

Physical Education Course Descriptions

UPDATED 10/08/09

Prerequisites are listed *in italics*.
Terms offered are CAPITALIZED.

PHYSED 140. Beginning Swimming (1). *Students must pre-register in the U-Move Fitness Office (3064 CCRB).* Are you unable to float or swim? This class focuses on floating, rhythmic breathing, and stroke basics. Attendance mandatory. **FALL/WINTER/SPRING/SUMMER. Instructor(s): STAFF**

PHYSED 141. Beginning Swimming II (1). *Students must pre-register in the U-Move Fitness Office (3064 CCRB).* *PHYSED 140.* Can you float and swim but want more confidence in your abilities? Improve your techniques in front crawl, back crawl, sidestroke, and breaststroke. Attendance mandatory. **FALL/WINTER/SPRING/SUMMER. Instructor(s): STAFF**

PHYSED 142. Intermediate Swimming (1). *Students must pre-register in the U-Move Fitness Office (3064 CCRB).* *Must be able to swim 100 yards without stopping.* This class is suitable for those who can swim 50 yards without stopping. We will work on refining rotary breathing, improving stroke technique, and swimming endurance. Attendance mandatory. **FALL/WINTER/SPRING/SUMMER. Instructor(s): STAFF**

PHYSED 143. Lifeguard Training (1). *Students must pre-register in the U-Move Fitness Office (3064 CCRB).* *Must be able to swim 20 consecutive lengths of the pool and tread water for 5 minutes.* This course follows the American Red Cross format for Lifeguard Training providing instruction for both self-preservation and rescuing others. Students earn Red Cross certification upon successful completion of the course. **FALL/WINTER/SPRING. Instructor(s): Winkelseth**

PHYSED 145. Tae Kwon Do I (1). Students must pre-register in the U-Move Fitness Office (3064 CCRB). Students learn self-defense and Olympic-style fighting while cultivating the mind and body. Students are taught the basic foundation of "knowing yourself and knowing your opponent" in order to win on all occasions. They also learn micro and macro aspects of world philosophies. **FALL/WINTER. Instructor(s): Chong**

PHYSED 216. First Aid and Safety Education (2). This course teaches first aid, safety education, and CPR in relation to home, school, and community. Content strongly emphasizes safety principles as applied to activities of the gymnasium, playground, and athletic field. **FALL/WINTER. Instructor(s): STAFF**

PHYSED 218. Emergency Response (2). This course certifies students with the skills necessary for application and/or certification into careers in medicine as well as training them to be first responders at the scene of an emergency. Skill competencies include: CPR for the Professional Rescuer, measuring blood pressure, airway management, bleeding control and splinting, and the administration of an automated External Defibrillator, epinephrine pen, asthma inhaler, and oxygen. (Required for AT students regardless of previous CPR certifications) **FALL TERM ONLY. Instructor(s): STAFF**

PHYSED 251. Technology in Physical Education (3). This course engages undergraduate students in the use of technologies specifically applied to physical education. Technology skills developed throughout this course will be immediately usable for assignments in other courses, research internships, fieldwork, student teaching and ongoing professional development. **WINTER TERM ONLY. Instructor(s): Faust**

PHYSED 252. Tests & Measurements in Physical Education (3). This course is designed to help students possess knowledge of standards-based assessment in psychomotor, cognitive, and affective domains and have skills of designing, administering, and interpreting standards-based assessment for K-12 grade levels. **WINTER ONLY. Instructor(s): Chen**

PHYSED 254. Gross Movement Skills in Children (3). The course is designed to provide students with the essential knowledge and skills needed to identify, analyze, and evaluate children's gross motor skills and patterns. Students will learn the typical sequence of development in fundamental gross motor skills as well as factors causing deviations from these sequences. Students will learn how to assess the current developmental level of movement skills in children ages 2-8 years. Emphasis is placed on locomotor and ball skills used by children during play and games. Students will be given several opportunities to observe children during structured and unstructured play. **WINTER TERM ONLY, AS ARRANGED. Instructor(s): D. Ulrich, Winkelseth**

PHYSED 265/MOVESCI 240. Introduction to Fitness & Health (3). This class provides fundamental theories, applications and personal experiences necessary for a comprehensive understanding of relationships between fitness, physical activity, and health and well-being through-out the lifespan. This course is designed to equip students for lifelong understanding of psychological and sociologic aspects of fitness and health. No prerequisites required. **FALL/WINTER. Instructor(s): Katch**

PHYSED 270. Honors Reading (1-3). *Freshman or sophomore student with minimum overall GPA of 3.0; permission of instructor.* Directed readings on Physical Education topics under the guidance of faculty. **AS ARRANGED. Instructor(s): STAFF**

PHYSED 280. Undergraduate Research Opportunity (3). *Permission of instructor; first or second year student.* The UROP program enables students to work one-on-one or with a small group of students with faculty members conducting research. Students spend on average 9-10 hours per week working on their research projects. Students receive 1 credit per 3 hours of work per week. Students participating in the program are also required to attend bi-weekly research peer group meetings, meet monthly with a peer advisor, read research-related articles (e.g., research ethics, research in specific disciplines, research methods) and keep a research journal. **FALL/ WINTER/ SPRING/ SUMMER. SEE FACULTY ADVISOR. Instructor(s): STAFF**

PHYSED 290. Field Experience (1-8). *Freshman or sophomore standing and designated area of concentration, permission of instructor.* Provides an opportunity for supervised observation and participation in a variety of school, university or business settings related to a student's major program of concentration. **FALL/WINTER/SPRING/SUMMER. SEE FACULTY ADVISOR. Instructor(s): STAFF**

PHYSED 301. Coordinated School Health Programs (3). Introduction to eight essential components of coordinated school health programs - health education; physical education; health services; nutrition services; counseling and psychological services; health school environment; health promotion for staff; parents and community involvement. Attention directed to national and state health initiatives, health behaviors and conditions that affect youth and strategies effective in helping young people lead healthier lives. **WINTER ONLY. Instructor(s): STAFF**

PHYSED 305. Practicum in Elementary Teaching Methods (1). *Concurrent enrollment in PE 354 is required.* This practicum is designed to provide pre-service teachers with "real" teaching experiences and to hone their teaching skills and reflective thinking abilities in public school settings. Researchers and scholars note that teacher education programs need to provide pre-service teachers with more school-based practicum experiences prior to their student teaching experience. Students learn how to teach content to school students best when they are

connecting what they have learned in classroom to actual teaching situations. **FALL/WINTER, AS ARRANGED. Instructor(s): Chen**

PHYSED 306. Practicum in Health Teaching Methods (1). *Concurrent enrollment in PHYSED 473 required.* Provides students with supervised opportunities to integrate theory and practice by working with teachers in the classroom. Students will observe Health Education classes in grades 7-12. S/U grading. **WINTER ONLY. Instructor(s): Winkelseth**

PHYSED 310/AT 310. Applied Human Anatomy and Physiology (5). Designed to give the student a basic understanding of the structural and functional organization of the human body. Analyzes the relationships of the human body at the biochemical, cellular, tissue, organ, and systems level, emphasizing the applications to physical education. **WINTER TERM. Instructor(s): McLean, Parekh, Thomas**

PHYSED 313. Special Topics (1-3). New courses in development can be introduced provisionally into the curriculum under this number. The current course description, if applicable, is available from the Department Chair. **AS ARRANGED. Instructor(s): STAFF**

PHYSED 326. Fundamentals of Strength and Conditioning (3). This course is designed to introduce concepts and techniques associated with strength training and conditioning. Emphasis will be placed on the knowledge base and skills necessary to develop sport specific strength and conditioning programs. The course will focus on the following subjects: the human body's adaptations/response to strength training and conditioning, how performance enhancing substances, nutrition, and eating disorders affect strength training and conditioning, implementing strength training and conditioning testing/training techniques, and basic policy and procedures of the strength and conditioning facility. Students will be required to design a sport-specific strength training program. Course is designed to aid in preparation for taking the National Strength and Conditioning Association's certification examination. **FALL TERM ONLY. Instructor(s): Pickerman**

PHYSED 331. Biomechanics of Sport (3). *MATH 105; PHYSICS 125 or 140; PHYSED 310.* Applies principles of biomechanics to the analyses of sport, training, and conditioning of athletes. Topics include analyses of projectile-related activities, aerodynamics in sport, balance related activities, throw and push patterns, and qualitative and quantitative analysis of sport activities. **FALL TERM ONLY. Instructor(s): T. Brown**

PHYSED 332. Principles of Motor Behavior (3). *PHYSED 310.* Principles of motor control, motor development and motor learning as they relate to the acquisition of fundamental locomotion and manipulative skills will be examined. Students will learn and apply motor behavior theories and concepts in a physical education setting. Teaching methods, skill assessment and testing, as well as interpretation of data needed in physical education curriculums, will be incorporated. **WINTER TERM ONLY. Instructor(s): George**

PHYSED 336. K-12 Rhythm and Dance Activities (3). This course includes basic concepts, teaching techniques and ideas for implementing experiences in rhythmic movement and dance to provide active learning for children in grades K-12. Content includes activities that produce rhythmic coordination, as well as developing teaching skills in a variety of dance styles and rhythmic movement. **FALL/WINTER/SPRING. Instructor(s): Van Volkinburg, Winkelseth**

PHYSED 349. Water Safety Instructor (3). *PHYSED 142.* The WSI course prepares you to instruct progressive swim lessons from Infant/Preschool through Advanced Swimming Skills. Material focuses on water safety education and stroke mechanics. You will also learn to facilitate the Longfellows Whales Tales program. This is a professional teacher preparation class requiring

written lesson plans, outside class observation, in class practice teaching assignments, and written tests. Attendance mandatory. **FALL/WINTER/SPRING. Instructor(s): Winkelseth**

PHYSED 350. Tactical Approach to Invasion Games (3). *Junior standing.* This course is designed to help students develop solid pedagogical content knowledge of teaching selected team sports to students at secondary levels. Students will become acquainted with a tactical games approach and incorporate the curriculum approach into their teaching the sports at local secondary schools settings. **FALL TERM ONLY. Instructor(s): Chen**

PHYSED 353. Net/Wall Games and Fitness (3). *Junior standing.* This course focuses on the teaching of racquet sports, health-related fitness skills, and lifetime activities. Students will learn how to implement and instruct tennis, badminton, pickleball, golf, bowling, lawn games, and weight training activities for secondary level students. **FALL TERM ONLY. Instructor(s): Winkelseth**

PHYSED 354. Methods of Teaching K-5 PE (3). *Junior standing; permission of instructor. Concurrent enrollment in PE 305 is required.* The NASPE physical education content standards, and Michigan physical education content standards serve as guidelines for this course. The elementary methods course aims at helping students gain a better understanding of developmentally appropriate elementary curriculum and instruction, develop students ability to design units and lesson plans aimed at facilitating children achieving desired learning outcomes, develop students skills to effectively teach educational games, educational gymnastics, and adventure-type cooperative activities to elementary students, and reflect on one's own teaching practices in terms of a sound educational philosophy. **FALL/WINTER. Instructor(s): Chen**

PHYSED 370. Honors Reading (1-3). *Junior or senior student with minimum overall GPA of 3.0; permission of instructor.* Directed readings on Physical Education topics under the guidance of faculty. **AS ARRANGED. Instructor(s): STAFF**

PHYSED 373. Issues in Health and Wellness (3). This course presents the major health issues that teachers encounter in today's school system. The physiological, psychological, social, and economic aspects of these issues will be discussed. **FALL ONLY. Instructor(s): STAFF**

PHYSED 380. Honors Research (1-2). *Upper division student with minimum overall GPA of 3.0, permission of instructor.* Basic and applied research experience in Physical Education under the guidance of faculty. **FALL/WINTER/SPRING/SUMMER. SEE FACULTY ADVISOR. Instructor(s): STAFF**

PHYSED 390. Field Experience (1-8). *Junior or senior standing and designated area of concentration, permission of instructor.* Provides an opportunity for supervised observation and participation in a variety of school, university or business settings related to a student's major program of concentration. **FALL/WINTER/SPRING/SUMMER. SEE FACULTY ADVISOR. Instructor(s): STAFF**

PHYSED 402. Teaching Experience for PE Students (1-3). *Permission of instructor; PE junior or senior; minimum B+ in related PE core courses recommended.* Undergraduate students participating in this course are responsible for (1) aiding regularly assigned teaching faculty in a particular course; (2) providing tutorial help for undergraduate students enrolled in the course they are assisting in; (3) meeting regularly with discussion and/or laboratory sessions; (4) participating with teaching faculty in instructional activities. May be repeated once in a different area or with a different professor. Credits count as Kinesiology elective credit. **FALL/WINTER/SPRING/ SUMMER. Instructor(s): STAFF**

PHYSED 414/KINESLGY 414/EDUC 314. Directed Teaching Seminar (1-2). *EDUC 307, EDUC 391, EDUC 392, PHYSED 444. Concurrent enrollment in PE 415 is required.* Drawing on the directed teaching experience, this seminar is designed to explore the theories and practices of physical education as students apply them in their directed teaching environments. **FALL/WINTER. Instructor(s): Van Volkinburg**

PHYSED 415/KINESLGY 415/EDUC 315. Directed Teaching in Physical Education (6-12). *PHYSED 444; EDUC 307; EDUC 391; EDUC 392. Concurrent enrollment in PHYSED 414 is required.* Designed to provide practical experience and to develop teaching competencies under the joint supervision of University and K-12 school personnel. **FALL/ WINTER. Instructor(s): Van Volkinburg**

PHYSED 425/MOVESCI 425/KINESLGY 425. Motor Behavior and Developmental Disabilities (3). *Junior or senior standing.* This course is designed to provide students with a thorough understanding of the factors that contribute to the motor behavior characteristics of children with developmental disabilities. Application of this knowledge to designing and implementing quality pediatric motor development and physical activity programs will be emphasized. A research-to-practice model will be employed. Students will learn how to assess the current level of movement skill development. **FALL/WINTER. Instructor(s): D. Ulrich, MacDonald**

PHYSED 444/EDUC 444/KINESLGY 444. Methods of Teaching of Physical Education 6-12 (3). *Two of the following: PE 350, 353, 336, 354. Concurrent enrollment in EDUC 307 and EDUC 391 is required.* This course studies the specific foundation of teaching methods, content, organization, and evaluation of physical education programs in schools. **WINTER TERM ONLY. Instructor(s): Van Volkinburg**

PHYSED 470. Independent Study (1-3). *Upper division status; permission of instructor.* Intended to encourage participation in appropriate experiences and learning of topics relevant to Physical Education that are not addressed sufficiently elsewhere in the curriculum. **AS ARRANGED. Instructor(s): STAFF**

PHYSED 473/KINESLGY 473. School Health Programs (3). *Concurrent enrollment in PHYSED 306 is required.* Upon successful completion of this course students will be qualified to implement lessons of the Michigan Model for Comprehensive School Health Education Grades 7-8. Modules include Nutrition, Physical Activity, Violence Prevention, Alcohol and Other Drugs, Tobacco, and HIV. **WINTER TERM ONLY. Instructor(s): Winkelseth**

PHYSED 475/KINESLGY 475. HIV/AIDS, Other Communicable Diseases, and the Immune System (3). This course will provide students with the basic information on: HIV/AIDS transmission and prevention; common communicable diseases including signs, systems and prevention; the immune system and its response to infection. **FALL TERM ONLY. Instructor(s): Winkelseth**

PHYSED 490. Senior Honors Thesis (2). *Senior standing; permission of instructor.* Students work with a professor to prepare an original research paper that includes a proposal, data collection and written article. **AS ARRANGED. Instructor(s): STAFF**