

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION & RECREATION

Overview

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Missouri Western's Department of Health, Physical Education, and Recreation educates and prepares students to engage in careers across the health, sport, recreation, and fitness spectrum. What sets us apart is our commitment to high-impact applied learning experiences. Students will engage in a variety of hands-on learning experiences both in the classroom and professional settings.

The department offers two undergraduate degrees, Physical Education and Recreation Sport Management.

Undergraduates interested in health and fitness can complete a degree in physical education with concentrations in Health/Exercise Science, Personal and Commercial Fitness, Physical Education Teacher Education, or Physical Education General. Health/Exercise Science students are prepared to pursue careers in sports medicine (pre-physical therapy, pre-athletic training, pre-chiropractic) and a variety of clinical settings as well as personal and commercial fitness settings. Physical Education concentrations prepare students for careers as teachers and coaches.

The multi-billion dollar sport and tourism industries translate into an expanded job market for students interested in Recreation Sport Management. Students majoring in Recreation Sport Management select either a Recreation Management, Sport Management, or Esport Management concentration.

Students may satisfy general studies requirements in category five by taking PED 101 Fitness and Wellness, and one activity course. The Fitness and Wellness course acquaints students with basic knowledge, understanding, and importance of lifelong physical activity and fitness. Students with disabilities that restrict them from the regular activity program may enroll in PED 110 Adaptive Activities as often as needed. Participating in this course will satisfy the general studies activity requirement.

Partnerships with Graduate Programs

Missouri Western maintains partnerships that provide students the opportunity for early review and preferred acceptance into the Masters of Athletic Training at University of Nebraska Omaha, Masters of Occupational Therapy at Rockhurst University or Doctorate in Physical Therapy at Rockhurst University. Additional details can be obtained through the MWSU Department of Health, Physical Education, and Recreation or visit <https://www.missouriwestern.edu/hper> (<https://www.missouriwestern.edu/hper/>).

Attention Physical Therapist Assistants

Students who have completed the PTA degree are encouraged to complete a Bachelor of Science in Physical Education, Health and

Exercise Science concentration or Personal and Commercial Fitness concentration.

Admission

Admission Requirements

Majors in the department which have admission requirements are listed below. Majors which are not listed on this page do not have specific requirements for admission. Information about the recommended coursework a student might take prior to declaring the major can be obtained from the department.

Recreation Sport Management

Students must have an ACT of 18 or higher. In addition, a GPA of 2.2 or higher after 60 hours of course work and completed courses in Category One of General Studies with a C or higher.

Physical Education (Education)

- ACT composite score on file
- ACT composite score of 20 or higher or successful completion of the Missouri General Education Assessment (MoGEA)
- Overall GPA of 2.75
- Education course GPA of 3.0
- Content area GPA of 3.0
- Satisfactory completion of EDU 202/203

ACT and/or MoGEA scores should be received the semester before application for admission to teacher education is made (up to 4 months should be allowed for scores to be processed).

*Alternative avenues to Teacher Education available for recruitment of historically under-served populations. Contact the Department Chairperson for guidelines and procedures.

Majors

- Physical Education (Bachelor of Science, B.S.) (<http://catalog.missouriwestern.edu/undergraduate/science-health-professions/health-physical-education-recreation/physical-education-bs/>)
- Recreation Sport Management (Bachelor of Science, B.S.) (<http://catalog.missouriwestern.edu/undergraduate/science-health-professions/health-physical-education-recreation/recreation-sport-management-bs/>)

Minors

- Athletic Coaching Minor (<http://catalog.missouriwestern.edu/undergraduate/science-health-professions/health-physical-education-recreation/athletic-coaching-minor/>)
- Childhood Studies Minor (<http://catalog.missouriwestern.edu/undergraduate/interdisciplinary-studies/childhood-studies-minor/>)
- Entrepreneurship Minor (<http://catalog.missouriwestern.edu/undergraduate/interdisciplinary-studies/entrepreneurship-minor/>)
- Esport Management Minor (<http://catalog.missouriwestern.edu/undergraduate/science-health-professions/health-physical-education-recreation/esport-management-minor/>)
- Gender and Power Studies Minor (<http://catalog.missouriwestern.edu/undergraduate/interdisciplinary-studies/gender-power-studies-minor/>)

- Leadership Minor (<http://catalog.missouriwestern.edu/undergraduate/interdisciplinary-studies/leadership-minor/>)
- Recreation Sport Management Minor (<http://catalog.missouriwestern.edu/undergraduate/science-health-professions/health-physical-education-recreation/recreation-sport-management-minor/>)
- Wellness Minor (<http://catalog.missouriwestern.edu/undergraduate/science-health-professions/health-physical-education-recreation/wellness-minor/>)

Courses

Physical Education (PED)

PED 100 Introduction to Health, Physical Education and Recreation

Credits: 3

Typically Offered: Departmental Discretion.

Course Description: Introduction to fields of study in Health and Exercise, Physical Education and Recreation Sport Management. Basic information about the different possible career opportunities as well as professional organization affiliations.

PED 101 Fitness and Wellness Credits: 3

Typically Offered: Fall, Spring, Summer.

Course Description: Develops knowledge and skill in obtaining optimal health fitness through nutrition, stress management, cardiorespiratory endurance, recognition of risk factors for heart disease, and musculoskeletal development. Two hours lecture, two hours lab. Students must enroll in the lecture and one of the following seven PED 101 labs: 1) Aquatic Conditioning - Designed to instruct students in a variety of aquatic exercises to develop overall muscular strength, muscular endurance, flexibility, and cardiovascular fitness. Swimming skills not needed. 2) General Physical Conditioning - Designed to instruct students in a variety of physical exercise activities to develop overall muscular strength, muscular endurance, flexibility and cardiovascular fitness. 3) Fitness Swimming - Designed to instruct students in a swimming program to develop overall muscular strength and muscular endurance, flexibility and cardiovascular fitness. Must be at Intermediate swimming level and higher. 4) Jogging - Designed to instruct students in a jogging program to develop overall muscular strength, muscular endurance, flexibility and cardiovascular fitness. 5) Rhythmic Aerobics - Designed to instruct students in a variety of choreographed exercise routines to music to develop overall muscular strength, muscular endurance, flexibility and cardiovascular fitness. 6) Strength Training - Designed to instruct students in weight resistant activities to develop overall muscular strength, muscular endurance, and flexibility. 7) Walking for Fitness and Weight Control - Designed to instruct students in a walking exercise program to develop overall muscular strength, muscular endurance, flexibility and cardiovascular fitness.

PED 110 Adaptive Activities Credits: 1

Typically Offered: Departmental Discretion.

Course Description: A program of activities adapted to the needs of the handicapped and physically restricted student. This class may be repeated for credit with permission of the Coordinator of Adaptive Activities. Meets General Studies Category 5, Line 2 physical activity course.

PED 111 Beginning Curling Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Introduction to the sport of curling, including sport specific skills of delivering the stone, and sweeping as well as cognitive skills of scoring, types of shots, and strategy. May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.

PED 112 Beginning Racquetball Credits: 1

Typically Offered: Departmental Discretion.

Course Description: A beginner's course of instruction in the basic skills of racquetball, including the techniques of singles and doubles play. Student must furnish racquet and a new can of racquetballs. May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.

PED 113 Beginning Soccer Credits: 1

Typically Offered: Spring.

Course Description: Introduction to the sport of soccer, including sport specific skills, strategies, rules. Meets General Studies Category 5, Line 2 Physical activity course. May be repeated up to 4 times for credit.

PED 116 Beginning Bait and Fly Casting Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Introduction to sport fishing. Emphasizes casting skills, methods of fishing, fish habitat, conservation practices, and lure making. Field trip may be required. Meets General Studies Category 5, Line 2 physical activity course.

PED 117 Beginning Riflery and Trap Shooting Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Instruction in recreational shooting. Emphasizes firearms safety; rifle and shotgun trap marksmanship, particular stress on range practice; methods and techniques of reloading ammunition and cleaning firearms. Students must provide own ammunition. Meets General Studies Category 5, Line 2 physical activity course.

PED 118 Beginning Bowling Credits: 1

Typically Offered: Departmental Discretion.

Course Description: House fee required. Meets General Studies Category 5, Line 2 physical activity course.

PED 119 Beginning Golf Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Students must furnish four new golf balls. Meets General Studies Category 5, Line 2 physical activity course.

PED 120 Beginning Tennis Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Students must furnish racquet and one can of new tennis balls. May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.

PED 121 Beginning Badminton Credits: 1

Typically Offered: Departmental Discretion.

Course Description: Students must furnish three new shuttlecocks. Meets General Studies Category 5, Line 2 physical activity course.

PED 122 Beginning Orienteering: Map and Compass Credits: 1

Typically Offered: Departmental Discretion.

Course Description: An exciting new recreational sport which combines use of map and compass with physical activity; combines several styles of orienteering with practice on actual courses. Meets General Studies Category 5, Line 2 physical activity course.

PED 123 Beginning Judo Credits: 1**Typically Offered:** Departmental Discretion.**Course Description:** Student must furnish gi. Meets General Studies Category 5, Line 2 physical activity course.**PED 124 Beginning Survival and Primitive Living Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Instruction in preparing for environmental emergencies with emphasis on the psychological aspect of survival situations and establishment of priorities for sustaining life in an environmental emergency. An overnight experience is required. Meets General Studies Category 5, Line 2 physical activity course.**PED 127 Beginning Archery Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Introduction to target and field archery. Emphasizes shooting technique and various types of archery games and competition. Students must furnish a matched set of six arrows. Meets General Studies Category 5, Line 2 physical activity course.**PED 128 Beginning Backpacking Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Instruction in backpacking. Emphasizes equipment orientation, personal conduct within the natural environment, clothing and shelter, preservation of wilderness area integrity, safety, foods, and cooking. Course includes on-the-trail instruction and practicum. All equipment furnished by the department. Meets General Studies Category 5, Line 2 physical activity course.**PED 130 Beginning Swimming Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Basic skills in swimming. Swim suit required. Non-swimmers only. Meets General Studies Category 5, Line 2 physical activity course.**PED 131 Lifeguard Training Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Provides minimum skills training for a person to qualify to serve as a lifeguard. **Prerequisite(s):** Be at least 15 years old, able to swim 500 yards continuously using side stroke, front crawl, and breast stroke. Each stroke demonstrated a minimum of 100 yards. Surface dive to 8 - 12 feet and recover a 10-pound brick. Tread water for 2 minutes with arms across chest (legs only). Meets General Studies Category 5, Line 2 physical activity course.**PED 132 Intermediate Swimming Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Development of swimming strokes. Swim suit required. Meets General Studies Category 5, Line 2 physical activity course. **Prerequisite(s):** Ability to swim.**PED 135 Skin and Scuba Diving Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Techniques and safety for skin and scuba diving. Swim suit and special fee required. May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course. **Prerequisite(s):** Above-average ability to swim.**PED 137 Water Safety Instructor Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Water safety techniques as prescribed by the American Red Cross; W.S.I. Certification for those who qualify. Swim suit required. **Prerequisite(s):** Be at least 17 years of age at the end of the course, able to pass the pre-course written test and skills test. The written test is taken from the Community Water Safety and/or Swimming and Diving Text (Chapters 2 and 13). The skills test involves rescue skills and stroke evaluation. Meets General Studies Category 5, Line 2 physical activity course.**PED 138 Beginning Canoeing Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Practical instruction in canoeing. Emphasizes safety and techniques. On-the-water experiences are integral with instruction. Students must be able to swim. Meets General Studies Category 5, Line 2 physical activity course.**PED 139 Beginning Skiing Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Development of basic skills in downhill (Alpine) and/or cross country skiing. Special fee required. Meets General Studies Category 5, Line 2 physical activity course.**PED 140 Beginning Ice Skating Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Special fee required. Meets General Studies Category 5, Line 2 physical activity course.**PED 141 Beginning Karate Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish gi. Meets General Studies Category 5, Line 2 physical activity course.**PED 142 Hap Ki Do Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** A martial art activity with emphasis on self-defense. Students must furnish gi. Meets General Studies Category 5, Line 2 physical activity course.**PED 144 Beginning Recreation Games Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Shuffleboard, table tennis, horseshoes, croquet, and others. Meets General Studies Category 5, Line 2 physical activity course.**PED 145 Aerobic Dance Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** An activity course in which students' cardiovascular endurance is developed through continuous rhythmic exercise and dance set to music. May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.**PED 146 Beginning Social Dance Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Meets General Studies Category 5, Line 2 physical activity course.**PED 147 Beginning Ballet Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Introduction to ballet with emphasis on developing style, the basics of body alignment, arm placement, footwork and expressiveness. Students must furnish ballet shoes. Meets General Studies Category 5, Line 2 physical activity course.**PED 153 Beginning Modern Dance Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish leotard. Meets General Studies Category 5, Line 2 physical activity course.

PED 156 Beginning Tap Dance Credits: 1**Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish tap shoes. Meets General Studies Category 5, Line 2 physical activity course.**PED 157 Dance Choreography Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Designed to teach principles and fundamental dance skills for use in choreography assignments relating to time, space, energy, group relationships, and performance techniques. The choreography is especially relevant to vocal music, musical theatre, and concert dance. Two hours lab. Meets General Studies Category 5, Line 2 physical activity course.**PED 158 Intercollegiate Sports I Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Intercollegiate athletic team members who are on the men's basketball, men's football, women's basketball, women's soccer, women's volleyball teams and cheer squad only. May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.**PED 159 Intercollegiate Sports II Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Intercollegiate athletic team members who are on the men's baseball, men's cross country, men's golf, men's indoor track, men's outdoor track, women's cross country, women's golf, women's indoor track, women's outdoor track, women's softball or women's tennis teams only. May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.**PED 160 Dance Participation Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Open to any individual interested in developing higher level skills in dance performance through participation in the Missouri Western State University Dance Company. May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course. **Prerequisite(s):** Consent of dance company sponsor.**PED 171 Beginning Cave Exploring Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Introduction to the sport of spelunking. Emphasizes safety aspects and appreciation of cave ecology. Course includes caving trips. Equipment furnished by the department. Meets General Studies Category 5, Line 2 physical activity course.**PED 172 Intermediate Cave Exploring Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Continuation of PED 171. Involves intermediate activities in spelunking: reading cave maps, basic vertical techniques, basic rescue techniques, and discussions in cave geology. Course includes caving trips. Most equipment furnished by the department. Special fee required. Meets General Studies Category 5, Line 2 physical activity course. **Prerequisite(s):** PED 171.**PED 175 Beginning Volleyball Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Meets General Studies Category 5, Line 2 physical activity course.**PED 180 Pilates Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** A progressive activity where students learn proper body alignment and techniques for integration into movement with emphasis on lower back and abdominal strength. May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.**PED 181 Beginning Crossfit Credits: 1****Typically Offered:** Fall, Spring.**Course Description:** This course will teach students the basic Olympic lifts and gymnastic movements of Crossfit. It will teach lifetime fitness through general physical conditioning. May be repeated up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.**PED 182 Yoga Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Gaining personal power through the daily use of Kundalini Yoga is an integrated approach offering Kriya (designed physical movements), Pranayama (breathing practices), Dharana (concentration) and Dhyana (meditation) and gong vibration relaxation. The goal of the class is to deepen the qualities of attention and concentration and to increase physical and mental stamina in physical performance and practice settings. Meets General Studies Category 5, Line 2 physical activity course.**PED 185 Beginning Weight Training and Conditioning Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.**PED 186 Aerobic Fitness Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** May be taken up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.**PED 187 Beginning Cycling Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish bicycle. Meets General Studies Category 5, Line 2 physical activity course.**PED 188 Wilderness Canoeing Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Comprehensive course in flatwater and river canoeing; emphasizes whitewater paddling technique and personal conduct in wilderness environments; includes wilderness camping skills and expedition dynamics. Class is usually held in Minnesota, South Missouri, or Arkansas. Meets General Studies Category 5, Line 2 physical activity course.**PED 189 Beginning Pistol and Skeet Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Pistol and skeet marksmanship, emphasizing range practice; methods and techniques of reloading ammunition and cleaning firearms. Students must provide own ammunition. Meets General Studies Category 5, Line 2 physical activity course.**PED 190 Adult Physical Fitness Credits: 1****Typically Offered:** Fall, Spring.**Course Description:** An activity course in which student's knowledge of high level wellness is developed through participation in discussion and physical activity programs. Designed as a class for returning students to be taught concurrently with the adult physical fitness class in Continuing Education. Meets General Studies Category 5, Line 2 physical activity course.

PED 191 Foundations of Physical Education Credits: 3**Typically Offered:** Fall, Spring.**Course Description:** Historic and philosophic analysis of physical education emphasizing physical education as an academic discipline, professional opportunities, and associated fields. Recommended for freshmen.**PED 192 Independent Physical Activity Credits: 1****Typically Offered:** Fall, Spring.**Course Description:** This course will involve independent physical activity tracking which will be monitored by the instructor. You will be required to purchase a physical activity tracker. May be repeated up to four times for credit. Meets General Studies Category 5, Line 2 physical activity course.**PED 193 Special Weight Training Class for Athletes Only Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Limited to members of MWSU Intercollegiate Athletic Teams and Cheer Squad only. May be taken one time only for credit. Meets General Studies Category 5, Line 2 physical activity course.**PED 219 Intermediate Golf Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish four new golf balls. Meets General Studies Category 5, Line 5 physical activity course.**Prerequisite(s):** PED 119.**PED 222 Human Sexuality Credits: 3****Typically Offered:** Fall.**Course Description:** Physiological, psychological, sociological, behavioral, and clinical aspects of sexuality. Topics will be addressed over the life span and will include controversial issues.**PED 240 Methods of Teaching Lifetime Activities for Secondary Physical Education Credits: 3****Typically Offered:** Fall.**Course Description:** Presents Teaching Methodology - develops knowledge and skills in lifetime activities. May require additional off campus meetings for applied teaching experiences.**PED 241 Concepts of Sport Activities Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Presents Teaching Methodology - develops knowledge and skills in the team sports of basketball, flag football, soccer, and volleyball. May require additional off campus meetings for applied teaching experiences.**PED 246 Concepts of Dance and Gymnastics Credits: 3****Typically Offered:** Fall.**Course Description:** Presents teaching methodology and develops knowledge and skills in social, folk, and square dance, stunts and tumbling, and apparatus gymnastics. May require additional off-campus meetings.**PED 250 Intermediate Ice Skating Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Continuation of PED 140. Emphasizes ice skating as a leisure activity for a lifetime. Special fee required. Meets General Studies Category 5, Line 2 physical activity course.**PED 253 Intermediate Modern Dance Credits: 1****Typically Offered:** Departmental Discretion.**Course Description:** Students must furnish leotard. Meets General Studies Category 5, Line 2 physical activity course. **Prerequisite(s):** PED 153.**PED 283 Introduction to Research Methods in Physical Education****Credits: 1-2****Typically Offered:** Departmental Discretion.**Course Description:** Introduction to basic research in physical education. Individual and team projects involving methods for solving physical education-related research problems. **Prerequisite(s):** Consent of the department.**PED 294 Drug Education Credits: 3****Typically Offered:** Spring.**Course Description:** This course addresses the concepts of drug use, drug misuse and drug abuse as they pertain to prescribed medications as well as illicit substances. Over the counter preparations are included, as well as the more commonly encountered drugs in the school setting.**PED 303 Kinesiology Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Analyzes movement through the study of anatomical structures and mechanical principles of the human body; applicable to elementary, secondary, and adult populations. **Prerequisite(s):** A grade of C or higher in BIO 250.**PED 304 Physiology of Exercise Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Basic physiology applied to physical education and the training of athletes; applicable to elementary, secondary, and adult populations. Three hours lecture, one hour lab. **Prerequisite(s):** BIO 250 with a C or higher.**PED 305 First Aid: Responding to Emergencies Credits: 3****Typically Offered:** Fall, Spring, Summer (odd-numbered years).**Course Description:** Designed to provide the knowledge and skills necessary to help sustain life and minimize the consequences of injury or sudden illness until advanced medical care arrives. Participants will be able to identify and eliminate potentially hazardous conditions, recognize emergencies and make appropriate decision for first aid care. Optional Certification in: Adult CPR/AED, Pediatric CPR and First Aid.**PED 306 Sport Safety Training Credits: 3****Typically Offered:** Fall, Spring, Summer (even-numbered years).**Course Description:** Designed to provide the knowledge and skills necessary to help provide a safe environment for athletes while participating in sports and, in an emergency, to help sustain life and minimize the consequences of injury or sudden illness until advanced medical care arrives. Participants will be able to identify and eliminate potentially hazardous conditions, recognize emergencies and make appropriate decision for first aid care. Optional Certification in: Adult CPR/AED, Pediatric CPR and First Aid.**PED 310 Principles and Administration of Coaching Credits: 2****Typically Offered:** Departmental Discretion.**Course Description:** Provides insight into the coaching profession; includes developing a professional approach to coaching ethics, psychology of athletics, staff selection, public relations, administration of duties (scheduling, eligibility, reports, purchasing, care of facilities), and appreciation for non-technical aspects of the total job. **Prerequisite(s):** Junior standing.**PED 311 Coaching and Officiating of Football Credits: 2****Typically Offered:** Spring (odd-numbered years).**Course Description:** Theory, fundamentals, and officiating of football; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.

PED 312 Coaching and Officiating of Basketball Credits: 2**Typically Offered:** Fall.**Course Description:** Theory, fundamentals, and officiating of basketball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab.**PED 313 Coaching and Officiating of Baseball and Softball Credits: 2****Typically Offered:** Fall (odd-numbered years).**Course Description:** Theory, fundamentals, and officiating of baseball and softball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.**PED 314 Coaching and Officiating of Track and Field Credits: 2****Typically Offered:** Spring (even-numbered years).**Course Description:** Theory, fundamentals, and officiating of track and field; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.**PED 315 Coaching and Officiating of Volleyball Credits: 2****Typically Offered:** Spring.**Course Description:** Theory, fundamentals, and officiating of volleyball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.**PED 316 Coaching and Officiating of Wrestling Credits: 2****Typically Offered:** Departmental Discretion.**Course Description:** Theory, fundamentals, and officiating in wrestling; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. May require additional off-campus meetings.**PED 317 Principles of Strength Training and Conditioning Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Fundamentals in the development of strength and conditioning programs for a variety of populations. Includes the physiological bases of strength development, identification of specific exercises to develop strength, proper technique, and periodized programming for maximal development. Two hours lecture, two hours lab. May require additional off-campus meetings.**PED 318 Principles of Aerobic Training Credits: 3****Typically Offered:** Spring.**Course Description:** Fundamentals in the development of aerobic programs for a variety of populations: includes the physiological bases of aerobic development, identification of specific exercises and activities to develop aerobic power, proper technique, identify contraindicated exercises, and programming for maximal development of aerobic power. May require additional off-campus meetings.**PED 319 Coaching and Officiating of Soccer Credits: 2****Typically Offered:** Spring.**Course Description:** Theory, fundamentals, and officiating of soccer includes FIFA laws of the Game, skill development, conditioning, strategies, and basic organizational techniques to coach and referee soccer. Two hours lecture, one hour lab. May require additional off-campus meetings.**PED 327 Exercise Prescription for Special Populations Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Provide the students with principles and practice in developing exercise programs specifically designed for special populations. **Prerequisite(s):** PED 304 or PED 391 with a grade of C or higher.**PED 352 Fitness and Sports Nutrition Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** This course will provide students with an understanding of the basic nutrition principles to help promote and maintain health throughout a life cycle. Students will examine the relationship between physical activity, proper nutrition, sports performance and overall wellness. Students will learn what foods are needed for healthy lifestyles and peak performance. Students will also learn how proper nutrition maximizes physical performance in exercise and sports contexts. This course strengthens health promotion and disease prevention through increased knowledge of nutrition and physical activity. This class provides information to students in developing healthy lifestyle choices.**PED 370 Methods in Teaching Health and Physical Education Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** Includes health/physical education content at the collegiate level, as well as methods and materials for the school settings. The physical education major will receive health methods K-12 and the elementary classroom majors will receive health and physical education methods K-6. **Prerequisite(s):** PED 101 and official admittance to the teacher education program.**PED 373 Psychology of Exercise Credits: 3****Typically Offered:** Spring.**Course Description:** This course is designed to examine applied and theoretical issues related to the psychology of exercise and physical activity. The course will enable students to use their knowledge of psychological aspects of exercise to facilitate exercise adoption and adherence as well as applying motivational and behavior change strategies when working with others in various health and physical activity settings. **Prerequisite(s):** A grade of C or higher in PSY 101.**PED 374 Psychology of Sport Credits: 3****Typically Offered:** Fall.**Course Description:** Emphasizes the psychology and sociology of the sports participant from the standpoint of participant's behavior toward other individuals and groups. **Prerequisite(s):** PSY 101.**PED 375 Sociocultural Aspects of Sport and Physical Activity Credits: 3****Typically Offered:** Spring.**Course Description:** To develop an understanding of sport not only from a sociological perspective but also from a social creation standpoint. This course will examine the socially created realities of sport and will provide a critical analysis of sport at all levels (informal and organized youth, interscholastic, intercollegiate, and professional). Emphasis is placed on gender, race, economic, media, and political issues in sport.

PED 380 Rhythms and Creative Movement for Elementary School Credits: 3**Typically Offered:** Spring.**Course Description:** Designed to teach elementary teachers how to approach the use of rhythms as a means for developing neuromuscular growth and body space awareness; uses a variety of musical styles and rhythmic devices to develop a knowledge in movement exploration including body awareness, space utilization, time, and energy change. Students will be required to meet off-campus for teaching experience. Elementary education majors may not take the course until officially admitted to the teacher education program.**PED 381 Outdoor Education Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** A methodology course with an emphasis on establishing learning experiences in natural environments through varied disciplines of study. Two hours lecture, two hours lab.**PED 382 Elementary School Physical Education Credits: 3****Typically Offered:** Fall.**Course Description:** Fundamental skills, sports, and games for the elementary school physical education program. Two hours lecture, two hours lab. May meet off-campus for micro teaching experiences in an elementary school; may have one teaching experience at night.**PED 383 Adapted Physical Education Credits: 3****Typically Offered:** Spring.**Course Description:** Theory and methods of programming activities for handicapped students; recognition of, prevention of, and practical experience with structural deviations from normal body mechanics.**PED 385 Athletic Training Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Prevention and care of common athletic injuries, protective equipment, and training methods. **Prerequisite(s):** BIO 250.**PED 386 Prevention, Intervention and Treatment of Sexually Transmitted Diseases Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** This course examines the evolution of AIDS and STD's as well as modes of transmission, disease progression, and the risk factors involved in pathogenic exposure. In addition, screening procedures and treatments are addressed. **Prerequisite(s):** BIO 101 or BIO 105 and junior standing.**PED 387 Current Issues in Health Education Credits: 3****Typically Offered:** Departmental Discretion.**Course Description:** This course is designed to critically analyze research and literature in health education. The range of topics for discussion will include literature from popular readings to scientific reports from referred journals.**PED 388 Community Health Credits: 2****Typically Offered:** Fall.**Course Description:** This course examines the issues and problems that exist within the political, social, cultural and economic dimensions of community health.**PED 391 Personal and Environmental Health Credits: 3****Typically Offered:** Fall, Summer.**Course Description:** This course addresses personal and environmental health issues and concerns as they relate to physiological and psychological well-being. Responsibility and decision making skills pertinent to health behaviors are also included. **Prerequisite(s):** A grade of C or higher in PED 101.**PED 392 Child Growth and Motor Development Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** The study of humans from conception to maturation dealing with the pattern of growth involved in the physical and mental process. This course will focus on the four domains of growth (Physical (Motor), Cognitive, Social and Emotional) with a specific emphasis on Motor Development / Motor Learning. The main purpose is to develop understanding of experimental and experiential factors concerning developmental factors that affect a person's skills and abilities in all four domains across the lifespan.**PED 393 Measurement in Physical Education Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Methods in evaluation of the product and process; special emphasis on physical fitness, motor ability, posture, and specific sports skills; applicable to elementary, secondary, and adult populations. **Prerequisite(s):** A grade of C or higher in MAT 110 or MAT 110E or higher.**PED 395 Intramural Management Credits: 2****Typically Offered:** Departmental Discretion.**Course Description:** Organization and administration of intramural and extramural activities. Assistance in the intramural program is required. One hour lecture, two hours lab.**PED 400 Advanced Cardiovascular Exercise Physiology Credits: 3****Typically Offered:** Spring.**Course Description:** This course is designed to introduce the student to the study of cardiovascular physiology with an emphasis on normal versus abnormal function. It provides an in depth study of the cardiovascular system and its various responses to acute and chronic exercise. **Prerequisite(s):** PED 304 with a grade of C or higher.**PED 401 Graded Exercise Testing Credits: 3****Typically Offered:** Fall, Spring.**Course Description:** Examines the principles of exercise testing, the methods of conducting a graded exercise test, collection and calculation of test data in a sequential manner and interpretation of information so obtained. Offers a basic understanding of the normal physiological adaptations to chronic exercise and the electrophysiology of electrocardiography. Three hours lecture, one hour lab. **Prerequisite(s):** A grade of C or higher in PED 304.**PED 417 Applied Techniques in Personal Training Credits: 3****Typically Offered:** Fall.**Course Description:** This course is designed to provide students with practical experience working with clients (faculty/staff/students) in a supervised setting enabling them to become more confident and competent in carrying out exercise assessments and writing appropriate prescriptions for individuals. **Prerequisite(s):** A grade of C or higher in PED 304, PED 317 and PED 401.**PED 420 Senior Seminar in Physical Education Credits: 1****Typically Offered:** Fall, Spring.**Course Description:** Practical preparation for the profession including job seeking techniques, resume and portfolio building, interviewing techniques, professional organizations and membership benefits, and visits from professionals in the field. **Prerequisite(s):** Senior standing and a grade of C or higher in all PED courses required in the major or concurrent enrollment.

PED 430 Field Experience in Health and Exercise Science Credits: 9
Typically Offered: Fall, Spring, Summer.

Course Description: A 400 hour internship with an agency related to Health and Exercise Science to develop and utilize skills learned in the classroom. Agency selected by the student with instructor approval.
Prerequisite(s): Senior status; a grade C or higher in all PED courses in the core including PED 401; completion of all departmental application requirements; and agency acceptance of the intern.

PED 450 Independent Research/Project Credits: 1-5
Typically Offered: Fall, Spring, Summer.

Course Description: Investigation of a research problem, project, or topic on an individual conference basis. **Prerequisite(s):** Completion of the major-minor declaration in physical education, a minimum of a 2.5 GPA in the major field, and/or departmental approval.

PED 451 Research in Health and Exercise Science Credits: 3
Typically Offered: Fall, Spring.

Course Description: Original research in areas related to Health or Exercise Science. Students will be guided in the development of research ideas and problem statements, literature reviews, testing methodology, data collection, and interpretation of results. **Prerequisite(s):** Junior or senior standing, and a grade of C or higher in PED 393.

PED 480 Practicum in Physical Education Credits: 2
Typically Offered: Fall, Spring, Summer.

Course Description: Individualized in-depth study of a subject in which the student is particularly interested. **Prerequisite(s):** Junior or senior standing.

PED 481 Children's Lifetime Sports Academy Practicum Credits: 2
Typically Offered: Summer.

Course Description: Practical teaching experience of children aged eight to 15 in lifetime sports and adventure activities. Can be repeated for credit.

PED 485 Athletic Training II Credits: 2
Typically Offered: Departmental Discretion.

Course Description: Methods of athletic injury mechanisms and evaluative techniques of athletic injuries. Knowledge and understanding of modalities, therapeutic techniques, and rehabilitation programs of athletic injuries. One hour lecture, two hours lab. **Prerequisite(s):** A grade of C or higher in PED 385.

Recreation Sport Management (RSM)

RSM 220 Introduction to Recreation and Sport Management Credits: 3
Typically Offered: Fall, Spring.

Course Description: History and foundations of organized recreation including objectives, responsibilities, scope, and economic and social aspects; tours of specific recreation agencies.

RSM 230 Recreation/Sport Field Experience I Credits: 2
Typically Offered: Fall, Spring.

Course Description: Practical, exploratory view of three recreation and sport agencies from an on-the-job perspective. One hour lecture, five hours lab. **Prerequisite(s):** A grade of C or higher in RSM 220.

RSM 283 Introduction to Research Methods in Recreational Sport Management Credits: 1-2
Typically Offered: Departmental Discretion.

Course Description: Introduction to basic research in recreation or sport management. Individual and team projects involving methods for solving recreation or sport management-related research problems.
Prerequisite(s): Consent of the department.

RSM 300 Philosophy and Leadership in Recreation and Sport Management Credits: 3
Typically Offered: Spring.

Course Description: Analyzes fundamental philosophical concepts and the influence on personal leadership and management techniques as they relate to working with people and leisure organizations.

RSM 320 Foundations of Esports Credits: 3
Typically Offered: Fall.

Course Description: The purpose of this course is to explore the history and foundations of esports, and the current state of the industry. Students will examine the role of various stakeholders (e.g., game developers, tournament organizers, coaches, players, and governing bodies) in the provision of esports, and will examine various career paths within the industry.

RSM 322 Social Recreation Credits: 2
Typically Offered: Departmental Discretion.

Course Description: Principles and techniques of administering and conducting social events; emphasizes planning, discussion, demonstration, and participation.

RSM 323 Programming and Event Planning in Recreation and Sport Credits: 3
Typically Offered: Spring.

Course Description: Basic principles and practices in planning recreation and sport programs in a variety of settings. **Prerequisite(s):** A grade of C or higher in RSM 220.

RSM 325 Law for the Recreation and Sport Practitioner Credits: 2
Typically Offered: Fall, Spring.

Course Description: This course is designed to learn procedures that will aid them in risk management planning to reduce the incidence of injuries/lawsuits. Students will learn how to apply an understanding of local, state, and federal law and regulations to recreation and sport settings.

RSM 326 Recreational Arts, Crafts, and Music Credits: 2
Typically Offered: Departmental Discretion.

Course Description: Surveys various arts, crafts, and music involved in recreation settings. Students must furnish their own supplies. One hour lecture, two hours lab.

RSM 330 Recreation/Sport Field Experience II Credits: 3
Typically Offered: Fall, Spring, Summer.

Course Description: Supervised leadership assignment in a recreation or sport agency leading to a deeper conceptual view of intended professional aspirations. One hour lecture, eight hours lab.
Prerequisite(s): Completed major-minor declaration in recreation sport management program, a grade of C or higher in RSM 230, minimum overall GPA of 2.2, and 20 supplemental preparation hours.

RSM 335 Instructor of Initiatives Credits: 2
Typically Offered: Fall.

Course Description: This course is designed to provide the student with the many aspects of being an instructor of initiative activities. The course will also provide the student with knowledge of how to build and construct different types of initiative and safety concerns.

RSM 340 Interpretive Services in Parks and Recreation Credits: 3

Typically Offered: Departmental Discretion.

Course Description: Designed to apply a comprehensive interpretive program in parks and recreation. Development of an understanding of the principles and practices of stewardship and use of natural resources and the ability to interpret them to the general public, particularly as related to the public's role in stewardship. Application of the principles and practices basic to the effective management of recreation users in natural resources settings will be stressed.

RSM 342 Facility Management in Recreation and Sport Credits: 3

Typically Offered: Spring.

Course Description: Designed to provide a variety of theoretical and applied learning experiences to develop an understanding of the principles and procedures for planning, designing, developing and evaluating recreation and sport facilities. Understanding the ability to promote, advocate, interpret, and articulate the concerns of recreation and sport systems for all populations and services.

RSM 343 Marketing in Recreation and Sport Credits: 3

Typically Offered: Spring.

Course Description: Defines and analyzes the fundamentals of marketing in the sport and recreation fields. Emphasis is placed on the development of a marketing plan and a sponsorship proposal.

RSM 344 Travel and Tourism Development in Recreation and Sport Credits: 3

Typically Offered: Fall.

Course Description: Understanding the role of travel, tourism, and sport tourism and its economic and cultural impacts on American society. Implications of travel and tourism for programming and entrepreneurship. Emphasis will be placed on economic impact and sustainability.

RSM 360 Entrepreneurship in Recreation and Sport Credits: 3

Typically Offered: Fall.

Course Description: Basic steps of initiating and conducting a commercial recreation or sport related enterprise; designed to offer students the knowledge, skills, and understanding necessary to start a business.

RSM 365 Introduction to Special Populations Credits: 3

Typically Offered: Fall.

Course Description: Leisure needs and methods of serving various groups in a society; populations include the aged, the ill, the disabled, the disadvantaged, and those in penal institutions.

RSM 420 Seminar in Recreation and Sport Management Credits: 1

Typically Offered: Fall, Spring.

Course Description: Practical preparation for the profession including job-finding skills, interview techniques, values of recreation association, and visits from field professionals. **Prerequisite(s):** Completed major-minor declaration in recreation sport management program, senior standing, and a grade of C or higher in all RSM core courses (except RSM 430).

RSM 424 Organization and Administration of Recreation and Sport Agencies Credits: 3

Typically Offered: Fall, Spring.

Course Description: The internal operation of leisure organizations including staffing, finance, public relations, areas and facilities, decision making, and problem solving. **Prerequisite(s):** Completed major-minor declaration in recreation sport management program, senior standing, and a grade of C or higher in RSM 220, RSM 300, RSM 323, and RSM 325.

RSM 425 Current Issues in Esports, Media, and Society Credits: 3

Typically Offered: Spring.

Course Description: The purpose of this course is to examine current issues in esports, media, and society. Students will explore current issues and controversies in esports and critically analyze the current status of the industry. Students will examine player and spectator motivations and experiences. The course will also view esports from the standpoint of various critical perspectives, both on its own and as situated within the larger context of sport in society. **Prerequisite(s):** RSM 320.

RSM 428 Introduction to Sport Governance Credits: 3

Typically Offered: Fall.

Course Description: This course is to assist each student in defining and analyzing issues of governance in the world of sport. It will provide students with an up-to-date understanding of sport governance as they are currently being applied in various sport management contexts.

RSM 430 Recreation/Sport Field Experience III Credits: 9

Typically Offered: Fall, Spring, Summer.

Course Description: Full-time internship with a recreation or sport agency to develop and utilize skills learned in the classroom.

RSM 450 Independent Research/Project Credits: 1-5

Typically Offered: Fall, Spring, Summer.

Course Description: Investigation of a research problem, project, or topic on an individual conference basis. **Prerequisite(s):** Completion of the major-minor declaration in recreation, a minimum of a 2.5 GPA in the major field, and/or department approval.

RSM 480 Practicum in Recreation and Sport Credits: 2

Typically Offered: Fall, Spring, Summer.

Course Description: An individualized in-depth study of a subject in which the student is particularly interested. **Prerequisite(s):** Junior or senior standing and consent of department chairperson.

RSM 481 Esport Academy Credits: 2

Typically Offered: Summer.

Course Description: The students will acquire hands-on leadership experience while running an esports camp for youth.

Faculty