

PHYSICAL EDUCATION PROFESSIONAL (PEPROF)

Courses

PEPROF 166 FOUNDATIONS OF HEALTH, PHYSICAL EDUCATION AND ADAPTED PE 2 Units

This course provides a foundation for students to understand the health, physical education, and adapted PE teaching profession. This course is the initial course for pre-service teachers in pursuit of a Physical Education K-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. A historical and philosophical lens will be used to understand the goals and purpose of health, physical education, and adapted PE.

PREREQ: PHYSICAL EDUCATION MAJOR

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.

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.

PEPROF 209 HUMAN PERFORMANCE CAREER EXPLORATION AND INTERNSHIP PREPARATION 1 Units

This course prepares students majoring in Human Performance for the required coursework and internship. This course provides resources and instruction for career exploration and professional development. Students will research career opportunities, complete mock-interviews, outline internship plans, and develop a resume.

PEPROF 222 FOSTERING A LEARNING ENVIRONMENT IN HEALTH, PE, AND APE 2 Units

This course will explore the concepts and importance of responsive teaching and learning in the Physical and Health Education setting. Understanding these concepts will help pre-service teachers create a safe and inclusive learning environment to promote a strong sense of community, leaving children feeling valued, respected, and valued. Pre-student teachers will also engage in a multicultural and diverse field experience as part of this course.

PREREQ: PHYSICAL EDUCATION MAJOR

PEPROF 230 TEACHING AND COACHING OF AQUATICS 3 Units

Stroke introduction, refinement and proficiency as outlined in the American Red Cross program; Levels 1-6. Teaching technique and lesson and practice planning emphasis for supporting K-12 school swim programs, including stroke progression, fitness activities, and basic water safety. Deep water level comfort is necessary. Skill development in water safety and lifeguard techniques will be covered to allow students to be eligible for certification.

PREREQ: SWIM CARD (ARC LVL 6) OR HPEA SWIM TEST OR PEGNRL 151

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 health, physical education and Adapted PE 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 MAJOR

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 MAJOR OR COACHING MINOR

PEPROF 260 ASSESSMENT IN PHYSICAL EDUCATION 3 Units

A study of principles and techniques used to evaluate pupil progress in Health, Physical Education, and Adapted PE through a survey of available testing instruments and the use of statistics. This course is designed to develop the assessment literacy skills of HPEA 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 MAJOR

PEPROF 270 MOTOR BEHAVIOR 3 Units

This course combines the conceptual process of motor behavior 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.

PEPROF 273 TEACHING AND COACHING OF 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 and coaching settings, including "hands on" teaching experiences.

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.

PEPROF 300 INNOVATIVE TECHNOLOGY USE IN HEALTH, PE, AND APE 2 Units

Overview of education technology applications, specifically word processing, spreadsheet, video technology, web-based information, internet-related software and technologies, pdf documents, and use of commercially produced education software. This course will use technology for instruction enhancement, assessment, and engagement in the health, physical education, and adapted PE setting. The course covers several topics such as: Google Apps for Education (Docs, Sheets, Slides, Forms, Classroom), Video Editing, Website Development, Getting Connected (Social Media), Gifs, Video Analysis Apps, Fitness Apps, SeeSaw, Flipgrid, Plickers, Teacher Apps, journal articles on technology, green screen, and more.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND PHYSICAL EDUCATION MAJOR

PEPROF 301 EXERCISE SCIENCE FOR HEALTH, PE, AND ADAPTED PE TEACHERS 3 Units

This course covers exercise science content for health, physical education, and Adapted PE teacher candidates. This includes aspects of the following areas: structure and function, exercise physiology, kinesiology and biomechanics. The course emphasis is on learning and integrating key exercise science concepts into physical education lessons in developmentally appropriate ways.

PREREQ: BIOLOGY 120

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: BIOLOGY 120 OR BIOLOGY 141

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

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.

PEPROF 316 ACE HEALTH COACH 3 Units

From managing stress and setting goals, to eating healthy and regularly engaging in physical activity, the health coach serves the unique role of empowering people to take ownership of their own health and to discover their own motivation for lasting behavior change. This course is designed to give you both the knowledge and skills needed to assess a client's lifestyle behaviors and then support them through behavior change. This course is also designed to help you prepare for the ACE Health Coach Certification exam.

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: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 345 TEACHING COOPERATIVE/ADVENTURE/OUTDOOR EDUCATION 3 Units

This course introduces models and activities of including cooperative, initiative games, adventure and outdoor 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: PHYSICAL EDUCATION MAJOR

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: PEPROF 165 OR PEPROF 166

PEPROF 361 INCLUSIVE PHYSICAL ACTIVITY AND RECREATION 3 Units

This course is intended to offer students insight into current concepts and trends in inclusive physical activity and sport. Practice is provided in the assessment, planning, and implementation of physical activity and sport programs designed to meet the unique needs of all individuals, regardless of age or ability. Through this course Human Performance practitioners can collaborate effectively, employ successful strategies and practice, and include all individuals in meaningful inclusive physical activity experiences.

PREREQ: MINIMUM SOPHOMORE 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: PHYSICAL EDUCATION MAJOR

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: MINIMUM 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 AND PHYSICAL EDUCATION MAJOR

PEPROF 410 STUDENT TEACHING SEMINAR-PHYSICAL EDUCATION 3 Units

This course discusses topics current for the physical education teaching profession, including Educator Effectiveness Model, Professional Development Programs, Student Learning Outcomes, and State legislation.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND PHYSICAL EDUCATION MAJOR

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: BIOLOGY 120 OR BIOLOGY 141

PEPROF 416 EXERCISE PRESCRIPTION AND FUEL UTILIZATION 3 Units

Theoretical considerations and practical applications of exercise prescription and fuel utilization relating to exercise. Includes prescription techniques, program progression, and program administration. Applications for healthy populations, medical populations, sport performance, and specialized populations.

PREREQ: BIOLOGY 120 OR BIOLOGY 141

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 AND PHYSICAL EDUCATION MAJOR

PEPROF 427 TEACHING TARGET GAMES 2 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 too 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 AND PHYSICAL EDUCATION MAJOR

PEPROF 436 PRE-STUDENT TEACHING ELEMENTARY PE 1 Units

Pre-student teaching experience taken together with PEPROF 437. Students practice teaching physical education with a cooperating teacher in an elementary school.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND DEPARTMENT CONSENT

PEPROF 437 METHODS AND CLINICAL EXPERIENCE IN ELEMENTARY PE 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 elementary schools. As part of this course, students will be placed in an elementary school setting to observe and teach elementary physical education.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND PEPROF 240 AND PEPROF 250 AND PEPROF 260

PEPROF 446 PRE - STUDENT TEACHING SECONDARY PE 1 Units

Pre-student teaching experience taken together with PEPROF 447. Students will practice teaching with a cooperating teacher in grades ranging from 6 through 12.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND DEPARTMENT CONSENT

PEPROF 447 METHODS AND CLINICAL EXPERIENCE IN SECONDARY PE 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. As part of this course, students will be placed in a 6-12 school setting to observe and teach secondary physical education.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND PEPROF 240 AND PEPROF 250 AND PEPROF 260

PEPROF 456 TEACHING SKILLS FOR INDIVIDUAL SPORTS 3 Units

This course is designed to provide Physical Education licensure students an overview of traditional and non-traditional teaching methods that can be used to teach skills and strategies in a variety of individual games and sports. Emphasis will be put on progressions, teaching styles, feedback, evaluation, and assessment processes.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 457 TEACHING SKILLS FOR TEAM SPORTS 3 Units

This course is designed to provide Physical Education licensure students an overview of traditional and non-traditional teaching methods that can be used to teach skills and strategies in a variety of team games and sports. Emphasis will be put on progressions, teaching styles, feedback, evaluation, and assessment processes.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION

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: BIOLOGY 120 OR BIOLOGY 141

PEPROF 474 PRE - STUDENT TEACHING ADAPTED PE 1 Units

Pre-student teaching experience taken with PEPROF 475 to provide teacher candidates with a wide variety of experiences teaching Adapted Physical Education. Students practice teaching with a cooperating teacher in grades ranging from PreK through 12.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND DEPARTMENT CONSENT

PEPROF 475 METHODS AND CLINICAL EXPERIENCE IN ADAPTED PE 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. As part of this course, students will be placed in a K-5 school setting to observe and teach adapted physical education.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND PEPROF 240 AND PEPROF 250 AND PEPROF 260

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: ADMISSION TO PROFESSIONAL EDUCATION

PEPROF 479 ATHLETICS FOR ALL: ADAPTED SPORTS 3 Units

This course is designed to teach about Adapted Sport. It will offer content knowledge, some practicum experiences, and sport resources for Alpine Skiing, Bocce Ball, Goalball, Nordic skiing, Sit Volleyball, Swimming, Track and Field, Wheelchair Tennis, Wheelchair Basketball, Wheelchair Lacrosse, Wheelchair Softball, Quad Rugby, and Sled Hockey.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND PHYSICAL EDUCATION MAJOR

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: MINIMUM JUNIOR STANDING AND PEPROF 311

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 INTERNSHIP - HUMAN PERFORMANCE 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 AND ((WITHIN 9 CREDITS OF COMPLETING MAJOR AND MINOR) AND (APPLICATION MATERIALS FILED BY DUE DATE A 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