

PHYSICAL EDUCATION AND SPORT PERFORMANCE (PESP)

PESP 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

PESP 15011 DEVELOPMENT AND ANALYSIS OF INVASION GAMES 3 Credit Hours

Development, analysis and assessment of game performance skills used in invasion games.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PESP 15015 DEVELOPMENT AND ANALYSIS OF NET GAMES 3 Credit Hours

Development and analysis of game performance skills in net games. Emphasis on problem solving strategies and skill execution related to game performance and on effective pedagogy.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PESP 15016 DEVELOPMENT AND ANALYSIS OF TARGET AND FIELD GAMES 3 Credit Hours

Development and analysis of game performance skills used in target games and field-run-score games.

Prerequisite: None.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

PESP 15018 DEVELOPMENT OF SWIMMING AND AQUATIC SKILLS 1 Credit Hour

Development and analysis of basic aquatic skills, swimming strokes, starts and turns, diving skills, physical fitness principles, aquatic safety and basic rescue techniques.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PESP 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

PESP 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: PESP 15010.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

PESP 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: School Health Education majors with Health and Physical Education Licensure concentration and Physical Education and Sport Performance majors.

Schedule Type: Laboratory, Lecture, Combined Lecture and Lab

Contact Hours: 1 lecture, 4 lab

Grade Mode: Standard Letter

PESP 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

PESP 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

PESP 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 PESP 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

PESP 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

PESP 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

PESP 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

PESP 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

PESP 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

PESP 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

PESP 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

PESP 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

PESP 45015 PSYCHOLOGY OF COACHING 3 Credit Hours

(Slashed with CI 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

PESP 45020 CONTEMPORARY ATHLETIC COACHING 3 Credit Hours

(Slashed with CI 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

PESP 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

PESP 45051 ELEMENTARY SCHOOL PHYSICAL EDUCATION METHODS 3 Credit Hours

(Slashed with CI 55051) Approaches to teaching in elementary school physical education. Focus on establishing an environment for learning, planning standards-based lessons, instructional effectiveness, and assessment of student learning. 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: PESP 15010 and PESP 15011 and PESP 15015 and PESP 15016 and PESP 15020 and PESP 25025 and PESP 25033; and admission to advanced study.

Corequisite: PESP 45053.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

**PESP 45053 ELEMENTARY SCHOOL PHYSICAL EDUCATION CONTENT
3 Credit Hours**

(Slashed with CI 55053) Physical education content for the elementary school child with emphasis on developmentally appropriate learning in three domains. 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: PESP 15010 and PESP 15011 and PESP 15015 and PESP 15016 and PESP 15020 and PESP 25025 and PESP 25033; and admission to advanced study.

Corequisite: PESP 45051.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

**PESP 45058 SECONDARY SCHOOL PHYSICAL EDUCATION METHODS
3 Credit Hours**

(Slashed with CI 55058) 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: PESP 15010 and PESP 15011 and PESP 15015 and PESP 15016 and PESP 15020 and PESP 25025 and PESP 25033; and admission to advanced study.

Corequisite: PESP 45059.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

**PESP 45059 SECONDARY SCHOOL PHYSICAL EDUCATION CONTENT
3 Credit Hours**

(Slashed with CI 55059) Introduction and development of content, standards-based curriculum models, management, and organizational skills related to sports and activities utilized in secondary school 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/agency before the first day of field experience (30 hours).

Prerequisite: PESP 15010 and PESP 15011 and PESP 15015 and PESP 15016 and PESP 15020 and PESP 25025 and PESP 25033; and admission to advanced study.

Corequisite: PESP 45058.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

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

(Repeatable for a maximum of 8 credit hours) 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

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

(Repeatable for a maximum of 6 credit hours) 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: Standard Letter-IP

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

(Repeatable for a maximum of 4 credit hours) 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: PESP 45020; and special approval.

Schedule Type: Practical Experience

Contact Hours: 6-12 other

Grade Mode: Satisfactory/Unsatisfactory-IP

Attributes: Experiential Learning Requirement

**PESP 49525 INQUIRY INTO PROFESSIONAL PRACTICE IN PHYSICAL
EDUCATION 3 Credit Hours**

(Slashed with PESP 59525) Seminar focused on development of those skills and knowledge which enable future teachers to engage in effective reflective, collaborative and ethical professional practice.

Prerequisite: School Health Education or Physical Education and Sport Performance majors; and admission to advanced study.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter

**PESP 49592 STUDENT TEACHING IN PHYSICAL EDUCATION (ELR)
12 Credit Hours**

This experience provides for a full semester of student teaching in a school setting that is taken with PESP 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: School Health Education or Physical Education and Sport Performance majors; and admission to advanced study.

Schedule Type: Practical Experience

Contact Hours: 45 other

Grade Mode: Satisfactory/Unsatisfactory-IP

Attributes: Experiential Learning Requirement

PESP 55051 ELEMENTARY SCHOOL PHYSICAL EDUCATION METHODS
3 Credit Hours

(Slashed with PESP 45051) Approaches to teaching in elementary school physical education. Focus on establishing an environment for learning, planning standards-based lessons, instructional effectiveness, and assessment of student learning. 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: Physical Education concentration in the Secondary Education major; and graduate standing; and special approval.

Corequisite: PESP 55053.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

PESP 55053 ELEMENTARY SCHOOL PHYSICAL EDUCATION CONTENT
3 Credit Hours

(Slashed with PESP 45053) Physical education content for the elementary school child with emphasis on developmentally appropriate learning in three domains. 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: PESP 55051.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

PESP 55058 SECONDARY SCHOOL PHYSICAL EDUCATION METHODS
3 Credit Hours

(Slashed with PESP 45058) Approaches to teaching in secondary 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: PESP 55059.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

PESP 55059 SECONDARY SCHOOL PHYSICAL EDUCATION CONTENT
3 Credit Hours

(Slashed with PESP 45059) Introduction and development of content, standards-based curriculum models, management and organizational skills related to sports and activities utilized in secondary school 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/agency before the first day of field experience (30 hours).

Prerequisite: Graduate standing; and special approval.

Corequisite: PESP 55058.

Schedule Type: Lecture, Practical Experience

Contact Hours: 2 lecture, 3 other

Grade Mode: Standard Letter

PESP 59525 INQUIRY INTO PROFESSIONAL PRACTICE IN PHYSICAL EDUCATION **3 Credit Hours**

(Slashed with PESP 49525) Seminar focused on developing those skills and knowledge that enable future teachers to engage in effective reflective, collaborative and ethical professional practice.

Prerequisite: Physical Education concentration in the Secondary Education major; and graduate standing.

Schedule Type: Lecture

Contact Hours: 3 lecture

Grade Mode: Standard Letter