

Physical Education (PED) and Exercise Science and Sports Performance

Scott M. Colby, MS, CSCS, Instructor of Physical Education

scolby@mckendree.edu; (618) 537-6933

Deanne Riess, PhD, Associate Professor of

Health Promotion and Wellness and Physical Education

driess@mckendree.edu; (618) 537-6983

Harry M. Statham, MS, Assistant Professor of Physical Education

hstatham@mckendree.edu; (618) 537-6871

- **Major: 71.5-76.5 hours – Exercise Science and Sports Performance (includes general education courses); 84 hours for Physical Education (includes professional education courses)**
- **Minor: Coaching minor 37 hours; Sports Performance 40 hours**
- **Major/Minor GPA required for graduation: 2.50**
- **All courses for the major and/or minor must be completed with a grade of C or higher**

PROGRAM REQUIREMENTS:

- **Exercise Science and Sports Performance –**
 1. **Capstone:** Seminar for Exercise Science and Sports Performance (PED 492) and Internship in Exercise Science and Sports Performance (PED 470)
 2. **Research:** Evaluation and Research in Exercise Science and Sport (PED 405)
- **Physical Education –**
 1. **Capstone:** Seminar in Physical Education (PED 490), Student Teaching (EDU 497), Student Teaching Seminar (EDU 490), Teaching Performance Assessment (EDU 499)
 2. **Research:** Evaluation and Research in Exercise Science and Sport (PED 405)

Mission Statement: The mission of the Department of Physical Education, Exercise Science and Sports Performance is to facilitate the teaching of exercise concepts, through the application of current research on the acquisition/development of human movement skill across the lifespan.

Description of Physical Education 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 Special K-12 (Physical Education) License (Type 10). 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 majors must achieve an 80% (B) or better on all activity course skills tests in addition to the required achievement of a grade of "B" or better in each activity course. These classes include PED 114-125. All majors must also complete professional education requirements listed in the School of Education program including successful completion of Teaching Performance Assessment (EDU 499).

Description of Exercise Science and Sports Performance Major: Students not interested in seeking teacher licensure will complete a major in Exercise Science and Sports Performance. This major will build the foundation for students interested in careers in the field of Exercise Science and Sports Performance. Completion of this major will also make students eligible to receive the following additional certifications: American Red Cross First Aid/CPR Instructor, Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association as well as the Health Fitness Specialist and Personal Trainer certifications through the American College of Sports Medicine (ACSM). Students may also be eligible for Clinical Certifications through the ACSM. The Pass/Fail option may not be chosen for a course fulfilling a major or minor requirement.

Student Learning Outcomes

Students will:

- Demonstrate knowledge of rules, strategies, and appropriate skill progressions for sport, exercise, and physical activity.
- Identify the lifetime benefits associated with regular participation in physical activity.
- Advocate for participation in health-enhancing lifetime physical activity on campus.
- Recognize risks and prevent unsafe practices associated with participation in physical activity.
- Perceive the affective benefits of life-long participation in physical activity which include self-expression, positive self-esteem, and social interaction with others.
- Integrate learning in all three domains: psychomotor, cognitive, and affective.
- Possess excellent communication and organizational planning skills to meet the needs of an ever-changing global culture of learners.
- Hold professional memberships in organizations which advocate for lifelong opportunities for all individuals through exercise and physical activity.

Degree Preparation: The Physical Education degree prepares students to teach in both the elementary and secondary school setting and to obtain a K-12 Special teaching license in the state of Illinois.

The Exercise Science and Sports Performance degree prepares students to teach and/or coach in the community and school settings, and to obtain

professional certifications recognizable in athletic, exercise, and/or fitness professions.

EXERCISE SCIENCE AND SPORTS PERFORMANCE**77.5-82.5 hrs.**

	RECREATIONAL ACTIVITIES	(2)
	Students may choose from the following activities: Yoga, Yoga II, Golf, Bowling, Badminton, Tennis, Principles of Strength Training, Principles of Endurance, and Advanced Strength Training.	
BIO 101	INTRODUCTORY BIOLOGY	(4)
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	(4)
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	(5)
BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	(5)
PED 108	MOVEMENT, BALANCE and FLEXIBILITY	(.5)
HPE 158	HEALTH AND WELLNESS	(3)
HPE 200	FOUNDATIONS OF HUMAN MOVEMENT	(3)
HPE 300	NUTRITION	(3)
ATH 200	MEDICAL TERMINOLOGY	(3)
PED 157	FOUNDATIONS OF HEALTH PROFESSIONS	(3)
PED 202	PSYCHOLOGY OF COACHING	(3)
<i>or</i>		
PED 465	SPORT AND HEALTH PSYCHOLOGY	(3)
PED 206	FIRST AID	(2)
HPE 250	TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS	(2)
PED 348	SPECIAL POPULATIONS IN SPORT AND EXERCISE (W)	(3)
PED 349	PHYSIOLOGY OF EXERCISE	(3)
PED 356	INSTRUCTION FOR EXERCISE AND LIFETIME ACTIVITY	(3)
PED 357	ADMINISTRATION AND DEVELOPMENT OF PHYSICAL EDUCATION AND ATHLETIC TRAINING PROGRAMS	(3)
PED 365	MOTOR DEVELOPMENT	(3)
PED 403	KINESIOLOGY (W)	(3)
PED 404	MOTOR LEARNING	(3)
PED 405	EVALUATION AND RESEARCH IN EXERCISE SCIENCE AND SPORT	(3)
PED 455	CONCEPTS OF RESISTANCE TRAINING	(3)
PED 456	HEALTH FITNESS SPECIALIST EXAM REVIEW AND REGISTRATION	(0)
PED 457	CSCS EXAM REGISTRATION	(0)
PED 460	FIRST AID/CPR/AED INSTRUCTOR	(2)
PED 470	INTERNSHIP IN EXERCISE SCIENCE AND SPORTS PERFORMANCE	(4)
PED 492	SEMINAR FOR EXERCISE SCIENCE AND SPORTS PERFORMANCE (Taken concurrently with Internship)	(2)

PHYSICAL EDUCATION MAJOR REQUIREMENTS**64.5 hrs.**

BIO 101	INTRODUCTORY BIOLOGY	(4)
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	(4)
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	(5)
BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	(5)
PED 108	MOVEMENT, BALANCE AND FLEXIBILITY	(.5)
PED 109	YOGA	(.5)
PED 116	BADMINTON	(.5)
PED 117	TENNIS	(.5)
PED 125	PRINCIPLES OF ENDURANCE	(.5)
PED 157	FOUNDATIONS OF HEALTH PROFESSIONS	(3)
HPE 158	HEALTH AND WELLNESS	(3)
ATH 200	MEDICAL TERMINOLOGY	(3)
HPE 200	FOUNDATIONS OF HUMAN MOVEMENT	(3)
HPE 300	NUTRITION	(3)
PED 206	FIRST AID	(2)
HPE 250	TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS	(2)
PED 365	MOTOR DEVELOPMENT	(3)
PED 404	MOTOR LEARNING	(3)
PED 348	SPECIAL POPULATIONS IN SPORT AND EXERCISE SCIENCE (W)	(3)

PED 349	PHYSIOLOGY OF EXERCISE	(3)
PED 356	INSTRUCTION FOR EXERCISE AND LIFETIME ACTIVITIES	(3)
PED 357	ADMINISTRATION AND DEVELOPMENT OF PHYSICAL EDUCATION AND ATHLETIC TRAINING PROGRAMS	(3)
PED 403	KINESIOLOGY (W)	(3)
PED 405	EVALUATION AND RESEARCH IN SPORT AND EXERCISE SCIENCE	(3)
PED 490	SEMINAR IN PHYSICAL EDUCATION	(2)

For a list of professional education program requirements, see the Secondary Education section under "School of Education".

License Endorsement

To earn a K-12 endorsement in Physical Education, the student must complete both BIO 308 and 309 as well as 22.5 hours from the following course offerings: ATH 200, HPE 158, 159, 200, PED 114, 115, 116, 117, 121/124, 157, 206, 210, 355, and 403. (Students must also take and pass the content area test.)

Coaching minor

The coaching minor is designed for both physical education and non-physical education majors who plan to coach. The student must complete the minor with a minimum of 2.50 cumulative grade point average and grades of "C" or better in minor courses.

COACHING MINOR REQUIREMENTS 32 hrs.

PED 202	PSYCHOLOGY OF COACHING	(3)
PED 206	FIRST AID	(2)
ATH 207	ESSENTIALS OF ATHLETIC TRAINING	(3)
BIO 101	INTRODUCTORY BIOLOGY	(4)
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	(4)
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	(5)
BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	(5)
HPE 375	BRAIN AND LEARNING	(3)
PED 403	KINESIOLOGY (W)	(3)

In addition, coaching minors must complete 3 of the following theory courses:

PED 301	TRACK AND FIELD THEORY	(3)
PED 302	VOLLEYBALL THEORY	(3)
PED 303	BASKETBALL THEORY	(3)
PED 304	SOFTBALL THEORY	(3)
PED 305	BASEBALL THEORY	(3)
PED 306	FOOTBALL THEORY	(3)
PED 307	SOCCER THEORY	(3)
PED 308	WRESTLING THEORY	(3)
PED 309	GOLF THEORY	(3)

Recreational activity courses (PED 109-130 A-Z)

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

Sports Performance

Dawn Michele Hankins, PhD, ATC, LAT, Professor of Athletic Training
dhankins@mckendree.edu; (618) 537-6917

The sports performance minor is designed for students interested in working with athletes to improve skill and sports performance.

SPORTS PERFORMANCE MINOR REQUIREMENTS 36 hrs.

BIO 101	INTRODUCTORY BIOLOGY	(4)
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	(4)
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	(5)

BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	(5)
PED 202	PSYCHOLOGY OF COACHING	(3)
PED 206	FIRST AID	(2)
PED 349	PHYSIOLOGY OF EXERCISE	(3)
PED 353	PHARMACOLOGY FOR ATHLETIC TRAINERS	(3)
PED 455	CONCEPTS OF RESISTANCE TRAINING	(3)
HPE 300	HUMAN NUTRITION	(3)
HPE 325	SUPPLEMENTS AND SPORTS NUTRITION (W)	(3)
PED 470	INTERNSHIP IN SPORT AND EXERCISE SCIENCE	(4)

RECREATIONAL ACTIVITIES

PED 108, 121 <i>and</i> 127	(1.5)
Choose from PED 114, 117 <i>or</i> 123 for .5 hours additional	(.5)

CONTINUE YOUR STORY at McKENDREE UNIVERSITY! MAKE YOUR MARK

[Request Information](#)

[Apply Online \(Free\)](#)

[Contact Us](#)

[Learn More](#)

www.mckendree.edu