

PHYSICAL AND HEALTH EDUCATION (PHED)

PHED 106 - Gymnastics Fundamentals

This course is based on the study of PreK-12 developmentally appropriate gymnastics, with the recognition of individual and group uniqueness, acknowledging and valuing diversity. An emphasis will be placed on an educational gymnastics approach, utilizing movement concepts appropriate for teaching children body awareness and body control. Students will also learn skill progressions, spotting techniques, and biomechanical principles involved in a variety of gymnastic skills performed on traditional and non-traditional gymnastics equipment.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

PHED 107 - Aquatic Fundamentals

This course is designed to provide the student with an overview of a variety of aquatic activities. Consideration is given to basic swimming strokes, starts and turns, small craft safety, skin diving, elementary non-swimming rescue techniques, diving progressions from the deck, springboard diving, synchronized swimming, water polo, personal fitness, and aquatic games. This is a Theory and Technique Course (open to Physical Education majors or Aquatics minors only).

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Enrollment is limited to students with a program in School Wellness Education, Health-Physical Educ Teaching, Health and Physical Education or Aquatics.

PHED 113 - Golf

This course is designed to introduce the student to all phases of golf through application of the skills used in these activities. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 114 - Orienteering

This course is designed to teach the fundamental skills for traveling in the outdoors by map and compass in unfamiliar territory, and to introduce the sport of orienteering. The sport involves competitive cross country hiking/running on a set course as accurately and quickly as possible. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 115 - Yoga and Well-Being

Yoga and Well-Being is an experiential and theoretical course that will introduce the student to the practice and examination of Yoga. The course will cover the practice of yoga postures (asanas), the use of controlled breathing (ujjayi) the engagement of body locks (bandhas), the study of yoga's historic background and the benefits of meditation and relations techniques. Additionally it will examine postures from an anatomical perspective providing the student with a comprehensive examination of proper alignment and correct positioning of the body in order to avoid injury. The course will present the many benefits of Yoga at a physical, mental and emotional level, and its application to the needs of our society today.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Thematic Thread(s): Cultural Literacy & Community Building, Human Diversity & Well-Being, Transfer Thread Completion Course

PHED 123 - Stand-Up Paddle Boarding

This introductory course is designed to explore the fundamental skills and safety concepts necessary to paddle stand-up paddle boards (SUPs) effectively. Safety procedures will be emphasized such as, selection of waterways appropriate for an individual's skill set and experience level, self-rescue and group rescue approaches. Various paddling techniques including power strokes, turning strokes and bracing with the paddle will be examined. In addition, equipment selection and care, boating regulations, trip planning and logistics, outdoor leadership, basic water reading skills, flat water navigation skills, white water classification and minimum environmental impact techniques will be addressed. An overview of the various types of stand-up paddle boards (SUP) as well as necessary safety equipment will be explored.

Credits: 2

Term(s) Typically Offered: Offered Fall Terms Odd

PHED 125 - Bicycling

This introductory course is designed to explore the fundamental skills and safety concepts necessary to participate in bicycling effectively. Cycling techniques related to both on-road and off-road will be examined. Cycling techniques related to both on-road and off-road will be examined. Safety procedures, bicycling control, fitness and social benefits to the rider will be emphasized. Current trends in cycling technology will be examined. Additionally, strategies to minimize environmental impact will be explored.

Credits: 2

Term(s) Typically Offered: Offered Fall Terms Even

PHED 131 - Foundations of Leadership in Physical Activity

This course is designed to introduce the student majoring in Leadership in Physical Activity to the history, philosophies, professional organizations, important concepts, careers and trends in physical activity leadership.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

PHED 133 - Tai Chi Chuan: Chinese Classical Exercise

An introduction to the Chinese Classical Exercise System inspired by the Chinese "Book of Changes. Tai Chi Chuan concentrates on relaxed movement, proper breathing and attention to posture. Any age or physical performance level may participate. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 139 - Foundations of Academic Discovery

Foundations of Academic Discovery serves as the entry point to the Rock Integrated Studies Program. With its strong faculty-student interaction, the course promotes intellectual inquiry, critical and creative thinking, and computer skills needed for academic success. Through varied content, the course introduces students to academic discourse and information literacy while exploring topics such as diversity and inclusion and global awareness. This course will set students along the path to becoming engaged with issues and scholarship important to a 21st century education while they learn about themselves and their place in the world.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Enrollment limited to students with a semester level of Freshman 1 or Freshman 2.

Enrollment limited to students with the ROCK STUDIES 2 STUDENT or ROCK STUDIES STUDENT attributes.

PHED 140 - Downhill Snow Skiing I

This course students to acquire a basic knowledge and appreciation of skiing as a sport and as a life-time leisure activity. Safety procedures and skiing etiquette also are discussed. Instruction takes place at Peek N' Peak Ski Resort. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 141 - Personal Physical Fitness

This course provides students the opportunity for individual assessment and exercise programs to improve and/or maintain physical fitness and weight control. Principles involved with the maintenance of physical fitness, weight control, diets, and the aging process will be provided through lecture. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 146 - Beginning Swimming

This course is designed to provide the novice or non-swimmer with the opportunity to learn elementary back stroke, water safety skills, diving and adjustment to water. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 149 - Tennis

This course teaches basic fundamentals. The rules, regulations, and history of tennis also will be covered, along with strategies of the single and double games. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 152 - Principles of School Wellness I

This course is an orientation to the art and the science of teaching physical education at the K-12 levels. Framed within the Collaborative Approach to Learning and Health: Whole School, Whole Community, Whole Child, students will study this latest collaborative approach to learning and health which is reflective of a local community and anchored in schools. Required school observations in diverse settings will provide students with the experience to observe and reflect upon class climate, responsibilities for fostering a positive learning environment and high quality teaching. The study of health trends in youth will envelop the latest model of how schools are promoting a comprehensive school-based physical activity model and the role physical education teacher play in it. Schools central to professional development including a writing assessment, resume development and starting a professional portfolio are used as artifacts of reflective practice at this initial state of teacher education. This is a Theory course (open to Physical Education majors only).

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

PHED 166 - Coaching Practicum

The coaching practicum is designed to provide the student with a realistic experience at a level and in a setting similar to that in which he/she wishes to obtain employment. The practicum experience is a 50-hour learning opportunity in which the student assists in all phases of the operation of an athletic program. The student may not be the head coach, unless a direct supervisor is present. The student may not be a current participating athlete on the team. The student may not work with the same team twice. Each experience must be at a different level if working with the same sport. A minimum of two different sports must be included in the practicum experiences. (For example: HS baseball, Little League baseball, HS football). Each student must complete a contract with the athletic program and submit the contract to the coaching practicum coordinator (University supervisor) for approval. The coordinator will then contact the athletic program for verification of the learning experience, dates of the experiences and details of evaluation procedures.

Prerequisites: (PE 106^D or PHED 106^D) and (PE 171^D or PHED 171^D or PE 356^D or PHED 356^D) and (PE 175^D or PHED 175^D) and (PE 177^D or PHED 177^D) and (PE 260^D or PHED 260^D) or (PE 242^D or PHED 242^D)
^D Requires minimum grade of D.

Credits: 1

Term(s) Typically Offered: Offered Spring & Summer Terms

PHED 168 - Physical Activity and Wellbeing in Society

This course introduces students to inquiry techniques and strategies used to study human behavior in the social sciences. Also reviewed are patterns of social behavior as they relate to physical activity and well-being. Students will examine why physical activity behaviors have changed over time, and the effects these changes have had on humans and society. Students will analyze physical activity trends and initiatives throughout the world, and using a social-ecological approach will design a solution for how communities, businesses, schools and workplaces can re-engineer physical activity back into society.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

PHED 175 - Teaching of Track and Field

Emphasizes track and field skill acquisition along with identification of appropriate teaching methods associated with these activities. This is a Theory and Technique Course (open to Physical Education majors only).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 177 - Teaching of Self-Defense/Lacrosse

The course deals with the skills, knowledge, and attributes needed for self-defense and lacrosse. This course also emphasizes the teaching, coaching, officiating, and physical skill development of men's and women's lacrosse. This is a Theory and Technique Course (open to Physical Education majors only).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 181 - Adventures in Backpacking

This course teaches the basic knowledge and skills of backpacking travel in a temperate environment. Techniques such as how to use and to carry a backpack, hiking skills including route selection and trail negotiation with a pack, map, and compass techniques, knowledge and care of backpacking equipment, planning backpacking trips, and environmentally sound backpacking skills will be covered. The course includes a mandatory weekend trip to put skills to practical use. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 182 - Introduction to Rock Climbing

This course introduces students to the fundamental skills of top rope rock climbing. Beginning skills in belaying, static climbing, rappelling, prussiking, artificial wall climbing safety considerations and minimal environmental approaches will be covered. The student will be introduced to various teaching methodologies and classroom management approaches specific to rock climbing community and commercial settings.

Credits: 2

Term(s) Typically Offered: Offered Fall Terms

PHED 184 - Adventure Games

This course is designed to provide physical activity and direct experience in adventure challenges requiring self-discipline, willingness to try, and personal commitment. Coursework includes physical fitness and flexibility exercises, aerobic games, cooperative games and nongames, group initiatives, trust activities, and challenge course low and high elements involving perceived physical and psychological risk and challenges. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 186 - Cross Country Skiing and Snowshoeing

This introductory course is designed to explore the fundamental skills and safety concepts necessary to participate in cross country skiing and snowshoeing effectively. The physical and cognitive benefits of outdoor aerobic activities will be addressed. Safety approaches to cold weather activities will be explored. Various skiing and snowshoeing techniques including diagonal stride, kick concept, double poling, descending/ascending, striding, turning and walking/running will be examined. In addition, equipment selection and care, trip planning and logistics, and minimum environmental impact techniques will be addressed.

Credits: 2

Term(s) Typically Offered: Offered Spring Terms

PHED 187 - Flat-water Canoe Tripping

This course teaches the basic skills and concepts of flat-water canoe camping, such as how to enter and to exit a canoe, tandem paddling techniques, canoe safety, and canoe portaging. Students will also learn basic canoe camping skills, including food planning, how to use camping equipment, and minimum impact camping techniques. Students will participate in a mandatory weekend canoe camping experience to put learned skills to practical use. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 188 - Sailing

This course offers students an opportunity to develop skills, to learn techniques, and to achieve personal satisfaction in beginning sailing. The course also involves the knowledge and application of the rules of water safety to the sport of sailing. This class is designed for beginners. At its conclusion students will be able to enjoy sailing as a lifetime recreational sport. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 189 - Basic Canoeing

Instruction focuses on the fundamental skills and concepts needed to operate a canoe effectively. Furthermore, the student will be introduced to various teaching methodologies and classroom management approaches for teaching in non-traditional settings. Safety procedures will be emphasized including self-rescue and group rescue approaches. Various paddling techniques including power strokes, turning strokes and bracing with the paddle will be examined. In addition, equipment selection and care, boating regulations, trip planning and logistics, outdoor leadership, basic water reading skills, white water clarification and minimum environmental impact techniques will be addressed. An overview of the various types of and safety equipment will be explored.

Credits: 2

Term(s) Typically Offered: Offered as Needed

PHED 190 - Experimental

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

PHED 191 - Foundations of School Wellness

This course is designed to introduce the student to the historical, philosophical, cultural and sociological influences that have shaped the profession of teaching health and physical education. A foundational perspective will be taken to clarify the related disciplines, history and current issues of health and physical education and of education, from the ancient cultures to the 21st century. Including the framework involved in the Whole School, whole child, whole Community (WSCC) Model, the Comprehensive School Physical Activity Program (CSPAP) and the Health Optimizing Physical Education (HOPE) Model.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

PHED 192 - Diversity Issues in Physical Education

This course will explore differences among students within a variety of physical education settings. Students will learn about other people and explore how others view participation in physical activity and exercise. This course will help students become sensitive to and appreciate the diversity of others, thus, demonstrating responsible social behaviors that will enable them to interact in a positive manner with diverse groups within the physical education enrichment. This is a Theory and Technique Course.

Credits: 2

Term(s) Typically Offered: Offered as Needed

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

PHED 195 - Workshop

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

PHED 198 - Selected Topics

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

PHED 202 - Technology for Wellness

This course is designed to provide the student with an overview of the various types of technology that can be utilized in the area of wellness and fitness. The purpose of this course is to familiarize and enhance students' technology skills to support instruction in various education, wellness and fitness settings. The course includes personal computer use in creating materials to enhance instruction, promotion and assessment. Also included are other emerging technologies, in addition to various internet options. A portion of the course will be conducted using SRU's Learning Management System.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

PHED 227 - Introduction to Adapted Physical Activity

Develop an understanding of disabilities and apply that knowledge in the application of active-living, community-based physical activity programs.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

PHED 230 - Teaching and Coaching of Track & Field

This course is designed to introduce the student to the teaching and coaching aspects of track & field. Skill acquisition, strength and conditioning methods, teaching and coaching skills and historical perspectives of track & field will be studied. Emphasis will be placed on planning and applying developmentally appropriate activities for all learners.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms, Offerings Vary

PHED 231 - Strategies for Teaching Physical Activity

This course is designed to teach evidence-based educational methods and adult learning strategies to equip the student to educate individuals throughout the lifespan through: 1) a basic understanding of learning and developmental theories; 2) communication techniques; 3) positive behavior management; 4) environmental modifications; and 5) group engagement strategies.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

PHED 236 - Introduction to Kayaking

This introductory course is designed to explore the fundamental skill and safety concepts necessary to paddle a kayak effectively. Safety procedures will be emphasized such as entering and exiting the kayak, the bow rescue, the Eskimo roll, as well as self-rescue and group-rescue approaches. Various paddling techniques including power strokes, turning strokes, and bracing with the paddle will be examined. In addition, equipment selection and care, boating regulations, tripping planning and logistics, outdoor leadership, basic water reading skills, white water classification and minimum environmental impact techniques will be addressed. An overview of the various types of kayaks and kayaking, such as whitewater kayaks, sit-on-top kayaks, and touring kayaks, as well as necessary safety equipment, will be explored.

Credits: 2

Term(s) Typically Offered: Offered Spring Terms

PHED 237 - Emergency Medical Response

This course is designed to provide the student with the knowledge and skills necessary to work as an emergency medical responder (EMR) to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until more advanced medical help takes over. The course content meets or exceeds the current Emergency Medical Services Educational Standards for Emergency Medical Responders and current NATA Education Competencies.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

PHED 238 - Applied Principles of Exercise

This course will provide students with an understanding of applied exercise principles associated with both health and skill related fitness, topics will include: warm up and cool down protocols, exercise frequency, intensity, type and time (FITT) principles, overload, progression, specificity, regularity and individuality (Basic Training Principles) and target heart-rate.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

PHED 240 - Downhill Snow Skiing II

Advanced techniques of downhill skiing are presented. Instruction takes place at Peek N' Peak Resort. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 241 - Outdoor Pursuits

This course is designed to introduce the student to the varied but interrelated topics of outdoor pursuits, adventure programming, experiential education, group problem-solving, and cooperative games philosophy. The course will provide physical activity, direct experience, and leadership techniques in adventure challenges which require self-discipline, a willingness to try, and personal commitment. This is a Theory and Technique Course.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Thematic Thread(s): Cultural Literacy & Community Building, Human Diversity & Well-Being, Transfer Thread Completion Course

PHED 242 - Physical Health and Fitness Education

This course is designed to provide knowledge of evidence based benefits associated with regular physical activity along with knowledge to develop, organize, administer and assess age appropriate physical activity and fitness programs for children, adolescents and adults.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

PHED 243 - Educational Movement in Health & Wellness

This course helps students achieve individual competency in applying educational gymnastics, fundamental movement, educational/multicultural games and educational/creative dance to learn Laban's educational movement concepts through the use of cooperative learning, problem solving and guided discovery. Students construct developmentally appropriate interdisciplinary standards-based expressive movement experiences that show meaningful application to children's learning inclusive of children with special needs and English language learners. Content will also address health and wellness concepts central to grades PreK-4 as it relates to educational movement. Students will reflect (metacognition) upon their educational movement experiences including but not limited to individual competency, diversity, critical thinking, core subject integration and differentiating instruction.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Thematic Thread(s): Transfer Thread Completion Course

PHED 250 - Equine Assisted Activities

An introduction to equine assisted activities including basic safety skills, lesson preparation, benefits for individuals with disabilities, tack/equine selection, and certification procedures. Students will gain practical experience through riding horses and assisting individuals with disabilities during lessons.

Credits: 3

Term(s) Typically Offered: Offered as Needed

PHED 253 - Principles of School Wellness II

This course is an orientation to the art and the science of teaching physical and health education at the K-12 levels. Framed within the National Standards & Grade Level Outcomes for K-12 Physical Education (SHAPE America, 2024) pre-service teacher candidates will study curriculum models, grade level outcomes, class organization, management and safety techniques, developmentally appropriate communication techniques, health and wellness integration strategies infused in lessons, locating and using professional resources for planning and teaching, lesson plan writing, a spectrum of direct and indirect teaching styles, systematic observation tools, teaching and post-lesson reflecting. Skills central to professional development include lesson plan writing, class organization and management documentation, systematic observation of teaching, post-lesson reflecting.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

PHED 258 - Social & Emotional Wellness

This course is designed to examine topics relating to psychosocial health & wellness of school aged youth as a part of a comprehensive approach to school wellness. Future educators will learn how to address topics such as respect and appreciation for all persons, bullying, conflict resolution, stress reduction, suicide prevention, depression, anxiety and high-risk behavior with K-12 students.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

PHED 262 - Adapted Aquatics

Develop knowledge base in the study of disability through discussion and practical experiences as it relates to aquatic programming.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

PHED 263 - Lifeguarding

The lifeguarding course is designed to provide lifeguard candidates with skills and knowledge necessary to keep patrons of aquatic facilities safe in and around water. This course includes techniques with aquatic-specific first aid and cardiopulmonary resuscitation (CPR) training, Automated External Defibrillation, Oxygen Administration and training in specific water environments. Offered to all students.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

PHED 266 - Disability Sport in the 21st Century: A Global Perspective

This course is designed to introduce the students to the study of Disability Sport across the world. Students will study the history, current movement, and future developments of Disability Sport in an ever changing and emerging field of sport for persons with disabilities.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

PHED 268 - Contemporary Topics in Health

This course is designed to introduce students to current issues in health and wellness and provide opportunities for students to assess health needs in school and community settings. In this course, students will identify programs and initiatives that promote healthy living and improve well-being based on the health needs of society.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

PHED 270 - Psychological and Sociological Bases of Sport

This course provides students with an understanding of the relationships between sport and various psychological and sociological factors. This is a Theory and Technique Course.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

PHED 272 - Enhancing Fitness through Running and Walking

This course is designed to teach students how to personally perform and to lead others in aerobic physical activities using indoor and outdoor settings. This course focuses on leading fitness enhancing activities through running, trail-running, Nordic walking, community walking and hiking. These activities are designed to improve aerobic fitness, manage weight and promote healthy lifestyles. The settings include roadways, trails and community common areas. Course content centers on individual and group health and fitness, and strategies for conveying this information.

Credits: 2

Term(s) Typically Offered: Offered as Needed

PHED 274 - Assessment Strategies in Physical Education

This course content is designed to give the student an understanding of assessment techniques used in physical education. Students will learn the various techniques used for assessing as applied in the public school setting. Students will have the opportunity to use several of the computer applications related to physical education. This is a Theory and Technique Course.

Prerequisites: (PE 152^D or PHED 152^D)

^D Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

PHED 275 - Women in Sport

This course emphasizes the problems, processes and patterns of sport involvement of women in utilizing an historical, sociological, psychological and biological approach. The focus is primarily on women in the United States, although the sport participation of women in other cultures is also examined. This is a Theory and Technique Course (open to Physical Education majors only).

Credits: 3

Term(s) Typically Offered: Offered as Needed

PHED 276 - Skate-Based Action Sports

This course explores the fundamental skills and safety concepts necessary to engage in skate-based action sports effectively. Safety procedures such as, choosing locations and terrain appropriate for an individual's skill set and experience level are emphasized. Skate-based learning progressions address various skating techniques including proper stance, effective stopping, efficient pushing, turning, carving, sliding, core-specific land paddling strokes and bracing with the paddle. In addition, equipment selection and care, safety equipment requirements, regulations, trip planning and logistics, outdoor adventure leadership, and minimum environmental impact techniques are examined. There is an overview of the various types of skateboards longboards/land paddling boards and in-line skates as well as necessary safety equipment.

Credits: 2

Term(s) Typically Offered: Offered Spring Terms

PHED 289 - Advanced Canoeing

This course teaches students the advanced skills and techniques of canoeing. Safety instruction is emphasized. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 1

Term(s) Typically Offered: Offered as Needed

PHED 290 - Experimental

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

PHED 295 - Workshop

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

PHED 298 - Selected Topics

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

PHED 301 - Sports Officiating

This diverse class is designed to provide the student with an overview of the techniques required for officiating various sports. The official's role and rules of the game(s) will be presented, and opportunities will be provided for practical officiating experience. This will be followed by comprehensive analysis of the student's officiating style, knowledge of the rules and professionalism.

Credits: 3

Term(s) Typically Offered: Offered Summer Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 302 - Foundations of Online Teaching and Learning

The course is designed to provide learners opportunities to understand the foundations of distance education. Students will be able to demonstrate competencies and skills to apply instructional strategies to develop curriculum that meets the needs of distant learners. In addition, students will be able to use various assessment methods to evaluate student learning through distance education.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2, Junior 1, Junior 2, Sophomore 1 or Sophomore 2 may **not** enroll.

PHED 303 - Using Educational Technology to Enhance Learning

This course is designed to provide students with the knowledge and skills necessary to effectively use educational technology to enhance learning in both a traditional face-to-face classroom and also through distance or cyber education.

Credits: 3

Term(s) Typically Offered: Offered Winter Terms

Students with a semester level of Freshman 1, Freshman 2, Junior 1, Junior 2, Sophomore 1 or Sophomore 2 may **not** enroll.

PHED 304 - Teaching Physical Education through Distance Education

This course is designed to provide students with the knowledge and skills necessary to effectively teach physical education through distance or cyber education.

Prerequisites: (PE 302^C or PHED 302^C) and (PE 303^C or PHED 303^C)
^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2, Junior 1, Junior 2, Sophomore 1 or Sophomore 2 may **not** enroll.

PHED 305 - Teaching Health Education through Distance Education

This course is designed to provide students with the knowledge and skills necessary to effectively teach health education through distance or cyber education.

Prerequisites: (PE 302^C or PHED 302^C) and (PE 303^C or PHED 303^C)
^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2, Junior 1, Junior 2, Sophomore 1 or Sophomore 2 may **not** enroll.

PHED 306 - Conditioning for Athletic Performance

This course is designed to engage and immerse students in the theory and application of power and speed training as well as athletic motor skill development. Students will study the relationships among biomotor abilities and apply training principles and methods associated with the development of power-based athletic skills. Students will design and apply daily-, short- and long-term training programs for coaching athletes who seek improved athletic performance.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 310 - Elementary School Wellness Skills and Fitness Activities

This course is designed to engage and immerse the student in the Society for Health and Physical Education (SHAPE) elementary grade level standards for health and physical education knowledge and skills. Along with these standards this course will engage students in developmentally appropriate activities and lesson plan concepts that will ensure the teacher candidates understand the developmental progression of fundamental motor skills, their application to higher level movement, fitness and rhythmic. Teacher candidates will develop knowledge to create physically literate elementary aged learners who are prepared to lead a healthy active and well life.

Prerequisites: PE 152^C or PHED 152^C

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 311 - Middle School Wellness Skills and Fitness Activities

This course is designed to engage and immerse the teacher candidate in the Society for Health and Physical Education (SHAPE) middle school grade level standards for health and physical education knowledge and skills. Along with these standards this course will engage teacher candidates in developmentally appropriate activities and lesson plan concepts that will ensure that they understand how to develop physical skills and knowledge to create physically literate middle school aged learners are prepared to lead a healthy active and well life.

Prerequisites: (PE 310^C or PHED 310^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment limited to students with the ACCEPTANCE - TEACHER CANDIDACY attribute.

PHED 312 - Secondary School Wellness Skills and Fitness Activities

This course is designed to engage and immerse the teacher candidate in the Society for Health and Physical Education (SHAPE) high school grade level standards for health and physical education knowledge and skills. Along with these standards this course will engage teacher candidates in developmentally appropriate activities and lesson plan concepts that will ensure that they understand how to develop specialized health optimizing physical activity and knowledge to create physically literate high school aged learners who are prepared to be healthy and active adults and college or career ready.

Prerequisites: (PE 310^C or PHED 310^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment limited to students with the ACCEPTANCE - TEACHER CANDIDACY attribute.

PHED 328 - School Nutrition and Wellness

This course will provide students with information about the K-12 school nutrition environment and school nutrition services as defined by the Society of Health and Physical Educators (SHAPE America). Students will learn strategies for teaching K-12 students to reach and maintain a healthy weight as well as strategies for modeling healthy dietary behaviors and providing opportunities for healthy eating in schools. The role of the collaboration between school wellness educators, food service personnel, School Nurses and Registered Dietitians for improving students' nutrition and wellness will be discussed. This course is designed to provide the student with an understanding of the fundamental aspects of nutrition concepts and how they are applied to the K-12 settings.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 331 - Evidence-Based Physical Activity

This course is designed to introduce students in current theories, models and successful interventions used in physical activity promotion including: factors/barriers influencing physical activity among children/adolescents and adults. The focus of the course is on the acquisition of evidence-based practices that lead to appropriate assessment strategies, implementation models and evaluative techniques.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 332 - Administration and Management of Physical Activity

This course is designed to teach students how to ethically administer, manage and evaluate physical activity programs in the community with respect to managing operations, developing and managing financial resources and managing human resources.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2, Sophomore 1 or Sophomore 2 may **not** enroll.

PHED 334 - Applied Methodologies in Adventure

This course is designed to teach evidence-based educational methods and learning strategies to equip the student to educate individuals in a variety of adventure throughout the lifespan through variety of adventure activities. A number of pertinent topics specific to adventure education will be addressed including, foundational knowledge, self-awareness and professional conduct, decision making and judgment, experiential teaching and facilitation, environmental stewardship, adventure program management, adventure safety and risk management, inclusive learning, and technical ability.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in School Wellness Education, Health-Physical Educ Teaching, Health and Physical Education or Adventure Fitness.

PHED 335 - Science of the Mind-Body Connection

This course will introduce students to a variety of fitness activities such as yoga, Pilates along with other physical activities associated with nature all with a mind and body connection and associated with stress management and overall health-related fitness. This course will explore the interconnectedness of the mind and body in relation to quality of life and prevention of chronic disease.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Thematic Thread(s): Conservation, Technology & Imagination, Human Diversity & Well-Being, Transfer Thread Completion Course

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 338 - Teaching and Leading Group Exercise

This course provides opportunities for practical skills and instruction to prepare the student to teach and lead various large group fitness activities involving children, adolescents and adults. Emphasis is placed on design, developmental appropriateness, safety and modifications for diverse populations who are apparently healthy.

Prerequisites: (PE 238^D or PHED 238^D)

^D Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 342 - Wellness through Movement

This course is designed to provide the student with scientifically based knowledge concerning the benefits of physical activity along with the consequences associated with a lack of physical activity both on a personal and societal level. Students will participate in application of physical activity training, health-related fitness assessments and lifestyle modification activities.

Credits: 3

Term(s) Typically Offered: Offered Every Term

Thematic Thread(s): Citizenship & Social Problems, Cultural Literacy & Community Building, Institutions & Human Innovations, Transfer Thread Completion Course

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 345 - Teaching and Coaching of Water Polo

This course is designed to introduce the student to the teaching and coaching aspects of water polo. Skill acquisition, strategy and tactics, strength and conditioning, teaching and coaching skills for water polo will be studied. Emphasis will be placed on planning and applying developmentally appropriate activities for all learners.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 348 - Aquatic Leadership

This course is designed to prepare students for leadership responsibilities in the field of aquatics. Program development, facility operation, risk management, and staff management will be included in this course.

Credits: 2

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 349 - Skin and Scuba Diving

This course provides students with the opportunity to learn a wide variety of skin and scuba diving skills, including rescue techniques. In addition, emphasis will be placed upon the following: 1) selection, care, and use of diving equipment, 2) physical and biological aspects of various diving environments, 3) first aid as applied to scuba diving, including cardio-pulmonary resuscitation, and 4) aspects of physics, physiology, and medicine related to the diver's performance in the water. This is a Wellness and Lifetime Activity Course (offered to all students).

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 352 - Secondary Physical Education Teaching Methods

Designed as a third level pedagogy class. This course offers "in-depth continuation of the study and application of effective teaching and learning in the secondary physical education classroom. This is a Theory and Technique Course (open to Physical Education majors only).

Prerequisites: (PE 274^D or PHED 274^D)

^D Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

Enrollment limited to students with the ACCEPTANCE - TEACHER CANDIDACY attribute.

PHED 353 - Adapted Physical Activity and Health Through the Lifespan

This course is designed to investigate the concept of transition across the lifespan with regard to health promotion and physical activity for individuals with disabilities. Students will develop and implement appropriate physical activity programs for specific developmental lifespan stages.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 356 - Net/Wall Activities and Games

This course is designed to introduce the student to games and skills associated with a variety of racquet activities and games, which will include tennis, badminton, racquetball, volleyball, and table tennis. Emphasis will be placed on planning and applying developmentally appropriate activities for all learners. This is a Theory and Technique Course (open to Physical Education majors only).

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 357 - Territory Activities and Games

This course is designed to introduce the student to the games and skills associated with a variety of territory activities and games, which will include flag football, basketball, hockey and soccer. Emphasis will be placed on planning and applying developmentally appropriate activities for all learners.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 358 - Lifetime/Leisure Activities and Games

This course is designed to introduce the student to the games and skills associated with a variety of target activities including, but not limited to, golf, bowling, and archery. Emphasis will be placed on planning and applying developmentally appropriate activities for diverse learners. This is a Theory and Technique Course (open to Physical Education majors only).

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 359 - Striking/Fielding Activities and Games

This course is designed to introduce the student to the games and skills associated with a variety of striking/fielding activities, which will include softball, cricket, and rounders. Emphasis will be placed on planning and applying developmentally appropriate activities for all learners. This is a Theory and Technique Course (open to Physical Education majors only).

Credits: 2

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 360 - Anatomical and Physiological Basis of Physical Activity/ Lab

This course is designed to provide the basic anatomical and physiological principles that have direct application to physical activity movement and health for populations. Weekly laboratory sessions will provide practical application experiences to illustrate the theoretical knowledge base.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 362 - School Health Education Methods

The course focuses on Health Education curriculum design and developmentally appropriate instructional techniques that can be utilized for health promotion in school settings. Course included universally accepted pedagogical strategies with opportunities to observe and practice these strategies with K-12 health education content.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment limited to students in the BSED1151 program.

Enrollment limited to students with the ACCEPTANCE - TEACHER CANDIDACY attribute.

PHED 363 - Lifeguarding Instructor

The purpose of the Lifeguarding Instructor course is to train instructor candidates to teach lifeguard training, first aid, lifeguard management, CPR for the professional rescuer, AED essentials, oxygen administration for the professional rescuer, preventing disease transmission, community water safety, and basic water rescue. The training in this instructor course prepares instructor candidates by developing their understanding of how to use course materials, how to conduct training sessions, and how to evaluate participants' progress.

Credits: 3

Term(s) Typically Offered: Offered Summer Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 369 - Philosophy and Psychology of Coaching

This course emphasizes the relationships involved in the association of the coach with the administration, student body, players, press and community. This is a Theory and Technique Course.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 378 - Teaching and Leading of Strength and Resistance Training

This course is designed to provide practical knowledge to prepare students to teach, lead and effectively design individualized weight training and/or a muscular fitness programs. Students will apply principles of resistance training in a hands-on setting with specific emphasis on techniques, strength and endurance training, safety procedures, equipment and individualized programming.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 379 - Fitness Management

This course provides the knowledge base to effectively design, promote, manage and assess health related fitness programs in a variety of community and commercial facilities. A wide range of teaching, leading and managing practices associated directly with health fitness facilities will be reviewed.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 383 - Motor Development and Learning

This course introduces the student to the factors influencing the changes in the development and learning of motor skills from infancy through adolescence. Practical laboratory activities are utilized to illustrate basic concepts of motor development and motor learning.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

PHED 390 - Experimental

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 393 - Nutrition for Physical Activity, Exercise, and Health

Students in this course will study nutrition guidelines and standards for physical activity, exercise, and health. This course will cover metabolism, macro and micronutrients, energy expenditure, and fluid and electrolyte requirements. Current trends and claims of diets and supplements will be evaluated, and nutrition differences between individuals and athletes will be discussed.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Thematic Thread(s): Cultural Literacy & Community Building, Institutions & Human Innovations, Transfer Thread Completion Course

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 395 - Workshop

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 398 - Selected Topics

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

PHED 420 - Field Experience

This course is designed to provide students with experiences which allow them to apply their knowledge and skills in a practical worksite situation. This is a Theory and Technique Course (open to Physical Education majors only).

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 430 - Living Well

This course, which is the capstone course for the Living Well program is designed to engage and immerse the student in evidence-based literature related to living well while building self-evaluation and motivation strategies. Content areas emphasized will be physical activity, nutrition/dietary guidelines and stress. This course will also engage students in experiential education opportunities and reflection on these experiences. These experiences will be anchored by co-curricular opportunities provided on campus through the Aebersold Recreation Center, Aramark Nutrition Services, the Slippery Rock University Health Center and the Slippery Rock University Leadership office.

Credits: 3

Term(s) Typically Offered: Offerings Vary

Students with a semester level of Freshman 1, Freshman 2, Sophomore 1 or Sophomore 2 may **not** enroll.

PHED 446 - Water Safety Instruction

The purpose of this instructor course is to train instructor candidates to teach American Red Cross Swimming and Water Safety courses. It is a certification course for American Red Cross Water Safety Instructor (WSI).

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 450 - Internship

Supervised placement or research in selected private or public agencies.

Prerequisites: (PE 131^D or PHED 131^D) and (PE 231^D or PHED 231^D) and (PE 202^D or PHED 202^D) and (PE 331^D or PHED 331^D) and (PE 332^D or PHED 332^D) and (PE 473^D or PHED 473^D) and (PE 242^D or PHED 242^D) and (PE 360^D or PHED 360^D) and (PE 268^D or PHED 268^D) and (PE 335^D or PHED 335^D)

^D Requires minimum grade of D.

Credits: 1-12

Term(s) Typically Offered: Offered Fall, Spring, & Summer

PHED 452 - Elementary Strategies for School Wellness

This professional methods course will provide the preservice teacher candidate with knowledge and skills to effectively contribute to a culture of school wellness through a high quality physical and health education program. Students will develop best-practice planning, teaching and assessment strategies and apply them in a semester-long field experience involving grades K-6. This will also include designing initiatives from leading comprehensive school wellness programs.

Prerequisites: (PE 253^D or PHED 253^D) and (PE 310^D or PHED 310^D) and (PE 328^D or PHED 328^D) and (PE 383^D or PHED 383^D)

^D Requires minimum grade of D.

Credits: 6

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

Enrollment limited to students with the ACCEPTANCE - TEACHER CANDIDACY attribute.

PHED 455 - Student Teaching - Physical Education

Under the guidance of a cooperating teacher and university supervisor, students in this course engage in two eight-week assignments on a full-time basis in specified school districts and attend scheduled seminars. Additional assignments required. This is a Theory and Technique Course (open to Physical Education majors only).

Prerequisites: (PE 452^C or PHED 452^C)

^C Requires minimum grade of C.

Credits: 12

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

Enrollment limited to students with the ACCEPTANCE - TEACHER CANDIDACY attribute.

PHED 460 - Program Design in Adapted Physical Activity

Develops competencies in the implementation of developmentally appropriate activities for children and adults with disabilities in the school and through transitional programs conducted within the community.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1 or Freshman 2 may **not** enroll.

PHED 462 - Secondary Strategies in School Wellness

This professional methods course will provide the preservice teacher candidate with knowledge and skills to teach and lead school wellness education at the middle and high school levels. Strategies for facilitating lessons and activities that promote lifelong physical activity and overall wellness will be employed; and the teacher candidate will work collaboratively with a public school mentor teacher under the supervision of the university professor(s) to implement these strategies in schools.

Prerequisites: (PE 268^D or PHED 268^D) and (PE 253^D or PHED 253^D)

^D Requires minimum grade of D.

Credits: 6

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

Enrollment limited to students with the ACCEPTANCE - TEACHER CANDIDACY attribute.

PHED 468 - Senior Seminar in Physical and Health Education Teacher Education

This course is designed to provide a capstone overview of the organization, management and application of physical education and health instructional and extra-class programs. Content focuses on current issues and trends in the discipline. This is a Theory and Technique Course (open to Physical Education majors only).

Prerequisites: (PE 352^C or PHED 352^C)

^C Requires minimum grade of C.

Credits: 2

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a major in School Wellness Education, Health-Physical Educ Teaching or Health and Physical Education.

Enrollment limited to students with the ACCEPTANCE - TEACHER CANDIDACY attribute.

PHED 472 - School Wellness Assessment and Promotion

Provide teacher candidates with conceptual tools to analyze health-related behaviors of school-aged learners and the social, cultural and environmental context in which they occur. This course will apply theories drawn from public health, psychology and sociology to the process of planning and evaluating wellness instruction in schools that assists learners in developing and maintaining healthy behaviors. The process of collecting, tracking and analyzing health-related data will be included in the course as well as current applications, programs and tools that can be used to track and improve health behaviors.

Prerequisites: (PE 253^C or PHED 253^C)

^C Requires minimum grade of C.

Corequisite(s): PHED 462

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment limited to students with the ACCEPTANCE - TEACHER CANDIDACY attribute.

PHED 473 - Professionalism, Advocacy and Leadership in Physical Activity

This course is designed to actively involve the learner in an advanced study of physical activity. The course is conducted in seminar format and the students will study the application of the principles, methods, organization and administration of individualized physical activity programs and the development of professional, advocacy and leadership qualities and skills.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Thematic Thread(s): Transfer Thread Completion Course

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 485 - Fundraising/Grant Writing in Adapted Physical Activity

This course is designed to develop competencies in fund raising strategies utilizing grant writing skills geared toward corporations and charitable foundations. Students will study the specific skills needed to develop a funding concept, preparation of the proposal, and the establishment of relationships with potential donors.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2, Sophomore 1 or Sophomore 2 may **not** enroll.

Enrollment limited to students with department of Special Education or Physical and Health Education.

PHED 490 - Independent Study

With the approval of the students' advisors and departmental chairperson, students may pursue an individual project in physical education especially suited to meet the students' needs. Independent Study courses give students the opportunity to pursue research and/or studies that are not part of the university's traditional course offerings. Students work one on one or in small groups with faculty guidance and are typically required to submit a final paper or project as determined by the supervising professor.

Credits: 1-3

Term(s) Typically Offered: Offerings Vary

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

PHED 495 - Workshop

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

PHED 498 - Selected Topics

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.