

Physical Education

Division of Health Professions

- **Major: 92-94 credit hours for Physical Education (includes professional education courses)**
- **Major GPA required for graduation: 2.5**
- **All courses for the major or minor must be completed with a grade of C or better**

PROGRAM REQUIREMENTS:

- **Capstone: Student Teaching (EDU 497)**
- **Research: Evaluation and Research in Exercise Science and Sport (PED 405)**

Mission: The mission of the physical education faculty is to facilitate the teaching of exercise concepts, through the application of current research on the acquisition and development of human movement skills across the lifespan.

Description of Major: Students interested in teaching physical education will develop skills, knowledge, and techniques required of contemporary K-12 physical educators. Physical education majors must complete the teacher education licensure requirements for the Initial K-12 (Physical Education) license. Upon completion of the required course work, the student is prepared for teaching physical education in elementary and secondary schools in the state of Illinois. All courses for the major must be completed with a grade of C or better. All majors must also complete professional education requirements listed in the School of Education program.

Students Learning Outcomes

Students will:

- Demonstrate competency and literacy in a variety of motor skills and movement patterns for the K-12 learner.
- Apply knowledge of concepts, principles, and differentiated strategies related to movement and performance and assessment strategies for the K-12 learner.
- Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness for the lifetime.
- Exhibit the ability to teach responsible personal and social behavior and respect for self and others.
- Recognize and be able to convey the value of physical activity for life-long health, enjoyment, self-expression and/or social interaction.

PHYSICAL EDUCATION

MAJOR REQUIREMENTS 38-39 crs.

Physical Education majors must complete the health professions core requirements and the physical education major requirements.

HEALTH PROFESSIONS

CORE REQUIREMENTS 23-24 crs.

BIO 101	BIOLOGY FOR LIFE	4
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	5
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	5
HPE 158	HEALTH AND WELLNESS	3
HPE 250	ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS	3
HPE 300	HUMAN NUTRITION	3
PED 157	FOUNDATIONS OF HEALTH PROFESSIONS	3
PED 206	FIRST AID	2

PHYSICAL EDUCATION
MAJOR REQUIREMENTS **16 crs.**

PED 365	MOTOR DEVELOPMENT ACROSS THE LIFESPAN	3
PED 356	INSTRUCTION FOR EXERCISE AND LIFETIME ACTIVITIES	4
PED 357	ADMINISTRATION AND DEVELOPMENT OF PHYSICAL ACTIVITY PROGRAMMING (W)	3
PED 403	KINESIOLOGY (W)	3
PED 405	EVALUATION AND RESEARCH IN SPORT AND EXERCISE SCIENCE	3

Recreational activity courses (PED 121-130 A-Z)

No student may register for an activity physical education class unless a completed medical examination form is on file.

PROFESSIONAL EDUCATION
REQUIREMENTS **53 crs.**

EDU 115	TECHNOLOGY INTEGRATION INTO THE CLASSROOM CURRICULUM	3
EDU 205	MULTICULTURAL EDUCATION	3
EDU 210	INTRODUCTION TO TEACHING (W)	3
EDU 350	EDUCATIONAL PSYCHOLOGY: HUMAN GROWTH AND LEARNING	3
EDU 409	INTRODUCTION TO INSTRUCTIONAL PLANNING AND DELIVERY (W)	3
EDU 420	THE LEARNING ENVIRONMENT	3
EDU 458	ASSESSING STUDENT LEARNING	3
SPE 405	INSTRUCTION OF DIVERSE LEARNERS	3
EDU 4XX	(EDU 451; or MUED 353 and MUED 422) SPECIAL METHODS IN AREA OF TEACHING MAJOR	3
EDR 410	ADOLESCENT LITERATURE	3
EDU 412	METHODS OF TEACHING READING AND WRITING IN THE CONTENT AREAS	2
EDU 454	FIELD PRACTICUM I (K-12)	1
EDU 455	FIELD PRACTICUM II (K-12)	2
EDU 456	FIELD PRACTICUM III (K-12)	3
EDU 490	STUDENT TEACHING SEMINAR	1
EDU 497	STUDENT TEACHING (MUSIC or PHYSICAL EDUCATION)	14

Physical Education (PED)

<p>PED 121 .5 PRINCIPLES OF STRENGTH TRAINING This course will introduce general muscular endurance and general muscular strength training. Students will learn how to perform circuit weight training and traditional weight training techniques while utilizing both free weights and machines. Additionally, students will be introduced to training periodization, the Oxford training method (descending or reverse pyramid), the Delorme training method (incremental progression or ascending pyramid), and triangle pyramid training.</p>	<p>PED 202 3 PSYCHOLOGY OF COACHING Psychology concepts related to the field of coaching, including human development, motivation, values, personal, and group dynamics. Special emphasis concerning techniques of coaches and responsiveness of athletes to varying coaching styles.</p>
<p>PED 124 .5 PRINCIPLES OF SPEED, AGILITY, AND QUICKNESS This course will introduce several components of speed, agility, and quickness training. Students will learn how to utilize various assessments, various training apparatus and/or training equipment, and various activities to develop speed, agility, dynamic balance, quickness, and reaction-time training. Additionally, students will be introduced to training periodization.</p>	<p>PED 206 2 FIRST AID This is an American Red Cross Certification Course. Successful completion will qualify the student to receive the following certifications: Basic Life Support for Healthcare Providers, First Aid, Administering Emergency Oxygen, and Epinephrine Auto-Injector. A certification fee is charged for this course.</p>
<p>PED 126 .5 ADVANCED STRENGTH TRAINING A half-semester recreational activity class designed to introduce specific muscular development through the development of individual strength training programs. Students will learn how to utilize hypertrophy, strength, and power phases of strength training within a training program that is designed specifically to the individual student. Techniques utilized within the program may involve the utilization of free weights, machines, and other functional strength training equipment.</p>	<p>PED 280-289 1-4 TOPICS IN PHYSICAL EDUCATION AND COACHING</p>
<p>PED 130A-Z .5 SELECTED RECREATIONAL ACTIVITIES Special activities not given on a regular basis.</p>	<p>PED 349 3 PHYSIOLOGY OF EXERCISE An examination of the effects of muscular activity on the various systems of the body. Special emphasis on nutrition, energy expenditure, training, performance, environmental stress, and body composition. Prerequisites: BIO 101 or 110, 308, 309, HPE 300.</p>
<p>PED 157 3 FOUNDATIONS OF HEALTH PROFESSIONS This course is designed to introduce the student to professional employment within the broad field of healthcare professions. Concepts pertaining to the subset fields of health, physical education, exercise science, and recreation through discussion of historical, philosophical, sociological, and professional issues will be presented. Presentation and discussion on communication, professional memberships, licensure/certification requirements, employment requirements, ethical, legal, and decision-making skills required in healthcare professions will be explored. This course will also develop a basic understanding of the function of private and public instruction in physical education and the elements involved in the professional preparation of teachers.</p>	<p>PED 356 4 INSTRUCTION FOR EXERCISE AND LIFETIME ACTIVITY This course is designed to prepare students to provide instruction in different activity venues including physical education and recreational settings. Special emphasis will be placed on the understanding and creation of activity and/or learning objectives and activity and educational planning. Organization and activity safety will also be emphasized, as well as teaching modifications for individuals with disabilities.</p>
<p>PED 201 2 ATHLETIC RETIREMENT This course is designed to help athletes transition from their sports careers to life after competition. Content addresses the psychological, social, and practical challenges of this major life change, with a focus on coping with a shift in identity, maintaining physical health, mental health, relationships and planning for a new career.</p>	<p>PED 357 3 ADMINISTRATION AND DEVELOPMENT OF PHYSICAL ACTIVITY PROGRAMMING (W) Theory, practice, and examination of the administrative program requirements for elite sports performance, educational, and recreational settings. Organizational structure, facility design, budget, risk management, human resources, and programming will be discussed.</p>
	<p>PED 358 4 INSTRUCTION AND APPLICATION FOR SPORTS PERFORMANCE This course is designed to prepare students to provide instruction and lead clients in the application of sports performance-based activities. Emphasis will be placed on the development of programming to meet performance-based goals and client instruction on application of the components within the program. Administration, program periodization, safety and skill adaptation will be emphasized.</p>

Physical Education (PED)

<p>PED 365 3 MOTOR DEVELOPMENT ACROSS THE LIFESPAN This course is designed to introduce the student to the phases of human development including cognitive, affective, and psychomotor movement skills. The student will acquire and demonstrate knowledge of developmental benchmarks across the lifespan for motor skill acquisition and motor skill proficiency.</p>	<p>PED 470 4 INTERNSHIP IN EXERCISE SCIENCE AND SPORTS PERFORMANCE</p>
<p>PED 403 3 KINESIOLOGY (W) Analysis of human motion based on anatomic and mechanical principles and the application of these principles in the teaching of physical education activities, including body mechanics. Prerequisites: BIO 101 or 110, and 308.</p>	<p>PED 480 1-4 INDEPENDENT STUDY</p>
<p>PED 404 2 MOTOR LEARNING An examination of the process of motor skill acquisition from psychological, biomechanical, and physiological perspectives; skill and motor acquisition across the lifespan will be presented. Prerequisites: PED 157, 403 (can be taken concurrently with PED 403).</p>	<p>PED 492 2 SEMINAR IN EXERCISE SCIENCE AND SPORTS PERFORMANCE A capstone course in exercise science and sport performance designed to review and integrate knowledge, principles, and skills related to certification exams. Taken concurrently with PED 470 (Internship)</p>
<p>PED 405 3 EVALUATION AND RESEARCH IN SPORT AND EXERCISE SCIENCE This course will investigate research methods and designs applicable to Sport Performance and Exercise Science. Discussion will include selection and development of valid and reliable measures, use of appropriate statistical procedures as well as interpretation of results.</p>	
<p>PED 455 3 CONCEPTS OF RESISTANCE TRAINING Study of the application of principles of anatomy, physiology, and exercise physiology in the recommended resistance exercises for the improvement in health and athletic performance. This course also serves as preparation for those students interested in sitting for the CSCS exam given by the NSCA Certification Commission. Students must register and take either an ACSM and/or the NSCA-CSCS exam (additional cost for each exam registration). Successfully passing the exam leads to certification. Prerequisites: BIO 101 or 110, 308, 309, PED 349, and senior standing.</p>	
<p>PED 460 2 FIRST AID/CPR/AED INSTRUCTOR Designed to train individuals to become Red Cross Instructors who can teach First Aid/CPR/AED courses. Students are required to complete an online component through the Red Cross for this course during the first two weeks of the class. Students must present current certification in First Aid and CPR for the Professional Rescuer and Healthcare Provider or Basic Life Support for Healthcare Providers to take this class. Students are responsible for paying additional Red Cross fees related to this course. Prerequisite: Minimum age 17 and successful completion of a pre-course session including a written exam. A pass is a minimum of 80% and demonstrated competency in the pre-course skills evaluation.</p>	