

School of Education and Professional Studies

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Department of Physical Education

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Program Objectives

The courses and curriculum of the physical education program are designed to achieve the following student outcomes:

- demonstrate an understanding of physical activity and lifestyle choices to achieve optimal health;
- demonstrate the knowledge and skills to meet State of Ohio licensure requirements for teaching physical education and health in preschool through secondary school settings;
- master knowledge and skills to work in exercise studies and sport management settings.

Physical Education (PED)

All activity courses are graded on the satisfactory/unsatisfactory basis.

PED1002G Principles of Health and Fitness [2]. A study of basic knowledge and values of physical activity as it relates to optimal healthful living. Special emphasis is given to fitness activities, nutrition and wellness.

PED1022 First Aid and CPR [2]. A basic course in first aid and cardio-pulmonary resuscitation.

PED1071 Karate [1]. A beginning level activity course. The course is repeatable for up to four (4) credits.

PED1093 Foundations of Physical Education [3]. An introductory study of the foundations of physical education, its historical background, the role of play, its educational objectives and the evolution of athletics. Special emphasis is given to exploring the field of physical education as it relates to preparation for potential careers in physical education, sports management and exercise studies.

PED2003 Introduction to Human Anatomy and Physiology [3]. A study of the structure and function of the human body with special emphasis on the skeletal, muscular, nervous and cardiovascular systems as applied to sports. A laboratory emphasizes anatomy.

PED2011 Sports Skill: Baseball [1]. Participation in intercollegiate baseball. Credit must be applied during the term of participation. A maximum of one (1) credit can be earned.

PED2013 Sports Information Services [3]. An investigation of how information about sports is used by the media, sports organizations and institutions. Special emphasis is given to practical experience in sport specific statistics, game management, and organizational techniques.

PED2021 Sports Skill: Basketball [1]. Participation in intercollegiate basketball. Credit must be applied during the term of participation. A maximum of one (1) credit can be earned.

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PED2023 Athletic Training [3]. A study in the recognition, immediate care and prevention of athletic injuries. Special emphasis is given to taping and wrapping techniques. Prerequisite: PED2003 or BIO2034.

PED2029 Sports Information Practicum [1-2]. A study of the field of sports information and the role of a sports information director. Special emphasis is given to news writing, office management, statistics, programs, publicity, preparing brochures/media guides, and game management. Practical experience is included. The course is repeatable up to a maximum of six (6) hours. Prerequisite: instructor's permission.

PED2031 Sports Skill: Cross Country [1]. Participation in intercollegiate cross country. Credit must be applied during the term of participation. A maximum of one (1) credit can be earned.

PED2039 Athletic Training Practicum [1-2]. Students must provide documentation that the HEP B immunization series has been started before the start of this class. Course is repeatable up to 6 credit hours. Prerequisite: PED1022.

PED2041 Sports Skill: Golf [1]. Participation in intercollegiate golf. Credit must be applied during the term of participation. A maximum of one (1) credit can be earned.

PED2051 Sports Skill: Soccer [1]. Participation in intercollegiate soccer. Credit must be applied during the term of participation. A maximum of one (1) credit can be earned.

PED2063 Pedagogy in Health and Physical Education [3]. An introduction to basic principles of teaching multi-age students in health and physical education. Students observe, develop and implement teaching skills related to children's unique developmental levels including children with disabilities, developmental delays and special abilities.

PED2071 Advanced Bicycling [1]. An intermediate level activity course.

PED2081 Sports Skill: Volleyball [1]. Participation in intercollegiate volleyball. Credit must be applied during the term of participation. A maximum of one (1) credit can be earned.

PED2091 Sports Skill: Softball [1]. Participation in intercollegiate softball. Credit must be applied during the term of participation. A maximum of one (1) credit can be earned.

PED2093 Sports and Society [3]. An analysis of the interaction between sports and society. Special emphasis is given to how institutions such as education, religion, politics, economy, and mass media affect or are affected by sports.

PED3003 Sports Psychology [3]. A study of the basic concepts of sports psychology (personality, anxiety, anxiety management, motivation, cohesion, etc.) and how they affect individual and team performance.

PED3013 Fitness Testing [3]. A study of fitness assessment techniques, including flexibility, cardio-respiratory and body composition tests. Special emphasis is given to hands-on experience in administering and analyzing tests within educational and recreational settings.

PED3033 Personal Health [3]. A study of recognizing wellness and preventing illness. Special emphasis is given to concepts of nutrition, medical care, health products and services, common diseases, and environmental factors.

PED3043 Community Health [3]. A study of issues, trends and concepts related to public health, health facilities, and community support.

PED3053 Individual and Team Sports [3]. A study of skills, rules, terminology, history, evaluation and pedagogy. Special emphasis is given to basketball, bowling, golf, soccer, tennis, and volleyball. Prerequisite: PED1093.

PED3063 Administration of Athletics, Physical Education and School Health Programs [3]. A study of administrative operations of public school physical education instructional and health education programs. Special emphasis is given to inter-school athletics, school recreation, fiscal management, legal issues, public relations, and program evaluation.

PED3073 Sports Management I [3]. An investigation of means to comprehend and interpret what constitutes management and what constitutes an organization. Special emphasis is given to ways to administer the planning, organizing, leading, and evaluating of goals for a variety of sports organizations. Topics also include ethics, fundraising, legal aspects, budgeting, history of sports management, and handicapped individuals in sports.

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PED3083 Recreation and Lifetime Sports [3]. A study of recreation and leisure related to individuals, special populations, and society. Special emphasis is given to the impact and knowledge of contemporary, non-competitive activities for participation through life.

PED4003 Kinesiology [3]. A study of the anatomical, physiological and mechanical principles applicable to human motion. Special emphasis is given to kinesiological analysis of skill performance.

PED4013 Physiology of Exercise [3]. A study of types of muscular activity and their effects upon the body systems. Special emphasis is given to factors that affect performance including training, endurance, and fatigue.

PED4023 Content Area Teaching Methods in Physical Education and Health [3]. An experience-based study of the different characteristics of physical education and health issues related to curriculum and to designing, developing, and executing instruction within the preschool through twelfth grade curriculum. Prerequisite: Admission to the Teacher Education Program.

PED4053 Sports Management II [3]. An in-depth analysis of issues related to facilities, event management, sport and gender, advertising, mass communication, computer applications, marketing, and the governance structures in sport.

PED4063 Educational Tests and Measurements [3]. An introduction to the theory, types, methods and uses of tests. Special emphasis is given to the properties of ideal measurement, criteria for selecting tests, and principles, methods and techniques of evaluation of student learning and instructional programs.

PED4073 Advanced Exercise Studies [3]. An in-depth analysis of issues in exercise science, physiology of exercise, and fitness testing. Special emphasis is given to writing and presenting a major research project.

PED5019 Independent Study [1-4].

PED5029 Internship [1-6]. A supervised experience performed in a professional environment representing a student's major discipline. Prerequisite: Senior standing and departmental application and approval.

PED5091 Physical Education Honors Research Project [1-2]. A capstone research project within the major for honor students. It is supervised by a faculty mentor and evaluated by a committee of three faculty. The course is repeatable for up to four (4) hours of credit. Prerequisite: Approval of the application of Intent for Honors Research Project by the Honors Program Director.

Departmental Programs

Associate in Applied Science in Fitness Management

Required Courses

PED1022 First Aid and CPR	2
PED1093 Foundations of Physical Education	3
PED2003 Introduction to Human Anatomy and Physiology3	3
PED2023 Athletic Training	3
MAN2003 Principles of Management	3
PED3033 Personal Health	3
PED3013 Fitness Testing	3
PED3063 Administration of Athletics, Physical Education and School Health Programs	3

Elective Courses

Physical Education electives (3 hours selected from courses numbered 3000 and below.)	9
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Total 32 Hours

Bachelor of Arts in Exercise Studies

Required Courses

PED1002G Principles of Health and Fitness	2
PED1022 First Aid and CPR	2
PED1093 Foundations of Physical Education	3
PED2003 Introduction to Human Anatomy and Physiology3	3
PED2023 Athletic Training	3
PED3003 Sports Psychology	3
FCS2012 Contemporary Nutrition	2
PED3033 Personal Health	3
PED3043 Community Health	3
PED3013 Fitness Testing	3
aPED4003 Kinesiology	3
aPED4013 Physiology of Exercise	3
PED4063 Educational Tests and Measurements	3
PED4073 Advanced Exercise Studies	3

Total 39 Hours

The student with a major in exercise studies must complete a minor in another discipline.

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Bachelor of Arts in Physical Education/Health Education

Required Courses

PED1002G Principles of Health and Fitness	2
PED1022 First Aid and CPR	2
PED1093 Foundations of Physical Education	3
PED2063 Pedagogy in Health and Physical Education	3
PED2003 Introduction to Human Anatomy and Physiology	3
PED2023 Athletic Training	3
aPED4003 Kinesiology	3
aPED4013 Physiology of Exercise	3
PED3033 Personal Health	3
PED3043 Community Health	3
PED3053 Individual and Team Sports	3
PED3063 Administration of Athletics, Physical Education and School Health Programs	3
PED3083 Recreation and Lifetime Sports	3
PED4023 Content Area Teaching Methods in Physical Education and Health	3
PED4063 Educational Tests and Measurements	3
FCS2012 Contemporary Nutrition	2
Total	45 Hours

Note: Students who wish to teach in senior high school, in multi-age education, or in vocational settings must complete general education and professional education courses which are listed in the School of Education and Professional Studies section of this catalog.

Bachelor of Arts in Sports Management

Required Courses

PED1002G Principles of Health and Fitness	2
PED1022 First Aid and CPR	2
PED1093 Foundations of Physical Education	3
PED2003 Introduction to Human Anatomy and Physiology	3
MAN2003 Principles of Management	3
PED2013 Sports Information Services	3
MAR3033 Principles of Marketing	3
PED2093 Sports and Society	3

PED3003 Sports Psychology	3
MAN3033 Human Resource Management	3
PED3083 Recreation and Lifetime Sports	3
PED3073 Sports Management I	3
PED4053 Sports Management II	3
PED3063 Administration of Athletics, Physical Education and School Health Programs	3
Total	40 Hours

The student with a major in sports management must complete a minor in another discipline.

Exercise Studies Minor

PED1022 First Aid and CPR	2
PED1093 Foundations of Physical Education	3
PED2003 Introduction to Human Anatomy and Physiology	3
PED2023 Athletic Training	3
PED3013 Fitness Testing	3
aPED4003 Kinesiology	3
aPED4013 Physiology of Exercise	3
Total	20 Hours

Sports Management Minor

PED1022 First Aid and CPR	2
PED2003 Introduction to Human Anatomy and Physiology	3
PED1093 Foundations of Physical Education	3
PED2023 Athletic Training	3
PED3063 Administration of Athletics, Physical Education and School Health Programs	3
Select one of the following:	3
PED2093 Sports and Society	
PED3003 Sports Psychology	
PED3083 Recreation and Lifetime Sports	
Select one of the following:	3
MAN2003 Principles of Management	
MAR3033 Principles of Marketing	
MAN3033 Human Resource Management	
Total	20 Hours