

Physical Education (PED)

Division of Health Professions

- **Major: 103-104 credit hours for Physical Education (includes professional education courses)**
- **Major GPA required for graduation: 2.75**
- **All courses for the major or minor must be completed with a grade of C or better**

PROGRAM REQUIREMENTS:

- **Capstone: Student Teaching (EDU 497), Student Teaching Seminar (EDU 490), Teaching Performance Assessment (EDU 499)**
- **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 including successful completion of Teaching Performance Assessment (EDU 499).

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 47 crs.

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

HEALTH PROFESSIONS

CORE REQUIREMENTS 28-29 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
BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	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 **18 crs.**

PED 365	MOTOR DEVELOPMENT ACROSS THE LIFESPAN	3
PED 404	MOTOR LEARNING	2
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

For a list of professional education program requirements, see the K-12 section under "School of Education."

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.

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<p>PED 109 .5 YOGA I A half-semester recreational activity course in Hatha Yoga designed to introduce students to yoga and improve their physical well-being.</p> <p>PED 110 .5 YOGA II A half-semester second course in Hatha Yoga designed to follow PED 109.</p> <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 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 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 130A-Z .5 SELECTED RECREATIONAL ACTIVITIES Special activities not given on a regular basis.</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 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 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 280-289 1-4 TOPICS IN PHYSICAL EDUCATION AND COACHING</p> <p>PED 311 3 ATHLETIC EQUIPMENT MANAGEMENT An examination of the theory and practice of storage, security, management, fitting, maintenance, repair, and purchasing of sport equipment for various sports and activities; sport start-up cost will be a major focus.</p> <p>PED 312 3 ADVANCED ATHLETIC EQUIPMENT MANAGEMENT This course focuses on putting theories of equipment management to practice; specifically focusing on how accountability, maintenance, purchasing, and the storage of equipment vary from sport to sport. The course will examine budgetary strategies, storage construction, and equipment facility set-up. Prerequisite: PED 311.</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. Same as ATH 349.</p> <p>PED 453 3 PHARMACOLOGY FOR ATHLETIC TRAINERS This course will introduce students to the general principles of pharmacology. Indications, contraindications, allergies, precautions of use, adverse side effects as they relate to physical exercise, dose information, and information for prescription and non-prescription drugs will be addressed. Prerequisites: BIO 101 or 110, and 308. Same as ATH 453.</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>
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<p>PED 357 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>	3	<p>PED 460 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>	2
<p>PED 365 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>	3	<p>PED 465 SPORT AND HEALTH PSYCHOLOGY This course will cover primary theories and applications in sport and health behaviors. Theories will be drawn from social psychology, health psychology, cognitive psychology, exercise psychology, and sport psychology. Specific topics will include personality characteristics, motivation, goal-setting, attributions, concentration, imagery, aggression, group dynamics, communication and counseling techniques, research methodologies, and behavior modification. Same as PSY 465.</p>	3
<p>PED 403 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>	3	<p>PED 466 CLINICAL PRACTICUM IN ATHLETIC EQUIPMENT MANAGEMENT Students will participate in the day to day operation of a high school, college/university, or professional athletic equipment room setting learning and applying the skills and knowledge that is necessary to keep athletic teams operational. Clinical exposure will also include facility set-up and take-down for athletic events, the steps needed to host various athletic events, and athletic team travel preparation. Prerequisites: PED 202, 206, 207, 311, 312, 403, BIO 308 or 309, and senior standing.</p>	8
<p>PED 404 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>	2	<p>PED 470 INTERNSHIP IN EXERCISE SCIENCE AND SPORTS PERFORMANCE</p>	4
<p>PED 405 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>	3	<p>PED 480 INDEPENDENT STUDY</p>	1-4
<p>PED 450 SOCIOLOGY OF SPORT A sociological examination of sports and sport-related behaviors as they occur in social and cultural contexts. Same as SOC 450.</p>	3		
<p>PED 455 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. Same as ATH 455. Prerequisites: BIO 101 or 110, 308, 309, ATH 349, and senior standing.</p>	3		



Physical Education (PED)

PED 491 **3**

**SEMINAR IN ATHLETIC
EQUIPMENT MANAGEMENT (W)**

Capstone course in athletic equipment management which focuses on review and integration of sport equipment knowledge. This course includes preparation for the National Certification Exam in Athletic Equipment Management. Students are required to become members of the Athletic Equipment Managers Association. This course is taken concurrently with PED 466.

PED 492 **2**

**SEMINAR IN EXERCISE SCIENCE
AND SPORTS PERFORMANCE**

A capstone course in Exercise Science and Sports Performance designed to review and integrate knowledge, principles, and skills related to certification exams. Taken concurrently with PED 470 (Internship)