

Physical Activity and Health

OBJECTIVES

The Division of Physical Activity and Health (PHYSH) degree program at Eastern Oregon University seeks to produce graduates who possess the skills necessary to promote health and physical activity within a modern society. The inter-relationship of health, physical activity and the exercise sciences creates within the division a commitment to preparing individuals who can competently promote wellness, sport, recreation, and exercise in school, community and other societal settings.

The division offers two bachelor degree programs: a BA/BS in Physical Activity and Health with three concentration options; and a Liberal Studies BA/BS in Business and Health Promotion. In addition to the bachelor degree programs three academic minors are available. The minors are Physical Education - 30 credits; Health Studies - 30 credits, and Gerontology - 30 credits.

PROGRAM OUTCOMES/ REQUIREMENTS****

1. Admission to All Programs

a. Complete PES 131 Foundations of Exercise Science, Health Studies, and Physical Activity (2) with a grade of C- or better.

2. Graduation Requirements

a. Have good academic standing within the University and a minimum GPA of 2.00 overall.

b. Have completed the University Writing requirement. Students in the programs of Physical Activity and Health must complete a lower division UWR approved course and two upper division UWR approved courses. Currently, HWS 350, HWS 351, and EXS 311 have been approved as UWR courses within the Division.

c. It is important that persons engaged in studies related to wellness and physical activity reflect a role model of good levels of physical fitness and health. Therefore, the following physical requirements are recommended for the program.

i. Complete a standard health-related fitness test achieving the 65th percentile or above.*

ii. Competency in First Aid and CPR.

iii. (Only required of students completing the Concentration in Physical Education and Sport). Competency in the following areas as demonstrated through completion of PES 180 course work, professional activity courses, intramural participation, intercollegiate competition, or

completion of a skill test: team sports (such as basketball, soccer, and softball), individual lifetime sports and activities (such as bowling, tennis, golf and rock climbing), games/gymnastics/dance, and other recreational activities.

d. Complete all required Physical Activity and Health (PES, EXS, and HWS) course work with a grade of "C-" or better and an overall GPA of 2.00. This includes the biology, statistics and other non-PAH courses included in the major.**

3. For the BS and the BA Degree, demonstrate the application of mathematics at the college level.

a. Students can fulfill the mathematics competency requirement by completing MATH 105, 111, 112, 113, 211, 212, or 213. Other courses not listed may be approved by a Division advisor.

b. A maximum of 90 hours in one discipline may be applied to the degree

4. For the BA degree, demonstrate proficiency in a foreign language through any one of the following means:

a. twenty-four credit hours of a single foreign language.

b. completion of a second-year foreign language course sequence.

c. completion of any upper-division course which has a two-year language prerequisite.

d. equivalency certification by the appropriate foreign language faculty.

e. foreign students educated in a language other than English will be considered as meeting the B.A. foreign language requirement. Other students with ability in a language in addition to English will be considered under d. above.

f. students educated in a language other than English cannot receive credit for that language at the first or second year level through challenge or CLEP exams. Students should consult with the appropriate modern language faculty for evaluation and placement. g. a maximum of 75 hours in one discipline may be applied to the Bachelor of Arts degree.

5. Successfully complete the "capstone" experience.

a. Within the capstone experience, all students will be required to complete a three term sequence of practicum experience or an equivalent internship. Each experience should be different, but must include a setting applicable to a recognized content area of the program.

b. All students in any Physical Activity and Health Degree must complete an appropriate nationally recognized certification examination. Examples that students might select in Physical Education and Sport include the American Sport Education Program (ASEP) exam, and the PRAXIS Physical Education exam. Students in the Exercise Science degree might choose any of the American College of Sports Medicine approved exams, or the National Strength and Conditioning exam or other personal trainer related certificates. Students completing the Health and Wellness Studies program can select the PRAXIS Health Education exam, the Certified Health Education Specialist (CHES) exam, or other health related exam. Check with a Physical Activity and Health advisor for guidance.

6. Complete the computer literacy requirement by taking EXS 322, EXS 323, HWS 325, HWS 412, and/or PES 470.***

7. Assessment: The Physical Education/Health program has several points where students are assessed. At program admissions students are evaluated in terms of physical well-being and skills attainment. In courses, students are assessed as to their performance in comparison to academic standards. In capstone tests, students are assessed as to the level of physical skills and level of ability to integrate cumulative learning. Communication and critical thinking are key components in assessing students' final capstone product. Stated outcomes for the program were gleaned from national standards and apportioned to each course. Each course syllabus lists outcomes. An accumulation of each of the course requirements assures that students will have met all stated outcomes of the program.

*Norms are available for persons with disabilities.

**Students wishing to enter the Master of Teacher Education program (MTE) must achieve a 3.0 GPA on the last 60 credit hours of coursework and meet other admission requirements. Also, if you plan to seek K-12 teacher licensure in Physical Education, and/or in Health Education through programs available at EOU, you must complete both the Physical Education and Sport concentration and the Health and Wellness Studies concentration. The teacher education program through EOU requires that students seeking to enter the program with an emphasis in Physical Education and Health Education must show subject matter competence by completing the aforementioned programs or show equivalency.

***Senior Standing is required for registration in any 400 and above level course.

BACHELOR OF SCIENCE OR BACHELOR OF ARTS DEGREE PHYSICAL ACTIVITY AND HEALTH MAJOR CHECKLIST

CORE REQUIREMENTS FOR ALL PROGRAMS - 35 hours

- BIOL 231** Human Anatomy and Physiology I (4)
- BIOL 232** Human Anatomy and Physiology II (4)
- BIOL 233** Human Anatomy and Physiology III (4)
- PES 131** Foundations of Physical Activity and Health (2)

EXS 312 Measurement and Evaluation in Physical Activity and Health (3)

EXS 321 Applied Anatomy (4) + 321L Lab (0)

EXS 322 Biomechanics (4) + 322L Lab (0)

EXS 323 Physiology of Exercise (4) + 323L Lab (0)

EXS 440 Motor Development (3)

PES 409 Practicum: Capstone (3)

PHYSICAL EDUCATION AND SPORT CONCENTRATION

Choose at least 30 credits from the following:

***EXS 213** Qualitative Analysis of Human Movement (3)

PES 270 History, Philosophy and Ethics of Sport (3)

PES 294 Teaching Team Sports (3)

EXS 311 Sport Psychology (3)

***PES 359** Prevention and Care of Injury in Physical Activity Settings (3)

PES 364 Scientific Basis of Coaching Youth Sports (3)

PES 394 Teaching Games, Dance, and Gymnastics (3)

PES 410 Selected Topics (1-6) with advisor approval

***EXS 444** Adapted Physical Activity (3)

PES 470 Sport Management (3)

PES 494 Teaching Individual Lifetime Sports (3)

A maximum of 6 credits (of the 30) may be selected from the following:

PES 365 Football Coaching and Officiating (3)

PES 366 Basketball Coaching and Officiating (3)

PES 367 Baseball Coaching and Officiating (3)

PES 368 Track and field Coaching and Officiating (3)

PES 369 Wrestling Coaching and Officiating (3)

PES 370 Volleyball Coaching and Officiating (3)

PES 371 Soccer Coaching and Officiating (3)

PES 372 Tennis Coaching And Officiating (3)

PES 373 Golf Coaching and Officiating (3)

*Required Course

EXERCISE SCIENCE CONCENTRATION

Select at least 30 credits from the following:

EXS 311 Sport Psychology (3)

HWS 350 Lifestyle Behavior and Health (3)

PES 359 Prevention and Care of Injury in Physical Activity Settings (3)

PES 364 Scientific Basis of Coaching Youth Sports (3)

EXS 451 Physiology of Exercise II (3)

EXS 452 Physical Activity in Disease Prevention (3)

EXS 453 Motor Learning and Control (3)

HWS 412 Program Design and Evaluation in Health and Wellness (3)

EXS 444 Adapted Physical Activity (3)

HWS 325 Nutrition (4)

PSY 327 Statistics (5) or other advisor approved statistics course

HEALTH AND WELLNESS STUDIES CONCENTRATION

Choose 30 credits from the following:

***HWS 250** Personal Skills for Healthy Living (3)

***HWS 298** Health and Fitness for Life (3)

HWS 314 Health and Humanities (2)

HWS 317 Global Health (3)

HWS 320 Healthy Activities and Games (3)

- *HWS 325 Nutrition (4)
- *HWS 350 Lifestyle Behavior and Health (3)
- *HWS 351 Community and Social Skills for Healthy Living (3)
- *HWS 412 Program Design and Evaluation in Health and Wellness (3)
- HWS 422 Gerontology and Healthy Activities (2)
- HWS 423 Aging and Society (3)
- PES 409 Practicum: Health and Wellness (1-6)
- PES 410 Selected Topics: Health (1-6) with advisor approval
- HWS 431 Alcohol and Drugs: Prevention (5)
- HWS 432 Substance Abuse and Family Relations (5)
- HWS 433 Alcohol and Drugs: Use Misuse and Addiction (5)
- GEN/SOC 360 Gender and Power (5)
- PSY 211 Intro to Lifespan Development (3)
- PSY 231 Human Sexuality (3)
- PSY 311 Child Development (5)
- SOC 338 Sociology of Families (5)
- *Required Courses

TOTAL REQUIREMENTS FOR MAJOR IN PHYSICAL ACTIVITY AND HEALTH: 64 Hours

NOTE: A student may take up to a total of 45 credits within the graduation requirement of 180 credits of courses numbered PEH 410.

NOTE: 60 Upper Division credits are required for graduation.

NOTE: A Minimum of 20 credits toward a major must be earned through EOU coursework.

LIBERAL STUDIES BA/BS DEGREE OPTION: BUSINESS AND HEALTH PROMOTION

Business 32 credit hours

- BA 211 Financial Accounting (4)
- BA 213 Managerial Accounting (4)
- BA 254 Business Law (4)
- BA 312 Principles of Marketing (5)
- BA 321 Principles of Management (5)

Select two courses from the following

- BA 451 Human Resource Management (5)
- BA 460 Entrepreneurship (5)
- BA 461 Organizational Behavior (5)
- BA 464 Promotion Strategy
- BA 465 Consumer Behavior (5)
- BA 498 Business Policy and Strategy (5)

Physical Activity and Health: 30 credit hours

- *HWS 298 Health and Fitness for Life (3)
- *EXS 321 Applied Anatomy (4)
- *EXS 323 Physiology of Exercise (4)
- *HWS 325 Nutrition (4)
- *HWS 350 Lifestyle Behavior and Health (3)
- *PES 359 Care and Prevention in PER Settings (3)
- *PES 470 Sport Management (3)
- *Required

Select two from the following three options:

1. PES 364 Scientific Basis Coaching Youth Sports (3), or
2. PES 444 Adapted Physical Activity (3), or
3. HWS 422 Gerontology and Health Activity (2); and PES

- 409 Practicum: Adult Health and Development Program (1)
- LS 401 Capstone (4)

DIVISION OF PHYSICAL ACTIVITY AND HEALTH (PHYSH) MINORS CHECKLIST

Majors may complete a minor only if there are no duplication of coursework between the major degree (CORE and CONCENTRATION) and the minor. A minimum of 10 credits toward a minor must be earned through EOU courses.

PHYSICAL EDUCATION MINOR

(Complete a minimum of 30 credits)

- PES 270 History, Philosophy & Ethics in Sport (3)
- PES 294 Teaching Team Sports (3)
- EXS 311 Sport Psychology (3)
- PES 359 Prevention and Care of Injury in Physical Activity Settings (3)
- PES 364 Scientific Basis for Coaching Youth Sports (3)
- PES 394 Teaching Games, Dance, and Gymnastics (3)
- PES 410 Selected Topics (1-6) with advisor approval
- EXS 444 Adapted Physical Activity (3)
- PES 470 Sport Management (3)
- PES 494 Teaching Individual Lifetime Sports (3)

HEALTH STUDIES MINOR

(complete a minimum of 30 credits)

- *HWS 250 Personal Skills for Healthy Living (3)
- *HWS 298 Health and Fitness for Life (3)
- *HWS 325 Nutrition (4)
- *HWS 350 Lifestyle Behavior and Health (3)
- *HWS 351 Community and Social Skills for Healthy Living (3)
- *HWS 412 Program Design and Evaluation in Health and Wellness (3)
- HWS 314 Health and Humanities (2)
- HWS 317 Global Health (3)
- HWS 320 Healthy Activities and Games (3)
- PES 409 Practicum: Health and Wellness (1-6)
- PES 410 Selected Topics: Health (1-6)**
- HWS 422 Gerontology and Healthy Activities (2)
- HWS 423 Aging and Society (3)
- HWS 431 Alcohol and Drugs: Prevention (5)
- HWS 432 Substance Abuse and Family Relations (5)
- HWS 433 Alcohol and Drugs: Use Misuse and Addiction (5)
- PSY 211 Intro Lifespan Development (3)
- PSY 231 Human Sexuality (3)
- PSY 311 Child Development (5)
- GEN/SOC 360 Gender and Power (5)
- SOC 338 Sociology of Families (5)
- *Required Courses

**A student may take up to a total of 45 credits within the graduation requirement of 180 credits of courses numbered PES 410

GERONTOLOGY MINOR

(30 credits)

- HWS 250 Personal Skill for Healthy Living (3)
- HWS 325 Nutrition (4)
- SOC 338 Sociology of Families (5)
- PES 407 Seminar: Aging (1)
- PES 409 Practicum: Adult Health and Development Program

(1-6) (3 credits required)

HWS 412 Program Design and Evaluation in Health and Wellness (3)

HWS 422 Gerontology and Healthy Activities (2)

HWS 423 Aging and Society (3) (New Course)

EXS 444 Adapted Physical Activity (3)

EXS 452 Physical Activity in Disease Prevention (3)

PHYSICAL EDUCATION COURSE DESCRIPTIONS

EXS 213 - Qualt Analy Human Mvmnt Credits: 3.00

This course is for the student to develop an ability to perform systematic qualitative analyses of physical skills. The student will acquire observational skills and be able to detect and correct faults in technique that limit human performance. Practical hands-on experience will be required with various ages and abilities of subjects. Prerequisite: PES 131.

EXS 311 - Sport Psychology Credits: 3.00

Study of psychological factors affecting sport performance and exercise participation. Specific attention will be given to techniques for effectively coaching athletes and teaching physical education classes. Topics include motivation, arousal, psychological skill training, goal setting, and group dynamics. Student must have at least sophomore standing to register for this course.

EXS 312 - Msrmnt/Eval Phys Act/Hlth Credits: 3.00

This course investigates the development of physical activity and health curriculums and programs in school and non-school settings. This course will emphasize measurement and evaluation of individuals as it relates to physical activity, physical education and health. Student must have at least sophomore standing to register for this course.

EXS 321 - Applied Anatomy Credits: 4.00

Study of the musculoskeletal structure of the living human body; bones and their specific articulations; segments and their movements; muscles and their attachments and actions. Special emphasis is placed on musculoskeletal analysis of basic exercise and movement patterns. Prerequisite: BIOL 231, 232, and 233, or consent of instructor. Student must have at least sophomore standing to register for this course.

EXS 321L- Applied Anatomy Lab Credits: .00

Student must have at least sophomore standing to register for this course.

EXS 322 - Biomechanics Credits: 4.00

Integration of skeletal and neuromuscular anatomy with mechanical principles of human motion. Analysis of sports skills for performance improvement. Prerequisite: EXS 321 or consent of instructor. Student must have at least sophomore standing to register for this course.

EXS 322L- Biomechanics Lab Credits: .00

Student must have at least sophomore standing to register for this course.

EXS 323 - Physiology of Exercise Credits: 4.00

Investigation of the relationship between physical activity and physiological processes. Special emphasis on energy metabolism, neuromuscular structures and functions,

cardiorespiratory responses to exercise, environmental stress and exercise and training principles. Prerequisite: EXS 321, BIOL 232, or consent of instructor. Student must have at least sophomore standing to register for this course.

EXS 323L- Physiol/Exercise Lab Credits: .00

Student must have at least sophomore standing to register for this course.

EXS 440 - Motor Development Credits: 3.00

A study, critique, and analysis of human motor growth and development and skill acquisition in regular populations. Topics include performance assessment and remediation, and adaptation of activities for individuals throughout the lifespan of development, with an emphasis on early childhood and older adults. Prerequisite: PSY 311 recommended. Student must have at least junior standing to register for this course.

EXS 444 - Adapted Physical Activity Credits: 3.00

Investigations of the historical aspects of providing adapted/special physical education programs for special populations including implications of Federal Legislation; practice in the development and implementation of Individual Education Programs (I.E.P.) including assessment, program planning and evaluation; practicum experience provided. Prerequisite: EXS 440 or consent of instructor. Student must have at least junior standing to register for this course.

EXS 451 - Physiol of Exercise II Credits: 3.00

Advanced principles of exercise metabolism, including exercise energetics, and cardiovascular dynamics. Particular emphasis on body adaptations to exercise stress under normal and altered environmental conditions. This course is not to be considered a repeat of EXS 451 Scientific Basis of Sports Conditioning. Prerequisite: EXS 323 or consent of instructor. Student must have at least junior standing to register for this course.

EXS 452 - Phys Act In Disease Prev Credits: 3.00

Application of scientific theory and findings to understand and analyze the role of physical activity in chronic disease prevention and treatment. The following diseases or conditions will be reviewed: coronary heart disease - high blood pressure, blood cholesterol, high lipids, stroke, cancer, diabetes, osteoporosis, arthritis and asthma. Prerequisite: EXS 323 or consent of the instructor. Student must have at least junior standing to register for this course.

EXS 453 - Motor Learning/Control Credits: 3.00

Study of the neurological basis for movement. Course content will include central and peripheral neurologic control, reflexes, motor theory, and the relationship between control of movement and acquisition of motor skills. Both theoretical and hands on approaches to motor control and learning will be utilized. This course is not to be considered a repeat of EXS 453 Nutrition and Sport Performance. Prerequisite: EXS 323 or consent of instructor. Student must have at least junior standing to register for this course.

EXS 544 - Adv Studies Adapted PE Credits: 2.00

Overview of the historical, cognitive, neuromuscular, sensory, and orthopedic impairments associated with programs

for individuals with disabilities. Course study will include discussions of design, implementation, and assessment of programs and individuals. Student must have graduate standing to register for this course.

HWS 250 - Personal Skills Hlthy Living Credits: 3.00

The course explores current personal health issues. Topics include family health, mental health, stress management, and human sexuality. Special emphasis is placed on preventative practices.

HWS 252 - First Aid & Safety Credits: 3.00

First aid for emergency treatment of injuries with emphasis on the use of this knowledge as applied in everyday life and school situations. National Safety Council cards are issued to those who qualify.

HWS 298 - Health/Fitness For Life Credits: 3.00

An overview of the major components of wellness. Special emphasis is placed on needs and interests of college students approached from a social, emotional, physiological, and preventative basis that include diet, exercise, stress management, and substance abuse.

HWS 314 - Health & Humanities Credits: 2.00

This course will foster opportunities for students to identify and clarify humanistic and ethical values in medical care and technology, health education, health related jurisprudence, and health related research. Studies in bioethics, communication, history, literature, religious studies, and philosophy provide opportunities for students to consider the cultural, social, and interpersonal dimensions in the planning and implementation of care and activities of the health professions. The course will utilize several reading selections as discussion points for the course. Student must have at least sophomore standing to register for this course.

HWS 317 - Global Health Credits: 3.00

Today's world has shrunk due to the ability of individuals to travel rapidly from place to place. This has created a world where health issues are no longer confined to a limited region, but can potentially affect the entire planet. This course will examine global health issues, including historic impacts of advancing civilization on health, HIV/AIDS and the distribution of antiretrovirals (ARVs), Pandemic Flu and other infectious diseases such as malaria and tuberculosis, health care, chronic illness, and other issues. Student must have at least sophomore standing to register for this course.

HWS 320 - Hlthy Act/Games Youth Credits: 3.00

This course is directed at students in the Health Studies concentration and in the MUD program. It is specifically intended to provide a background into understanding how to plan, teach and assess games and activities for young children. Student must have at least sophomore standing to register for this course.

HWS 325 - Nutrition Credits: 4.00

Study of macro- and micronutrient dietary requirements for healthy living. Topics include diet design, nutrient digestion, absorption and metabolism, energetics, and weight control. Five-day computer dietary analysis and planning are included.

Prerequisite or Co-requisite: CHEM 103. Student must have at least sophomore standing to register for this course.

HWS 350 - Lifestyle Behavior & Hlth Credits: 3.00

Study of contemporary issues in unhealthy lifestyle practices. Topics include health psychology, health belief models and behaviors, alcohol and other drug abuse and addiction, spiritual health issues. Student must have at least sophomore standing to register for this course.

HWS 351 - Comm/Soc Skls Hlthy Liv Credits: 3.00

The course studies contemporary wellness issues that include consumer health, community health, epidemiology, prevention and control of disease, Health careers, AIDS, and Environmental Health. Student must have at least sophomore standing to register for this course.

HWS 412 - Prog Des/Eval PE & Hlth Credits: 3.00

The course will study the development of curriculums and programs in school, wellness, and community settings. Additional emphasis will be placed on the measurement and evaluation of individuals and programs in Health and Wellness settings. Prerequisite: STAT 315 and STAT 316 or PSY 327; HWS 351 and HWS 350; or consent of instructor. Student must have at least junior standing to register for this course.

HWS 422 - Gerontology/Hlthy Act Credits: 2.00

The study of the dynamics of later life and the process of aging with an emphasis on healthy activities. Includes overview of aging, physiological and behavioral dimensions of the aging process, screening and assessment, training methods, and successful program design, leadership and risk management. Student must have at least junior standing to register for this course.

HWS 423 - Aging & Society Credits: 3.00

This course examines the relationship between the quality of ones life in old age and the life experiences, choices made in younger years, the opportunities that a person has grasped, and the many constraints and potential barriers that life has presented. The course discusses how race, class, gender, and culture combine with age to determine how an individual can achieve a healthy life in all of life's many dimensions such as physical, spiritual, and emotional areas. Prerequisite: HWS 422; admission to the Health & Wellness Studies program; or consent of instructor. Student must have at least junior standing to register for this course.

HWS 431 - Alcohol&Drugs:Prevention Credits: 5.00

This course is intended to provide a basic theoretical understanding of the primary and secondary prevention of alcohol and drug problems and a recognition of major issues involved in developing prevention programs. Topics include risk-focused prevention strategies, evaluation of current prevention programs, and public policy and alcohol and drug prevention. Student must have at least junior standing to register for this course.

HWS 432 - Substance Abuse/Fam Relat Credits: 5.00

This course is designed to provide the student with a broad overview of the issues of substance abuse in terms of interpersonal process and family dynamics. We will look at

family and interpersonal relationships as they are affected by and, in turn, affect, substance abuse and addiction. This course will also give a basic overview of intervention approaches and related issues in families affected by substance abuse. Student must have at least junior standing to register for this course.

HWS 433 - Alc&Drugs:Use/Misuse/Add Credits: 5.00

This course is designed to provide an in-depth understanding of the use, misuse and addictive use of mood altering substances. This course will cover a variety of topics ranging from the physiological effects of alcohol and other addictive chemicals to the treatment of addiction. This is not a "counseling" course but rather is intended to provide essential information towards understanding alcohol, drugs and addiction. Student must have at least junior standing to register for this course.

HWS 510 - Selected Topics Credits: 1.00 TO 6.00

This course explores the theoretical, practical, and applied approaches to advanced study in Physical Activity and Health. Topics will be selected that reflect contemporary issues in Exercise Science, Health, and Physical Activity. Prerequisite: Approved Graduate student. Student must have graduate standing to register for this course.

HWS 522 - Health Promotion In Sch Credits: 1.00

The student will demonstrate an understanding of current health and wellness issues that influence performance in an educational setting. Topics that will be discussed include substance abuse, sexually transmitted diseases, nutrition, and health promotion; the effects of exercise on various fitness factors; and personal/community health issues such as stress management. Student must have graduate standing to register for this course.

PES 131 - Fndtns Phys Act & Hlth Credits: 2.00

Overview of career opportunities and success skills in physical activity and health. The class focuses on topics such as professional writing, academic literature, pedagogy, technical knowledge, and national certification exams. Fitness tests are also conducted for each student.

PES 180 - Activity Courses Credits: 1.00

Development of skill and proficiency in physical education. Aquatics: Lifesaving. Individual activities: Aerobic dance, archery, badminton, bowling, cross country skiing, circuit weight training, golf, power lifting, and sport conditioning, cycling, fencing, cross training. Team sports: Basketball, soccer, softball and volleyball.

PES 199 - Selected Topics Credits: 1.00 TO 6.00

PES 200I- Intact Courses Credits: 1.00

PES 201 - Intercollegiate Athletics Credits: 1.00

Intercollegiate athletic activities. Participation on a varsity, or club sport team providing programs for the highly skilled. Up to twelve hours may apply as elective credits toward graduation.

PES 209 - Practicum Credits: 1.00 TO 6.00

PES 270 - Hist/Phil/Ethics Of Sport Credits: 3.00

Consideration of the historical, philosophical, and ethical foundations of physical education and health. Exploration of contemporary values, issues, and controversies concerning sport and wellness.

PES 291 - Lifeguarding Credits: 2.00

Red Cross certificate program. Prerequisite: Current First Aid CPR certification.

PES 292 - Water Safety Instructor Credits: 3.00

Red Cross certificate program. Prerequisite: 1. Be at least 17 years old at the start of the course. (Provide driver's license or birth certificate as proof.) 2. Demonstrate successful completion of the Introduction to Health Services Education course by showing one of the following: a) a current instructor authorization in an American Red Cross health and safety course; b) a certificate of completion of Introduction to Health Services Education within one year of this instructor course. 3. Show a current certificate for the American Red Cross Emergency Water Safety course or the American Red Cross Lifeguard Training course.

PES 293 - Lifeguard Instructor Trng Credits: 2.00

Red Cross certificate program. Prerequisite: Current First Aid/ CPR certification and lifeguarding certification.

PES 294 - Teaching Team Sports Credits: 3.00

Study and application of pedagogy for team sports. Fundamental skills, appreciation, knowledge of rules, and instructional strategy are emphasized for soccer, track & field, baseball/softball, football, rugby, volleyball, and basketball. Prerequisite: EXS 213 .

PES 359 - Prev/Care Athletic Injury Credits: 3.00

Study and practice in taping, treatment of strains, sprains, contusions, and change wounds. Study of the importance of conditioning of the athlete. Prerequisite: EXS 321. Student must have at least sophomore standing to register for this course.

PES 363 - Curric Methods:PE/Hlth Credits: 3.00

Acquaints students with the goals, standards, and curriculum of Physical Education and Health in grades K-12. Topics include lesson design, classroom management, student assessment, curriculum content, and school district health services. Core 1 High School Focus. Prerequisite: Secondary Education Program Admission. Student must have at least sophomore standing to register for this course.

PES 363L- Curric Meth:PE/Hlth Lab Credits: .00

Field experiences in Physical Education and Health in grades K-12. Student must have at least sophomore standing to register for this course.

PES 364 - Sci Basis Coach Yth Spts Credits: 3.00

Course provides a general understanding of Exercise Physiology, Sport Pedagogy, Sport Psychology, and Sport Medicine for individuals who wish to coach in school or youth sport settings. The course is designed to provide certification through the American Sport Education Program. Student must have at least sophomore standing to register for this course.

PES 365 - Football Coach & Off Credits: 3.00

Study and analysis of playing rules, fundamentals, techniques and materials for coaching and officiating football. Demonstrations and practice procedures are included. Prerequisite: Junior standing or consent of instructor. Student must have at least sophomore standing to register for this course.

PES 366 - Basketball Coach & Off Credits: 3.00

Study and analysis of playing rules, fundamentals, techniques and materials for coaching and officiating basketball. Demonstrations and practice procedures are included. Prerequisite: Junior standing or consent of instructor. Student must have at least sophomore standing to register for this course.

PES 367 - Baseball Coach & Off Credits: 3.00

Study and analysis of playing rules, fundamentals, techniques and materials for coaching and officiating baseball. Demonstrations and practice procedures are included. Prerequisite: Junior standing or consent of instructor. Student must have at least sophomore standing to register for this course.

PES 368 - Track/Field Coach & Off Credits: 3.00

Study and analysis of fundamentals, techniques and materials in coaching track and field and cross country activity. Demonstrations and practice procedures are included. Prerequisite: Junior standing or consent of instructor. Student must have at least sophomore standing to register for this course.

PES 369 - Wrestling Coach & Off Credits: 3.00

Study and analysis of fundamentals, techniques and materials in coaching and officiating wrestling. Emphasis on administration, organizations and officiating meets. Prerequisite: Junior standing or consent of instructor. Student must have at least sophomore standing to register for this course.

PES 370 - Volleyball Coach & Off Credits: 3.00

The analysis and development of fundamental skills and techniques for coaching power volleyball. Students learning to plan practices, prepare for matches, and understand the duties of the volleyball coach. Prerequisite: Junior standing or consent of instructor. Student must have at least sophomore standing to register for this course.

PES 371 - Soccer Coach & Off Credits: 3.00

The course will study and analyze the playing rules, fundamentals, techniques and materials for coaching and officiating soccer. Student must have at least sophomore standing to register for this course.

PES 372 - Tennis Coach & Off Credits: 3.00

Study and analysis of playing rules, fundamentals, techniques and material for coaching a tennis team. Student must have at least sophomore standing to register for this course.

PES 373 - Golf Coach & Off Credits: 3.00

Study and analysis of playing rules, fundamentals, techniques and materials for coaching a golf team. Student must have at least sophomore standing to register for this course.

PES 394 - Teach Games/Dance/Gym Credits: 3.00

Study and application of pedagogy for games, dance and gymnastics. Fundamental skills, appreciation, knowledge of rules, and instructional strategy are emphasized for cricket, netball, speedball, team handball, and many games appropriate for elementary school. Topics also include self-defense, gymnastics, group exercise, and dance. Prerequisite: PES 294. Student must have at least sophomore standing to register for this course.

PES 407 - Seminar Credits: 1.00 TO 6.00

Student must have at least junior standing to register for this course.

PES 409 - Practicum Credits: 1.00 TO 6.00

(Capstone) Prerequisite: Consent of instructor. Student must have at least junior standing to register for this course.

PES 410 - Selected Topics Credits: 1.00 TO 6.00

Student must have at least junior standing to register for this course.

PES 459 - Adv Athletic Training Credits: 3.00

Theory and practice in the prevention and care of athletic injuries. This course will cover the basic injury evaluation techniques, protective strapping, and the use of therapeutic modalities in the training room. Prerequisite: Admission to Sports Medicine Program. Student must have at least junior standing to register for this course.

PES 460 - Recond Athletic Injuries Credits: 3.00

An advanced course in the theory and practice in the use of specific therapeutic modalities used in an athletic training or physical therapy setting. This course will also cover the theory and practice of basic reconditioning exercises used for pre- and post-surgical, and post-injury management. Prerequisite: Admission to Sports Medicine Program. Student must have at least junior standing to register for this course.

PES 461 - Therapeutic Modalities Credits: 3.00

Student must have at least junior standing to register for this course.

PES 462 - Admin Athletic Trng Prgm Credits: 3.00

Student must have at least junior standing to register for this course.

PES 463 - Curric Meth:PE/Health Credits: 2.00

Acquaints students with the goals, standards, and curriculum of Physical Education and Health in grades K-12. Topics include lesson design, classroom management, student assessment, curriculum content, and school district health services. Core 2 Middle School Focus. Prerequisite: Secondary Education Core 1 completion. PES 363. Student must have at least junior standing to register for this course.

PES 463L- Curr Meth:PE/Hlth Lab Credits: .00

Field experiences in Physical Education and Health in grades K-12. Student must have at least junior standing to register for this course.

PES 470 - Sport Management Credits: 3.00

Principles and procedures in development, organization, administration and supervision of physical education, health and athletic programs. Emphasis on facilities use and construction, program supervision and legal liability. Prerequisite: Senior standing. Student must have at least junior standing to register for this course.

PES 481 - Curr Stnd:PE & Health Credits: 1.00

Students determine the essential goals and standards of the ECE and Elementary curriculum. The course discusses appropriate content, methods and strategies for teaching physical education and health in grades Pre-K through 8. Prerequisite: CUESTE Core 1. Student must have at least junior standing to register for this course.

PES 481L- Curr/Stnd:PE/HE Pr Grd Lab Credits: .00

Student must have at least junior standing to register for this course.

PES 494 - Tchng Ind Lifetime Sports Credits: 3.00

Study and application of pedagogy for individual sports.

Fundamental skills, appreciation, knowledge of rules, and instructional strategy are emphasized for badminton, skiing, swimming, rock climbing, mountaineering, backpacking, orienteering, bicycling, tennis, archery, golf and bowling. Prerequisite: PES 394. Student must have at least junior standing to register for this course.

PES 507 - Seminar Credits: 1.00 TO 6.00

Student must have graduate standing to register for this course.

PES 534 - PE/HLTH Meth:ECE/ELEM Credits: 1.00

Students determine the essential goals and standards of the ECE and Elementary curriculum. The course discusses appropriate content, methods and strategies for teaching physical education and health in grades Pre-K through 8. Prerequisite: Admission to MTE Program. Student must have graduate standing to register for this course.

PES 573 - PE/HLTH Meth:Con/Strat/Impl Credits: 2.00

Acquaints students with the goals, standards, and curriculum of Physical Education and Health in grades K-12. Topics include lesson design, classroom management, student assessment, curriculum content, and school district health services. Prerequisite: Admission to MTE Program. Student must have graduate standing to register for this course.