

Physical Education

The Physical Education Department offers three majors, physical education (teaching or non-teaching), exercise science, and sports and fitness center management, and two minors, physical education teaching and coaching, to prepare students for opportunities in the health and physical education field. In addition, the Department provides basic instruction through a wide variety of activity courses for all students at the College.

The major in physical education teaching leads to K-12 or standard secondary teacher certification. Students desiring certification must meet the requirements listed in the Education Department.

The major in exercise science supplies students with a strong foundation for graduate studies in exercise physiology, biomechanics, cardiac rehabilitation, sports medicine, physical therapy and allied health fields.

The major in sports and fitness center management prepares students for leadership roles in corporate fitness, agencies, institutions and private fitness centers. Students enrolled in this program complete an internship at a local fitness center or institution. With additional business credits, students completing course work for this major may also receive a minor in business administration.

All majors must take the following common core:

- PHE 151 Personal Fitness
- PHE 150 swimming and one of the following: aerobic dance, weight training, jogging or body conditioning
- PHE 170 Team Sports Skills
- PHE 171 Lifetime/Leisure Activities
- PHE 200 Foundations of Physical Education
- PHE 201 Introduction to Health
- PHE 202 Sports Officiating
- PHE 244 Care and Prevention of Injuries
- PHE 302 American Red Cross First Aid
- PHE 304 Motor Learning
- PHE 319 Kinesiology
- PHE 434 Movement Experiences for the Handicapped
- PHE 443 Physiology of Exercise
- PHE 444 Tests and Measurements in Health & Physical Education

Physical Education Major

Consists of the common core and the following:

- PHE 150 (dance)
- PHE 324
- PHE 328
- PHE 329
- PHE 494 **or** PHE 497
- BIO 105

Exercise Science Major

Consists of the common core and 15 credits chosen from the following:

- BIO 105
- BIO 130
- BIO 220
- BIO 230
- BIO 355*
- CHE 141-142
- CHE 301*-302*
- CHE 410.1*
- MAT 149
- MAT 151*
- PHY 231-232
- PHY 271*-272*
- PHE 408 and 409

* Course has prerequisite

Sports and Fitness Center Management Major

Consists of the common core and the following:

- MAT 211
- POE 271
- BUS 385 (or equivalent)
- BUS 221
- BUS 330
- BUS 357
- BUS 360
- BUS 391
- PHE 324
- PHE 408
- PHE 409

* Course has prerequisite

Coaching Minor

Includes:

- BIO 105
- PHE 202
- PHE 244
- PHE 300
- PHE 302
- PHE 319*
- PHE 443

* Course has prerequisite

Interdisciplinary (IND)

IND-103 Mind & body in the Ancient World 3.0 cr.

Summer 2004. An analysis of the archaeology and history of ancient Greece, with emphasis upon Olympic style competition, both ancient and modern.

Physical Education (PHE)

LOWER DIVISION

PHE-100 Varsity Athletics 1.0 cr.

Fall, winter, spring. Prereq.: permission. According to season. Activity class offered to those who qualify for intercollegiate athletic teams: Varsity volleyball, basketball, baseball, soccer, tennis, golf and skiing. (PHE ACTIVITY)

PHE-150 Physical Education Activity 1.0 cr.

Fall, winter, spring. A wide variety of basic instruction activity classes to encourage participation and skill development in individual and team sports at the beginning, intermediate, and advanced levels. Typical offerings include aerobic dance, ballroom dance, ballet I and II, jazz dance I and II, choreography practice, rhythmic and movement skills, badminton, basketball, body conditioning, bowling, golf, jogging, judo, racquetball, rock climbing, kayaking, shooting, skiing, soccer, softball, swimming, scuba diving, life guard training, volleyball and weight training. (PHE ACTIVITY)

PHE-151 Personal Fitness 1.0 cr.

Fall, winter, spring. A course of study dealing with the development of a personalized fitness program in which both health and skill-related fitness components are included. Stress management, nutrition, exercise precautions and equipment are also emphasized. Students develop self assessments and individualized fitness programs. Individual labs are required. (REQUIRED COURSE)

PHE-170 Team Sports Skills 2.0 cr.

Fall. (P.E. majors only). Instruction and practice in sport skills (basketball, soccer, speed ball, volleyball, football and softball) emphasizing fundamental, skill progression and practical applications of team concepts.

PHE-171 Lifetime/Leisure Activities 2.0 cr.

Spring. (P.E. majors only). Instruction and practice in lifetime/leisure activities (archery, badminton, pickleball, golf and tennis) emphasizing fundamentals, skill progression and practical applications of the activities.

PHE-200 Foundations of Physical Education 3.0 cr.

Fall. A course designed to acquaint the student with the concept of physical education as a profession and to orient the student to the College program. The course includes

the history of physical education including philosophical, sociological, institutional and personal influences and application of education principles to physical education, recreation and athletics.

PHE-201 Introduction to Health 3.0 cr.

Fall. An introductory survey of health with an emphasis on the school environment. Topics include communicable and non-communicable diseases, drugs, alcohol, human reproduction and school health assessments.

PHE-202 Sports Officiating 3.0 cr.

Spring. A study of the rules, mechanics and philosophy of sports officiating.

PHE-244 Care & Prevention of Injury 3.0 cr.

Fall. Prereq.: BIO 105. A study of the prevention, recognition and treatment of common athletic injuries, including emergency first aid procedures, taping and wrapping.

PHE-294 Independent Study 1.0 to 3.0 cr.

Fall, winter, spring. Prereq.: permission. Special research projects on selected topics. This course does not fulfill the general graduation requirement for independent work. See independent guidelines.

UPPER DIVISION

PHE-300 Applied Sport Psychology 3.0 cr.

Fall. A course designed to teach the basics of motivation to physical educators, coaches, sport participants and recreational professionals. The course will focus on individual differences as they apply to sport performance, emphasis on aggression, affiliation, motivation and personality traits of the sport participant.

PHE-302 American Red Cross First Aid 1.0 cr.

Winter. A study of first aid procedures designed by the American Red Cross. The course focuses on CPR and rescue breathing techniques as well as emergency care and prevention of injuries and illness. Healthy lifestyle and personal safety awareness will be included. Certification is required for credit.

PHE-304 Motor Learning 3.0 cr.

Spring. A study focusing on motor development as it affects physical, psychological and neurological factors of acquiring and developing motor skills. This course also provides a theoretical and practical basis for developing effective teaching/coaching strategies.

PHE-317 Drug Use & Abuse 3.0 cr.

Students will examine the nature and characteristics of stimulants, depressants

(including alcohol), hallucinogens, narcotics, tobacco, and volatile chemicals. They will study patterns of use and abuse as well as coping methods of treatment. The class will identify economic, cultural and social problems related to use and abuse and evaluate misconceptions.

PHE-318 Nutrition 3.0 cr.

Spring. A course designed to examine nutrition with specific concentration on metabolism, activity and diseases. Vitamins, minerals and other important nutrients and their functions will be studied.

PHE-319 Kinesiology 3.0 cr.

Fall. Prereq.: BIO 105. A study of the structure and movement patterns of the human body with emphasis on structural design and synergistic action of muscles. The course includes a review of the relationship of human movement to the physical laws of the environment.

PHE-320 Moral Reasoning in Sport 3.0 cr.

Winter. A course to help athletes and others develop a moral reasoning process based on honesty, responsibility, justice and beneficence. The course will also address social issues within a sport context. Students will use critical analysis concerning moral issues, which may well uncover some perspectives about personal beliefs.

PHE-324 Management of PE, Recreation & Athletics 2.0 cr.

Fall. Underlying philosophy, principles, policies and procedures of administration as applied to health, physical education, recreation and athletics. The course includes leadership techniques, long-range planning, budgeting, purchasing, facilities planning and care, curriculum development, legal liability, public relations and evaluation.

PHE-328 Elem Curriculum Planning in Health & PE 2.0 cr.

Fall. Development of a curriculum in health and physical education with emphasis at the K-8 grade levels, understanding lifespan development of K-8 focusing on developing content in fundamental skills, assessment, observation, test writing, planning of grade appropriate and developmentally appropriate skills. Students will apply NASPE's national standards in developing unit and lesson plans.

PHE-329 Secondary Curriculum Planning in PE 2.0 cr.

Spring. Development of a curriculum in physical education with emphasis at the 8-12 grade levels that focusing on fitness, wellness sport and lifetime activities to healthy lifestyle. Emphasis on unit planning, lesson plans, assessment, development of portfolios with class management and observation skills geared to working with all secondary students in a variety of settings and the application of NASPE's national standards in developing appropriate curriculum.

PHE-345 Advanced Athletic Training 3.0 cr.

Spring. Prereq.: PE 244 and BIO 105. An in-depth study of injury evaluation and rehabilitation. Other topics discussed include nutrition, sports law and athletic training

administration.

PHE-408 Adult Fitness Programming 3.0 cr.

Fall. Prereq.: BIO 105 and PHE 443. A course designed to help students gain experience in fitness assessment, exercise prescription and fitness programming. Students will work hands on with clients, who may include staff and faculty from various departments on campus, who are interested in starting and maintaining an active lifestyle. Students will provide the client a self-directed exercise program that includes cardiorespiratory, strength training and flexibility activities. This course is recommended for all students who wish to pursue a career in adult fitness programming, community and corporate wellness and cardiac rehabilitation.

PHE-409 Cardiac Rehabilitation 3.0 cr.

Winter. Prereq.: PHE 408. A course designed to follow PHE 408 for the student who would like to seek employment as an exercise specialist in the field of cardiac rehabilitation. The student will build on the foundation from PHE 408 to include assessment, prescription, and training of special populations, the angina patient, CABG, PTCA, etc. This course will also include interpretation of exercise electrocardiography, common medications, and emergency management of high risk patients.

PHE-412.1 Biomechanics 3.0 cr.

Winter. Prereq.: PHE 319 or permission. This course is an introduction to biomechanics in physical education and sport. It will include review of the mechanical principles governing motion (linear and angular kinetics), acceleration and force (vectors, stability of joints, levers, friction). Additionally, students will work on applications of mechanical principles to include collisions, center of gravity, buoyancy, the coefficient of lift and drag (Bernoulli Principle pressure and Magnus Effect spin).

PHE-434 Movement Experiences for the Handicapped 3.0 cr.

Spring. A study of prevalent disabilities with implications for program development, organization, administration and evaluation of adapted physical education at the elementary and secondary school levels.

PHE-443 Physiology of Exercise 3.0 cr.

Spring. Prereq.: BIO 105. A study of the effects of exercise on the structures and functions of the human body with emphasis on the characteristics of muscular contraction, fatigue, mechanism of movement and acquisition of skill.

PHE-444 Tests & Measurements in Health & PE 2.0 cr.

Fall. An analysis of and practice in the measurement of motor ability, motor fitness and sport skills. The course also covers basic statistical techniques necessary to implement a measurement program, grading and measurement of mental objectives.

PHE-494 Independent Study 1.0 to 3.0 cr.

Fall, winter, spring. Prereq.: permission. Special research projects on selected topics.

See independent study guidelines. (INDEPENDENT WORK)

PHE-497 Internship 1.0 to 3.0 cr.

Fall, winter, spring. Prereq.: permission. Individually arranged internships at organizations such as the Idaho Youth Ranch, Idaho State School Hospital, YMCA and agencies to enhance students' educational opportunities. Term papers, reports or other assignments may be required. See internship guidelines. (INDEPENDENT WORK)

PHE-498 Sport Science Seminar 1.0 cr.

Spring. Prereq.: senior standing. A critical review of current research and related topics in sport science as well as seminars and lectures on topics of current interest in sport science.