

2015-2016 Physical Education Course Descriptions

PEP 110 Team Games. Students will learn various team games including: invasion games, net/wall games, fielding/run-scoring games, and target games. Students will also be exposed to various fitness activities and methods of assessing fitness for use as teachers of children and adolescents. 2 Semester Hours.

PEP 130 Lifetime Leisure Activities. Students will be exposed to various activities providing knowledge and application of skills enabling students to participate in activities for a lifetime. This course includes activities such as walking, jogging, golf, tennis, outdoor activities, racquetball, bicycling, and disc golf will be taught in this course. 2 Semester Hours.

PEP 150 Lifetime Fitness Activities. Students will be exposed to various activities providing knowledge and application of fitness skills and concepts to promote a healthy lifestyle. Students will also be exposed to various methods of assessing fitness, maintaining current fitness levels, and improving one’s fitness. 2 Semester Hours.

PEP 200 Principles of Physical Education. An introductory course designed to provide a structural basis for total comprehension of physical education. Students will be exposed to the historical and philosophical foundations, and contemporary principles regarding objectives, curriculum, methodology, and evaluation related to P-12 physical education. This course contains a field experience requiring students to complete 10 hours of observation in a K-12 setting. 2 Semester Hours.

PEP 330 Teaching in Elementary School Physical Education. The purpose of this course is to expose students to the fundamental concepts and principles of teaching children in grades P-5 with implications for the selection, adaptation, and teaching of appropriate movement and rhythmic activities. The understanding of movement concepts, fundamental motor skills, specialized motor skills, and skill themes will be emphasized. Integrating these concepts into a developmentally appropriate curriculum accompanied with developmentally appropriate pedagogy will also serve as a primary focus of the course. This course contains a field experience requiring students to complete 20 hours in a K-5 setting. Prerequisites: PEP 110, PEP 130, PEP 200 and EXS 110. 4 Semester Hours.

PEP 332 Teaching in Secondary School Physical Education. The purpose of this course is to expose students to the fundamental concepts and principles of teaching students in grades 6-12. The understanding of invasion, net/wall, fielding/run-scoring, and target games and strategies for teaching these games will be provided. Additionally, lifelong activities such as tennis, golf, fitness and physical activity, outdoor activities, bicycling, and racquetball accompanied with strategies for teaching these activities will also be emphasized. Integrating these concepts into a developmentally appropriate curriculum accompanied with developmentally appropriate pedagogy will also be emphasized in this course. This course contains a field experience requiring students to complete 20 hours in a 6-12 setting. Prerequisites: PEP 110, PEP 130, PEP 200 and EXS 110. 4 Semester Hours.

PEP 430 Motor and Developmental Learning. The purpose of this course is to expose students to the various components of motor control and developmental learning. Students will gain an understanding of skill acquisition and learning in various contexts. Students will learn the basic concepts and issues of biological and psychological growth and development from conception through adulthood. Emphasis will be placed on psychomotor, cognitive, and affective development throughout the lifetime. Prerequisites: PEP 110, PEP 130, PEP 200, EXS 110 and EXS 220. 4 Semester Hours.

PEP 440 Assessment in Health and Physical Education. An introduction to measurement and evaluation commonly used in physical education and health education encompassing the administration of skill and performance testing, interpretation of results, basic statistical analysis and grading/evaluation of performance. This course serves as the SCE for physical education pedagogy and will engage students in designing, conducting, and evaluating an assessment project based on the Ohio standards, benchmarks, and grade level indicators. Prerequisites: PEP 330 and PEP 332. 4 Semester Hours.

PEP 491 Special Topics: Professional Conference. All PEP majors are required to attend a minimum of one professional conference prior to graduation. Examples of professional conferences include OAHPERD Convention, AAHPERD National Convention, Midwest District Convention, or as approved by the PEP Director. Prerequisite: Instructor Approval. 0 Semester Hours.

PEP 494 Honors Thesis/Project. A research/project course designed to meet the needs of the individual student seeking honors in the major at graduation. Prerequisites: junior or senior standing, and approval of the instructor, the department chair and the Honors Review Board. Credit variable, 4-6 Semester Hours.

Coaching Course Descriptions

COA 310 Psychology of Coaching. Course will familiarize students with aspects of psychology that influence performance and participation in athletics. This course will also examine the nature and responsibilities of the coaching profession with a focus on the psychological aspects of competitive sports. Some topics that will be discussed are self-esteem, motivation, stress, and imagery as it applies to one's ability to perform or willingness to participate in athletics. Prerequisites: EXS 110 and EXS 270. 4 Semester Hours.

COA 320-331 Coaching Theory Courses. Coaching theory courses will expose students to strategies, techniques, coaching methods and team management strategies related to each distinctive competitive sport. Prerequisite: COA 310, or concurrently with COA 310. 2 Semester Hours.

COA 320 Coaching Basketball
COA 321 Coaching Football
COA 322 Coaching Soccer
COA 323 Coaching Wrestling
COA 324 Coaching Track and Field
COA 325 Coaching Baseball
COA 326 Coaching Softball
COA 327 Coaching Golf
COA 328 Coaching Tennis
COA 329 Coaching Volleyball
COA 330 Coaching Swimming and Diving
COA 331 Coaching Lacrosse

COA 430 Coaching Practicum. Students will be expected to complete a full season as an athletic coach in a sport of their choice. Students will be supervised by university faculty/staff during the course of the sport season and will be required to complete several assignments deemed appropriate by the university faculty/staff supervisor. Students will also be required to complete a culminating experience related to the practicum as arranged by the university faculty/staff supervisor. This course is graded S/U. Prerequisites: COA 310 and two COA coaching theory courses. 2 Semester Hours.
Recreational/Activity Course Descriptions

**REC 105 Aerobic Dance.** This course provides the opportunity for individuals to explore a self-expressive form of physical activity. Students enrolled in the course will be exposed to various forms of aerobic dance movement primarily focused on cardiovascular exercises, but will also include some strength training components. Students of all fitness levels welcome. 1 Semester Hour.

**REC 110 Aerobic Strength and Fitness.** This course provides the opportunity for individuals to experience physical conditioning through a variety of exercise formats. Students enrolled in this class will learn different strength, plyometric, and agility exercises which will allow them to get a high metabolic burn. Recommended for individuals with an intermediate to an advanced level of fitness. 1 Semester Hour.

**REC 115 Bowling.** Introduction to the fundamentals and rules of bowling. 1 Semester Hour.

**REC 120 Golf.** Introduction to the fundamentals, rules and etiquette of golf. 1 Semester Hour.

**REC 125 Lacrosse.** Introduction to the fundamentals and rules of lacrosse. 1 Semester Hour.

**REC 130 Soccer Skills.** Introduction to the fundamentals and rules of soccer. 1 Semester Hour.

**REC 135 Karate and Self Defense.** Introduction to the fundamentals and rules of various martial arts systems and basic self-defense tactics. 1 Semester Hour.

**REC 140 Exploring Extreme Fitness of the Popular Culture.** This course provides the opportunity for individuals to experience physical conditioning through a variety of exercise formats. Students enrolled in this class will learn different strength, plyometric, and agility exercises which will allow them to get a high metabolic burn. Includes activities such as P90x, Insanity, and TRX. Recommended for individuals with an intermediate to an advanced level of fitness. 1 Semester Hour.

**REC 145 Racquet Sports.** Introduction to the fundamentals and rules of tennis and badminton. 1 Semester Hour.

**REC 150 Running/Interval Training.** This is an advanced running course in which principles of running and interval training are discussed and applied to provide a foundation for high level aerobic and anaerobic fitness. Each student will get to experience training through tempo runs, distance runs, sprinting, plyometrics, and strength training. 1 Semester Hour.

**REC 155 Beginning Swimming.** Students will learn the freestyle and are introduced to various other strokes and beginner swimming knowledge. They also learn basic water safety, and rescue skills. Upon completion, students should be able to perform all skills in deep water. 1 Semester Hour.

**REC 160 Advanced Swimming.** Students will learn all the strokes and are introduced to various workouts that an advanced swimmer would use to develop aerobic capacity and anaerobic endurance. Students taking this course should be able to swim well already. 1 Semester Hour.

**REC 165 Team Sports.** The class will teach the methods and tactics for several team sports and activities. Activities may include basketball, ultimate, volleyball, handball, dodgeball, capture the flag and flag football. 1 Semester Hour.

**REC 170 Weight Lifting/Strength Training.** This is a weightlifting and strength training course in which principles of lifting free weights and body weight training will be experienced. Each student will get to experience training with machines, free weights, and body weight and track their strength improvements throughout the course. 1 Semester Hour.