

# PHYSICAL EDUCATION (PE)

## PE 101 ARCHERY & GOLF (1 Hour)

Emphasis is given to the fundamentals of archery and golf. The student is taught how to select, purchase, and maintain equipment. Development of fundamental skills in archery and golf is the basic concern of this course. The student will be given experiences using various clubs. The course includes actual course play generally culminating in a tournament. (F, S)

## PE 102 BADMINTON AND TENNIS (1 Hour)

Emphasis is given to the fundamentals of badminton and tennis. This includes the basic strokes, serves, and court movements. The student will also receive instruction on selection, purchase and maintenance of equipment. (F, S)

## PE 104 BOWLING (1 Hour)

This course is designed for the beginner bowler. The main emphasis of this course is to acquaint the student with the fundamentals of bowling. (F, S)

## PE 109 BEGINNING SWIMMING (1 Hour)

This course gives basic skills of swimming, including the adjustment to the water, breathing, floating, propulsion through the water by use of the elementary stroke, backstroke, front crawl, finning, sculling, and safety. (F, S, Sum)

## PE 113 BEGINNING MODERN DANCE (1 Hour)

This course is designed to give the student a background in Modern Dance and its pioneers. It is designed to develop a movement vocabulary and instruction in organization of dance moves into finished compositions. (F)

## PE 150 BASKETBALL & VOLLEYBALL (1 Hour)

This course is designed to give the students richer background in the game of basketball and volleyball. Fundamentals and game strategies will be stressed. (F, S)

## PE 155 SOFTBALL (1 Hour)

## PE 222 INTRO TO PHYSICAL EDUCATION (3 Hours)

Prerequisite: PE 122.

This course is a study of the purpose, history, requirements, and opportunities for a career in physical education. (S)

## PE 231 INTERMEDIATE SWIMMING (1 Hour)

Prerequisite: PE 109 or Deep Water Proficiency.

In this course emphasis is placed on improving skills in the standard swimming strokes particularly the American Crawl, side stroke, breast stroke, back crawl, and elementary backstroke. (F, S, Sum)

## PE 253 BODY MECHANICS & WT CONT (1 Hour)

The basic intent of this course is to improve body carriage, posture, physical condition, and structure. The student will be exposed to a variety of exercises, weights, and machines. (F)

## PE 309 ELE & SEC FOLK & ETH & RHY DAN (1 Hour)

This course gives instruction in dances of a specific people, including related cultural readings. Emphasis will be placed on dances of American and Afro-American people. (F, S)

## PE 319 KINESIOLOGY (3 Hours)

Prerequisite: BIO 234 and BIOL 234.

This course is a study of the mechanics of body movement including form and style in athletic performance, and an analysis of muscle coordination in sports, gymnastics and ordinary activities of daily life. (F)

## PE 320 ADAPTED PHYSICAL EDUCATION (3 Hours)

This course is a study of procedures and practices for programs that meet the needs of those students who have various disabling conditions. (F, S)

## PE 322 MOTOR DEV & MOVE EDUCATION (3 Hours)

Prerequisite: Anatomy and PE 319; Kinesiology.

This course is designed to give students a broad and comprehensive view of the field of motor development and movement education. Students will study prenatal to neonatal development, early motor sequence, perceptual motor area, and competition and the pre-adolescent child. (S)

## PE 323 ORGAN & ADMN OF PHY EDUCATION (3 Hours)

Prerequisite: PE 222.

This course is a study of the physical education and athletic program including staffing, teaching load, time schedule, finance, public relations, school plant operation, legal implications, and maintenance. (F, S)

## PE 350 MEASUR EVALUAT & STATIST (3 Hours)

This course is a study of the theory and methods of test administration, evaluation and interpretation of measurement data. The development of basic competencies in use of descriptive statistics and correlation and the evaluation and grading in the physical education program are emphasized. (F, S)

## PE 360 PHYSIOLOGY OF MUSCULAR A (3 Hours)

Prerequisite: BIO 234, BIOL 234, and PE 319.

This course is a study of the nature of body variation during and resulting from physical exertion. Laboratory experiences deal with physical work capacity, reaction time, cardiovascular stress and anthropometric measures and evaluation. (S)

## PE 411 METHODS IN PHY EDUCATION (3 Hours)

This course in leadership, practices, and teaching physical education activities with adaptations to different age groups. Teaching methods are discussed in the classroom and provision is made for practice in classroom situations. (F, S)

## PE 415 INDIVIDUAL, AND TEAM SPORTS (3 Hours)

In this course emphasis is given to teaching students the progressive skills involved in a variety of individual, dual and team sports. Selection of equipment, tournament planning as well as facilities are discussed. This course is also designed to give students the opportunity to participate and develop competencies in individual and team sports. It is further a purpose of this course that students learn teaching methodology in specific sports activities for elementary and secondary schools. (F)

## PE 445 PHY EDUC IN ELEM SCHOOL (3 Hours)

In this course emphasis is placed on methods and materials used in the effective teaching of physical education in the elementary school. Consideration is given to the integration of physical education with other subject matter areas. (F, S, Sum)