PHYSICAL EDUCATION

FACULTY:
Keith Beckett, Chair
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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

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 *(.25 course credit)*
PHED 10101-10102. BADMINTON, BEGINNING *(.25 course credit)*
PHED 10301-10302. BASIC SELF DEFENSE, BEGINNING *(.25 course credit)*
PHED 10401-10402. BASIC SELF DEFENSE, INTERMEDIATE *(.25 course credit)*
PHED 10801-10802. BOWLING, BEGINNING *(.25 course credit)*
PHED 10901-10902. BOWLING, INTERMEDIATE *(.25 course credit)*
PHED 11101-11102. GOLF, BEGINNING *(.25 course credit)*
PHED 11201-11202. GOLF, INTERMEDIATE *(.25 course credit)*
PHED 11501-11502 KARATE, BEGINNING *(.25 course credit)*

PHED 11601-11602. KARATE, INTERMEDIATE *(.25 course credit)*
PHED 11801-11802. PERSONAL CONDITIONING *(.25 course credit)*
PHED 11901-11902. PERSONAL CONDITIONING, ADVANCED *(.25 course credit)*
PHED 12001-12002. PLYOMETRICS *(.25 course credit)*
PHED 12201-12202. SCUBA, BEGINNING *(.25 course credit)*
PHED 12301-12302. SCUBA, ADVANCED *(.25 course credit)*
PHED 12601-12602. TABLE TENNIS *(.25 course credit)*
PHED 12701-12702. TENNIS, BEGINNING *(.25 course credit)*
PHED 12801-12802. TENNIS, INTERMEDIATE *(.25 course credit)*
PHED 13001-13002. VARSITY SPORTS *(S/NC course)*
PHED 13201-13202. YOGA *(.25 course credit)*

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.

PHED 20100. COACHING OF INDIVIDUAL AND TEAM SPORTS
The philosophies, methods, and strategies involved in the coaching of individual and team sports.

PHED 20200. ELEMENTARY PHYSICAL EDUCATION
Development of a fundamental movement foundation along with skills and knowledge necessary for sequencing educational games, rhythms, and gymnastics.

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.

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.

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.

PHED 30800. PRACTICUM IN COACHING/ATHLETIC TRAINING AND PHYSICAL THERAPY
Prerequisite: Approval of the department chairperson.

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.*