



Program of Study: Bachelor of Science in Physical Education with an Emphasis in Health Education

Program Description

The Physical Education Major offers a blend of classroom instruction and clinical experience designed for the optimum preparation of students for eligibility to meet the physical education content area requirements for Arizona State Board of Education Certification and K-12 physical Education Endorsement. The Physical Education Major meets NCATE National Standards for physical education. This major is well suited for those students who wish to complete a bachelor's degree first, and then complete the education requirements for Department of Education certification at a later date. The Health Education emphasis will assist in providing additional competency in personal and group health instruction to prepare students as health educators. The national health issues for children, especially obesity, must be addressed. There is no other system as capable of meeting this need as the field of physical education in the public schools.

Course Number	Course Title	Course Description	Credits
UNV 101	University Success	This course provides positive re-enforcement of successful learning strategies and assistance with adaptation to the academic environment.	3
COM 101	Intro to Human Communication [^]	This course focuses on how people use messages to generate meanings within and across various contexts, cultures, channels, and media. The course readings and discussions seek to increase understanding of relevant communication theories and their application in the practice of effective and ethical human communication in both personal and professional life.	3
ENG 101	Academic Writing	A course in writing academic prose, including various types of essays, arguments, and constructions. A writing intensive course. Prerequisite: UNV 105.	3
PSY 101	General Psychology [^]	A foundation course in the science of behavior. Includes a study of the origin and development of behavior patterns, motivation, emotional behavior sensory functions, perception, intelligent behavior, and adjustment. Simple experiments constitute a basic part of the course.	3
HIS 107	World Civilization before 1500 [^]	A survey of the major events, personalities, movements, and ideas in world civilization from the prehistoric era to 1500 CE. This course focuses on the key political, intellectual, scientific, social, economic, and cultural changes that occurred in world civilization. Students will gain an understanding of the social forces and trends in social, religious, political, and philosophic thought that laid the foundations of the modern world.	3
ENG 102	Research Writing	A course exploring various types of research writing, with a focus on constructing essays, arguments, and research reports based on primary and secondary sources. A writing-intensive course. Prerequisite: ENG 101.	3

BIO 160	Anatomy & Physiology	A study of the basic structure and function of the major body systems of the human body. This course focuses on an in depth study of the musculoskeletal and neurological systems for the athletic training, health and exercise majors. This course will also compare normal and abnormal function for more comprehensive understanding of the human body. Co-requisite: BIO 160L	3
BIO 160L	Anatomy & Physiology Lab	A laboratory course designed to complement and support the principles taught in BIO 160. Co-requisite: BIO 160	1
MAT 120	Intermediate Algebra	Topics from basic algebra: linear equations, polynomials, quadratic equations, systems of equations, and introductory conic sections. Prerequisite: MAT 100.	3

Choose one of the following courses:

INT 463	World Religions [^]	A study of the major contemporary religions of the world including both historical background and development, and current beliefs and practice with emphasis on basic religions: Hinduism, Jainism, Buddhism, Sikhism, Taoism, Confucianism, Shinto, Zoroastrianism, Judaism, Islam, and Baha'i.	3
BIB 113	Old Testament History [^]	An introductory and historical survey of the Old Testament. Attention is given to the study of the Bible itself, its institutions, literature, and history of the national life of the Hebrew people from earliest times to close of the Old Testament period.	3

Choose one of the following courses:

PHI 101	Introduction to Philosophy [^]	An introduction to the discipline of philosophy through a study of representative philosophic problems.	3
BIB 123	New Testament History [^]	A general historical survey of the New Testament, beginning with the inter-biblical period, with the main emphasis given to the Gospels and Acts.	3

UNV 200	Western Ideas and Aesthetics	An examination of ideas that shaped Western thought, and aesthetics. Students will have opportunities to identify and analyze instances of these ideas literature, film, and art.	4
EXS 314	Care and Prevention of Athletic Injuries	A course designed to provide the student with a basic knowledge and understanding of the principles of sports medicine, the care and treatment of athletic trauma, and the use of proper conditioning principles of the prevention of injury. Co-requisite: EXS 314L	3
EXS 314L	Care and Prevention of Athletic Injuries	A lab course designed to complement and support the principles taught in EXS 314, a course designed to provide the student with a basic knowledge and understanding of the principles of sports medicine, the care and treatment of athletic trauma, and the use of proper conditioning principles of the prevention of injury. Co-requisite: EXS 314	1

[^] Campus students may choose an alternative course from the Grand Experience. See the current Academic Catalog for details.

Total General Education Credits: 39

Physical Education Major

EXS 335	Kinesiology	Analysis of human movement, integrating knowledge of the skeletal, muscular, and neurological systems with the effects of gravity, friction, internal and external forces, and the effects of motion on function, including the application of these factors to various types of physical skills. A Writing-Intensive course. Prerequisites: BIO 160 or BIO 201. Co-requisite: EXS 335L. Recommended: PHY 101 or PHY 111 (may be taken concurrently). Co-requisite: EXS 335L	3
EXS 335L	Kinesiology Laboratory	A lab course designed to complement and support the principles taught in EXS 335. Co-requisite: EXS 335	1

EXS 383	Measurement in Physical Education	A study in tests and measurements in physical education. The course covers data analysis techniques for test evaluation, test construction, and grading; it also addresses tests of fitness and sports skills. Prerequisites: PED 246 and four credits of Professional Activities.	3
PED 195	Lifetime Wellness	An introductory course in exercise and wellness. Emphasis is placed on the acquisition of knowledge about what fitness entails, self-evaluation of student's present fitness needs, and developing a personalized fitness program.	2
PED 246	Instructional Strategies in Physical Education	A course designed to prepare future physical education teachers, fitness instructors, and recreational leaders in the skills necessary to present physical education activities to groups. Included will be the development of lesson plans, course goals, and performance objectives that can be applied to the presentation of any skill or activity. A Writing-Intensive course. Prerequisite: Must be a Health, Exercise Science, and Physical Education major or minor	3
PED 252	Teaching of Team Sports I	Practice and skills in the sports of soccer, touch football, and team handball for majors and minors. Includes lesson plans, teaching techniques, evaluation, and proficiency in skills. Three credits per week. Prerequisite: PED 246 (may be taken concurrently).	2
PED 262	Teaching of Team Sports II	Practice and skills in the sports of basketball, volleyball and softball for majors and minors. Includes lesson planning, teaching techniques, evaluation, and proficiency in skills. Three credits per week. Prerequisite: PED 246 (may be taken concurrently).	2
PED 282	Teaching of Individual Activities I	Practice and skills in the activities of badminton and tennis are covered in this course for majors and minors. Includes lesson planning, teaching procedures, evaluation, and proficiency in skills. Three credits per week. Prerequisite: PED 246 (may be taken concurrently).	2
PED 292	Teaching of Individual Sports II	Instruction in the theoretical and practical aspects of flexibility, stretching, and weight training activities. Includes lesson planning, teaching techniques, evaluation and proficiency in skills. Prerequisites: PED 195 and PED 246 (may be taken concurrently).	2
PED 363	Physical Education for the Exceptional Child	A course designed to develop methods and techniques of teaching the exceptional child in motor activities. Emphasis is also placed on the activities and programs to be included in the curriculum. Prerequisite: PED 246 (may be taken concurrently)	3
PED 403	Physical Education for the Elementary Grades	A study of the development of a program of physical activities adapted to the school situation and to the individual needs of the child. Prerequisites: EXS 383 and four credits of Professional Activities.	3
PED 413	Physical Education for the Secondary School	Designed for individuals who plan to teach at the middle or high school level. Topics include classification of students, organization of classes, choice and selection of appropriate activities and materials, progression, and testing. Prerequisites: EXS 383 and four credits of Professional Activities.	3
PED 423	Organization and Administration of Physical Education and Athletics	This course deals with administrative tasks and techniques for use in departments of physical education, athletics, and fitness or exercise centers. Topics include budget and finance; organizing tournaments; and business, administrative, and ethical decision-making in the exercise science setting. Designed for majors in exercise science. Prerequisite: PED 413 or instructor's approval.	3

Total Physical Education Major Credits: 32

Health Education Emphasis

HLT 270	First Aid and Safety	Designed to develop the ability to administer emergency treatment for first responders. Upon successful completion of this course, students will receive American Red Cross Standard First Aid and CPR certification. Also a study of safety and its importance in home, work, and recreational settings.	3
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HLT 382	Principles of Public Health	A study of the public agencies and their contribution to the health of the community. Also includes fundamentals, philosophy, history, and functions of public health services.	3
HLT 383	Drug Abuse Seminar	This course explores the problem of drug abuse and approaches toward solutions of those problems. Topics include pharmacology and epidemiology of drug use; psychological, legal, social, and cultural implications; and principles of program planning.	3
HLT 423	Health Administration	This course emphasizes administrative tasks and techniques for use in the commercial health industry. Topics include budget and finance, organizing and promoting health, and business, administrative, and ethical decision-making in a health setting.	3
HLT 480	Methods of Teaching Health	A study of the methods and procedures of teaching health. Resources, aids, and agencies are studied in an attempt to determine how they may best assist the teacher.	3
HLT 496	Environmental Health	A study of your personal health and how it is affected by environmental factors and health risks related to the environment on personal, community, regional, national and global levels. Topics include air, water, waste, disease, toxicology, and occupational health and environmental health planning. Prerequisite: BIO 160	3
HLT 497 A	Internship in Health Education I	The first portion of a full semester internship. The internship provides an opportunity for students to practice principles learned in their functional area by working in an outside organization under the supervision of a practitioner. Prerequisite: Senior Status or Instructor's approval.	1
HLT 497 B	Internship in Health Education II	The second portion of a full semester internship. The internship provides an opportunity for students to practice principles learned in their functional area by working in an outside organization under the supervision of a practitioner. Prerequisite: Senior Status or Instructor's approval.	2

Total Health Education Emphasis Credits: 21

Total General Education Credits: 39

Total Physical Education Major Credits: 32

Total Elective Credits: 28

Total Bachelor of Science in Physical Education with an Emphasis in Health Education Credits: 120