

PHYSICAL EDUCATION

Keith Beckett, Chair

Lisa Campanell-Komara

Brenda Meese

Steve Moore

Tim Pettorini

Mike Schmitz

The Department of Physical Education, Athletics, and Recreation supports the belief that participation in physical activity and sports are integral components of the culture in which we live. The values and concepts inherent in sports are parallel to those developed within the framework of a liberal arts education. Skills learned through physical activity and sport participation are valuable personal, social, and recreational tools which may be used to enrich the lives of men and women within society. The department is committed to create and develop a unique program of health, fitness, and leisure education dedicated to improving the quality of life and promoting longevity.

The discipline of Physical Education challenges us to:

- acquire and maintain a level of fitness and wellness necessary to enhance the quality of life;
- develop a coordinated body and efficient movement patterns that will be understood and utilized by us during activity;
- become more proficient in one or more activities which give personal satisfaction, enjoyment, and leisure time resources during and beyond college;
- develop through sport experiences and physical activity the values and standards of conduct inherent in participation in sport and recreational activity.

Minor in Physical Education

Consists of six courses:

- Six Physical Education courses at the 200-level or beyond

Special Notes

- Only grades of C- or better are accepted for the minor.

LIFETIME SPORT AND PERSONAL CONDITIONING COURSES

(.25 course credit)

The Department of Physical Education offers courses in a variety of lifetime sports and personal conditioning activities. These courses meet for one-half semester. The focus of these courses is for students to acquire and further develop the fundamental skills/knowledge that would allow them to participate in a selected sport or activity. Students may earn one-quarter credit for each lifetime sport course, and no more than four of these courses may count for degree completion credit. Students who participate on intercollegiate teams may earn .25 course credit (one time) for their participation by registering for PHED 13001-13002.

PHED 10001-10002. ARCHERY

PHED 10101-10102. BADMINTON, BEGINNING

PHED 10301-10302. BASIC SELF DEFENSE, BEGINNING

PHED 10401-10402. BASIC SELF DEFENSE, INTERMEDIATE

PHED 10801-10802. BOWLING, BEGINNING

PHED 10901-10902. BOWLING, INTERMEDIATE

PHED 11101-11102. GOLF, BEGINNING

PHED 11201-11202. GOLF, INTERMEDIATE
PHED 11501-11502 KARATE, BEGINNING
PHED 11601-11602. KARATE, INTERMEDIATE
PHED 11801-11802. PERSONAL CONDITIONING
PHED 11901-11902. PERSONAL CONDITIONING, ADVANCED
PHED 12001-12002. PLYOMETRICS
PHED 12201-12202. SCUBA, BEGINNING
PHED 12301-12302. SCUBA, ADVANCED
PHED 12601-12602. TABLE TENNIS
PHED 12701-12702. TENNIS, BEGINNING
PHED 12801-12802. TENNIS, INTERMEDIATE
PHED 13001-13002. VARSITY SPORTS (*S/NC course*)
PHED 13201-13202. YOGA

PHYSICAL EDUCATION COURSES

PHED 20000. WOMEN IN SPORT (Women's, Gender, and Sexuality Studies)

Psychological, sociological, and physiological factors that contribute to an interest and ability to participate in sports, with special reference to those factors particularly significant to women. This course also reviews relevant historical and current events. *Spring 2012.*

PHED 20100. COACHING OF INDIVIDUAL AND TEAM SPORTS

The philosophies, methods, and strategies involved in the coaching of individual and team sports. *Not offered 2011-2012.*

PHED 20200. ELEMENTARY PHYSICAL EDUCATION

Development of a fundamental movement foundation along with skills and knowledge necessary for sequencing educational games, rhythms, and gymnastics. *Spring 2012.*

PHED 20300. KINESIOLOGY

An examination of the structure and function of the human muscular and skeletal systems. Emphasis will be placed on the mechanical analysis of human movement. *Not offered 2011-2012.*

PHED 20400. EXERCISE, NUTRITION, AND STRESS MANAGEMENT

Study of the basic concepts of nutrition, the elementary principles of exercise physiology, and the physiological principles of stress as well as the relationship of these subject areas to one another. *Not offered 2011-2012.*

PHED 20500. SPORT IN AMERICAN LIFE

A study of the social phenomena, economic roles, and the psychological and cultural consequences of sport in American life, with particular reference to social and psychological factors. Topics such as the interaction of sport and other social institutions and the competitive process will be examined. *Not offered 2011-2012.*

PHED 20600. PREVENTION AND CARE OF ATHLETIC INJURIES

Personal and team conditioning methods, standard first aid techniques, methods and materials for prevention and care of injuries common in athletic activities and their appropriate rehabilitation techniques. *Spring 2012.*

PHED 20700. ADMINISTRATION OF PHYSICAL EDUCATION

Professional planning of physical education programs with special reference to curriculum development, facilities, equipment, legal liability, and public relations. *Spring 2012.*

PHED 20800. EXERCISE PHYSIOLOGY

A study of the effects of various activities and environmental factors on the system of the body and an investigation of the capacity of individuals to meet the demands imposed on them to determine how this capacity can be influenced by training and acclimatization. *Not offered 2011-2012.*

PHED 30800. PRACTICUM IN COACHING/ATHLETIC TRAINING AND PHYSICAL THERAPY

Prerequisite: Approval of the department chairperson. Fall 2011 and Spring 2012.

PHED 40000. TUTORIAL

A tutorial course on special topics offered to an individual student under the supervision of a faculty member. *Prerequisite: The approval of both the supervising faculty member and the chairperson is required prior to registration. Fall and Spring.*