HEALTH, PHYSICAL EDUCATION AND RECREATION

Professors: Robert Hefley*, Chairperson; Sandra L. Bauchmoyer*, Tom W. Bryant*, R. Dowlen*, W. R. Scott*; Jerry R. Stockard*
Associate Professors: Charles Killingsworth*, John Oppliger*, Julia Spessier*
Instructors: Janice Jewett, Craig Schluh

* Graduate Faculty

The department offers courses at both the graduate and undergraduate levels, in the theory and practice of physical education for the preparation of teachers and athletic coaches. The department also offers professional recreation preparation in which majors can prepare for positions as supervisors and directors in the various fields of recreation.

Bachelor of Science in Education with a
Major in Physical Education
Bachelor of Science with a Major in Recreation
Minor in Physical Education
Minor in Recreation
Minor in Coaching
Minor in Athletic Training
Master of Science with a Major in Physical Education

GRADUATE CURRICULA

Major in Physical Education

For work leading to the Master of Science degree with a major in physical education, a candidate must present a minimum of twenty semester hours of acceptable undergraduate credit in this field. These credit hours should be so distributed as to furnish an adequate background for the work required in the graduate major. The Miller Analogies Test or the Graduate Record Exam is required for admission to candidacy.

The Master of Science degree program in physical education consists of an 18 hour core of basic course work plus electives appropriate to meet student needs. Elective courses are subject to approval of the department. Successful completion of the degree requires the completion of Option I or Option II.

Option I

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPER 801</td>
<td>Measurement and Evaluation in Physical Education II</td>
<td>3</td>
</tr>
<tr>
<td>HPER 823</td>
<td>Advanced Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>HPER 825</td>
<td>Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>HPER 850</td>
<td>Mechanical Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>HPER 890</td>
<td>Research and Thesis</td>
<td>3</td>
</tr>
<tr>
<td>HPER 891</td>
<td>Methods of Research</td>
<td>3</td>
</tr>
<tr>
<td>Electives</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>30</td>
</tr>
</tbody>
</table>

Option II

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPER 801</td>
<td>Measurement and Evaluation in Physical Education II</td>
<td>3</td>
</tr>
<tr>
<td>HPER 803</td>
<td>The Physical Education Curriculum</td>
<td>3</td>
</tr>
<tr>
<td>HPER 823</td>
<td>Advanced Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>HPER 825</td>
<td>Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>HPER 850</td>
<td>Mechanical Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>HPER 891</td>
<td>Methods of Research</td>
<td>3</td>
</tr>
<tr>
<td>Electives in physical education</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Electives</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>32</td>
</tr>
</tbody>
</table>

UNDERGRADUATE CURRICULA

Elementary Certification

Those desiring to teach physical education at the elementary level must complete the following courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYCH 263</td>
<td>Developmental Psychology</td>
<td>3</td>
</tr>
<tr>
<td>HPER 302</td>
<td>Elementary School Physical Education and Health</td>
<td>3</td>
</tr>
<tr>
<td>HPER 707</td>
<td>The Physical Education Program for the Elementary School</td>
<td>3</td>
</tr>
<tr>
<td>CURIN 475</td>
<td>Supervised Teaching in the Elementary School</td>
<td>3</td>
</tr>
<tr>
<td>HPER 479</td>
<td>Techniques for Teaching Physical Education</td>
<td>3</td>
</tr>
</tbody>
</table>

Admission to Teacher Education

and Professional Semester

All students who wish to prepare to teach and to meet certification requirements are required to apply for admission to teacher education during the sophomore year or in the case of junior college transfers, early in the first semester of the junior year.

Application for the professional semester must be made by April 1, for either semester of the following academic year.

Bachelor of Science in Education with a
Major in Physical Education

General Education Component*

<table>
<thead>
<tr>
<th>Component</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Skills</td>
<td>18</td>
</tr>
<tr>
<td>Core Courses</td>
<td>17</td>
</tr>
<tr>
<td>Natural Sciences</td>
<td>8</td>
</tr>
<tr>
<td>Languages and Cultures</td>
<td>3</td>
</tr>
<tr>
<td>Fine Arts</td>
<td>3</td>
</tr>
<tr>
<td>Economy and Society</td>
<td>3</td>
</tr>
<tr>
<td>Total</td>
<td>52</td>
</tr>
</tbody>
</table>

* See “General Education Degree Requirements for Students Preparing to Teach Secondary School,” page 48 for a list of specific courses. Also see scholastic achievement requirements on common core courses for admission to teacher education for secondary teaching majors, page 174.

Those undergraduate students majoring in physical education must select a minor appropriate to teacher preparation.
The following 34-hour core, with the addition of one of the three options, is the minimum for the major in physical education.

**Core Courses**

- **CURIN 458** Methods and Curriculum
- **PSYCH 263** Developmental Psychology
- **CURIN 307** Pre-Professional Laboratory I**,***
- **CURIN 482** Supervised Teaching in the Secondary School**
- **CURIN 116** Introduction to Physical Education

The following 37-hour core, with the addition of one of the three available options (Therapy, Administration, Fitness Management) meets the requirements for the major in recreation.

**Core Courses**

- **CURIN 464** Foundations of Measurement and Evaluation
- **CURIN 467** Adaptive Physical Education
- **HPER 469** Techniques for Teaching Physical Education

### Options

The following options were designed to meet the needs of those physical education majors who desire a special emphasis.

**Option I. Coaching**

- **HPER 319** Rules and Officiating

**Option II. Elementary Physical Education**

- **HPER 392** Elementary School Physical Education and Health
- **HPER 708** Motor Development

**Option III. Athletic Training**

- **HPER 300** Drug Use and Abuse in Athletics or...
- **FCS 301** Nutrition
- **PSYCH 257** Educational Psychology**
- **BIOL 656/657** Human Physiology/Laboratory or...

In addition to the coursework, students must complete 1,500 hours of internship in athletic training. Upon completion of the coursework, internship, hours and graduation, students will be eligible to sit for the National Athletic Training Association Board of Certification exam to become certified athletic trainers.

**Professional Education**

- **CURIN 305** Experiences in Education*
- **CURIN 460** Pre-Professional Laboratory I
- **PSYCH 263** Developmental Psychology

**Professional Semester**

- **CURIN 456** Methods and Curriculum
- **CURIN 460** Pre-Professional Laboratory I
- **CURIN 484** Foundations of Measurement and Evaluation
- **CURIN 520** Middle and Secondary Reading

**Electives in HPER**

**Science Hours**

- **BIOL 257/258** Anatomy and Physiology/Laboratory

**Therapy**

- **BIOL 257/258** Anatomy and Physiology/Laboratory
- **HPER 324** Survey of Research Techniques in Recreation
- **HPER 369** Intervention in Therapeutic Recreation
- **HPER 370** Therapeutic Recreation in Rehabilitation

**Fitness Management**

- **HPER 280** Water Safety Instructor
- **HPER 320** Management Strategies and Financing in Recreation
- **HPER 375** Kinesiology

### Minors

The four minors listed below are not available to students majoring in the Department of Health, Physical Education and Recreation.

**Physical Education**

- **HPER 195** Introduction to Physical Education

** recreation, but does not satisfy requirements for a certificate to teach in public schools.

### Options

An option must be taken in Therapy, Administration, or Fitness Management, for completion of the major.

**Therapy**

- **BIOL 257/258** Anatomy and Physiology/Laboratory
- **HPER 324** Survey of Research Techniques in Recreation
- **HPER 369** Intervention in Therapeutic Recreation
- **HPER 370** Therapeutic Recreation in Rehabilitation

**Fitness Management**

- **HPER 280** Water Safety Instructor
- **HPER 320** Management Strategies and Financing in Recreation
- **HPER 375** Kinesiology

**Administration**

- **HPER 320** Management Strategies and Financing in Recreation

**Physical Education**

- **HPER 195** Introduction to Physical Education

This curriculum satisfies requirements for a Bachelor of
Second Teaching Option in Physical Education

Those persons interested in physical education as a second teaching option should complete the following course requirements:

- HPER 195. Introduction to Physical Education. 2
- HPER 111. Swimming I. 1
- HPER 380. Water Safety Instructor. 2
- HPER 259. Care and Prevention of Athletic Injuries. 2
- BIOL 257/258. Anatomy and Physiology/Laboratory. 5
- HPER 266. First Aid and CPR. 2
- HPER 312. Lifeguard Training. 2
- HPER 324. Survey of Research Techniques in Recreation. 3
- HPER 320. Elementary School Physical Education and Health. 3
- HPER 707. The Physical Education Program for the Elementary School. 3

DESCRIPTION OF COURSES

ACTIVITY

- HPER 103. Weight Training. 1 hour. May not be repeated. Students wishing additional credit should enroll in HPER 200 Lifetime Sports: (Weight Training).
- HPER 109. Badminton and Tennis. 1 hour. May not be repeated. Students wishing additional credit should enroll in HPER 200 Lifetime Sports: (Badminton and Tennis).
- HPER 111. Swimming I. 1 hour. An elementary course in the fundamentals of swimming (according to ability) select from HPER 200 Lifetime Sports: (Swimming I).
- HPER 112. Golf. 1 hour. May not be repeated. Students wishing additional credit should enroll in HPER 200 Lifetime Sports: (Golf).
- HPER 119. Racquetball. 1 hour. May not be repeated. Students wishing additional credit should enroll in HPER 200 Lifetime Sports: (Racquetball).
- HPER 125. Physical Fitness Training. 1 hour.
- HPER 200. Lifetime Sports: 1-3 hours. May include: bicycling, scuba diving, karate, aerobics, weight training, racquetball, etc. Specific topics may be repeated. Offered on Pass-Fail basis only with supervisory laboratory experiences for students of physical education and/or elementary education. Prerequisite: HPER 160. Introduction to Physical Education and Health and permission of instructor.

THEORY

- HPER 150. Lifetime Fitness Concepts. 1 hour. Basic concepts for the development and maintenance of physical fitness. Concepts are cardiovascular fitness, weight control, nutrition, strength, flexibility, etc. Fitness assessment and exercise prescription included.
- HPER 160. Introduction to Recreation. 2 hours. An introduction to the philosophy, history, trends and development of the recreation movement and services.
- HPER 195. Introduction to Physical Education. 2 hours. A basic orientation to the field of physical education including discipline objectives, historical and philosophic considerations, professional memberships, career opportunities, and thorough examination of the departmental professional preparation program.
- HPER 212. Lifeguarding. 2 hours. Includes certification in American Red Cross Lifeguarding and CPR for the Professional Rescuer. Must pass swimming proficiency test first of the first day of class session.
- HPER 266. First Aid and CPR. 2 hours. American Red Cross Standard First Aid and CPR. Taught by lecture-discussion, workbooks, and practice aid sessions.
- HPER 277. Introduction to Recreation Therapy. 3 hours. Theoretical, philosophical and historical foundation of therapeutic recreation and a survey of the major services and settings for the ill and handicapped.
- HPER 280. Water Safety Inspector. 2 hours. Successful completion of this course means certification to teach all levels of Red Cross Swimming and Community Water Safety. Prerequisite: Must pass swimming proficiency test.
- HPER 300. Drug Use and Abuse in Athletics. 1 hour. The effects of drug use and abuse in athletics and sports will be studied. Drug education and effective decision making skills will be stressed.
- HPER 302. Elementary School Physical Education and Health. 3 hours. Study and participation in creative and mimetic activities, lead-up games, rhythms, stunts, tumbling, self-testing activities and games of low organization. Current issues and trends in elementary principles, health, fitness, program planning, class organization, and evaluations will also be covered.
- HPER 315. Health Education Methods and Materials. 3 hours. This course is designed to prepare teachers, pre-school through middle school, with methods and materials necessary to implement a health education program. Emphasis will be on personal health and wellness, effective cooperation with parents, physicians, public health agencies and consumer awareness.
- HPER 317. Camping and Outdoor Education. 3 hours. An introduction to the history and philosophy of camping. Training for camp leadership with emphasis on program planning, teaching skills, and development of outdoor living skills. May be taken for honors.
- HPER 319. Rules and Officiating. 2 hours. The rules of football, basketball, and volleyball will be studied, as well as the mechanics of officiating them. Students will select two of the three areas to meet course requirements.
- HPER 320. Management Strategies and Financing in Recreation. 3 hours. Introduction to park and recreation facilities, management personnel, program financing, design and budget standards within city or therapeutic recreation setting.
- HPER 324. Survey of Research Techniques in Recreation. 3 hours. Methods and techniques in designing and conducting surveys in recreation. Sampling techniques and statistical procedures used to interpret and evaluate the data will be studied. Various ways to present data will also be included. Prerequisite: HPER 190 Introduction to Recreation.
- HPER 360. Theory and Fundamentals of Activities I. 2 hours. Theories and techniques of individual and dual sports with practical application of knowledge, principles, and analysis of skill as they relate to the teaching process. Sport activities to be covered will be selected from the following: tennis, bowling, badminton, golf, archery, and racquetball.
- HPER 361. Theory and Fundamentals of Activities II. 2 hours. Theories and techniques of team sports with practical application of knowledge, principles, and analysis of skill as they relate to the teaching process. Sport activities to be covered will be selected from the following: soccer, volleyball, field hockey, touch football, basketball, softball, and track and field.
- HPER 362. Theory and Fundamentals of Activities III. 2 hours. Theories and techniques of selected non-traditional sports or activities with practical
application to knowledge, principles, and analysis of skill as they relate to the teaching process. Activities to be covered will include aerobic dance, gymnastics, and tumbling.

**HPER 369. Intervention in Therapeutic Recreation.** 3 hours. The process of intervention using various strategies for identifying targets of change within disabled populations, direction in which change is desired, and methods of obtaining change through therapeutic and other recreational activities will be presented. Prerequisite: HPER 277 Introduction to Therapy or current enrollment in a physical therapy program.

**HPER 370. Therapeutic Recreation in Rehabilitation.** 3 hours. Role of therapeutic recreation in institutional and community rehabilitation. Specific attention given to cooperative role of therapeutic recreation in relation to total therapy program.

**HPER 375. Kinesiology.** 3 hours. A study of the action of the articulations and muscle groups during gymnastic exercises, games and athletics, selection and prescription of exercises. Prerequisite: BIOL 257/258 Anatomy and Physiology/Laboratory. May be repeated if subject matter differs. May be offered for pass-fail or graded credit.

**HPER 380. Advanced Athletic Training.** 3 hours. Specific conditioning, prophylactic and modality techniques used by athletic trainers will be studied. Emphasis will be given to diagnosis, diet, emergency management, and various therapeutic treatments. Prerequisites: BIOL 257/258 Anatomy and Physiology/Laboratory and HPER 250 Care and Prevention of Athletic Injuries.

**HPER 385. Recreation Practicum.** 2 hours. Practical experiences leading to understanding and appreciation for the work and function of various agencies offering recreation services in the community. Experience working with and/or observing various recreation agencies.

**HPER 390. Orthopedic Assessment of Athletic Injuries.** 2 hours. To provide skills and knowledge students. Its place in a school curriculum of athletic injuries, gaining fundamental knowledge in anatomy, musculoskeletal physiology, and to maintain up to-date knowledge on NCAA recommendations regarding sports safety.

**HPER 415. Recreation Leadership and Programming.** 3 hours. An application of leadership principles to the unique problems encountered by physical education and recreation personnel. May be taken for honors.

**HPER 440. Topics in Health, Physical Education and Recreation (____).** 3 hours. Emphasis will be given to diagnosis, diet, emergency management, and various therapeutic treatments. Prerequisite: BIOL 257/258 Anatomy and Physiology/Laboratory and HPER 250 Care and Prevention of Athletic Injuries.

**HPER 445. Health Education.** 3 hours. History, philosophy, current trends, basic issues, and fundamental principles of health education are considered. Using these principles as basic criteria, students make critical appraisals of health curricula, health units, health teaching methods, audio-visual health materials and health tests.

**HPER 467. Adaptive Physical Education.** 2 hours. Study of the ways in which the needs of the atypical student can be met. Particular emphasis on body alignment and other medical aspects of the handicapped. Special emphasis given to various exercise modalities and prescriptions relating to treatment.

**HPER 469. Physiology of Exercise.** 3 hours. Responses of the human body to exercise, especially as it affects muscular contraction, body composition, training regimens, generation of energy, and oxygen transport system. Prerequisites: BIOL 257/258 Anatomy and Physiology/Laboratory.

**HPER 476. Principles of Administration in Health and Physical Education.** 3 hours. The organization and management of an athletic program, and emphasis on the development of a leadership role. Prerequisite: Permission of instructor.

**HPER 479. Techniques for Teaching Physical Education.** 3 hours. Techniques, methods, and course content used in teaching health and physical education in the secondary school. Offered by the HPER department. To be taken before the professional semester. Prerequisites: Admission to teacher education and PSTCH 357 Educational Psychology.

**HPER 481. Coaching Softball and Baseball.** 2 hours. Strategies, techniques and various coaching theories are covered through lecture, demonstration and observation. Recognized methods of coaching and training are emphasized.

**HPER 482. Coaching Track and Field.** 2 hours. The technical study of the various events and the place in life this sport has occupied from the time of the ancient Olympic games to the present day. The recognized methods of coaching and training are emphasized.

**HPER 488. Coaching Football.** 2 hours. A study of the history of football and the influence of the school and community on the athlete’s development. The principles of conditioning and strategy are emphasized. Its place in a school curriculum and its use as an extracurricular activity are emphasized. Reports, lectures, and discussions.

**HPER 489. Coaching Basketball.** 2 hours. The history and development of the game of basketball and systems used in coaching, including lecture, discussion, and observation of games. Prerequisites: BIOL 257/258 Anatomy and Physiology/Laboratory.

**HPER 490. Coaching Volleyball.** 2 hours. Strategies, techniques, and various coaching theories are covered through lecture, demonstration and observation. Recognized methods of coaching and training are emphasized.

**HPER 497. Field Work in Recreation I.** 8 hours. Internship in recreation under the supervision of the director of the cooperating agency and the instructor. Directed field work may be taken in such areas as public recreation departments, sports teams, and HPER 498 Field Work in Recreation. HPER 369 Intervention in Therapeutic Recreation, HPER 375 Kinesiology, HPER 380 Coaching Volleyball, HPER 415 Recreation Leadership and Programming. May not be taken on graduate degree programs. Admission by application.

**HPER 499. Field Work in Recreation II.** 8 hours. Internship in recreation under the supervision of the director of the cooperating agency and the instructor. Directed field work may be taken in such areas as public recreation departments, sports teams, and HPER 498 Field Work in Recreation. HPER 369 Intervention in Therapeutic Recreation, HPER 375 Kinesiology, HPER 380 Coaching Volleyball, HPER 415 Recreation Leadership and Programming. May not be taken on graduate degree programs. Admission by application.

**HPER 499. Report (____).** 1-2 hours. Additional study in some phase of physical education or recreation as prescribed by instructor. May be repeated if topic is different.

**HPER 579. Supervised Student Teaching and Follow-Up of Teachers.** 2 hours. Application of knowledge gained in pre-service, observation and practice teaching; emphasis on athletics will be given to the interrelation of the teacher. Prerequisite: Permission of instructor. Concurrent enrollment in the professional semester is required. Offered on a Pass-Fail basis only.

**HPER 590. Administration of Recreation.** 3 hours. Recent trends in organization of recreation at federal, state and local levels. Attention is given to legislative provision, governmental control, financing, budget, personnel, and administrative practices. May be taken for honors.

**HPER 704. Physical Education Workshop: (____).** 1-3 hours. Topics to be decided by the instructor. May include such areas as exercise, education, administration, or the care and treatment of athletic injuries and various other related topics related to physical education and athletics. Prerequisite: Permission of instructor. May be repeated if subject matter is different. Offered on a Pass-Fail basis only.

**HPER 707. The Physical Education Program for the Elementary School.** 3 hours. A study of the growth needs and interests of elementary age children and activities through which physical education can contribute to the satisfaction of these needs. Prerequisite: Permission of instructor. May be taken for honors.

**HPER 708. Motor Development.** 3 hours. The study of the perceptual and motor development of typical and atypical children as it relates to their ability to learn motor skills; with an emphasis on how to identify and aid children with body management problems. May be taken for honors.

**HPER 710. Assessment of Motor Dysfunction in Special Populations.** 3 hours. Appraising children with disabilities. Includes discussion of instrument selection, administration, and interpretation with an emphasis on practical application. Prerequisite: HPER 467 Adaptive Physical Education or permission of instructor.

**HPER 720. Methods and Materials for Teaching Adapted Physical Education.** 3 hours. This course deals with the organization and administration of adapted physical education. Basic structure of adapted programs, desirable goals, various methods, materials and techniques of teaching students with disabilities are discussed. Prerequisite: HPER 467 Adaptive Physical Education or permission of instructor.

**HPER 730. Practicum in Adapted Physical Education.** 3 hours. Supervised practical experience enabling students to gain insight into the various methods, materials and techniques of teaching physical activity for students with disabilities. Prerequisite: HPER 467 Adaptive Physical Education or permission of instructor.

**HPER 781. Advanced Therapeutic Recreation.** 3 hours. The use of recreational activities as a means to aid in the cure and amelioration of individual deviations from physical or mental normality. Prerequisite: Permission of instructor.

**HPER 795. Administration of Athletics in Schools and Colleges.** 3 hours. Basic business procedures concerning budgeting techniques, purchasing practices, elementary accounting concepts and repair. Discussion will also concern the hiring of officials, the care and upkeep of facilities and equipment.

**GRADUATE**

**HPER 801. Measurement and Evaluation in Physical Education II.** 3 hours. Administration and application of outstanding tests in physical education as well as a presentation of statistical procedures to be used in evaluating tests and their results. Prerequisite: HPER 345 Measurement and Evaluation I or consent of instructor.

**HPER 803. The Physical Education Curriculum.** 3 hours. Principles, problems, and procedures in the development of the instructional program of the individual student under the direct supervision of an appropriate staff member. May be repeated if subject matter differs. Prerequisite: Permission of instructor.

**HPER 823. Advanced Physiology of Exercise.** 3 hours. The physiological changes and associated phenomena which occur with the body as a result of exercise. Prerequisite: BIOL 257/258 Anatomy and Physiology/Laboratory.

**HPER 825. Motor Learning.** 3 hours. Factors that make for successful motor learning, principles, and methods of teaching. Prerequisite: Permission of instructor.
performance. Includes an extensive review of the available psychological data as applied to the problems of motor performance. Prerequisite: HPER 375 Kinesiology.

HPER 840. Seminar. ( ), 1-3 hours. A specific area in physical education will be studied intensively through readings, reports and discussions. A specific subtitle or problem such as physical education program K-12 will be listed in the schedule of classes. May be repeated under different topics. Prerequisite: Permission of instructor.

HPER 850. Mechanical Kinesiology. 3 hours. An analysis of fundamental skills involved in a variety of physical activities in terms of physical and mechanical principles. Prerequisite: College course in physical science.

HPER 884. Leadership and Programming in Hospital Recreation. 3 hours. The principles and practices involved in the leadership of hospital recreation and in the establishment of programs for various types of hospital patients. Prerequisite: HPER 781 Advanced Therapeutic Recreation.

HPER 890. Research and Thesis. 3-5 hours, depending upon the topic and the recommendation of the advisor. May be repeated for a maximum of 5 hours. Prerequisite: HPER 891 Methods of Research.

HPER 891. Methods of Research. 3 hours. Methods, techniques and applications of research in health, physical education and recreation. Should be scheduled in first enrollment. Prerequisite: Departmental consent.