Courses

**PEPROF 165 INTRODUCTION TO PHYSICAL EDUCATION  2 Units**
This course is designed for the beginning student considering a career as a professional physical educator with a Physical Education Broadfield K-12 License or a Health, Human Performance, Recreation major. Focus will be on the development of physical education philosophy, career orientation, the history of physical education and sport, and the various sub-disciplines related to the field of physical education.

**PEPROF 166 INTRODUCTION TO PHYSICAL EDUCATION TEACHING PROFESSION  3 Units**
This course introduces students to the physical education teaching profession who are in pursuit of a Physical Education EC-12 teaching license. The course presents the role physical education plays in the overall development and education of children. Students focus on learning national standards and guidelines related to the physical education profession.

**PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR**

**PEPROF 173 TEACHING TUMBLING AND GYMNASTICS  3 Units**
A course designed to teach basic tumbling and gymnastic skills, as well as develop an understanding of mechanical principles required in movement concepts, exploration in and out of balance, skill combinations, creativity and safety. Students develop competence necessary to teach skill progressions, teaching techniques and mechanical skill analysis used in a K-12 physical education settings, including "hands on" teaching experiences.

**PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR**

**PEPROF 201 STRUCTURE AND FUNCTION OF THE HUMAN BODY I  4 Units**
This course is designed to study the basic anatomy and function of bones, muscles and joints throughout the body. Through lectures and labs, emphasis will be placed on the interrelationships between the structure and function of the body and its application to human movement.

**PREREQ: BIOLOGY 120 BIOLOGICAL FOUNDATIONS (GL)**

**PEPROF 202 STRUCTURE AND FUNCTION OF THE HUMAN BODY II  3 Units**
This course is designed to explore the structure, function and ways homeostasis is maintained within the autonomic nervous, cardiovascular, respiratory, immune, digestive, endocrine, renal, and sensory systems. Metabolism and nutrition will also be discussed, and emphasis will be placed on the interrelationships between the structure and function of the body and its application to human movement.

**PREREQ: BIOLOGY 120 BIOLOGICAL FOUNDATIONS (GL)**

**PEPROF 209 INVESTIGATING COMMUNITY PROFESSIONS IN PHYSICAL EDUCATION  1 Units**
This course prepares students majoring in Physical Education, who are not pursuing a teaching license, for the required Field Study course. This course provides resources and instruction for designing a plan for professional development and field study placement. Students will visit potential field study sites, interview professionals and develop a resume. Satisfactory/No Credit grade basis only.

**PEPROF 230 TEACHING OF AQUATICS  2 Units**
Stroke introduction, refinement and proficiency as outlined in the American Red Cross program; Levels 1-6. Teaching technique and lesson planning emphasis for supporting K-12 school swim programs, including stroke progression, fitness activities, and basic water safety. Deep water level comfort is necessary.

**PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS AND INTERMEDIATE SWIM LEVEL CARD (AMERICAN RED CROSS) OR PROFICIENCY OR CONSENT OF INSTRUCTOR**

**PEPROF 240 STANDARDS-BASED CURRICULUM AND PLANNING  3 Units**
This course prepares students to develop, design, and change programs to align with State and National physical education standards. It provides knowledge of curricular models and associated pedagogical practices in standards-based physical education programs. Curricular models are addressed and standards, benchmarks, grade level adaptations, and unit planning by model are covered with an emphasis on using a reflective approach.

**PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR**

**PEPROF 250 MOTOR DEVELOPMENT AND LEARNING  3 Units**
This course introduces the theoretical foundations of motor development and motor learning and explores the practical application in the teaching of motor skills in school settings.

**PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR**

**PEPROF 260 ASSESSMENT IN PHYSICAL EDUCATION  3 Units**
A study of principles and techniques used to evaluate pupil progress in PE through a survey of available testing instruments and the use of statistics. This course is designed to develop the assessment literacy skills of PETE majors. The ability to collect, analyze, evaluate and present data accurately will be developed. Meaningful ways that assessment links to accountability are presented.

**PREREQ: PHYSICAL EDUCATION LICENSE EMPHASIS OR CONSENT OF INSTRUCTOR**

**PEPROF 270 MOTOR CONTROL AND PERFORMANCE  3 Units**
This course combines the conceptual process of motor development with the application of theoretical models to human performance. Class lecture sessions explore how sensory information is processed to produce motor outputs, factors that influence motor accuracy, and factors that influence how motor skills are learned. Laboratory sessions apply these principles to structure effective practice routines that facilitate motor performance development.

**PREREQ: PEPROF 201 AND PEPROF 202**

**PEPROF 271 STRUCTURE AND FUNCTION OF THE HUMAN BODY  4 Units**
Study of the basic structure and function of the human body. Emphasis will be placed on the interrelationships between the systems of the body and their application to human movement.

**PREREQ: GENERAL STUDIES LAB SCIENCE OR CONSENT OF INSTRUCTOR**

**PEPROF 281 FIRST AID AND C.P.R.  2 Units**
A study of the human body in relation to accidents and emergency care. A study of the methods of, and the importance of, immediate care of a person who has been injured or has been suddenly taken ill. It includes self-help and home care if medical assistance is not available or is delayed. It includes techniques of cardio-pulmonary resuscitation.
PEPROF 282 NUTRITION FOR HEALTH  3 Units
The course helps students plan, evaluate, and analyze dietary intake based on sound nutritional guidelines, principles, and knowledge for the purpose of health enhancement, improved mental and physical performance, and decreasing risk of disease.
PREREQ: SOPHOMORE STATUS

PEPROF 291 LIFEGUARDING (GP)  3 Units
This course leads to a three-year certification as an American Red Cross Lifeguard, a Waterfront Lifeguard and a Head Lifeguard as well as certification in First Aid and Cardiopulmonary Resuscitation for the Professional Rescuer.

PEPROF 302 BIOMECHANICS OF SPORT AND EXERCISE  3 Units
This course is designed to explore human movement through structural, functional and mechanical analysis. Through lectures and labs, emphasis will be placed on methods of analyzing human movement and the application of movement mechanics to exercise and sport performance.
PREREQ: PEPROF 201 AND PEPROF 202

PEPROF 311 EXERCISE PSYCHOLOGY  3 Units
This course provides an introduction to selected topics in exercise psychology including exercise and personality traits, group dynamics, environmental correlates, and theoretical models of exercise. The course content is designed to provide students with an overview and understanding of theoretical foundations of exercise psychology, research associated with exercise psychology, and the implications of exercise psychology research on practitioners.
PREREQ: PEPROF 201 AND PEPROF 202

PEPROF 315 PERSONAL TRAINER PROFESSIONAL PREPARATION  3 Units
This course is designed to provide theoretical knowledge and practical skills in personal training. Topics include guidelines for instructing safe, effective/purposeful exercise, essentials of client-trainer relationship, conducting health and fitness assessments, and designing/implementing appropriate exercise programming. This course will prepare persons to take the ACE National Certification test. Course fee for certification materials required.

PEPROF 327 MOTOR PROGRAMMING FOR EARLY CHILDHOOD  2 Units
This course is designed for those who plan to work with children in any type of pre-school program. Emphasis will be placed on providing ideas for developmental motor activities that will aid children with their 1) physical coordination, 2) emotional reactions to various experiences, 3) social interactions and, 4) mental development.
PREREQ: RESTRICTED TO STUDENTS WITH PROFESSIONAL ED ADMISSION

PEPROF 328 PHYSICAL EDUCATION FOR THE CLASSROOM TEACHER  2 Units
This course is designed for those who plan to work with children middle childhood/early adolescence. Emphasis will be placed on understanding, planning, and teaching a developmentally appropriate and integrative physical activity for children within these ages.
PREREQ: RESTRICTED TO STUDENTS WITH PROFESSIONAL ED ADMISSION

PEPROF 345 TEACHING COOPERATIVE/ADVENTURE EDUCATION  3 Units
This course introduces the model and activities of including cooperative and initiative games and adventure education activities. Students will learn how to implement the games and activities with different ages and varying abilities in elementary and secondary physical education programs.
PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 355 TEACHING INVASION GAMES  3 Units
This course introduces the theory, history, and teaching of Invasion games. Students will demonstrate concepts of moving an implement into the opposing team's zone and successfully attacking the goal/target area, staying between the offensive player and the goal, attacking and defending a goal, and maintaining possession. Focus will be on offensive and defensive strategies for a variety of games.
PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 361 PHYSICAL ACTIVITY AND RECREATION FOR SPECIAL POPULATIONS  3 Units
This course introduces concepts of therapeutic recreation practice, including the history of the profession, current trends, and an overview of various disabilities and disorders across the lifespan. Students will have opportunities to develop the skills and abilities necessary to work with persons with disabilities through field-based activities.
PREREQ: JUNIOR STANDING

PEPROF 365 TEACHING FITNESS IN PHYSICAL EDUCATION  3 Units
This course introduces the foundations and components of health-related, skills based, and performance based fitness, as well as appropriate curriculum and equipment for K-12 programming, effective teaching principles, and assessment of physical activity and fitness.
PREREQ: PEPROF 165 OR PEPROF 166

PEPROF 371 KINESIOLOGY  3 Units
The study of mechanical principles which are essential to the analysis of sport techniques as well as the performance of motor skills. The course includes a review of muscle-skeletal anatomy and the thorough study of human movement.
PREREQ: PEPROF 271

PEPROF 391 HEALTH BEHAVIOR DEVELOPMENT & SOCIETY  3 Units
This course provides an introduction to the development, behavioral and social science factors that influence health and disease. Relationships between developmental experiences, behaviors, and societal outcomes are explored, and students become prepared to apply concepts to help support the well-being of individuals and communities.
PREREQ: JUNIOR STANDING

PEPROF 401 TEACHER PERFORMANCE ASSESSMENT  1 Units
Prepares students with the knowledge, understandings and skills to complete teacher performance measures during student teaching. Topics include edTPA handbook and task overviews, understanding rubric-based scoring, lesson plan and unit plan tips for success, academic language, technical skills for collecting and selecting video clips, how to answer commentary prompts, and how to start the teacher performance assessment quickly and effectively.
COREQ: PEFIELD 411 AND 414

PEPROF 407 TEACHING RHYTHMS AND DANCE  3 Units
This course teaches future physical educators how to have children explore movement through music, develop coordination and rhythm, channel energy, stimulate imagination, enhance balance, flexibility and skill. Students will analyze movements used in basic dance steps and dances, develop self-confidence, improve their technique and creative ability. Choreography, fitness, and teaching practices will be explored in educational dance.
PREREQ: ADMISSION TO PROFESSIONAL EDUCATION
PEPROF 410  STUDENT TEACHING SEMINAR-PHYSICAL EDUCATION  2 Units
This course discusses topics current for the physical education teaching profession, including Educator Effectiveness Model, Professional Development Programs, Student Learning Outcomes, State legislation, and monitors the preparation for edTPA submission and revisions. COREQ: CONCURRENTLY ENROLLED IN DIRECTED TEACHING PEFIELD 411 AND/OR PEFIELD 414

PEPROF 415  HEALTH APPRAISAL AND EXERCISE TESTING  3 Units
Theoretical considerations and practical applications of health appraisal and exercise testing. Includes the use of written health appraisal instruments, tests of muscular strength, endurance and flexibility, tests of aerobic capacity, pulmonary function testing, electrocardiography and graded exercise testing. Applications for healthy populations, medical populations and special populations. PREREQ: PEPROF 201 AND PEPROF 202

PEPROF 416  EXERCISE PRESCRIPTION AND LEADERSHIP  3 Units
Theoretical considerations and practical applications of exercise prescription and leadership. Includes risk stratification, prescription techniques, program progression, exercise leadership, health counseling and program administration. Applications for healthy populations, medical populations and special populations. PREREQ: PEPROF 201, 202, AND 282, OR INSTRUCTOR’S PERMISSION.

PEPROF 417  TEACHING NET/WALL GAMES  3 Units
This course introduces theory and strategies of Net/Wall games. Focus is on the fundamentals of shot placement, covering space, understanding movement, serve and returning an object, rules, and sustaining a rally. Instruction will be focused on offensive strategies, defensive strategies, and skill progressions for a variety of Net/Wall games. PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 427  TEACHING TARGET GAMES  3 Units
This course introduces the theory, strategies, history, and teaching of Target games. Students will understand that a player either throws, slides, shoots, or strikes an object with the goal of having that object land closest to or in a designated target. Instruction will be focused on offensive strategies and defensive strategies for a variety of Target games. PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 437  METHODS OF TEACHING PHYSICAL EDUCATION IN ELEMENTARY SCHOOLS  3 Units
This course prepares students to become highly effective physical educators through the practice of planning, implementing and evaluating the teaching-learning process at the elementary school level. The course includes selection and organization of materials and techniques of instruction. There is an emphasis on skill-based and movement education oriented physical education programs for children in 4K to 5th grade. PREREQ: ADMISSION TO PROFESSIONAL EDUCATION. AND WITHIN TWO SEMESTERS OF STUDENT TEACHING COREQ: PEPROF 492 (2 CREDITS)

PEPROF 447  METHODS OF TEACHING PHYSICAL EDUCATION IN SECONDARY SCHOOLS  3 Units
This course introduces developmentally appropriate curriculum, methodologies, and assessment for middle through high school physical education programs. Emphasis is placed on planning and teaching for learning and assessment. PREREQ: ADMISSION TO PROFESSIONAL EDUCATION. AND WITHIN TWO SEMESTERS OF STUDENT TEACHING COREQ: PEPROF 492 (1 CREDITS)

PEPROF 466  LITERACY IN PHYSICAL EDUCATION  3 Units
Literacy in Physical Education prepares teacher candidates to integrate reading, writing, speaking and listening skills into physical activities. This course provides information and activities that can be used to meaningfully integrate literacy across the K-12 curriculum. Methods of using assessment to enhance literacy and as part of a teacher’s reflective cycle are covered. PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 471  PHYSIOLOGY OF EXERCISE  3 Units
A comprehensive study of physiological changes which occur during exercise and exercise training. The student receives practical experience in the organization, interpretation and reporting of laboratory experiences relative to class discussion. A study of physiological adaptations of the human body during work and play while under stress, and environmental aspects of exercise and the effect of conditioning on the body. PREREQ: PEPROF 201, 202, 270, AND MATH 230 OR INSTRUCTOR’S PERMISSION

PEPROF 472  ADVANCED PHYSIOLOGY OF EXERCISE  3 Units
Theoretical considerations and laboratory experiences in physiology of exercise at an advanced level. Includes exercise biochemistry, biochemical analysis, environmental considerations, exercise histochemistry, cardiorespiratory considerations, animal experimentation, electromyography and aids to performance. PREREQ: PEPROF 471

PEPROF 475  ADAPTED PHYSICAL EDUCATION FOR LICENSURE STUDENTS  3 Units
This course focuses on adapted physical education teaching strategies and service delivery models in PK-12 settings. The etiology and effects of select physical, sensory, intellectual and other developmental disabilities will be addressed. Content emphasizes movement implications and strategies to enhance physical activity behavior and pedagogical methods for integrating students in a variety of age appropriate physical activities. PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND WITHIN THREE SEMESTERS OF STUDENT TEACHING

PEPROF 477  ACTIVITIES OF INCLUSION FROM A-Z IN PHYSICAL EDUCATION  3 Units
This course will focus on physical, social/emotional, fitness, recreational, lifetime and cognitive activities ranging from A-Z that may be used in a gymnasium, recreational environment, outdoors, classroom, or any other environment where children may gather for learning and interaction. This course will include activities that are hands-on, innovative, and interactive to promote inclusion in physical education. PREREQ: ADAPTED PHYSICAL EDUCATION FOR LICENSURE STUDENTS OR PERMISSION OF INSTRUCTOR

PEPROF 481  CAPSTONE: RESEARCH IN THE PERFORMANCE SCIENCES  3 Units
This is the capstone course for the Human Performance major. Students will complete a research project based on a topic from one of the core courses they wish to examine in greater depth. The course will blend research methods content with practical application by bringing students through the research proposal preparation process and mentoring students through the project implementation process. PREREQ: SENIOR STANDING AND PREFERABLE TO HAVE ALL OTHER HHPR REQUIREMENTS COMPLETED.
**PEPROF 490** WORKSHOP IN PHYSICAL EDUCATION  Repeatable  0.5-6 Units
Variable topics. Group activity oriented presentations emphasizing ‘hands on’ and participatory instructional techniques. Repeatable for a maximum of 9 credits in major/degree.

**PEPROF 491** TRAVEL STUDY  Repeatable  1-3 Units
Variable topics. Faculty-led courses abroad.

**PEPROF 492** FIELD STUDY  Repeatable  1-12 Units
A course designed to increase the student's understanding of a specific area of recreation through involvement in an off-campus internship at a recognized Physical Education agency or business which is suited to the student's area of interest.
PREREQ: JUNIOR/SENIOR STATUS

**PEPROF 493** HEALTH, HUMAN PERFORMANCE & RECREATION INTERNSHIP  Repeatable  6-12 Units
The internship is a culminating learning experience for students studying in Health, Physical Education, and Recreation. This experience allows students the opportunity to practice the application of theory and apply the knowledge acquired through academic preparation. The internship is an in-depth supervised work and study experience, preferably at the supervisor or mid-management level, where the student has a degree of responsibility for planning, directing and supervising the work of others. A desired result of this course design is to stimulate good judgement and sound decisions while improving problem solving, communication, human development and relation building skills.
PREREQ: PEPROF 209, WITHIN 9 CREDITS OF COMPLETING MAJOR AND MINOR, APPLICATION MATERIALS FILED BY DUE DATES SEMESTER PRIOR TO PLACEMENT, AND CONSENT OF PROGRAM COORDINATOR

**PEPROF 494** SEMINAR  Repeatable  1-3 Units
Variable topics. Group activity. An advanced course of study in a defined subject matter area emphasizing a small group in intense study with a faculty member. Repeatable.
PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

**PEPROF 496** SPECIAL STUDIES  Repeatable  0.5-3 Units
Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings. Repeatable.
PREREQ: JUNIOR/SENIOR STATUS

**PEPROF 497** EXCHANGE STUDY  Repeatable  0.5-12 Units
Variable Topics

**PEPROF 498** INDEPENDENT STUDY  Repeatable  1-3 Units
Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum of 3 credits in major/degree.
PREREQ: PHY ED MAJORS OR MINORS AND 2.75 GPA OR DEPARTMENT CONSENT