571. Concepts Teaching in Physical Education. (3) Course is concerned with the concepts approach for teaching physical education. Course content utilized in concepts approach and methods of teaching this content will be presented.

572. Critical Issues in Elementary Physical Education. (3) This course is designed to examine the current issues confronting elementary physical education. Students will consider the role elementary physical education plays in the development of the total child and the physically educated student.

575. Sport Facilities Planning and Construction. (3) This course provides an overview of the fundamentals of planning, design and construction of athletic, physical education, recreation and sport facilities and the relationship of facilities to programs.

576. Sport Event Management. (3) Provides students with the knowledge, skills and understanding necessary to propose, develop and conduct sport-related contests and special events. Also covers elements of facility and game management.

579./478. Sports Physiology. (3) The student will learn to properly analyze any sport in terms of specific conditioning demands and be able to design a training prescription for any sport. Prerequisite: 277 and 326L and 426.

581. Administration of Interscholastic Athletics. (3) Principles of administration with regard to middle school and high school athletic programs. Topics include state governance, promotion and publicity, budgeting, scheduling, legal issues and working with coaches, athletes and parents.

582./480. Principles of Coaching. (3) This course consists of an in-depth study of the coaching profession, helping students develop an understanding of the nature of the profession and its inherent responsibilities.

585./485. Diversity in Sport and Physical Activity. [African Americans, Hispanics, Native Americans & Physical Activity.] (3) Knowledge of African American, Hispanic, Native American world views, cultural values, societal and socioeconomic factors form a basis for evaluation and development of physical activity/sport programs to assist academic retention and success.

586. Women in Sport. (3) A critical analysis of women's experience in sport and physical activity. Through a study of specific women in sport, students will critically analyze the women's sport experience.

587./487. Physical Activity and Aging. (3) (Also offered as HED 487.) Concentrated with the process of aging as it affects physical activity and the potential of physical activity in adjustment to the process of aging.

588. Sport Psychology I. (3) Investigates theories and applied techniques for psychological skills enhancement in sport and physical activity settings. Main topics include arousal management, imagery, self-talk, concentration control and feedback principles.

589. Sport Psychology II. (3) Investigates theory and applied interventions that enhance psychological skill development in sport and physical activity settings. Main topics include motivation, goal setting, self-esteem, decision-making, group cohesion, injury/pain control and termination issues specific to sport.

590. Supervision of Physical Education Programs. (3) Designed to examine supervisory theory and research to help students acquire an understanding of all the areas supervision in physical education encompasses and to assist the student to develop specific supervisory skills.

591./391./691. Problems. (1-3 to a maximum of 12) ∆ Restriction: permission of instructor.

593./493. Topics. (1-3, no limit) ∆

595. Advanced Field Experiences. (3-6, no limit) ∆ Prerequisite: acceptance into a graduate program. Restriction: permission of instructor.

598. Directed Readings in Physical Education. (3-6 to a maximum of 6) ∆

599. Master’s Thesis. (1-6, no limit) ∆ Offered on a CR/NC basis only.

604. Research Seminar. (3) (Also offered as HED 604.) Specifically designed for graduate students in the final stages of thesis or dissertation proposal development to be able to present proposals in a seminar setting. Prerequisite: 507 and EDPY 511.

612. Organizational Theory in Sport. (3) Examines current research related to organizational study in amateur, professional and commercial sport. Requires analysis of topic related to sport organization goals and effectiveness, structure, strategy, change, politics and organizational culture. Prerequisite: 545.

614. Sport Consumer Behavior. (3) This course will compare and contrast the various research methodologies most commonly practiced in sport marketing settings. Through systematic analysis of the sport marketing mix, students will demonstrate proficiency in conducting and presenting sport market research. Prerequisite: 547.

618. Seminar in Sport Research. (3) Provides an understanding of the foundational research and literature in Sport Administration. An in-depth literature review of a selected topic will be conducted and future research questions will be identified.

625. Writing for Professional Publication. (3) Designed to guide the student through the process of writing, organizing, illustrating and submitting scientific papers for publication in scholarly journals.

627. Seminar in Applied Physiology. (3) Latest research on specific topics of present interest is synthesized, presented and discussed. Course requires independent work, active participation in class discussions and advanced standing in exercise physiology.

691./391./591. Problems. (1-3 to a maximum of 12) ∆ Restriction: permission of instructor.

695. Advanced Field Experiences. (3-6 to a maximum of 12) ∆ Restriction: permission of instructor.

696. Internship. (3-6 to a maximum of 12) ∆ Restriction: permission of instructor.

698. Directed Readings in Physical Education. (3-6 to a maximum of 12) ∆ Restriction: permission of instructor.

699. Dissertation. (3-12, no limit) ∆ Offered on a CR/NC basis only.

Physical Education (PENP) Physical Education Non-Professional Program

Introduction Statement
The Physical Education Non-Professional Program is designed to provide students with the essential skills, knowledge and attitudes necessary to sustain regular, lifelong...
physical activity as a foundation for a healthy, productive and fulfilling life. The learning experiences are designed to promote personal enrichment of all participating students in a carefully planned, comprehensive, and innovative environment that promotes self-discipline, self-evaluation and an understanding of personal strengths and weaknesses. It is an integral part of the total education process and significantly contributes in the areas of affective, cognitive and psychomotor development, along with health related fitness. PENP courses may be repeated an infinite number of times, yet only a limited amount may count toward scholarship and degree programs.

Basic Instruction Program—Physical Education

Most activity courses are offered every semester.

101. Beginning Swimming. (1-2, no limit) 
Instruction for students who have not been in the water or have a fear of water.

102. Intermediate Swimming. (1-2, no limit) [1, no limit] 
Instruction in all basic strokes. For students who can swim.

103. Advanced Swimming. (1-2, no limit) 
Instruction and practice in perfecting all swimming strokes; competitive skills; synchronized skills.

105. Water Polo. (1-2, no limit) 
Basic skills, strategy, rules and terminology to play and officiate the game.

112. Introduction to Triathlon Training. (1-2, no limit) 
Instruction and practice of the three components of triathlon.

113. Aikido. (1-2, no limit) 
Instruction and practice of the basic skills and techniques of Aikido.

114. Weight Training and Physical Conditioning. (1, no limit) 
Individual training programs for development of general strength, tone, endurance and weight control. Fitness Test Fee.

115. Intermediate Weight Training. (1, no limit) 
Instruction in advanced weightlifting principles and techniques as well as fitness related topics. Fitness Test Fee.

116–117. Handball. (1, no limit) 
Instruction and practice in all the four-wall handball shots and rules.

118. Individual Tumbling. (1-2, no limit) [1, no limit] 
A class for the beginner to help develop coordination, agility, flexibility, a kinesthetic sense and neuromuscular control.

119. Advanced Tumbling. (1-2, no limit) 
Advanced instruction to continue development of coordination, agility, flexibility, a kinesthetic sense and neuromuscular control.

120. Nia Dance Fitness. (1-2, no limit) 
Instruction and practice in the basic movements in Nia, a fitness program designed to increase participant's strength, endurance and balance.

121. Beginning Belly Dance. (1, no limit) 
Instruction in the basic moving steps and rhythms of the oriental dance.

122. Intermediate Belly Dance. (1, no limit) 
Instruction on the isolation and slow movements of Middle Eastern dance, including use of the veil and improvisation.

124. Ballroom Dance. (1-2, no limit) 
Instruction in the basic movements of social dances such as fox trot, waltz, lindy, numba, tango and cha-cha.

125. Intermediate Ballroom Dance. (1-2, no limit) 
Instruction dependent upon experience of students in basic movements of all segments of ballroom dance.

126. Beginning Country Western Dance. (1, no limit) 
Instruction in the basic movements of the Waltz, Two-Step, Swing and Polka.

129. Intermediate Country Western Dance. (1, no limit) 
Instruction dependent upon experience of students in basic movements of all segments of Country Western Dance.

130–131. Tai Chi Ch’uan. (1, no limit) 
Instruction and practice in techniques to enhance body awareness, reduces stress, improve balance and increase strength.

132. Beginning Tae Kwan Do. (1-2, no limit) 
Instruction in the basic skills, blocks, strikes and kicks of Tae Kwan Do.

133. Intermediate Tae Kwan Do. (1-2, no limit) 
Advanced instruction in the basic skills, blocks, strikes and kicks of Tae Kwan Do.

134. Beginning Kung Fu. (1-2, no limit) 
Instruction in the basic skills, blocks, strikes and kicks of Kung Fu.

135. Intermediate Kung Fu. (1-2, no limit) 
Advanced instruction in the basic skills, blocks, strikes and kicks of Kung Fu.

136. Personal Defense. (1-2, no limit) 
Instruction in the basic skills needed to defend oneself against assault.

138–139. Karate. (1, no limit) 
Instruction in the basic skills, blocks, strikes, and kicks of Japanese karate.

140. Beginning Golf. (1, no limit) 
Instruction in the basic skills, equipment, rules, etiquette and shot-making.

141. Intermediate Golf. (1, no limit) 
Instruction emphasizes actual play.

143. Beginning Tennis. (1-2, no limit) 
Instruction in the basic skills and rules of tennis.

144. Intermediate Tennis. (1-2, no limit) 
Instruction dependent upon experience and skills of students in basic fundamentals. Perfection of strokes.

146. Bowling. (1-2, no limit) 
Special fees. Instruction and practice in the basic skills of bowling.

148. Archery. (1, no limit) 
Instruction in the basic skills and knowledge of range archery.

152. Racquetball. (1, no limit) 
Instruction and practice in the skills and rules of racquetball.

154. Intermediate Racquetball. (1, no limit) 
Instruction dependent upon experience and skills of students in basic fundamentals. Perfection of all strokes and strategies used in the game of racquetball.

155–156. Pilates. (1, no limit) 
Instruction in movements that increase balance, core fitness and cardiopulmonary endurance.

158. Aerobic Dance I. (1, no limit) 
Instruction in continuous movement using basic dance steps for improved cardiopulmonary endurance. Fitness Test Fee.

159. Aerobic Dance II. (1, no limit) 
Instruction in a longer aerobic workout using more advanced dance steps for improved cardiopulmonary endurance. Fitness Test Fee.
161–162. Jogging Fitness. (1, no limit) ∆
Individualized running programs for improved cardiorespiratory endurance. Fitness Test Fee.

165. Yoga. (1-2, no limit) ∆
Introduction to five areas of yoga which are particularly significant to the Western World.

166. Intermediate Yoga. (1-2, no limit) ∆
Instruction in more advanced techniques of Yoga emphasizing the physical aspects of Hatha Yoga.

167. Basketball. (1-2, no limit) ∆
Instruction and practice of basic skills.

168. Basketball Competition. (1-2, no limit) ∆
Instruction and practice of game skills in a team setting.

170. Volleyball. (1-2, no limit) ∆
Instruction and practice of basic game skills, with emphasis upon power techniques.

171. Power Volleyball. (1-2, no limit) ∆
Advanced instruction and practice of the skills of volleyball in a competitive setting.

173. Soccer. (1-2, no limit) ∆
Instruction and practice of basic skills of soccer and speedaway.

174. Softball. (1, no limit) ∆
Practice in playing and learning the fundamentals of softball and team handball, a team game which can be described as being similar to a combination of basketball and hockey, sometimes called European handball.

177.–178. Fundamentals of Stretching and Relaxation Techniques. (1, no limit) ∆
Instruction and practice of various techniques to enhance flexibility and reduce stress.

180.–181. Feldenkrais: Awareness Through Movement. (1, no limit) ∆
A class to develop and experience a deeper awareness of a person’s body and its capabilities.

188. Modified Physical Education. (1-2, no limit) ∆
A class to develop and experience a deeper awareness of a person’s body and its capabilities.

193. Topics. (1-2, no limit) ∆
New activities offered on an exploratory basis.