

Physical Education Theory Courses 2018/2019

PETH 114. ProAct – Softball	1 hour
PETH 116. ProAct – Volleyball	1 hour
PETH 117. ProAct – Basketball	1 hour
PETH 119. ProAct – Soccer	1 hour
PETH 210. Group Fitness Instructor	2 hours
PETH 214. ProAct – Tennis	1 hour
PETH 216. ProAct – Fitness for Life	1 hour
PETH 217. ProAct – Badminton	1 hour
PETH 219. ProAct – Gymnastics	1 hour
PETH 240. Coaching for Success	2 hours
PETH 255. Water Safety Instructor	1 hour
PETH 265. Topics in Theory	1 – 3 hours
PETH 270. Certified Pool Operator	1 hour
PETH 295. Directed Study	1 – 3 hours
PETH 314. Biomechanics	3 hours
PETH 315. Physiology of Exercise (W)	4 hours
PETH 325. Personal Trainer	2 hours
PETH 354. Lifeguard Instructor	1 hour
PETH 363. Tests and Measurements in Health and Physical Education	3 hours
PETH 364. Principles and Administration of Physical Education and Recreation (W) (SERV-2)	3 hours
PETH 375. Motor Learning and Development	3 hours
PETH 437. Adaptive Physical Education	2 hours
PETH 441. Secondary Physical Education Methods	2 hours
PETH 463. Elementary School Physical Education Methods	2 hours
PETH 465. Topics in Theory	1 – 3 hours
PETH 474. Psychology and Sociology of Sports (W)	2 hours
PETH 495. Directed Study (W)	1 – 3 hours
PETH 497. Intro to Applied Exercise Science Research	1 – 2 hours

PETH 114. ProAct – Softball

1 hour

Development of professional skills including performance and teaching techniques for softball. For Physical Education and Sports Studies majors and minors only. **Lab Fee: 2 (\$15).**

FALL (odd years only)

PETH 116. ProAct – Volleyball

1 hour

Development of professional skills including performance and teaching techniques for volleyball. For Physical Education and Sports Studies majors and minors only.

WINTER (even years only)

PETH 117. ProAct – Basketball

1 hour

Development of professional skills including performance and teaching techniques for basketball. For Physical Education and Sports Studies majors and minors only. **Lab Fee: 2 (\$15).**

WINTER (even years only)

PETH 119. ProAct – Soccer

1 hour

Development of professional skills including performance and teaching techniques for soccer. For Physical Education and Sports Studies majors and minors only.

WINTER (odd years only)

PETH 210. Group Fitness Instructor

2 hours

A course that will prepare a student to take the certification exam for Aerobic INstrutors. A certified Instructor will teach this course that will deal with the theory and practice of a variety of aerobic styles. Safety and correct methods will be emphasized. **Lab Fee: 10 (\$210).**

This course is cross-listed with RECR201. A Student may receive credit for this course from only one program.

WINTER

PETH 214. ProAct – Tennis

1 hour

Development of professional skills including performance and teaching techniques for tennis. For Physical Education and Sports Studies majors and minors only. **Lab Fee: 2 (\$15).**

FALL (even years only)

PETH 216. ProAct – Fitness for Life

1 hour

Development of professional skills including performance and teaching techniques for conditioning. For Physical Education and Sports Studies majors and minors only. **Lab Fee: 2 (\$15).**

WINTER (odd years only)

PETH 217. ProAct – Badminton

1 hour

Development of professional skills including performance and teaching techniques for badminton. For Physical Education and Sports Studies majors and minors only.

FALL (even years only)

PETH 219. ProAct – Gymnastics

1 hour

Development of professional skills including performance and teaching techniques for gymnastics. For Physical Education and Sports Studies majors and minors only.

FALL (odd years only)

PETH 240. Coaching for Success**2 hours**

A study and discussion into sports team organization, recruiting, picking teams, training, game preparation, travel budget, crowd control, facilities management, fund raising, game safety and control, and coaches decorum. Special emphasis will include keeping the game in a “Christian perspective” and establishing a personal coaching philosophy.

WINTER (even years only)**PETH 255. Water Safety Instructor****1 hour**

Students will earn the American Red Cross Water Safety Instructor certification. The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. **Lab Fee:** 4 (\$ 30).

Prerequisite(s): [PEAC 254](#) or equivalent. Must meet stroke performance standards for American Red Cross Swim Level 5.

WINTER**PETH 265. Topics in Theory****1 – 3 hours**

Topics selected from areas of physical education theory not covered in other courses. This course may be repeated for credit.

FALL | WINTER**PETH 270. Certified Pool Operator****1 hour**

The Certified Pool Operator course is designed to provide the student with the knowledge necessary to operate and maintain a swimming pool to standards as set forth by the National Swimming Pool Foundation and the Center for Disease Control. The course will familiarize the student with guidelines for proper maintenance of water quality, pertinent legislation, regulations, codes-of-practice, standards of design and operations of an aquatic facility. **Lab Fee:** 12 (\$300).

WINTER**PETH 295. Directed Study****1 – 3 hours**

For Physical Education majors or minors only. Gives the student the opportunity to pursue knowledge in an area of interest related to health, PE, or recreation. Approval by School Dean required.

PETH 314. Biomechanics**3 hours**

A study of the anatomical and mechanical variables influencing human motion for efficient, safe, and effective movement. Specific topics include force, torque, center of mass, linear and mechanical characteristics of muscles and bones. Video analysis software is utilized for practical application of concepts. **Lab Fee:** 5 (\$60).

Prerequisite(s): [BIOL 101](#) - [BIOL 102](#) with a grade of C- or better.

FALL**PETH 315. Physiology of Exercise (W)****4 hours**

Emphasizing the physiological effects of muscular exercise, aerobics, and physical conditioning. Significance of these effects for health, skilled performance, and prevention of disease. Research required. **Lab Fee:** 6 (\$90).

Prerequisite(s): [BIOL 101](#) - [BIOL 102](#) with a grade of C- or better.

WINTER

PETH 325. Personal Trainer**2 hours**

This course is designed to prepare a student to pass a national exam to become a Certified Personal Trainer. This course requires twenty (20) hours of observation/practical experience outside of class. **Lab Fee:** 11 (\$240).

This course is cross-listed with [RECR 325](#). A student may receive credit for this course from only one program.

FALL | WINTER**PETH 354. Lifeguard Instructor****1 hour**

The class will prepare a lifeguard to advance in the aquatic profession to lifeguard instructor.

Prerequisite(s): [PEAC 254](#) or [RECR 254](#).

WINTER**PETH 363. Tests and Measurements in Health and Physical Education****3 hours**

A survey of tests used in Physical Education and an introduction to statistical procedures for analyzing data and how it may be applied to research. Test Construction and historical perspectives of physical education are dealt with.

FALL**PETH 364. Principles and Administration of Physical Education and Recreation (W) (SERV-2)****3 hours**

This course is an integrated study of the principles and administrative concepts of physical education and recreation. Emphasis is placed on the management and administrative skills needed for physical education and corporate and community wellness majors.

WINTER**PETH 375. Motor Learning and Development****3 hours**

A course of study designed to examine motor development and motor behavior as it relates to an individual maturation process, with emphasis placed on implications for the physical educator. Laboratory experiences are conducted to advance student comprehension of motor learning concepts.

WINTER**PETH 437. Adaptive Physical Education****2 hours**

A course designed to develop an understanding of neurodevelopment and functional ability, of impairments and their implications for motor performance. Emphasis on teaching progressions and exercise programs for special populations.

FALL**PETH 441. Secondary Physical Education Methods****2 hours**

The class is designed to provide instruction to pre-service teachers as to the different styles of teaching secondary physical education. Other topics include teacher effectiveness, systematic observation analysis, standards based curriculum planning, and authentic assessment. The class includes observation and practice teaching at local schools

Prerequisite(s): Admission to Teacher Education.

WINTER**PETH 463. Elementary School Physical Education Methods****2 hours**

This course is designed to introduce the prospective elementary school classroom teacher and physical education teacher to the goals, content, teaching methods, and planning of elementary physical education. The course focuses on assisting the student in learning and practicing pedagogical skills and principles as they apply to a wide variety of physical activities.

FALL | SUMMER (odd years only)

PETH 465. Topics in Theory

1 – 3 hours

Topics selected from areas of physical education theory not covered in other courses. This course may be repeated for credit.

FALL | WINTER

PETH 474. Psychology and Sociology of Sports (W)

2 hours

An exploration of sports and their evolving impact on American culture. Special attention is given to current issues in sports as they relate to the individual in society.

FALL

PETH 495. Directed Study (W)

1 – 3 hours

For Physical Education majors or minors only. Gives the student the opportunity to pursue knowledge in an area of interest related to health, PE, or recreation. Approval by School Dean required.

PETH 497. Intro to Applied Exercise Science Research

1 – 2 hours

Pre-professional course that introduces the research process and provides applied research experience with an emphasis on metabolism and cardio-respiratory function in health individuals. Includes a working knowledge of research design, research methods, and basic statistics, plus, application of the research process while assisting faculty with ongoing research in a professionally supervised practicum experience.

Prerequisite(s): [ENGL 102](#); [BIOL 101](#), [BIOL 102](#).

FALL | WINTER