

selection, unit assignment, promotion and mobilization, to career planning, professional development, and balancing personal/family life, civilian employment, and military service.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

MS 409 - Practical Field Exper Credits: 1.00 to 6.00

A Practicum course which is designed to provide the student with practical military experience in areas

ranging from Military Supply to Army Administration procedures. Each practicum will be designed by the instructor and student to meet each individual's needs/desires. Normally 1.5 to 2 hours of work per week is required for each hour of credit requested, e.g. 3 credits would normally require 4.5 to 6 hours of work per week.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

Eastern Oregon University

Physical Education & Health

(This major is also available via the Division of Distance Education)

OBJECTIVES

The Health and Physical Education degree program at Eastern Oregon University seeks to produce graduates who possess the skills necessary to promote health. The inter-relationship of health and physical activity create within the program a commitment to wellness, sport, recreation, and the exercise sciences.

In addition to the bachelor degree program in Physical Education and Health, two academic minors within the program are available. These minors are Physical Education - 30 hours ; and Health Studies -30 hours.

Program Outcomes/ Requirements****

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

b. Have passed the Writing Proficiency Examination.

c. It is important that persons engaged in the field of Physical Education and Health reflect a role model of good levels of physical fitness and health. Therefore, the following physical requirements are recommended for the program.

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

2. Competency in the following areas as demonstrated through completion of PEH 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.

3. Competency in First Aid and CPR.

d. Complete all PEH course work with a grade of "C" or better.** This includes non-PEH prefix coursework such as Biology, Psychology, etc.

e. For the BS Degree, fulfill the mathematics competency requirement by completing MATH 105, 111, 112, 113, 211, 212, or 213.

f. Successfully complete the two components of the "capstone" experience.

First, within the capstone experience, all students will be required to complete a three term sequence of practicum experience. Each experience should be different, but must include a setting applicable to a recognized content area of the program. Second, students must complete a nationally recognized certification examination such as the ACSM, NATA, ACEP etc.

g. Complete the computer literacy requirement by taking PEH 323, PEH 325, PEH 412, and/or PEH 470.***

Assessment: The Physical Education/Health program has several points in which 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 syllabi 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 all upper division coursework and meet other admission requirements.

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

PHYSICAL EDUCATION AND HEALTH DEGREE COURSES - MAJOR

Students must complete the Core Requirements and then select either Concentration #1, or Concentration #2. Students may complete both concentrations, this is required for students planning to enter the teacher education program.

Core Requirements - 30 Hours

BIOL 231 Human Anatomy (4)
BIOL 232 Human Physiology (4)
PEH 321 Applied Anatomy (3)
PEH 322 Biomechanics (3)
PEH 323 Physiology of Exercise (5)
PEH 409 Capstone Practicum (3)
PEH 440
 Motor Development, Control, and Learning (3)

Choose one of the following:

PSY 327 Statistics (5) **or**
STAT 315 Principles of Statistics (4) **AND**
STAT 316 Statistical Comp (1)

Concentration #1 Physical Education (30 Credits)

PEH 270 History, Philosophy & Ethics in PEH (3)
PEH 294 Team Sports for Health Promotion (3)
PEH 311 Psychology and Sociology of Sport (3)
PEH 359 Care & Prevention of Athletic Injuries (3)
PEH 364 Sci Basis for Coaching Youth Sports (3), **or**
PEH 410 – Selected Topics (1-6)
PEH 394 Games, Dance, & Gymnastics for Health Promotion (3)
PEH 412 Program Design and Evaluation (3)
PEH 444 Adaptive PE (3)
PEH 470 Sport Management (3)
PEH 494 Indiv Lifetime Sports for Health Pro (3)

Concentration #2 Health Studies (30 Credits)

The following 16 credits are required
PEH 250 Personal Skills for Healthy Living (3)

PEH 298 Health and Fitness for Life (3)
PEH 325 Nutrition (4)
PEH 350 Lifestyle Behavior and Health (3)
PEH 351 Community and Social Skills for Healthy Living (3)

Choose at least 14 credits from the following:

PEH 320 Healthy Activities and Games (3)
PEH 409 Practicum (1-6)
PEH 410 Selected Health Topics (1-6)
PEH 422 Gerontology and Healthy Activities (2)
GEN/SOC 360 Gender and Power (5)
PEH 431 Alcohol and Drugs: Prevention (5)
PEH 432 Substance Abuse and Family Relations (5)
PEH 433 Alcohol and Drugs: Use Misuse and Addiction (5)
PSY 231 Human Sexuality (3)
PSY 311 Principles of Development (5)
SOC 338 Sociology of Families (5)

TOTAL REQUIREMENTS FOR MAJOR: 60 HOURS

MINORS

Physical Education (30 Hours)

(This minor is also available via the Division of Distance Education)

PEH 270 History, Phil & Ethics in PEH (3)
PEH 294 Team Sports for Health Promotion (3)
PEH 311 Psychology and Sociology of Sport (3)
PEH 359 Care & Prevention of Athletic Injuries (3)
PEH 364 Sci Basis for coaching Youth Spts (3)
PEH 394 Games, Dance, & Gymnastics for Health Promotion (3)
PEH 412 Program Design and Evaluation (3)
PEH 444 Adaptive PE (3)
PEH 470 Sport Management (3)
PEH 494 Indiv Lifetime Sports for Health Pro (3)

Health Studies (30 Hours)

The following 16 credits are required

PEH 250 Personal Skills for Healthy Living (3)
PEH 298 Health and Fitness for Life (3)
PEH 325 Nutrition (4)
PEH 350 Lifestyle Behavior and Health (3)
PEH 351 Community and Social Skills for Healthy Living (3)

Choose at least 14 credits from the following:

PEH 320 Healthy Activities and Games (3)
PEH 409 Practicum (1-6)
PEH 410 Selected Health Topics (1-6)
PEH 422 Gerontology and Healthy Activities (2)
GEN/SOC 360 Gender and Power (5)
PEH 431 Alcohol and Drugs: Prevention (5)
PEH 432 Substance Abuse and Family Relations (5)
PEH 433 Alcohol and Drugs: Use Misuse and Addiction (5)
PSY 231 Human Sexuality (3)
PSY 311 Principles of Development (5)
SOC 338 Sociology of Families (5)

PHYSICAL EDUCATION COURSE DESCRIPTIONS

PEH 131 - Hlth, Pe, & Rec Credits: 2.00

Overview of history, concepts, principles, organization and management of Physical Education and Health. Survey of professional opportunities in Physical Education and Health.

PEH 180 - PEH 180 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.

PEH 199 - PEH 199 Credits: 1.00 to 6.00

PEH 200I - PEH 200I Credits: 1.00

PEH 201 - PEH 201 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 credit toward graduation.

PEH 209 - Practicum Credits: 1.00 to 6.00

PEH 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.

PEH 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.

PEH 270 - Hist/Phil/Ethics Of PE & Hlth 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.

PEH 291 - Lifeguarding Credits: 2.00

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

PEH 292 - Water Safety Instructor Credits: 3.00

Red Cross certificate program. Prerequisite: 1. Be at least 17 years old at the start of the instructor 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.

PEH 293 - Lifeguard Inst Training Credits: 2.00

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

PEH 294 - Team Sports Health Promotion Credits: 3.00

Development of fundamental skills, appreciation, knowledge of rules, and instructional strategy in the sport activities listed below: Basketball, Football, Soccer, Softball (Baseball), Team Handball, Track and Field, Volleyball.

PEH 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.

PEH 311 - Psychology/Sociology Sports Credits: 3.00 (Writing Intensive)

Study of psychological and social-psychological factors affecting sport performance. Specific attention will be given to the relationship between sport performance and motivation, personality, aggression, attentional styles and arousal. The social processes of social facilitation, observational learning, social reinforcement and performance will also be examined.

PEH 320 - Healthy Activities & Games Credits: 3.00

Restrictions: May not be enrolled in one of the following Class(es): Freshman

PEH 321 - Applied Anatomy Credits: 3.00

Study of the musculoskeletal structure of the living human body; bones and their articulation; segments and their movements; muscles and their attachments and actions. Special emphasis is placed on musculo-skeletal analysis of basic exercise and movement patterns. Prerequisite: BIOL 231, 232, or consent of instructor.

PEH 321L - Appld Anatomy Lab Credits: .00

PEH 322 - Biomechanics Credits: 3.00

Integration of skeletal and neuromuscular anatomy with mechanical principles of human motion. Analysis of sports skills for performance improvement Prerequisite: BIOL 231, 232, PEH 321, or consent of instructor.

PEH 323 - Physiology Of Exercise Credits: 5.00

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

functions, cardiorespiratory responses to exercise, environmental stress and exercise and training principles. Prerequisite: PEH 321, BIOL 232, or consent of instructor.

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

PEH 325 - Nutrition Credits: 4.00

Essential dietary needs of individuals at different ages. Key emphasis is on the relationship of essential nutrients on digestion, absorption and metabolism and its contribution to optimal health. Three-day computer dietary analysis and three-day diet planning are included.

Restrictions: May not be enrolled in one of the following Class(es): Freshman

PEH 350 - Lifestyle Behavior & Health Credits: 3.00

Study of contemporary issues in unhealthy lifestyle practices. Topics include health psychology, health beliefs, models, and behaviors, alcohol and drug abuse, STD's, nutritional issues, accident prevention, tobacco and steroid abuse.

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

(Writing Intensive) The course studies contemporary wellness issues that include consumer health, community health, epidemiology, prevention and control of disease, Health careers, AIDS, and Environmental Health.

PEH 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: PEH 321

PEH 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: CUESTE Program Admission.

PEH 363L - Curric Meth:PE Lab Credits: .00

PEH 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.

PEH 365 - Football Coaching/Officiating 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.

PEH 366 - Basketball Coaching & 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.

PEH 367 - Baseball Coaching/Officiating 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.

PEH 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.

PEH 369 - Wrestling Coaching/Officiating 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.

PEH 370 - Volleyball Coaching/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.

PEH 394 - Game/Danc/Gym Hlth Prom Credits: 3.00

Development of fundamental skills, appreciation, knowledge of rules, and instructional strategy in the sport activities listed below: Cricket, Hockey, Netball, Rugby, Speedball, Simple Games, Dance, Gymnastics, Combatives. Prerequisite: PEH 294

PEH 407 - Seminar Credits: 1.00 to 6.00

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 409 - Practicum Credits: 1.00 to 6.00

(Capstone) Prerequisite: Instructor permission. Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 410 - Selected Health Topics Credits: 1.00 to 6.00

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 412 - Prog Des & Eval In PE & Hlth Credits: 3.00

(Writing Intensive) 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 Physical Education and Health settings. Prerequisite: STAT 315/316 or PSY 327

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 422 - Gerontology/Hlth Pro Act Credits: 2.00

The study of the dynamics of later life and the process of aging with an emphasis on healthy activities. Includes theories of aging, physiological and behavioral dimensions of the aging process, coping strategies, and successful aging. Also, explores the social concerns of aging in contemporary American society and elsewhere.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 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.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 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.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 433 - Alcohol & 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.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 440 - Motor Dev, Control/Lrng Credits: 3.00

A study, critique, and analysis of human motor growth and development in regular populations. Topics include the relationships of development to motor learning and performance; performance assessment and remediation, and adaptation of activities for individuals throughout the lifespan of development, the nature of motor control, scientific

measurement, sensory contributions, vision, memory and learning, practice and feedback. Prerequisite: PSY 311 recommended.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 444 - Adapted Physical Education 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: PEH 440 or consent of instructor.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 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.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 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. Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 461 - Therapeutic Modalities Credits: 3.00

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 462 - Admin Athletic Trng Prgm Credits: 3.00

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 463 - Curric Meth:PE/Hlth 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: CUESTE Core 1 Completion, PEH 363

PEH 463L - Curric Meth:PE Lab Credits: .00

Field experiences in Physical Education and Health in grades K-12.

PEH 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

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 481 - Curr Stnd:PE/Hlth Pr Grd 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

PEH 481L - Curr/Stnd:PE/HE Lb Pr Grd Credits: .00

PEH 494 - Ind Sports Health Promotion Credits: 3.00

Development of fundamental skills, appreciation, knowledge of rules, and instructional strategy in the sport activities listed below: Archery, Badminton, Bowling, Camping, Fencing, Golf, Orienteering, Skiing, Swimming, Tennis, Rock Climbing. Prerequisite: PEH 294, and 394.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

PEH 507 - Seminar Credits: 1.00 to 6.00

Restrictions: May not be enrolled in one of the following Level(s): Denied Adm Undergraduate, Non-Admitted Undergraduate, Undergraduate. Must be enrolled in one of the following Class(es): Graduate, Non-Admitted Graduate, Post-Baccalaureate

PEH 522 - Health Promotion In Schools 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.

Restrictions: Must be enrolled in one of the following Level(s): Denied Adm Graduate, Graduate, Non-Admitted Graduate, Post-Baccalaureate, Post-

Baccalaureate Non-Grad. Must be enrolled in one of the following Class(es): Graduate, Non-Admitted Graduate, Post-Baccalaureate, Post-Baccalaureate Non-Grad

PEH 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

Restrictions: Must be enrolled in one of the following Level(s): Denied Adm Graduate, Graduate, Non-Admitted Graduate, Post-Baccalaureate, Post-Baccalaureate Non-Grad. Must be enrolled in one of the following Class(es): Graduate, Non-Admitted Graduate, Post-Baccalaureate, Post-Baccalaureate Non-Grad

PEH 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.

Restrictions: May not be enrolled in one of the following Level(s): Denied Adm Undergraduate, Non-Admitted Undergraduate, Undergraduate

PEH 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

Restrictions: Must be enrolled in one of the following Level(s): Denied Adm Undergraduate, Graduate, Non-Admitted Graduate, Post-Baccalaureate, Post-Baccalaureate Non-Grad. Must be enrolled in one of the following Class(es): Graduate, Non-Admitted Graduate, Post-Baccalaureate, Post-Baccalaureate Non-Grad