The health and physical education program, housed in the education department, exists to promote a healthful, activity-oriented lifestyle and to develop competent health and physical education professionals.

Major in Health and Physical Education, PreK-12 Teaching Endorsement

This program will prepare students to teach health and physical education by instructing them in the standards of the National Association of Sport and Physical Education (NASPE).

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 112 Human Anatomy and Physiology I</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 122 Human Anatomy and Physiology II</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 145 Nutrition Fundamentals</td>
<td>2</td>
</tr>
<tr>
<td>HE 201 First Aid</td>
<td>1</td>
</tr>
<tr>
<td>HE 202 Health and Safety</td>
<td>2</td>
</tr>
<tr>
<td>HE 260 Teaching, Ministry, and Healthy Sexuality</td>
<td>3</td>
</tr>
<tr>
<td>HE 301 Athletic Training</td>
<td>2</td>
</tr>
<tr>
<td>PE 101 Introduction to Health, Physical Education and Recreation</td>
<td>3</td>
</tr>
<tr>
<td>PE 302 Motor Learning</td>
<td>2</td>
</tr>
<tr>
<td>*PE 414 Biomechanics of Sport</td>
<td>2</td>
</tr>
<tr>
<td>*PE 415 Exercise Physiology of Sport</td>
<td>3</td>
</tr>
<tr>
<td>PE 416 Fitness Administration and Assessment</td>
<td>2</td>
</tr>
</tbody>
</table>

Careers in Health and Physical Education include elementary or secondary physical education teacher, youth sports program director, developmental club sport coach/director, health educator, athletic coach, campus intramurals/recreation, youth pastor/ministry, adult fitness or sports club management and sports information director.
**PEM 141 Teaching Individual Sports** .2
**PEM 142 Teaching Team Sports** .2
PEM 143 Fitness, Conditioning, and Strength Training .2
**PEM 144 Experiential Education and Recreational Games** .2
**PEM 145 Rhythmic Activities** .1

### Professional Studies Requirements (42 SH)

*(All professional studies courses must be passed with a grade of C or better.)*

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ED 101 Exploring Teaching</td>
<td>2</td>
</tr>
<tr>
<td>ED 201 Computers and Instructional Technology in Education</td>
<td>1</td>
</tr>
<tr>
<td>ED 251 Learning, Motivation and Assessment (6-12)</td>
<td>3</td>
</tr>
<tr>
<td>ED 301 Needs of Diverse Learners</td>
<td>3</td>
</tr>
<tr>
<td>ED 381 Reading and Writing Across the Curriculum (6-12)</td>
<td>2</td>
</tr>
<tr>
<td>ED 401 Foundations of Education</td>
<td>2</td>
</tr>
<tr>
<td>ED 411 Reflective Teaching Seminar and Portfolio</td>
<td>1</td>
</tr>
<tr>
<td>ED 461 Elementary Student Teaching (PreK-6)</td>
<td>7</td>
</tr>
<tr>
<td>ED 462 Middle/High School Student Teaching (6-12)</td>
<td>7</td>
</tr>
<tr>
<td>PE 301 Adapted Physical Education</td>
<td>3</td>
</tr>
</tbody>
</table>

### Secondary Physical Education Block

ED 351 General Curriculum and Methods for Middle and Secondary Teaching .1

*HE 401 Health Methods .2
*PE 402 Middle and Secondary Physical Education .3

Prerequisite courses: ED 101, ED 201, ED 251, HE 202, HE 260.

### Elementary Physical Education Block

*PE 401 Elementary Physical Education .3
*PE 403 Assessment of Physical Activity .1
*PEM 231 Movement Education .1

Prerequisite courses:
ED 101, ED 251, PE 301 and PE 302.

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**Additional licensure requirement:**

PSYC 202 Developmental Psychology .3

Admission prerequisites for the first semester of block courses: admission to Teacher Education; or 2.7 cumulative GPA and submission of Praxis CORE Academic Skills for Educators: Mathematics scores.

Admission prerequisite for the second semester of block courses: admission to Teacher Education.

The secondary and elementary physical education blocks are designed to combine actual in-school experience with curriculum theory, methods and student assessment. Travel expenses are the student's responsibility. The blocks are offered alternating fall semesters; the elementary block is offered in even years and secondary block in odd years.

Teacher candidates must comply with all teacher education requirements listed in the education section.

### Minor in Coaching

This program is designed to give the candidate the necessary background knowledge and skills to coach youth and scholastic sports. This minor consists of 17-19 SH:

**Core Requirements (11 SH)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HE 201 First Aid</td>
<td>1</td>
</tr>
</tbody>
</table>
*PE 201 Principles of Coaching              | 2     |
| PE 203 Coaching Practicum                  | 1     |
| PE 302 Motor Learning                      | 2     |
| REC 405 Recreation and Sport Administration | 3     |
| PEM 143 Fitness, Conditioning and Strength Training | 2     |

Choose one of the following (1-2 SH)

*PEM 141 Teaching Individual Sports .2
*PEM 142 Teaching Team Sports .2
<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEV 151 Baseball</td>
<td>1</td>
</tr>
<tr>
<td>PEV 152 Men's Basketball</td>
<td>1</td>
</tr>
<tr>
<td>PEV 153 Women's Basketball</td>
<td>1</td>
</tr>
</tbody>
</table>
PEV 154 Cross Country ............... 1
PEV 155 Field Hockey ................ 1
PEV 156 Men’s Soccer ................ 1
PEV 157 Women’s Soccer ............. 1
PEV 158 Softball ..................... 1
PEV 159 Track and Field ............. 1
PEV 160 Women’s Volleyball ......... 1
PEV 161 Men’s Volleyball ............ 1
PEV 162 Men’s Golf .................. 1
PEV 163 Women’s Golf ............... 1

Choose two of the following:
BIOL 145 Nutrition Fundamentals ... 2
HE 301 Athletic Training ................ 2
*PE 414 Biomechanics of Sport ...... 2
*PE 415 Exercise Physiology of Sport .3
REC 305 Risk Management in
 Recreation and Sport ............. 3
*REC 309 Recreation and Sport
 Program and Event Planning ....... 3

Minor in Kinesiology and
Exercise Science
This program is designed to be taken in conjunction with a biology major. Graduates of this program will be prepared to enter graduate school or immediately begin to apply their knowledge in a fitness-related occupation. This minor consists of 17 SH:

BIOL 145 Nutrition Fundamentals ... 2
HE 201 First Aid ..................... 1
HE 301 Athletic Training ............ 2
PE 210 Sophomore Practicum: KES .. 1
PE 302 Motor Learning .............. 2
*PE 414 Biomechanics of Sport ...... 2
*PE 415 Exercise Physiology of Sport .3
PEM 143 Fitness, Conditioning, and
 Strength Training ................... 2
PE 416 Fitness Administration and
 Assessment ......................... 2

Majors Activity Courses (PEM)

These courses provide recreation and health and physical education teaching majors and coaching minors the learning experiences necessary to develop expertise in the techniques, strategies, and methods to teach and/or coach the sport and content. The focus of the course is on development of professional knowledge of the activity, not on participation. The following courses are open to non-majors and minors by consent of instructor only.

*141 Teaching Individual Sports 2
Students will learn basic movement skills, learn to analyze skills and plan developmentally-appropriate learning and assessment. The course is based upon the Teaching Games for Understanding (TGFU) approach. Students will develop tactical awareness and skill acquisition of the following individual sports: pickleball, badminton, tennis, yard games, bowling, golf, and archery. (Fall 2018)

*142 Teaching Team Sports 2
Students will learn the basic movement skills, learn to analyze skills and plan developmentally-appropriate learning and assessment. The course is based upon the Teaching Based on the Teaching Games for Understanding (TGFU) approach. Students will develop tactical awareness and skill acquisition of the following team sports: soccer, team handball, basketball, lacrosse, field hockey, flag football, speedball, cricket, softball and ultimate Frisbee. (Fall 2019)
143 Fitness, Conditioning and Strength Training 2
This course is designed for department majors and minors to learn how to apply scientifically sound concepts of exercise and fitness to activity, fitness improvement and strength training. The course will focus on all aspects of physical fitness and assessment including strength training, speed development, cardio, flexibility and program development. Registration priority is given to students whose programs require this course.

*144 Experiential Education and Recreational Games 2
The outdoor setting provides unique educational opportunities as the learner interacts with the natural environment. This course prepares prospective educators and recreation leaders to design, implement and evaluate various outdoor curriculum models and teaching strategies (including recreational pursuits, teambuilding, ropes courses and other outdoor activities). It provides students the opportunity to develop expertise in the use of developmentally-appropriate recreational, cooperative, and competitive games to enhance skill development and fitness and strategies for quickly and fairly placing students/people into groups. (Fall 2018)

145 Rhythmic Activities 1
A course designed to provide the pre-service teacher (health and physical education, early childhood and elementary education) an aesthetic and kinesthetic movement experience in a variety of basic fundamental movement situations. The course includes: creative rhythmic movement, fundamental movement patterns, folk and line dance, square dance. The course also focuses on the development of the students’ artistic and creative ability through the creation of an original movement routine.

*231 Movement Education 1
Teacher candidates will focus on skill themes and movement concepts as well as qualitative assessment skills needed to successfully teach pre-school through fifth grade physical education. The process will enable physical educators to successfully structure the development of physically literate students. This course must be taken as part of the elementary physical education professional block and includes a 60 hour practicum (also includes PE 401). Course prerequisites: ED 101, 251, PE 301, and 302. Admission prerequisites: First semester of block courses: Admission to Teacher Education recommended, 2.7 cumulative GPA and Praxis CORE Academic Skills for Educators: Mathematics scores required. Second semester of block courses: Admission to Teacher Education required. (Fall 2018)

General Activity Courses (PEG)
These courses are designed to provide opportunities for skills improvement, knowledge of the activity, to develop a personal lifestyle of physical fitness and activity, and the enjoyment of participation. Most classes are not offered every year and are not appropriate for all students. Please check the prerequisites carefully before registration.

^110 Aerobic Cross-Training 1
This course is designed to provide opportunities to improve cardiovascular endurance through a planned program of various aerobic activities, knowledge of benefits of cross training, and the enjoyment of participation.

^111 Backcountry Travel 1
The activity of backpacking will provide for knowledge acquisition, skill development, fitness improvement, and the enjoyment of participation. Students will also master specific campcraft and outdoor living skills for recreational camping, camp counseling, and school outdoor education situations.
112 Bowling
This course is designed to provide opportunities for skills improvement, knowledge of bowling, fitness improvement, and enjoyment of participation.

113 Canoeing
The activity of canoeing will provide for knowledge acquisition, skill development, fitness improvement, and the enjoyment of participation.

114 Cycling
This course is designed to provide opportunities for cycling skills improvement, knowledge of the commuter cycling movement, to learn and practice basic bike maintenance skills, fitness improvement, and enjoyment of participation.

115 Fitness, Conditioning and Weight Training
This course is designed to provide opportunities for skills improvement, knowledge of the activity, fitness improvement and the enjoyment of participation. The course experience is divided between cardiorespiratory endurance and strength training aspects of physical fitness. Registration priority is given to students whose programs require this course.

116 Golf
This course is designed to provide beginning golf instruction and skill improvement, knowledge of golf rules and etiquette, fitness improvement, and enjoyment of participation. Varsity golfers by permission of instructor only.

117 Jogging/Walking
This course is designed to provide an introduction to the understanding of the benefits of engaging in regular physical activity. Students will participate in activities that foster the development of cardiovascular endurance, cardiovascular fitness and flexibility through a planned jogging/walking program. Varsity athletes by permission of instructor only.

118 Lifeguarding
Upon successful completion of the requirements of the course, students will obtain an American Red Cross Lifeguarding, CPR for the Professional Rescuer, and AED Essentials certification. Prerequisites: Students should be comfortable and competent in their swimming ability.

119 Cave Exploration
The activity of cave exploration will provide for knowledge acquisition, skill development, fitness improvement, and the enjoyment of participation. Students will be exposed to caving as a personal recreational pursuit, particularly indigenous to Virginia’s Shenandoah Valley and nearby West Virginia.

120 Table Tennis/Net Games
This course is designed to provide opportunities for personal skill development, development of net games strategies, and improvement personal fitness through your participation in the following net games: pickleball, badminton, volleyball, table tennis, spikeball and tennis.

121 Skiing
This course is designed to provide opportunities for skills improvement, knowledge of skiing, fitness improvement, and enjoyment of participation.

122 Snowboarding
This course is designed to provide opportunities for skills improvement, knowledge of snowboarding, fitness improvement, and enjoyment of participation.
123 Soccer
This course is designed to provide opportunities for skills improvement, knowledge of soccer, fitness improvement, and enjoyment of participation.

124 Strength Training
The course focuses on these various approaches for developing muscular strength and muscular endurance (isotonics, isometrics, isokinetics, plyometrics, circuit training) and the physiological responses and safety considerations of each.

125 Beginning Swimming
This course is designed to provide opportunity for skills improvement of basic stroke mechanics, breath control, increasing knowledge of swimming safety, developing individual comfortability in the water, fitness improvement, and the enjoyment of participation in swimming as a lifetime activity. Prerequisites: Little experience in swimming is required for this course, though the student should not fear the water.

126 Intermediate Swimming
This course is designed to provide opportunity for skills improvement of stroke mechanics, increasing knowledge of swimming, developing individual workouts for fitness improvement, and the enjoyment of participation in swimming as a lifetime sport. Prerequisites: Some prior knowledge of freestyle, backstroke, and breast stroke is helpful for the student.

127 Technical Rock Climbing
Students successfully completing the course will be competent to purchase equipment intelligently, top-rope climb and rappel independently, and second lead climbers.

128 Beginning Tennis/Badminton
This course is designed to provide opportunities for skills improvement, knowledge of tennis and badminton, fitness improvement, and enjoyment of participation.

129 Intermediate Tennis
This course is designed to provide opportunities for advanced skills development, knowledge of the activity, fitness improvement and enjoyment of playing intermediate tennis, while also gaining an understanding of higher level of play. Prerequisite: PEG 128 or PEG 120 or permission of instructor.

130 Beginning Volleyball
This course is designed to provide opportunities for skills development, knowledge of the activity, fitness improvement and enjoyment of playing volleyball, while also gaining an understanding of higher level of play.

132 Introduction to Scuba
This course is designed to provide opportunity for exploration of the underwater world, by increasing knowledge of the underwater world as well as the comfort level that is required and the enjoyment of participation. The students will also, upon successful completion of the requirements of the course and the four Open Water training dives, obtain a PADI Open Water Diver Certification.

+ skill pre-assessment required  ^ extra fee required
Varsity Sport Credit (PEV)

Students may earn one semester hour of elective credit per season for participation on a varsity athletics team or for serving as an athletic trainer. These credits receive pass-fail grading. Requirements include starting and finishing the season on the team, being an active team member in good standing, and completing an acceptable reflection paper on the selected topic. Students whose course load already includes 18 SH will be required to pay an overload fee to receive PEV credit.

PEV
151 Varsity Baseball 1
152 Varsity Basketball (Men) 1
153 Varsity Basketball (Women) 1
154 Varsity Cross Country 1
155 Varsity Field Hockey 1
156 Varsity Soccer (Men) 1
157 Varsity Soccer (Women) 1
158 Varsity Softball 1
159 Varsity Track and Field 1
160 Varsity Volleyball (Women) 1
161 Varsity Volleyball (Men) 1
162 Varsity Golf (Men) 1
163 Varsity Golf (Women) 1

HEV
101 Basic Athletic Training I 1
102 Basic Athletic Training II 1

Health (HE)

201 First Aid 1
Principles of administering first aid and adult CPR in all aspects to victims of accidents and sudden illnesses are covered. WFA, AWFA, WEMT, WFR, EMT-B, or Red Cross standard first aid (all with CPR credential) will satisfy.

202 Health and Safety 2
This survey course examines general health and safety issues. As a state requirement for education licensure, the course content includes not only general information but also signs and symptoms of various disease states and possible means of intervention. Students are encouraged to evaluate their lifestyles to determine where modification would be beneficial. Fulfills Life Wellness credit for selected education students. Registration priority is given to students whose programs require this course. Prerequisite or corequisite: WRIT 130 or WRIT 140.
260 Teaching, Ministry, and Healthy Sexuality 3
This course explores the meaning and purpose of human sexuality from a theological perspective. It is designed to meet curriculum requirements for Health and Physical Education, Education, Bible and Religion majors, and to serve other students whose career interests include working with youth. It will prepare students to teach/lead/minister with youth and young adults on sexuality-related questions, including learning how to avoid and prevent sexual harassment and abuse. Sophomore standing required for enrollment. (CHST 260)

301 Athletic Training 2
This course provides instruction in basic procedures for prevention, maintenance and rehabilitation of athletic injuries. Provides laboratory experience in taping, wrapping and usage of various modalities. Prerequisites: BIOL 112 OR BIOL 437.

*401 Health Methods 2
The purpose of this course is to prepare students to meet the challenge of teaching health in elementary and secondary schools. Various methods, materials and evaluation techniques are examined. This course must be taken as part of the secondary physical education professional block (ED 351, PE 402). Course prerequisites: ED 101, 201, 252, HE 202, 260, and MATH 140. Admission prerequisites: First semester of block courses: Admission to Teacher Education recommended, 2.7 cumulative GPA and Praxis CORE Academic Skills for Educators: Mathematics scores required. Second semester of block courses: Admission to Teacher Education required. (Fall 2019)

Physical Education (PE)

101 Introduction to Health, Physical Education and Recreation 3
The significance and meaning of health, physical education, recreation, leisure, play, and sport in modern society are examined. Includes the theories of play, models of sport, and the recreational and sport movement in the United States. Role and scope of health, physical education, recreation and sport programs in the community, schools, commercial, and industrial settings are examined and the introduction to professional and career issues in the field.

*201 Principles of Coaching 2
This course addresses issues common to all sporting experience (team management, practice organization, budgeting, facility and equipment usage, administrative relationships and scheduling). Class activities draw on life and sport experiences of students to develop principles of effective coaching at the community youth sports, middle and high school, and college levels. (Fall 2017)

203 Coaching Practicum 1
This practicum provides an on-the-job learning experience for students. A supervised placement is secured in a coaching role in a local youth sports or educational program. This course is not available for first-year students.

210 Sophomore Practicum: KES 1
This individualized course provides exposure for kinesiology and exercise science minors in professional adult fitness or sports medicine settings. A volunteer position is secured in a related agency for fifty clock-hours of involvement.
301 Adapted Physical Education 3
This is a combined study of academic course work and a 10-hour practicum experience designed to educate the student to meet the physical, motor, personal-social and learning needs of exceptional individuals, particularly those individuals with disabilities whose needs cannot be met in a mainstreamed physical education setting.

302 Motor Learning 2
The primary intent of this course is to become familiar with the learner, the learning environment and the process of learning in the motor skill context to provide physical educators and coaches with instructional decisions.

*401 Elementary Physical Education 3
This course exposes students to elementary physical education history, theory, and practice and encourages them to develop appropriate teaching and management skills. This course must be taken as part of the elementary physical education professional block and includes a 60-hour practicum (also includes PEM 231 and PE 403). Course prerequisites: ED 101, 251, PE 301, and 302. Admission prerequisites: First semester of block courses: Admission to Teacher Education recommended, 2.7 cumulative GPA and Praxis CORE Academic Skills for Educators: Mathematics scores required. Second semester of block courses: Admission to Teacher Education required. (Fall 2018)

*402 Middle and Secondary Physical Education 3
This course provides students the opportunity to develop the appropriate teaching and management skills for the middle and secondary physical education setting. This course must be taken as part of the secondary physical education professional block and includes a 60-hour practicum (also includes ED 351 and HE 401). Course prerequisites: ED 101, 201, 252, HE 202, and 260. Admission prerequisites: First semester of block courses: Admission to Teacher Education recommended, 2.7 cumulative GPA and Praxis CORE Academic Skills for Educators: Mathematics scores required. Second semester of block courses: Admission to Teacher Education required. (Fall 2019)

*403 Assessment of Physical Activity 1
This course is designed to prepare students to effectively assess student learning in physical activity settings. Course content includes: basic theoretical and practical knowledge in measurement and evaluation techniques, developmentally appropriate assessment strategies and providing feedback in physical activity programs. Co-requisites or prerequisites: PE 401 and PEM 231 (Fall 2018)

*414 Biomechanics of Sport 2
Biomechanics examines quantitative and qualitative descriptions of movement through task and video analysis of human movement. This segment of the course applies fundamental kinesiology and biomechanical principles to the human musculoskeletal system. Applications for physical educators and coaches are a primary focus. Prerequisites: BIOL 112 or BIOL 437, BIOL 122 or BIOL 447, PEM 143. Non-majors and minors by instructor permission only. (Fall 2019)

*415 Exercise Physiology of Sport 3
This course focuses on the discipline of exercise physiology and explores the effects of physical activity on physiological processes and the effects of various physiological states on performance. This segment of the course explores the acute responses and chronic adaptations of the body to the stresses of exercise. Applications for physical educators and coaches are a primary focus. Prerequisites: BIOL 112 or BIOL 437, BIOL 122 or BIOL 447, PEM 143. Non-majors and minors by instructor permission only. (Spring 2019)
416 Fitness Administration and Assessment  
This class promotes familiarity and proficiency with methods and instrumentation in administering and assessing individual fitness and establishing a base for developing exercise prescriptions and other lifestyle alternatives to improve health and fitness. This class includes advanced study in administration of prescribing and assessing of the acute and chronic adaptations of the body to the stresses and health benefits of exercise students encounter. An application of theories and practices that will prepare them for an accredited health and fitness certification. Prerequisites: BIOL 112 or BIOL 437, BIOL 122 or BIOL 447, PEM 143, PE 414, PE 415.

499 Independent Study 1-3

*Indicates courses offered in alternate years.

Information on the Recreation Leadership and Sport Studies major is located in the Business and Leadership Department section.