

# PHYSICAL EDUCATION (PED)

## **PED 100 Fundamentals of Fitness for Life (1 Credits)**

Development of knowledge and appreciation for total fitness as an individualized goal, including the improvement in current levels of fitness and the development of positive lifestyles.

## **PED 101 Modified Physical Education (1 Credits)**

Individualized programs of instruction for students with special needs with regard to physical activity. Medical excuse required.

## **PED 107 Aerobics (1 Credits)**

Aerobics is an experiential course designed to give students an introductory experience and orientation to basic cardiovascular development using aerobic workout and step training as physical fitness tools. Of particular interest will be the student's individual journey in a quest for healthier living.

## **PED 109 Water Aerobics (2 Credits)**

Development of elements of physical fitness, including muscle tone, strength, flexibility, and cardiovascular endurance through participation in full rhythmic and aerobic exercises done in water. Emphasis on the role of nutrition, weight control, stress management, and consumerism as basic components of a health fitness lifestyle. No swimming skills required.

## **PED 133 Beginning Swimming (1 Credits)**

Introduction to levels I, II and III of the American Red Cross Learn to Swim Program, including water safety, water acclimation, reaching assists, breath control, prone floating, and analysis of movement.

## **PED 134 Advanced Swimming (1 Credits)**

Study of levels IV and V of the American Red Cross Learn to Swim Program with review of Levels I, II, and III, including water safety, improvement in prone swimming (front crawl), back swimming (back crawl and elementary backstroke), introduction to side stroke, analysis of movements and scientific flaws.

## **PED 152 Rhythm and Folk Dances (1 Credits)**

Rhythm/Folk Dance is an experiential course designed to give students an introductory experience in basic rhythmic development using the folk dance of various cultures. The primary learning experiences for this class will include, but are not limited to, rhythmic development including hand clapping and vocalizations, basic music value and notation, cardiovascular warm-up, use of gross motor skills including axial and locomotor skills, and historical and sociocultural inquiry into various dances in different societies. Of particular interest will be the basic sociocultural and historical background including the music and movements of each dance.

## **PED 158 Fundamentals of Physical Education (1 Credits)**

This course focuses on the fundamental movement skills and concepts that are the foundation of a quality physical education and physical activity program.

## **PED 170 Introduction to Physical Education (3 Credits)**

Introduction to historical, philosophical, educational, psychological, biological, sociological, and career emphasis related to the field of physical education.

## **PED 170H Hrs Introduction to Physical Education (3 Credits)**

Introduction to historical, philosophical, educational, psychological, biological, sociological, and career emphasis related to the field of physical education.

## **PED 179 First Aid, Cpr, and Aed (2 Credits)**

Study of the proper techniques and procedures for administering First Aid, CPR, and AED. This course prepares participants to recognize and respond appropriately to cardiac, breathing, and first aid emergencies.

## **PED 200 Beginning Fitness/Weight Training (2 Credits)**

Near individualized personal fitness program utilizing the following apparatus and equipment: the variable resistance machines, Olympic free weights, and the pull-up trainer.

## **PED 204 Tennis I (1 Credits)**

Development of basic skills in the game of tennis, including techniques, rules, and strategies.

## **PED 209 Bowling (1 Credits)**

Development of skills and appreciation for bowling, both as a fitness and leisure time activity.

## **PED 210 Golf (1 Credits)**

Development of performance skills at the beginning level, the knowledge of rules, terminology, equipment, and safety techniques in golf.

## **PED 213 Introduction to Net & Wall Games (1 Credits)**

The purpose of this course is to provide the student with basic level of knowledge and skills in a variety of net and wall games, such as racquetball, table tennis, pickleball, volleyball, tennis, and badminton to be able to successfully participate in recreational lifelong activities.

## **PED 220 Evaluation in Physical Education (3 Credits)**

The student will be introduced to the quantitative and qualitative tests, measurements, and evaluation tools utilized in evaluating the cognitive, affective, and psychomotor aspects of physical activity.

## **PED 220H Honors Evaluation in Physical Education (3 Credits)**

The student will be introduced to the quantitative and qualitative tests, measurements, and evaluation tools utilized in evaluating the cognitive, affective, and psychomotor aspects of physical activity.

## **PED 235 Aquatic Sports and Activities (1 Credits)**

This course introduces the student to a variety of aquatic sports and activities. Primary focus is on swimming, water polo, and aquatic-based board sports.

**Prerequisites:** Take PED-134.

## **PED 251 Modern Dance I (1 Credits)**

The course introduces the techniques and principles of modern dance. The primary learning experiences will include rhythmic development, stretch and strength warmup, use of gross motor skills, and cursory historical and sociocultural inquiry. Of particular interest will be the basic sociocultural and historical background of Modern dance specifically as it relates to the development of African American concert dance traditions.

## **PED 254 Jazz Dance (1 Credits)**

Introduction to basic and intermediate dance techniques. Exploration of the cultural and historical contributions of jazz dance, including social dances, period dances, and rhythmic dances that engage syncopate and accented rhythmic phrases.

## **PED 261 Team Sports I: Invasion Games (1 Credits)**

The purpose of this course is to develop the tactical knowledge, skills and movements for the invasion game category of games. The course will consist of teaching techniques, cues, progressions, skill transfer, error analysis, correction, personal skill development, activity planning, and peer teaching experiences.

**Prerequisites:** Take PED-158. Take PED-159.

**PED 262 Team Sports II: Net/Wall/Fielding Games (1 Credits)**

The purpose of this course is to develop the tactical knowledge, skills and movements for net/wall and striking/fielding category of games. The course will consist of teaching techniques, cues, progressions, skill transfer, error analysis, error correction, personal skill development, activity planning, and peer teaching experiences.

**Prerequisites:** Take PED-158. Take PED-159.

**PED 271 Individual Sports (1 Credits)**

Development of skills in archery, golf, tennis, badminton, bowling, racquetball, and pickle ball; fitness testing.

**Prerequisites:** Take PED-158. Take PED-159.

**PED 272 Cooperative and Target Games (1 Credits)**

Development of interpersonal and intrapersonal skills through participation in and planning of cooperative games; tactical knowledge, skills, and movements for target games. The course will consist of teaching techniques and cues, progressions, skill transfer, error analysis and correction, activity planning and peer teaching experiences.

Understanding how to develop interpersonal and intrapersonal skills in individuals is an important skill in each of these settings.

**Prerequisites:** Take PED-158. Take PED-159.

**PED 287 Anatomy and Physiology I (3 Credits)**

Part I of a two-part course dealing with the anatomical and functional relationships of the human body. In lecture setting, the course is designed to acquaint students with the general organization of the body, the skeletal, muscular, integumentary and nervous systems, and special senses.

**Prerequisites:** Take BIO-100.

**PED 287L Human Anatomy Laboratory (1 Credits)**

Part I of a two-part course dealing with the anatomical and functional relationships of the human body. In laboratory setting, the course is designed to acquaint students with the general organization of the body, the skeletal, muscular, integumentary, and nervous systems, and special senses.

**Prerequisites:** Take BIO-100L.

**PED 288 Anatomy and Physiology II (3 Credits)**

Part II of a two-part course dealing with the anatomical and functional relationships of the human body. In lecture setting, the course is designed to acquaint students with the structure, function, regulation, and integration of organs and organ systems of humans.

**PED 288L Anatomy and Physiology Lab II (1 Credits)**

Part II of a two-part course dealing with the anatomical and functional relationships of the human body. In laboratory setting, the course is designed to acquaint students with the structure, function, regulation, and integration of organs and organ systems of humans.

**PED 300 Advanced Fitness/Weight Training (2 Credits)**

Students will gain advanced experiences working with Olympic free weights, variable resistance machines, resistance bands and stability balls. Preparation for Personal Training Certification is also included.

**Prerequisites:** Take PED-200.

**PED 300H Hrs Adv Fitness/Weight Training (2 Credits)**

Students will gain advanced experiences working with Olympic free weights, variable resistance machines, resistance bands and stability balls. Preparation for Personal Training Certification is also included.

**Prerequisites:** Take PED-200.

**PED 325 Lifeguard Training (3 Credits)**

Learn how to effectively prevent and respond to water emergencies with American Red Cross lifeguard training. This course is designed to examine the skills and knowledge for a variety of scenarios in and around the water. You will learn how quick response times and effective preparation are vital to being a lifeguard while also understanding the crucial elements in helping to prevent drownings and injuries.

**PED 335 Skill Analysis (2 Credits)**

The purpose of this course is to develop the knowledge and skills required to assess movement skills and performance techniques. Integrations of theory, technology, and assessment trends are included in assignments.

**PED 335H Honors Skill Analysis (2 Credits)**

The purpose of this course is to develop the knowledge and skills required to assess movement skills and performance techniques. Integrations of theory, technology, and assessment trends are included in assignments.

**PED 356 Kinesiology (3 Credits)**

The study of the basic anatomical kinesiology and mechanical principles of movement as they apply to the human body, including anatomical details and neuromuscular function of the body, equilibrium, and motion, and how these principles are influenced by various environmental mediums.

**Prerequisites:** Take PED-287. Take PED-287L. Take PED-288. Take PED-288L.

**PED 357 Organization & Administration (3 Credits)**

Focus on organization and administration of physical activity, athletic, and intramural programs. Administrative responsibilities including program development, facility management, budgeting, public relations, personnel management, program and staff evaluation, and legal liability issues will be addressed.

**Prerequisites:** Take PED-158. Take PED-159. Take PED-253. Take PED-261. Take PED-262. Take PED-271. Take PED-272. Take PED-350. Take PED-356. Take PED-365. Take PED-477.

**PED 362 Athletic Coaching and Officiating (2 Credits)**

This course is designed to develop a general understanding of coaching and officiating as it relates to ethics, values, behavior, organization, and management. It is further designed to assist in the development of a philosophy of coaching and officiating.

**Prerequisites:** Take PED-158. Take PED-159. Take PED-261. Take PED-262. Take PED-361.

**PED 365 Adapted Physical Education (3 Credits)**

This course is designed to provide students with current knowledge and applications of learning for people with disabilities. Class activities will include text discussions, speakers, adapted physical activities, and hands-on experience working with individuals with disabilities in a physical activity setting.

**Prerequisites:** Take PED-287. Take PED-288.

**PED 365H Honors Adapted Physical Education (3 Credits)**

This course is designed to provide students with current knowledge and applications of learning for people with disabilities. Class activities will include text discussions, speakers, adapted physical activities and hands-on experience working with individuals with disabilities in a physical activity setting.

**Prerequisites:** Take PED-287. Take PED-288.

**PED 370 Secondary Physical Education Methods (3 Credits)**

Study of methods and procedures for designing and implementing unit and lesson plans for physical education theory and activity classes in a secondary physical education program.

**PED 380 Elementary Physical Education Methods (3 Credits)**

Students will examine current issues in elementary, physical education, construct, and teach developmentally appropriate lessons,, establish a sound understanding of, organizational techniques and methodology focusing, on effective use of academic, learning time, andcritique teaching methods., Additionally, students will construct, and apply ongoing authentic assessments, appropriate for the content, context,, learner differences and grade.

**Prerequisites:** Take PED-158. Take PED-159. Take PED-253. Take PED-261. Take, PED-262. Take PED-271. Take PED-272. Take PED-356. Take, PED-365. Take PED-477.

**PED 380H Hrs Elementary Physical Ed Methods (3 Credits)**

Students will examine current issues in elementary, physical education, construct, and teach developmentally appropriate lessons,, establish a sound understanding of, organizational techniques and methodology focusing, on effective use of academic, learning time, and critique teaching methods., Additionally, students will construct, and apply ongoing authentic assessments, appropriate for the content, context,, learner differences and grade.

**Prerequisites:** Take PED-158. Take PED-159. Take PED-253. Take PED-261. Take, PED-262. Take PED-271. Take PED-272. Take PED-356. Take, PED-365. Take PED-477.

**PED 390 Curriculum & Instruction in Physical Edu (3 Credits)**

Curriculum planning and developmentwith emphasis, on models for curricular decisions and the, effective selection and sequencing of, developmentally appropriate activities across the, PK-12 schoolcurricula.

**PED 441 Driver Task Analysis (3 Credits)**

This is the first of two courses required to obtain certification in Driver Education. Introduces the "driver task" as related to the highway transportation system and factors that influence performance ability. Prepares students to become eligible to take the certification exams for driving school instructors in both public and private schools.

**PED 443 Drivers Rehabilitation (3 Credits)**

This course provides the methods to plan, develop, coordinate, and implement driver rehabilitation services for individuals with disabilities. Specifically, the course specializes in preparing professionals to help train individuals become safe and capable independent drivers following injury or illness, as well as those experiencing a change in abilities as a result of the natural aging process. Completion of the course prepares students to take the driver rehabilitation certification exam.

**PED 444 Principl/Methods Class/In-Car Instruct (3 Credits)**

This is the second of two courses required to obtain certification in driver education. This course provides methods of teaching the required in-car segment of driver education.

**PED 450 Motor Learning (3 Credits)**

Study of motor learning theories and the application of planning physical activity throughout the lifespan. The content will address the physiological, cognitive, social, and physical aspects which affect skill acquisition, motor performance, and the teaching-learning process.

**PED 450H Honors Motor Learning (3 Credits)**

Study of motor learning theories and the application of planning physical activity throughout the lifespan. The content will address the physiological, cognitive, social, and physical aspects that affect skill acquisition, motor performance, and the teaching-learning process.

**PED 451 Psychological Aspects of Sports (3 Credits)**

Study of both the psychological factors that influence participation in sports and exercises and the psychological effects derived from that participation including motivation, personality, aggression, violence, and leadership through group dynamics of exercise and well-being.

**PED 477 Physiology of Muscular Exercise (3 Credits)**

Study of physiological responses, adjustments, and adaptations to the acute stress of exercise, physical activity, and the chronic stress of physical training.

**Prerequisites:** Take PED-287. Take PED-287L. Take PED-288. Take PED-288L., Take PED-356.

**PED 477H Honors Physiology of Muscular Exercise (3 Credits)**

Study of physiological responses, adjustments, and adaptations to the acute stress of exercise, physical activity, and the chronic stress of physical training.

**PED 480 Principles of Physical Education (3 Credits)**

Discussion and reflection on issues relevant to, contemporary physical education including cultural, competence, social perspectives, , legislation, technology use, physical activity, barriers and physical activity promotion. Emphasis, on developing professional skills.

**Prerequisites:** Take PED-280.

**PED 495 Internship Experience I (3 Credits)**

This course provides students with the opportunity to integrate academic preparation with practical "hands-on" experience in an approved supervised health and fitness work setting. This internship is also designed to provide students the opportunity for career exploration to discover the type of preferred work environment and skill development, especially networking, in the field. Students must complete 100 documented hours.

**PED 496 Exercise Science Internship (12 Credits)**

Provides students with the opportunity to apply their knowledge and gain practical experience working with patients and/or clients referred for medically prescribed exercise to general health and wellness. The supervised internship may occur through university and private rehabilitation clinics, hospitals, mental health, nursing, and wellness centers as well as special schools. Students in the Health Fitness Instructor (HFI) and Health Wellness Rehabilitation (HWR) curriculum must complete 600 documented hours.