Physical Education, Wellness

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AIMS OF THE DEPARTMENT
The Physical Education Department provides classes and support for Physical Education, Wellness and Exercise Science majors as well as minors in Physical Education, Wellness, and Coaching. Classes to support the general studies students in fitness, wellness and physical education are also provided. In the basic fitness and wellness classes, students are guided through a personal fitness program and encouraged to adopt a proactive wellness lifestyle, consistent with SDA teachings. Infrastructure to the University is provided by the Physical Education Department through the management of an intramural sports program and the operation of a fitness/recreation center that are available to all students and faculty 16 hours a day.

Students may elect courses which prepare them for careers as elementary or secondary physical education teachers. A major in Physical Education will also prepare the student for a career in the public or private sector of recreation. Exercise Science is an excellent pre-professional course of study for exercise physiology, physical therapy or other areas of medicine. A major in Wellness prepares the student to become a certified personal trainer and find a career in the hospital, corporate or private fitness industry. All of the majors prepare students to enter graduate school.

PROGRAMS
B.S. Exercise Science
B.S. Physical Education
B.S. Wellness
A.S. Wellness
Teaching Area - All Level Certification
Minors in Coaching, Physical Education, and Wellness

Exercise Science, B.S.
BIOL 101 Anatomy & Physiology ......................... 4
BIOL 102 Anatomy & Physiology ......................... 4
CHEM 111 General Chemistry ........................ 4
CHEM 112 General Chemistry ........................ 4
HLED 111 Health and Wellness ............................ 3
HLED 216 Nutrition ............................................ 2
PEAC 115 Strength Training .................................. 1
PETH 241 Care and Prevention of Athletic Injuries .......... 3
PETH 310 Motor Learning ........................................ 3
PETH 321 Exercise Physiology ............................... 3
PETH 352 ACSM Certification* ......................... 3
PETH 354 Certified Strength & Conditioning Specialist* 3
PETH 460 Applied Social Research Methods or... 3
HNS 480 Honors Thesis .................................... 3
PETH 480 Exercise Science Internship ..................... 6
PHYS 121 General Physics .................................... 4
PEAC Electives ............................................. 3
TOTAL 56

*Requires additional fee.

Required Cognates:
MATH 121 Precalculus .................................. 3
MATH 241 Introduction to Statistics .................. 3
PSYC 212 General Psychology .......................... 3
PSYC 220 Human Growth & Development ............. 3

Physical Education, B.S.
PEAC 415 Advanced Strength Training ................... 1
PETH 110 Fundamentals of Physical Education .......... 3
PETH 131 Officiating I .................................. 3
PETH 132 Officiating II ................................ 3
PETH 231 Professional Activities I ..................... 3
PETH 232 Professional Activities II .................... 3
PETH 241 Care and Prevention of Athletic Injuries .... 3
PETH 243 Health & PE in the Elementary School ........ 3
PETH 310 Motor Learning .................................. 3
PETH 321 Exercise Physiology ............................ 3
PETH 331 Human Kinesiology ............................ 3
PETH 354 Certified Strength & Conditioning Specialist 3
PETH 420 Adaptive Physical Education ................ 3
PETH 431 Secondary Methods in PE ..................... 3
PETH 450 Administration of PE & Athletics ........... 3
PETH 490 Senior Seminar ................................ 1

Choose three different hours from the following: .... 3
PEAC 112 or 312 Aerobics or Advanced Aerobics
PEAC 131 or 133 Swimming or Intermediate Swimming
PEAC 141 Badminton
PEAC 142 or 342 Tennis or Intermediate Tennis
PEAC 143 Racquetball
PEAC 334 Lifeguard Training*
PEAC 344 Golf*
PEAC 429 Gymnastics Team
PETH 346 Pro Act/Track & Field
TOTAL 50

*Requires additional fee.

Required Cognates:
BIOL 101 Anatomy and Physiology .................... 4
HLED 111 Health & Wellness ............................. 3

The degrees in Exercise Science and Physical Education are composite majors, therefore no minors are required.

Physical Education Minor
PEAC 115 Strength Training ................................ 1
PETH 110 Fundamentals of Physical Education .......... 3
PETH 131 or 132 Officiating I or II .................... 3
PETH 231 or 232 Professional Activities I or II ..... 3
PETH 241 Care and Prevention of Athletic Injuries .... 3
PETH 431 Secondary Methods ............................. 3

Choose three different hours from the following: .... 3
PEAC 312 Advanced Aerobics
PEAC 334 Lifeguard Training*
PEAC 335 Advanced Swimming
PEAC 342 Intermediate Tennis
PEAC 343 Intermediate Racquetball
PEAC 344 Golf*
PEAC 429 Gymnastics Team
TOTAL 19

*Requires additional fee.

Required Cognates:
BIOL 101 Anatomy & Physiology .................... 4

*MATH 110 or a MAP score of 5 is prerequisite for this class.
**MATH 110 or a MAP score of 4 or 5 is prerequisite for this class.
Physical Education, Wellness

Coaching Minor

**PEAC** 115  Strength Training ........................................ 1
**PEAC** 212 or 312  Officiating I or II ................................. 3
**PEAC** 231 or 322  Professional Activities I or II ................. 3
**PETH** 241  Care and Prevention of Athletic Injuries ............. 3
**PETH** 351  Coaching .................................................... 3
**PETH** 354  Certified Strength & Conditioning Specialist* .... 3

Choose two different P.E. activity courses: ....................................

TOTAL                                                                  18

**Required cognates:**

**BIOL** 101  Anatomy & Physiology...................................... 4
**HLED** 111  Health & Wellness ........................................ 3

Wellness, B.S.

**HLED** 111  Health and Wellness ....................................... 3
**HLED** 151  Introduction to Fitness Management .................... 3
**HLED** 216  Nutrition .................................................... 2
**HLED** 280  Health Fitness Internship ................................ 2-4
**HLED** 330  Healthful Living Programs ................................ 2-4
**PEAC** 111  Physical Fitness ............................................ 1
**PEAC** 112 or 312  Aerobics or Advanced Aerobics ................. 1
**PEAC** 115  Strength Training ........................................... 1
**PEAC** 116  Fitness Walking ............................................. 1
**PEAC** 333  Water Aerobics .............................................. 1
**or PEAC** 334  Lifeguard Training ............................. 1
**PEAC** 415  Advanced Strength Training .............................. 1
**PETH** 241  Care and Prevention of Athletic Injuries ........... 3
**PETH** 321  Exercise Physiology ......................................... 3
**PETH** 331  Human Kinesiology .......................................... 3
**PETH** 352  ACSM Certification* ........................................ 3
**PETH** 354  Certified Strength & Conditioning Specialist* ... 3

TOTAL                                                             18

*Certification requires additional fee.

**Wellness Minor**

**HLED** 111  Health and Wellness ....................................... 3
**HLED** 151  Introduction to Fitness Management .................... 3
**HLED** 216  Nutrition .................................................... 2
**PEAC** 111  Physical Fitness ............................................ 1
**PEAC** 112 or 312  Aerobics or Advanced Aerobics ................. 1
**PEAC** 115 or 415  Strength Training or Adv. Strength Training ... 1
**PEAC** 116  Fitness Walking ............................................. 1
**PEAC** 333  Water Aerobics .............................................. 1
**PEAC** 334  Lifeguard Training ......................................... 1
**PETH** 241  Care and Prevention of Athletic Injuries ........... 3

TOTAL                                                             18

*Requires additional fee.

**Required Cognates:**

**BIOL** 101  Anatomy & Physiology ...................................... 4

TEACHING CERTIFICATION PROGRAM

You must make formal application for admittance to the Teacher Education Program. Applications are available at the Education Department office.

Physical Education, BS - All Level K-12 Teaching Certification Option V (See Education section of Bulletin.)

The student must meet the requirements for a B.S. degree in Physical Education.

HEALTH EDUCATION COURSES

**HLED** 111  Health and Wellness ....................................... 3

A study of wellness as it relates to personal fitness, nutrition, stress management, substance abuse, communicable diseases, cancer, heart disease, environmental health, and SDA health heritage. Each student participates in a 15-week personal fitness program in which they track their body composition, strength, and oxygen uptake. Lecture and lab. (Fall, Spring, Summer)

**HLED** 111  Health and Wellness ....................................... 3

**HLED** 151  Introduction to Fitness Management .................... 3

An introduction to the fitness marketplace with emphasis in administration. Laboratory experience includes selected aspects of fitness including fitness screening, weight management programs, and fitness assessments. Visitations to hospitals, private clubs, and corporate clubs are part of the class. (Spring, even years)

**HLED** 216  Nutrition .................................................... 2

A study of the nutrients now known to be required in the human diet and how to best obtain these nutrients. The student will learn to correlate dietary practice with physiological consequences and understand basic physiological functions of the nutrients in food. (Fall, Spring)

**HLED** 280  Health Fitness Internship ................................ 2-4

Prerequisite: Approval by department chair.

This course offers the student on-the-job training at an approved fitness center. Rotation of duties is planned so the student will be exposed to a variety of experiences. Admission is limited to seniors with a GPA of 2.5 in wellness. Forty-five hours of experience is required for each hour of credit earned. Pass/fail course. (Fall, Spring, Summer)
HLED 291 Selected Topics 1-3 hours  
Prerequisite: Approval by department chair.  
A study in an area of student interest under the direction of a staff member. This study may involve research, laboratory, or library work. Content and method of study must be arranged prior to registration. May be repeated for a total of 3 credits.

HLED 330 Healthful Living Programs 2-4 hours  
Prerequisite: Approval by department chair.  
There are two options available to the students in this course.  
Option one involves an internship with an approved wellness facility. Forty hours of work are required for each hour of earned credit.  
Option two involves organizing and running wellness programs for the community, under the direction of the Physical Education & Wellness Department.  
(Summer)

HLED 491 Selected Topics 1-3 hours  
Prerequisite: Approval by department chair.  
Open to Wellness majors for research or special projects. Content and methods of study must be arranged prior to registration. May be repeated for a total 3 credits.

PHYSICAL EDUCATION THEORY COURSES

PETH 110 Fundamentals of Physical Education 3 hours  
A general introduction to physical education, including historical and scientific foundations of physical education, exercise science and sports. Students will explore career opportunities and current issues in these fields.  
(Fall, even years)

PETH 131 Officiating & Recreational Sports I 3 hours  
Theory and practice of officiating soccer, basketball and floor hockey, including rules, interpretation of rules, officiating techniques and examinations. Part of the class requirements are to officiate college intramurals and to assist in the administration of the recreational sports program.  
(Spring)

PETH 132 Officiating & Recreational Sports II 3 hours  
Theory and practice of officiating flagball, volleyball, and softball including rules, interpretation of rules, officiating techniques and examinations. Part of the class requirements are to officiate college intramurals and to assist in the administration of the recreational sports program.  
(Fall)

PETH 231 Professional Activities I 3 hours  
Development of skills and teaching techniques of soccer, basketball, badminton and floor hockey.  
(Spring, odd years)

PETH 232 Professional Activities II 3 hours  
Development of skills and teaching techniques of flagball, volleyball, softball and tennis.  
(Fall, even years)

PETH 241 Care and Prevention of Athletic Injuries 3 hours  
Prerequisite: BIOL 101  
An introduction to prevention and management of injuries resulting from athletic activities. Treatment options include: support methods, conditioning exercises, and therapeutic aids. Laboratory work includes bandaging and taping various athletic injuries.  
(Spring)

PETH 243 Health and Physical Education in the Elementary School 3 hours  
Prerequisite: Admission to teacher education.  
The course provides the student with an extensive repertoire of teaching techniques in the elementary physical education program. Emphasis is placed on health-related fitness, skill development, special events, and game development. Students will have the opportunity to develop lesson plans. Includes field experience.  
(Fall)

PETH 291 Selected Topics 1-3 hours  
Prerequisite: Approval by department chair.  
A study in an area of student interest under the direction of a faculty member. This study may involve research, laboratory, or library work. Content and method of study must be arranged prior to registration. May be repeated for a total of 3 credits.

PETH 310 Motor Learning 3 hours  
Prerequisite: BIOL 101  
Students will develop the ability to analyze motor behavior in a physical education or clinical setting, create solutions to motor problems, and coach athletes and students to better performance. Class includes laboratory activities, critical readings and a research study.  
This course meets the upper division writing component for senior year English.  
(Fall, odd years)

PETH 321 Exercise Physiology 3 hours  
Prerequisite: BIOL 101  
Emphasizes physiological response and adaptation to exercise with regard to human performance limitations, training effects, and health-related benefits. Class includes laboratory activities and fitness assessments.  
This course meets the upper division writing component for senior year English.  
(Fall, even years)

PETH 331 Human Kinesiology 3 hours  
Prerequisite: BIOL 101  
This course teaches students to analyze, describe, and understand motion principles of the body that relate to sport and teaching movement skills. Class includes laboratory activities and qualitative research.  
This course meets the upper division writing component for senior year English.  
(Spring, even years)

PETH 346 Professional Activities/Track & Field 3 hours  
Development of skills and teaching techniques of the triple jump, long jump, high jump, hurdles, sprints, relays, cross-country, javelin throw, discus and shot-put.  
(Fall, odd years)
PETH 351 Coaching 3 hours
Prerequisite: PETH 131 or 132, 231 or 232
This course is designed to introduce the student to coaching sports. It will consist of various types of learning activities: reading, lecture, discussion, videotape, and writing. This course meets the upper division writing component for senior year English. Requires additional fee. (Spring, odd years)

PETH 352 ACSM Health & Fitness Instructor 3 hours
Prerequisite: BIOL 101
Covers an in-depth knowledge of exercise physiology, health appraisal techniques, risk factor identification, sub-maximal exercise testing, and exercise prescription for various populations. Class includes laboratory activities. Certification requires an additional fee. (Fall, odd years)

PETH 354 Certified Strength & Conditioning Specialist 3 hours
Prerequisite: PETH 321, 331.
The study of safe and effective strength training, lifting, and spotting techniques. In-depth study of anatomy and kinesiology affecting muscle strength and endurance. Certification requires an additional fee. (Spring, odd years)

PETH 420 Adaptive Physical Education 3 hours
A course designed to aid the educator in identifying physical, structural, functional or neurological impairments found in school-age children. Emphasis includes a survey of source material needed to plan and conduct individual, developmental and special courses in physical education. Lecture and lab. (Fall, odd years)

PETH 431 Secondary Methods 3 hours
Prerequisite: PETH 231 and 232.
The study of methods and techniques of teaching physical education in the secondary school, includes individual as well as group activities; students are required to observe and demonstrate in class, should be taken the senior year. (Fall, even years)

PETH 450 Administration of Physical Education, Fitness & Sports 3 hours
Students develop basic skills and knowledge necessary to administer daily activities of a physical education department or athletic program. Topics include facility management, intramural activities, adapted physical education, fiscal management, leadership, and legal issues related to physical education. This course meets the upper division writing component for senior year English. (Fall, odd years)

PETH 460 Applied Social Research Methods 3 hours
Prerequisite: MATH 241, ENGL 220.
An introduction to applied research methods and their applications to the disciplines of Social Work, Criminal Justice and Law Enforcement, Physical Education, Psychology, and Sociology. Emphasis is on understanding basic terminology, the use of fundamental research tools, and the integration of research and practice. Students gain experience with single subject designs, program evaluation methods, SPSS-driven data analysis, and case studies in data collection. This course meets the upper division writing component for senior year English. (Also taught as CJSLE, HIST, PSYC, SOCI or SOWK 460.) (Spring, even years) (Spring, even years)

PETH 480 Exercise Science Internship 3-6 hours
Prerequisite: Approval by department chair.
The Physical Education Department coordinates placement of students. The nature of the work depends on the student’s interest. Possibilities include medical clinic, sports team, athletic training, or physical therapy. Credit earned depends on hours of work. May be repeated for a total of 6 credits. Pass/fail course. (Fall, Spring, Summer)

PETH 490 Senior Seminar 1 hour
This is a capstone course where students will study and discuss current issues and concepts within the Physical Education profession. In addition, the students will prepare for employment in the profession. The class also prepares students for the major exit exam. (Spring)

PETH 491 Selected Topics 1-3 hours
Prerequisite: Approval by department chair.
Open to advanced physical education students for research or special project. Content and method of study must be arranged prior to registration. May be repeated for a total of 3 credits.

PHYSICAL EDUCATION ACTIVITY COURSES

PEAC 111 Physical Fitness 1 hour
An introduction to personal fitness and application of training principles. Nutrition, weight management, and stress management are also monitored throughout the semester. This course also gives students an opportunity to explore SDA church heritage as it relates to healthful living. (Fall, Spring)

PEAC 112 Aerobics 1 hour
An introduction to basic floor movements, calisthenics, and step aerobics. Students are also introduced to choreography. (Fall, Spring)

PEAC 115 Strength Training 1 hour
An introduction to the development of muscular strength through the use of weighted resistance. Safety procedures are stressed. (Fall)

PEAC 116 Fitness Walking 1 hour
An introduction to cardiovascular fitness through walking. (Fall)

PEAC 121 Flag Football 1 hour
This course develops fundamental skills, knowledge of rules, and implementation of strategy in flag football. (Fall, even years)

PEAC 122 Soccer 1 hour
Students are taught the basic skills in kicking, passing, tackling and goal keeping. Offensive and defensive strategies are introduced. (Fall)

PEAC 125 Volleyball 1 hour
Students are taught basic skills in passing, setting, serving, and spiking. Offensive and defensive strategies are introduced. (Fall)
PEAC 130  Baseball/Softball  1 hour
This course develops fundamental skills, knowledge of rules, and implementation of strategy in baseball and softball. (Spring)

PEAC 131  Beginning Swimming  1 hour
Students are introduced to basic aquatic safety, floating, freestyle, and elementary back stroke. (Fall)

PEAC 133  Intermediate Swimming  1 hour
Students are taught elementary rescue and intermediate skills in freestyle, back crawl, and sidestroke. The butterfly stroke is introduced. (Fall)

PEAC 142  Beginning Tennis  1 hour
Students develop skill in the basic strokes (forehand, backhand, serve, volley, and lob). They are also introduced to strategy of play. (Fall)

PEAC 145  Beginning Racquetball  1 hour
An introduction to five basic serves, forehand, backhand, strokes, rules, sportsmanship and strategy of the game. (Fall; Spring)

PEAC 237  Canoeing  1 hour
An introduction to basic skills and safety procedures of recreational canoeing. (Offered periodically)

PEAC 243  Snow Boarding  1 hour
An introduction to basic skills of snow boarding. Mountain trip during spring break. Requires additional fee. (Spring)

PEAC 245  Snow Skiing  1 hour
An introduction to basic skills of downhill snow skiing. Mountain trip during spring break. Requires additional fee. (Spring)

PEAC 291  Selected Topics  1 hour
Prerequisite: Introductory course or approval of instructor. A course designed for students who must complete a class independently.

PEAC 312  Advanced Aerobics  1 hour
High intensity aerobic class. May include step aerobics, kick boxing, or other popular routines. (Spring)

PEAC 315  Intermediate Basketball  1 hour
Development of skills in shooting, passing, executing plays and understanding offensive and defensive strategy. (Spring, odd years)

PEAC 316  Individual Conditioning  1 hour
Designed for special students who, because of physical limitations, cannot mainstream in other physical education classes.

PEAC 320  SCUBA  1 hour
Development of skills necessary for PADI scuba certification. Check-off dives at Lake Travis. Requires additional fee. (Spring)

PEAC 333  Water Aerobics  1 hour
An introduction to basic water movements for strength and flexibility. (Fall)

PEAC 334  Lifeguard Training  1 hour
Credit granted only by proficiency for those holding current Red Cross certification. Requires a recording fee.

PEAC 335  Advanced Swimming  1 hour
Prerequisite: Approval by department chair. Opportunity is given for students to progress to advanced levels of swimming in backstroke, freestyle, breaststroke, and butterfly stroke. (Offered periodically)

PEAC 342  Intermediate Tennis  1 hour
Prerequisite: Introductory course or approval of instructor. For the student who wants to develop advanced skills in overhead smash, full serve, drop shot, and advanced strategy for both singles and doubles plays. (Offered periodically)

PEAC 343  Intermediate Racquetball  1 hour
Students have the opportunity to develop advanced skills in overhead, kill, drive serve and advanced strategies for offensive and defensive play for both singles and doubles. (Offered periodically)

PEAC 344  Golf  1 hour
An introduction to the basic strokes in golf (driving, chipping, and putting). Scoring terminology and golf etiquette are also taught. Students play on community golf courses. Requires additional fee. (Fall, even years)

PEAC 346  Inline Hockey  1 hour
Students will learn fundamental skills of skating, stick handling, passing and shooting. They will also be introduced to offensive and defensive strategy of play. Students must have their own skates and protective equipment, including helmet/mask, gloves shin guards and elbow pads. (Spring)

PEAC 415  Advanced Strength Training  1 hour
Prerequisite: PEAC 115 or Permission by Instructor. Students enhance their strength training routines with advanced methods of resistance training. Students are introduced to new training techniques and sport-specific routines. (Spring, even years)

PEAC 429  Gymnastics Team  1 hour
This class is a touring, witnessing acrosport team. The skills required are basic and power tumbling, pyramid building and basket tossing. Team members are required to tour and attend clinics. (Fall, Spring)

PEAC 410  Golf Team  1 hour
Prerequisite: approval of Instructor. Students must be prepared for match play and develop course management skills. (Offered periodically)

PEAC 436  Water Safety Instructor  1 hour
Prerequisite: PEAC 334 Lifeguard Training. Credit granted only by proficiency for those holding current Red Cross certification. Requires a recording fee.

PEAC 491  Selected Topics  1 hour
Prerequisite: Approval by department chair. A course designed for students with intermediate skill level. (Offered periodically)