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 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 35045  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 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: None.
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, Practical Experience
Contact Hours: 2 lecture, 3 other
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 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/agency before the first day of the semester in which student teaching/internship will take place. Official valid certification of Child Safety Training, approved Basic Life Support and A.L.I.C.E. Training must be presented to the campus office of clinical experience or designated faculty/staff at Regional campuses as prerequisite for student teaching.  
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