND METHODS IN PHYSICAL EDUCATION 3 Credit Hours

(Slashed with PEHS 45051) This course focuses on developing in-depth content knowledge and effective teaching practices for elementary school physical education. Emphasis is placed on creating a positive learning environment, planning standards-based lessons, promoting instructional effectiveness, and assessing student learning. Students are required to complete 30 hours of field experience in an assigned school or agency. Prior to the first day of field experience, students are required to apply for and obtain a Pre-Service Teacher Permit from the State Board of Education by completing both the Bureau of Criminal Investigation and Identification (BCII) and Federal Bureau of Investigation (FBI) background checks.

Prerequisite: Graduate standing; and special approval.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 2 lecture, 3 lab

Grade Mode: Standard Letter

PEHS 55053 SECONDARY SCHOOL CONTENT AND METHODS IN PHYSICAL EDUCATION 3 Credit Hours

(Slashed with PEHS 45053) Approaches to teaching in secondary school physical education. Focus on management of the learning environment, planning for learning outcomes in three domains, instructional effectiveness, and sequential curriculum development. Students are required to complete Bureau of Criminal Investigation and Identification (BCII) and Federal Bureau of Investigation (FBI) background checks and submit the results to authorized personnel at their assigned school/agency before the first day of field experience (30 hours).

Prerequisite: Graduate standing; and special approval.

Corequisite: PEHS 55592.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 3 lecture, 2 lab

Grade Mode: Standard Letter

PEHS 55192 ELEMENTARY PRACTICUM IN PHYSICAL EDUCATION 1 Credit Hour

(Repeatable for credit) This field-based practicum provides teacher candidates in physical education with approximately 30 field hours of supervised experience in an elementary school. Under the guidance of a mentor teacher, students will observe, assist, and gradually teach lessons in physical education. Emphasis is placed on planning and implementing developmentally appropriate instruction aligned with state and national standards. Aim is to transition candidates from observation to independent lesson delivery in preparation for full-time student teaching.

Prerequisite: Graduate standing; and special approval.

Schedule Type: Practical Experience

Contact Hours: 3 other

Grade Mode: Standard Letter

PEHS 55592 PRACTICUM IN HEALTH AND PHYSICAL EDUCATION 2 Credit Hours

(Repeatable for credit) This field-based practicum provides teacher candidates in health and physical education with approximately 100 field hours of supervised experience in a middle or high school. Under the guidance of a mentor teacher, students will observe, assist, and gradually teach lessons in health education and physical education. Emphasis is placed on planning and implementing developmentally appropriate instruction aligned with state and national standards. Aim is to transition candidates from observation to independent lesson delivery in preparation for full-time student teaching.

Prerequisite: Graduate standing; and special approval.

Corequisite: PEHS 55053.

Schedule Type: Practical Experience

Contact Hours: 6.66 other

Grade Mode: Satisfactory/Unsatisfactory

PEHS 59525 INQUIRY INTO PROFESSIONAL PRACTICE 3 Credit Hours

(Slashed with PEHS 49525) Seminar focused on development of those skills and knowledge which enable future teachers to engage in effective reflective, collaborative and ethical professional practice. Interdisciplinary inquiry into teaching as a professional practice in physical and health education, with an emphasis on the knowledge and skills needed for future teachers to engage in effective reflective, collaborative and ethical professional practice.

Prerequisite: Graduate standing; and special approval.

Schedule Type: Seminar

Contact Hours: 3 other

Grade Mode: Standard Letter