

## WELLNESS & HUMAN PERFORMANCE

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**Department:** Wellness & Human Performance

The Department of Wellness & Human Performance offers degree programs in health, physical education, sports management, recreation, exercise science, and individually designed interdisciplinary programs. Teaching certification is available in health and physical education with minors in coaching, health, and adapted physical education. Students gain a broad knowledge of the physiological and mechanical functions of the human body. Students become aware of their personal performance abilities through experiences in a variety of physical activity courses, and become aware of the many fitness and leisure time activities for wellness available to them and others throughout their lives.

## HEALTH AND FITNESS GRADUATION REQUIREMENT

### Health and Fitness: Total Credits (3 semester credits)

Students will be required to complete a two-credit course from “Group A” relative to the cognitive domain of health and wellness. Students will be required to complete a one-credit activity course from “Group B” relative to the fitness aspect of a healthy lifestyle.

#### Group A. Cognitive Domain

Select one course from the following options (two-credit semester course):

HLTH 100	Personal Health and Wellness .....	2
HLTH 112	Nutrition and Wellness .....	2
HLTH 220	Stress and Wellness .....	2
PE 249	Physical Fitness Concepts .....	2

#### Group B. Fitness Domain

Select one course from the following options (one-credit semester course)

PE 107	Walking For Wellness .....	1
PE 109	Cross Training .....	1
PE 135	Dance for Fitness .....	1
PE 139	Aerobics .....	1
PE 149	Weight Training and Conditioning .....	1
PE 152	Basic Self Defense .....	1
PE 154	Adapted Physical Education Activities .....	1
PE 160	Flexibility Through Yoga .....	1
PE 161	Swimmercize .....	1
PE 170	Lifetime Fitness .....	1
PE 171	Step Aerobics .....	1
PE 177	Biking .....	1

## Bachelor of Science: Health Education (78 credits)

### Health Education Major Courses: (52 credits)

HLTH 100	Personal Health and Wellness .....	2
HLTH 110	First Aid and Safety/CPR .....	2
HLTH 225	Alcohol, Narcotics and Tobacco .....	2
HLTH 230	Concepts of School Health .....	2
HLTH 232	Nutrition .....	3
HLTH 330	Human Sexuality and Healthy Behavior .....	3
HLTH 350	Community Health .....	2
HLTH 390	Health Promotion .....	3
HLTH 410	Human Growth and Development .....	2
HLTH 492	Organization and Methods: Health Education .....	3
BIOL 100	Biology in the Modern World with lab .....	4
	OR .....	4
BIOL 200	Cell Biology with lab (Prerequisite CHEM 121 or 131) .....	4
BIOL 305	Human Anatomy and Physiology I with lab .....	4
PE101	Introduction to Health and Physical Education .....	2
PE108	Basic Technology in Sport, Activity and Physical Education .....	3
PE 220	Curriculum and Instruction .....	2
PE 249	Physical Fitness Concepts .....	2
PE 497	Senior Seminar .....	2

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PSYC 101	General Psychology I.....	3
PSYC 246	Psychology of Adjustment.....	3
SOCI 101	Introduction to Sociology.....	3

**Requirement for Health Education Majors:**

By the end of the sophomore year, the student should get the application packet from the Education Department.

The student must also fulfill the professional education requirements; please see the Education Department for current requirements.

**Bachelor of Science: Physical Education - Teaching (94 credits)****I. Physical Education Major Courses: (65 credits)**

PE101	Introduction to Health and Physical Education.....	2
PE 108	Basic Technology in Sport, Activity and Physical Education.....	3
PE 122	Fall Movement Skills.....	3
PE 123	Spring Movement Skills.....	3
PE 220	Curriculum and Instruction.....	2
PE 249	Physical Fitness Concepts.....	2
PE 285	Anatomical Kinesiology.....	2
PE 385	Biomechanics of Human Motion.....	3
PE 387	Rhythm and Dance Fundamentals.....	2
PE 390	Organization and Administration of Athletics and Physical Education.....	2
PE 391	Exercise Physiology.....	4
PE 401	K-12 Special Methods.....	3
PE 444	Motor Learning and Development.....	2
PE 480	Measurement and Evaluation.....	3
PE 481	Adapted Physical Education Theory.....	3
PE 497	Senior Seminar.....	2
HLTH 110	First Aid and Safety/CPR.....	2
HLTH 225	Alcohol, Narcotics and Tobacco.....	2
HLTH 410	Human Growth and Development.....	2
BIOL 100	Biology in the Modern World with lab.....	4
	OR.....	4
BIOL 200	Cell Biology with lab (Prerequisite: CHEM 121 or 131).....	4
BIOL 305	Human Anatomy and Physiology I with lab.....	4
PSYC101	General Psychology I.....	3
SOCI 101	Introduction to Sociology.....	3
	<i>One of the following Chemistry courses:</i> .....	4
CHEM 110	Our Chemical World with lab.....	4
CHEM 111	Chemistry in Our Daily Lives with lab.....	4
CHEM 121	Basic Chemistry with lab.....	4

**Requirement for Physical Education Majors:**

By the end of the sophomore year, the student should get the application packet from the Education Department.

The student must also fulfill the professional education requirements; please see the Education Department for current requirements.

**Bachelor of Science: Physical Education -EXERCISE SCIENCE Emphasis (72 credits)****Core Courses: (35 credits)**

HLTH 110	First Aid and Safety /CPR.....	2
PE101	Introduction to Health and Physical Education.....	2
PE 108	Basic Technology in Sport, Activity, and Physical Education.....	3
PE 249	Physical Fitness Concepts *.....	2
PE 285	Anatomical Kinesiology.....	2
PE 355	Sport Psychology.....	2
PE 385	Biomechanics of Human Motion.....	3
PE 391	Exercise Physiology.....	4
PE 444	Motor Learning and Development.....	2
PE 488	Legal Aspects of Recreation and Sport.....	3
PE 487	Senior Seminar.....	2
PE 490	Field Practicum.....	2
PE 499	Professional Internship.....	6

**Emphasis Courses:** (37 credits)

HLTH 232	Nutrition.....	3
HLTH 410	Human Growth and Development .....	2
PE 480	Measurement and Evaluation .....	3
PE 491	Exercise Physiology II.....	4
PE 492	Exercise Physiology II Lab Seminar .....	2
CHEM 121	Basic Chemistry (Lecture/Lab:3/1) .....	4
CHEM 122	Introductory Organic/Biochemistry (Lecture/Lab:3/1) .....	4
BIOL 200	Cell Biology (Prerequisite: CHEM 121 or 131) (Lecture/Lab:3/1) .....	4
BIOL 305	Anatomy and Physiology I with lab (Lecture/Lab:3/1).....	4
BIOL 306	Anatomy and Physiology II with lab (Lecture/Lab:3/1) .....	4
MATH 200	Introduction to Statistics .....	3

Total Credits: 72

\* Courses can be taken for the Graduation Requirement. See first page of Wellness and Human Performance section.

**Bachelor of Science: Physical Education-RECREATION Emphasis (66 credits)**

**Core Courses:** (35 credits)

HLTH 110	First Aid and Safety /CPR .....	2
PE101	Introduction to Health and Physical Education .....	2
PE 108	Basic Technology in Sport, Activity, and Physical Education.....	3
PE 180	Introduction to Health and Physical Education .....	2
PE 249	Physical Fitness Concepts * .....	2
PE 285	Anatomical Kinesiology .....	2
PE 355	Sport Psychology .....	2
PE 385	Biomechanics of Human Motion.....	3
PE 391	Exercise Physiology .....	4
PE 444	Motor Learning and Development.....	2
PE 488	Legal Aspects in Recreation and Sports .....	3
PE 490	Field Practicum.....	2
PE 497	Senior Seminar .....	2
PE 499	Professional Internship .....	6

\* Courses can be taken for the Graduation Requirement. See first page of Wellness and Human Performance section.

**Emphasis Courses:** (31 credits)

PE 105	Fall Recreation Block .....	2
PE 106	Spring Recreation Block.....	2
PE 200	Recreational Sports and Games .....	3
PE 300	Recreation Diversity and Leadership.....	3
PE 360	Introduction to Recreation, Parks and Community Recreation .....	3
PE 362	Recreational Aquatics .....	3
PE 400	Recreation Program Planning .....	3
PE 478	Recreation and Sports Management .....	3
PE 484	Planning Facilities for Physical Activities .....	3

**Choose one of the options below:** .....6

*Aquatics Option:*

PE 256	Lifeguard Training.....	2
PE 356	Water Safety Instruction.....	2
HLTH 110	First Aid and Safety/CPR .....	2

*Business Option:*

ACCT 211	Principles of Accounting .....	3
BADM 101	Introduction to Business.....	3

*Health Option:*

HLTH 140	CPR - Cardiopulmonary Resuscitation .....	1
HLTH 350	Community Health .....	2
HLTH 390	Health Promotion .....	3

*Social Option:*

SOCI 220	Social Problems .....	3
SOCI 331	Minorities in American Society.....	3

Total Credits 66

**Bachelor of Science: Physical Education -SPORTS MANAGEMENT Emphasis (68 credits)****Core Courses:** (35 credits)

HLTH 110	First Aid and Safety /CPR .....	2
PE 101	Introduction to Health and Physical Education .....	2
PE 108	Basic Technology in Sport, Activity, and Physical Education .....	3
PE 249	Physical Fitness Concepts * .....	2
PE 285	Anatomical Kinesiology .....	2
PE 355	Sport Psychology .....	2
PE 385	Biomechanics of Human Motion .....	3
PE 391	Exercise Physiology .....	4
PE 444	Motor Learning and Development.....	2
PE 488	Legal Aspects in Recreation and Sports .....	3
PE 490	Field Practicum.....	2
PE 497	Senior Seminar .....	2
PE 499	Professional Internship .....	6

**Emphasis Courses:** (33 credits)

PE 478	Recreation and Sports Management .....	3
PE 484	Planning Facilities for Physical Activities .....	3
PE 489	Sports Marketing, Promotion, Consumer Behavior .....	3
ACCT 211	Principles of Accounting I .....	3
ACCT 212	Principles of Accounting II.....	3
BADM 101	Introduction to Business .....	3
MGMT 221	Computer Concepts and Applications .....	3
FIN 350	Managerial Finance .....	3
MGMT 300	Management Principles .....	3
MKTG 301	Principles of Marketing .....	3
ECON 201	Principles of Microeconomics .....	3

Total Credits: 68

\* Courses can be taken for the Graduation Requirement. See first page of Wellness and Human Performance section.

**Minor: Adapted Physical Education/DAPE (32 credits)**

SMSU was granted DAPE certification Fall of 2003. Students receiving this licensure have met the requirements necessary for a minor in this area.

DAPE is only recognized by the State of Minnesota. A declared minor would enhance their marketability in other states and lead them on the path for an

Adapted PE Specialist status.

**Required Courses:**

PE 210	Introduction to Adapted Physical Education .....	3
PE 220	Curriculum and Instruction.....	2
PE 285	Anatomical Kinesiology .....	2
PE 385	Biomechanics of Human Motion.....	3
PE 391	Exercise Physiology .....	4
PE 393	Practicum I.....	1
PE 401	K-12 Special Methods .....	3
PE 444	Motor Learning and Development.....	2
PE 481	Adapted Physical Education Application .....	3
PE 498	Practicum II .....	1
EDSP 290	Introduction to Special Needs and Lab.....	3
EDSP 470/570	Home-School-Community: Partnerships in Consultation/Collaboration .....	3
HLTH 410	Human Growth and Development .....	2

Total Credits: 32

**Minor: Adapted Physical Activity (18 credits)**

This minor will service students in the Wellness & Human Performance Department who are not enrolled in the Physical Education Teaching track. Sports Management, Recreation and Exercise Science students may be interested in this minor. This minor would be beneficial to those concerning marketability and enhancing their programming capabilities.

**Required Courses: (18 Credits)**

PE 210	Introduction to Adapted Physical Education .....	3
PE 300	Recreation Diversity and Leadership.....	3
PE 390	Organization and Administration of Athletics and Physical Education.....	2
PE 393	Practicum I.....	1

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PE 481	Adapted Physical Education Application .....	3
EDSP 290	Introduction to Special Needs and Lab.....	3
EDSP 403	Behavioral Theories and Practices in Special Education .....	3
Total Credits:		18

**Minor: Coaching (24-27 credits)**

PE 249	Physical Fitness Concepts .....	2
PE 285	Anatomical Kinesiology .....	2
PE 33X	Coaching and Officiating of (choice of sport) .....	3
PE 33X	Coaching and Officiating of (choice of sport) .....	3
PE 355	Sports Psychology .....	2
PE 385	Biomechanics of Human Motion.....	3
PE 390	Organization and Administration of Athletics and Physical Education.....	2
PE 391	Exercise Physiology .....	4
PE 392	Prevention and Care of Athletic Injuries .....	2
PE 482	Practicum in Coaching .....	1-4
Total Credits:		24-27

**HEALTH COURSES (HLTH)****HLTH 100 (W) Personal Health & Wellness (2 credits)**

This course is designed to provide students with the knowledge, tools, and motivation to take charge of their wellness-related behavior. The presentation of a multidimensional concept of wellness provides the student with the knowledge necessary for a lifestyle based on good choices and healthy behaviors which maximize the quality of life.

**HLTH 110 First Aid and Safety/CPR (2 credits)**

Trauma prevention study and medically approved application techniques of administering emergency care in case of trauma due to accidents or sudden illness.

**HLTH 112 (W) Nutrition and Wellness (2 credits)**

This course is designed to assist the students in critically examining current and past nutritional concepts. The main focus is to assist the students in applying nutritional principles in the pursuit of wellness.

**HLTH 140 CPR - Cardiopulmonary Resuscitation (1 credit)**

An analysis of current CPR cognitive, psychomotor, and affective domains as outlined by various organizations such as the American Heart Association and American Red Cross.

**HLTH 220 (W) Stress and Wellness (2 credits)**

This course is designed to give the student a broad overview of all the factors that impact lifetime personal wellness. The major emphasis will focus on identifying the stressors and stress management techniques that impact wellness.

**HLTH 225 Alcohol, Narcotics and Tobacco (2 credits)**

This course is designed to introduce the student to pertinent topics associated with the area of drug use and abuse. The discussion and materials presented will focus on the physical, psychological and sociological aspects of the subject.

**HLTH 230 Concepts of School Health (2 credits)**

This course provides the student with an overview of the school's role in the healthy development of youth including: health instruction, health services, school environment, nutrition and food services, counseling, and school/parent partnerships.

**HLTH 232 Nutrition (3 credits)**

The student will study the sociological and biological aspects of nutrition in the relationship of food to health. Current dietary trends and their implications for health will be discussed. Prerequisite: BIOL 100 or BIOL 200.

**HLTH 240 CPR - Instructor Certification (2 credits)**

An advanced class leading to the CPR Instructor rating. Prerequisite: HLTH 140 or current CPR certification.

**HLTH 290 Wellness, Safety, and Nutrition from Birth to Grade 3 (3 credits)**

This course is designed to provide the student with an overview of health, safety and nutritional issues of the child from birth to grade three in preparation for a profession of working with children. The prenatal environment and its impact on the health of the individual will be given great emphasis.

**HLTH 292 Honors Credit In Health (1-4 credits)**

An independent study course designed primarily for Honors Program students. This course allows more in-depth or comprehensive study or research by honors students. Prerequisite: consent of instructor.

**HLTH 330 Human Sexuality and Healthy Behavior (3 credits)**

This course will provide an overview of the biological, sociological, environmental and psychological issues related to the science of human sexuality. Students will have the opportunity to develop skills enabling them to identify and analyze vital issues related to sex education. Prerequisite: Sophomore standing.

**HLTH 350 Community Health (2 credits)**

This course is designed to introduce the student to the broad concept of community health, including the political, sociological, economic and medical impact of community health organizations operating within a community. Prerequisite: junior standing.

**HLTH 390 Health Promotion (3 credits)**

This course will provide a comprehensive overview of the health promotion field as it applies to employment and organizational settings. It will include planning, design, implementation, and evaluation of an event as part of the course. It will additionally explore the relationship between health knowledge, attitude, and behavior.

**HLTH 400 Epidemiology (2 credits)**

Philosophy, administrative considerations and patterns of public health activities in the United States, including a thorough analysis of epidemiology problems and disease control. Prerequisites: HLTH 100, 225, 350.

**HLTH 410 Human Growth and Development (2 credits)**

This course is designed to offer the basic developmental framework of human beings beginning at conception through young adult.

**HLTH 491 Elementary School Health Education (2 credits)**

This course explores the science of health and art of teaching health. The course will focus on health content, with a special emphasis on drug education. The course will also focus on the development of social skills in the context of health education. Students will gain knowledge and understanding to formulate appropriate teaching strategies in order to promote healthy behavior and reduce risky behaviors of the elementary school student.

**HLTH 492 Organization & Application of Health Education: 5-12 Level (3 credits)**

This course explores the science of health and the application of the science in the classroom. The student will acquire knowledge in health content and social skills (goal setting, decision making and interpersonal skills) in order to promote positive healthy behaviors in students of 5-12 level. Prerequisite: HLTH 230 and Admission into School of Education.

**HLTH 494 Independent Study (1–4 credits)**

Independent study and research within the health and wellness area. Prerequisite: consent of instructor.

**HLTH 496 Workshop in Health (1–4 credits)**

To provide health credit for workshops in area. Prerequisite: Application.

**GRADUATE COURSES IN HEALTH (HLTH)****HLTH 540 Trends in Health Curriculum (3 credits)**

Examination of current philosophies and models of health curriculum design, with emphasis on comprehensive school health K-12. This course requires the development of a curricular model concerned with recent developments in health science.

**HLTH 560 Health Promotion Management (3 credits)**

This course consists of an analysis of the fundamental concepts and methodologies involved in planning, implementing, and evaluation of health promotion programs.

**HLTH 570 Survey and Application of Health Education Research (3 credits)**

This course examines current research common to the health sciences. Specific areas to be included are the effectiveness of current educational approaches, disease prevention, health promotion, health standard appraisals, and risk reduction projects.

**HLTH 580 Special Problems in Health Education (3 credits)**

Examination and analysis of significant current problems in health education. Content will vary according to the immediate concerns in the field of health education and current student needs.

**Capstone Course:****HLTH 698 (M) Current Issues in Health Education (3 credits)**

This course will explore the latest philosophical issues and controversies which are impacting the field of health education. Prerequisite: consent of instructor.

**PHYSICAL EDUCATION COURSES (PE)****PE 100 (LAC) Introduction to Art/Dance (3 credits)**

The relationship between dance and other arts and the sciences; defining the role, function, history and status of dance in society. Students will be introduced to the fundamental principles of movement underlying the forms of dance with the activity and lectures being adaptable to all students including the disabled.

**PE 101 Introduction to Health and Physical Education (2 credits)**

Concepts and theories that define the breadth of the field and the interdisciplinary relationship of Health and Physical Education as a profession. Introductory topics include: pedagogy, exercise physiology, biomechanics, recreation, sports management, allied health, athletic training, physical therapy, and sports-related professions.

**PE 105 Camping and Canoeing (2 credits)**

This class is designed for students to develop skills, awareness, and knowledge in all racquet activities, volleyball, canoeing, and outdoor activities. Prerequisite: PE 101.

**PE 106 Crosscountry Ski, Snowshoe, Bike (2 credits)**

This class is designed for students to develop skills in cross-country skiing and bicycling. Prerequisite: PE 101.

**PE 107 (W) Walking for Wellness (1 credit)**

This course will provide students with a moderate level of the physical exercise – walking – which can make a positive contribution to their aerobic fitness goals. The course is designed to assist the walker in acquiring the knowledge, attitudes and skills necessary for participation in a lifelong walking for wellness program and the application of walking in their lives in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**PE 108 Basic Technology in Sport (3 credits)**

This course will cover basic technology skills specific to the field of sport, activity, and physical education. Technology covered will include heart rate monitors, fitness testing, video editing, PowerPoint, movement analysis, and web page development. Prerequisite: student must be a declared major in the Wellness and Human Performance field of study.

**PE 109 (W) Cross Training (1 credit)**

This course will provide the student with experience in a variety of exercise modalities designed to enhance one's overall fitness and the application of cross training in their daily lives in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**PE 110 Intercollegiate Baseball (1 credit)**

The purpose of intercollegiate baseball is to give the highly skilled student the opportunity to learn advanced skills, techniques and strategies by competing against those of similar ability. Prerequisite: consent of instructor.

**PE 111 Intercollegiate Basketball (1 credit)**

The purpose of intercollegiate basketball is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability. Prerequisite: consent of instructor.

**PE 112 Cheerleading (1 credit)**

The purpose of intercollegiate cheerleading is to give the highly-skilled student the opportunity to learn and perform skills and techniques of cheerleading. Prerequisite: consent of instructor.

**PE 114 Intercollegiate Football (1 credit)**

The purpose of intercollegiate football is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability. Prerequisite: consent of instructor.

**PE 115 Intercollegiate Soccer (1 credit)**

The purpose of intercollegiate soccer is to give the highly-skilled student the opportunity to learn advanced techniques, and strategies by competing against those of similar ability. Prerequisite: consent of instructor.

**PE 116 Intercollegiate Fast Pitch Softball (1 credit)**

The purpose of intercollegiate fast pitch softball is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability. Prerequisite: consent of instructor.

**PE 118 Intercollegiate Tennis (1 credit)**

The purpose of intercollegiate tennis is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability. Prerequisite: consent of instructor.

**PE 119 Intercollegiate Golf (1 credit)**

The purpose of intercollegiate golf is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability. Prerequisite: consent of instructor.

**PE 120 Intercollegiate Volleyball (1 credit)**

The purpose of intercollegiate volleyball is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability. Prerequisite: consent of instructor.

**PE 121 Intercollegiate Wrestling (1 credit)**

The purpose of intercollegiate wrestling is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability. Prerequisite: consent of instructor.

**PE 122 Fall Movement Skills (3 credits)**

This course is designed for Physical Education majors to develop fundamental movement skills in locomotion and basic sports skills such as catching, throwing, kicking and weight lifting. Prerequisite: PE 101.

**PE 123 Spring Movement Skills (3 credits)**

This course is designed for Physical Education majors to develop fundamental skills in aquatics, basic stunts and tumbling, basic body balance and gymnastics. Prerequisite: PE 101.

**PE 130 Racquet Sports (1 credit)**

The student will study the fundamental elements of skills, rules, and strategies for participation in all racquet sport activities.

**PE 135 (W) Dancing for Fitness (1 credit)**

This course is designed to provide the student a cardiovascular fitness experience through a wide variety of dance and rhythmic activities. An emphasis on the application of dance to wellness, flexibility, stress reduction, and lifetime fitness will be incorporated into the class.

**PE 139 (W) Aerobics (1 credit)**

A fitness course oriented to the cardiovascular concepts of fitness and the application of aerobics in their daily lives in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**PE 140 Beginning Archery (1 credit)**

The student will study the fundamental elements of skills, rules, and strategies for participation in archery.

**PE 142 Beginning Bowling (1 credit)**

The student will study the fundamental elements of skills, rules, and strategies for participation in bowling.

**PE 144 Beginning Golf (1 credit).**

The student will study the fundamental elements of skills, rules, and strategies for participation in golf.

**PE 147 Beginning Tennis (1 credit)**

The student will study the fundamental elements of skills, rules, and strategies for participation in tennis.

**PE 149 (W) Weight Training and Conditioning (1 credit)**

This course will provide basic knowledge and techniques of fitness and conditioning through weight training and the application of weight training in daily life in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**PE 151 Beginning Cross-Country Skiing (1 credit)**

A course designed to give students basic information about the equipment, clothing, safety concerns, and skills to enjoy cross-country skiing in an outdoor winter environment.

**PE 152 (W) Basic Self Defense (1 credit)**

To provide students with a foundation in basic self defense. This foundation will involve sweeps, arm locks, kicks, and strikes which can be used against an attacker.

**PE 153 Beginning Racquetball (1 credit)**

The student will study the fundamental skills, rules, and strategies for participation in racquetball.

**PE 154 (W) Adapted Physical Education Activities (1 credit)**

A course designed for students with disabilities taking adapted activity classes for physical education credit and the application of adapted PE in their daily lives in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**PE 158 Beginning Canoeing (1 credit)**

This course covers all the basic skills of canoeing, including the strokes, selection, use, and care of canoes, paddles, life jackets and related equipment.

**PE 160 (W) Flexibility Through Yoga (1 credit)**

This course will introduce the student to the history of flexibility in society, the current uses of flexibility in our society, and the application of flexibility in their daily lives in relation to wellness, cardiovascular fitness, strength, and stress reduction.

**PE 161 (W) Swimmercize (1 credit)**

A course for those who wish to embark on an aquatic conditioning program with fitness exercises as the core activity and the application of swimmercize in their daily lives in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**PE 165 SMSU Dance Team (1 credit)**

The purpose of the dance team is to give the highly-skilled student the opportunity to learn advanced skills and techniques and to perform at athletic and other events.

**PE 169 Advanced Weight Training and Conditioning (1 credit)**

This course is specifically designed for current athletes involved in an in-season or off-season weight training and conditioning program as a participant in a varsity sport. This course does not meet the graduation requirement in Health and Fitness. Prerequisite: consent of instructor.

**PE 170 (W) Lifetime Fitness (1 credit)**

Lifetime Fitness class is for students, faculty, and community to experience various fitness opportunities such as jogging, running, weight training, exercise, bicycling, rowing, swimming and the application of these sports in their daily lives in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**PE 171 (W) Step Aerobics (1 credit)**

This course is a fitness course oriented to the cardiovascular concepts of fitness set to rhythmic activities. The students will be instructed in the safety of low, moderate and high intensity step aerobics. Students will figure target heart rate to determine how much cardiovascular exercise is needed to achieve a healthy lifestyle. Students will apply step aerobics in their daily lives in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**PE 172 Intramural Activities (1 credit)**

Intramurals are a combination of the elements of physical education and the modern concept of recreation. The student may receive credit for participating in a sport or activity offered in the intramural setting with emphasis given to sportsmanship and social opportunity in an activity.

**PE 177 (W) Biking (1 credit)**

The students will assess their present fitness level and learn how biking can improve personal fitness and wellness. The course covers biking skills, equipment, rules, safety, and repairs. The student must provide a bike to ride for class.

**PE 200 Recreational Sports and Games (3 credits)**

This course is designed for recreation majors to learn the basic rules, terminology, equipment and strategies for many popular recreational sports and games offered through parks, recreation, and community education programs.

**PE 210 Introduction to Adapted Physical Education (3 credits)**

This course is a study of chronic diseases and disabilities; the psychological, social, and economic influences resulting from these highly complex conditions; and their equally complex assessments, treatments and rehabilitation processes.

**PE 220 Curriculum and Instruction (2 credits)**

This course will provide the student majoring in Physical Education and/or Health Education with basic tools including how to develop and write curriculum and units consisting of detailed block plans and student-centered lesson plans.

**PE 249 (W) Physical Fitness Concepts (2 credits)**

An introductory course to provide the student with the knowledge to achieve a high degree of physical fitness and wellness. The focus of the course will be on the scientific based aspects of fitness. The students will be able to objectively assess their own fitness as well as understand the myths associated with exercise, weight loss, and wellness.

**PE 250 Sport in American Culture (3 credits)**

This course provides the student the opportunity to understand more about individual and group differences with regard to gender, race, ethnicity, and social class in American sport. The student will understand the historical and current significance of sports in America and our societal responses to these groups.

**PE 251 Intermediate Cross-Country Skiing (1 credit)**

This course assumes competence in skills and experiences presented in basic cross-country skiing and goes on to use these skills in various terrain and extended distances. The intermediate course includes an opportunity to teach basic skills to others. Prerequisite: PE 151.

**PE 256 Lifeguard Training (2 credits)**

This course will cover safety and life saving techniques for the management of pool and open water environments. Successful completion will certify the student as an American Red Cross Lifeguard. Prerequisite: Skill screening.

**PE 258 Intermediate Canoeing (1 credit)**

This course includes refining advanced performance skills for handling a canoe in the bow, stern, and as a solo paddler, both in lake and river canoeing. The intermediate course includes an opportunity to teach basic skills of canoeing to others. Prerequisite: PE 158.

**PE 260 (D) Women in Sport (3 credits)**

This course will focus on the development of sport for females. The student will explore a wide range of historical, cultural, philosophical, and socio-psychological issues that have shaped the nature and scope of sport participation with respect to gender.

**PE 285 Anatomical Kinesiology (2 credits)**

This course is designed to develop proficiency in identifying the structures and functions of the musculo-skeletal system.

**PE 286 Special Topics (1-4 credits)**

This course is designed to provide lower-division students an opportunity to experience a special or experimental curriculum enrichment course.

**PE 292 Honors Credit in Physical Education (1-4 credits)**

An independent study course designed primarily for Honors Program students. This course allows more in-depth or comprehensive study or research by honors students. Prerequisite: consent of instructor.

**PE 300 Recreation Diversity and Leadership (3 credits)**

This course covers the contemporary, theoretical, and practical information necessary for developing effective leadership with a focus on diversity and special needs for recreational groups such as at-risk youth, senior citizens, and individuals with disabilities.

**PE 330 Coaching and Officiating of Baseball (3 credits)**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of baseball.

**PE 331 Coaching and Officiating of Basketball (3 credits)**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of basketball.

**PE 334 Coaching and Officiating of Football (3 credits)**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of football.

**PE 336 Coaching and Officiating of Softball (3 credits)**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of softball.

**PE 337 Coaching and Officiating of Volleyball (3 credits)**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of volleyball.

**PE 338 Coaching and Officiating of Soccer (3 credits)**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of soccer.

**PE 348 Coaching and Officiating of Track and Field (3 credits)**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of track and field.

**PE 350 Coaching and Officiating of Wrestling (3 credits)**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of wrestling. The student will take a comprehensive look at current wrestling styles and develop a background of core moves which are necessary for coaching and officiating this sport. Prerequisite: PE 150 or consent of instructor.

**PE 355 Sport Psychology (2 credits)**

This course offers the student, prospective coach, and athlete the opportunity to learn correct principles and applications of sport psychology.

**PE 356 Swimming Instruction Methods (2 credits)**

This course provides the methods for teaching swimming strokes, safety skills and diving. Successful completion will enable the student to become an American Red Cross swimming instructor. Prerequisite: Skill screening.

**PE 360 Introduction to Recreation, Parks and Community Education (3 credits)**

This course includes a brief review of the cause and effect of development of community organizations. It focuses on the components that are important in being responsive to the recreation and lifetime leisure needs of our population as well as the land, financial, and organizational responsibilities and opportunities. Prerequisites: PE 105, 106.

**PE 362 Recreational Aquatics (3 credits)**

The student will learn skills in coordinating, scheduling, supervising and implementing aquatic programs found in many recreational settings. The student will gain basic knowledge of pool maintenance, required aquatic certification procedures, and aquatic staffing practices necessary for recreational aquatic programs. A practical experience in an aquatic setting will be included in the course requirements.

**PE 381 Elementary School Physical Education (2 credits)**

This course is designed for elementary education majors. The student will understand and apply movement concepts and principles to the learning and development of motor skills. They will also learn skills and strategies for incorporating games and activities into the elementary curriculum.

**PE 385 Biomechanics of Human Motion (3 credits)**

This course includes both lecture and lab experience to describe, analyze, and interpret the mechanical functions of human movement. Prerequisite: PE 285

**PE 387 Rhythm and Dance Fundamentals (2 credits)**

This course is designed to give students the skills and knowledge to deliver a progressive sequence of rhythm activities for developmentally appropriate age groups.

**PE 390 Organization and Administration of Athletics and Physical Education (2 credits)**

Principles and techniques of planning and organizing the functions, services, equipment and facilities utilized in athletics, physical education programs and public and private sector programs. Prerequisite: junior standing.

**PE 391 Exercise Physiology (4 credits)**

This course includes lecture and lab experience to define and interpret the adaptations of the human organism to physical activity.

**PE 392 Prevention and Care of Athletic Injuries (2 credits)**

This course will provide the theories and practices of athletic injury assessment, care prevention, and rehabilitation used by an athletic coach or physical educator. Prerequisite: PE 285.

**PE 393 Adapted Practicum I (1 credit)**

This course is designed to allow students to develop skills in providing direct service for individuals with disabilities in an adapted physical education or activities setting. This practicum is intended to permit the student to engage in supervised professional activities in selected cooperating agencies or organizations.

**PE 395 Exercise Psychology (2 credits)**

This course will examine the research, theory, and practical applications of the psychological domain in exercise.

**PE 400 Recreation Program Planning (3 credits)**

This course focuses on the program planning process used in the community recreation setting. The student will learn methods and guidelines for the development, organization, and implementation of recreational programs and activities. Emphasis given to student design, implementation, and evaluation activities through the theoretical model: The Program Development Cycle.

**PE 401 K-12 Physical Education (3 credits)**

This course explores in detail the basic principles of Physical Education and skills and methods of teaching physical education to K-12 students. Pre-Student Teaching experience of 30 hours will be a part of this class. Pre-requisite: PE 220 and Admission into School of Education.

**PE 444 Motor Learning and Development (2 credits)**

This course is designed to study motor learning and development through the lifespan of humans. Students will develop skills in analyzing and identifying learning and developmental stages in fundamental motor patterns. Prerequisite: HLTH 410.

**PE 478 Recreation and Sports Management (3 credits)**

This course examines the history, philosophies and theories of management in recreation and sports. The student will learn the management policies and procedures used in recreational, fitness, and sports settings.

**PE 480 Measurement and Evaluation (3 credits)**

This course will teach physical education teaching and exercise science majors the skills and knowledge needed to measure, evaluate and assess knowledge, physical performance and affective behavior in school and non-school setting. The use and interpretation of fundamental to intermediate statistical techniques and research design is covered in this course. Prerequisite: PE 101.

**PE 481 Adapted Physical Education Application (3 credits)**

This course covers the fundamentals of assessment of students with disabilities and the selection, development, and conduct of activities in an adapted physical education or activity setting.

**PE 482 Practicum in Coaching (1–4 credits)**

The application of techniques and coaching in a clinical situation.

**PE 483 Intramural Practicum (3 credits)**

This course is designed to provide a practical experience in planning and implementing a recreational program within the Intramural Department at Southwest Minnesota State University.

**PE 484 Planning Facilities for Physical Activities (3 credits)**

The students will gain an understanding of facility development and maintenance. They will learn about the different exterior and interior elements that are needed when developing a facility in the sport, physical education and recreational industries.

**PE 486 Special Topics (1–4 credits)**

This course is designed to provide upper-division students an opportunity to experience a special or experimental curriculum enrichment course.

**PE 488 Legal Aspects of Recreation and Sport (3 credits)**

This course will develop the students awareness and knowledge of legal liability relating to recreation and sport. The student will be introduced to tort liability, negligence and risk management principles. A practical approach to topics such as waivers, standard of care, safety, security, right to participate, sexual harassment and abuse, and other legal aspects of recreation and sport.

**PE 489 Sports Marketing, Sales and Promotion (3 credits)**

This course will focus on a comprehensive examination of the sport industry with an emphasis on marketing sport. The course will investigate common management and marketing science, the nature of sport as a consumer product and market, sponsorship relationships and consumer behavior. Prerequisite: MKTG 301.

**PE 490 Field Practicum (2 credits)**

This course will enable students to apply knowledge and principals of fitness, exercise science and/or sports management in a practicum experience. Prerequisite: senior standing.

**PE 491 Exercise Physiology II (4 credits)**

This course is designed to advance the student's knowledge in the physiological dynamics of the organ systems of the human body in response to exercise. Prerequisites: PE 285, 385, 391, 394, 395, BIOL 200, 231 & 232.

**PE 492 Exercise Physiology Lab Seminar (2 credits)**

This course is designed to have the student use critical thinking in the application of laboratory research to a physiology exercise of interest. The student will demonstrate the ability to relate the research in an in-depth thesis-style written format and an oral presentation. Prerequisites: PE 285, 385, 391, 394, 395, BIOL 200, 231 and 232.

**PE 494 Independent Studies (1–4 credits)**

Independent study and research within the physical education and human performance area. Prerequisite: consent of instructor.

**PE 496 Workshop in Physical Education (1–4 credits)**

To provide physical education credit for workshops in the area. Prerequisite: Application.

**PE 497 (M) Senior Seminar (2 credits)**

This course is a culminating experience designed to encompass the breadth of the Health, Physical Education and Recreation fields. Professionalism is the theme throughout the course. Students will be expected to draw upon their resources and acquired knowledge to formulate solutions and/or opinions on selected topics. This course fulfills Southwest Minnesota State University's capstone requirement for graduation. Prerequisite: senior standing.

**PE 498 Adapted Practicum II (1 credit)**

This course is designed to allow students to develop skills in providing direct service in an adapted physical education setting within the K-12 public education curriculum.

**PE 499 Professional Internship (3–12 credits)**

To provide an opportunity for a student who works in the area of physical education or human performance in an internship program. Prerequisite: junior standing or consent of instructor.

**GRADUATE COURSES IN PHYSICAL EDUCATION (PE)****PE 544 Motor Learning and Development (4 credits)**

A research and study of movement behavior, performance, and learning from the infant stages through adulthood. An emphasis to include behavior analysis, motor skill acquisition, instruction, and behavior change.

**PE 550 Practicum in Teaching (3 credits)**

This course is designed to provide graduate students the opportunity to apply knowledge, theory, and methods of teaching in a post-secondary educational setting. The course is designed to establish a practicum in teaching opportunity for the graduate student with a faculty member in the Wellness & Human Performance Department providing mentorship.

**PE 578 Recreation and Sports Management (3 credits)**

This course examines the history, philosophies, and theories of management in recreation and sports. The student will learn the management policies and procedures used in recreational, fitness and sports settings. The students enrolled in PE 578 will research the complexities of the sport industry, demonstrate application of sports management principles and present two graduate level projects in the areas of human resource management and financing the sport enterprise.

**PE 580 Global Perspectives in Physical Education and Sport (4 credits)**

The course will investigate the inter-relationships of physical education and sport to the cultural components of representative nations from around the world. Attention will be given to the predominant activities of the culture and how it is reflected in physical education and sport, and also the relationship of physical education and sport to cultural maintenance or change.

**PE 581 Skills Test and Measurement in Physical Education and Fitness (4 credits)**

This course will examine and apply current skills test and assessment techniques in the areas of physical education and fitness. Students will be exposed to critical and thought-provoking questions concerning testing and evaluation.

**PE 584 Planning Facilities for Physical Activities (3 credits)**

The student's will gain an understanding of facility development and maintenance. They will learn about the different exterior and interior elements that are needed when developing a facility in the sport, physical education and recreational industries. The student's enrolled in PE 584 will research a specialized sport facility, demonstrate application of sports management principles, and present two graduate level projects in the areas of facilities design and facilities operations/management.

**PE 585 Biomechanical Analysis of Movement (4 credits)**

A study of the mechanisms underlying human motion. The course will apply biomechanical principles to the analysis of movement. Students will gain advanced experience in the techniques of cinematography and other methods of analysis. Prerequisite: PE 385 Kinesiology II or equivalent.

**PE 588 Legal Aspects in Recreation and Sport (3 credits)**

This course will develop the student's awareness and knowledge of legal liability relating to recreation and sport. The student will be introduced to tort liability, negligence and risk management principles. A practical approach to topics such as waivers, standard of care, safety, right to participate, sexual harassment and abuse, and other legal aspects of recreation and sport.

**PE 589 Sports Marketing, Promotion and Consumer Behavior (3 credits)**

This course will focus on a comprehensive examination of the sport industry with an emphasis on marketing sport. The course will investigate common management and marketing science, the nature of sport as a consumer product and market, sponsorship relationships and consumer behavior. The student enrolled in PE 589 will research the sports marketing elements in the national sports scene. Using the framework for strategic sports marketing the student will design two graduate level projects in this area. Prerequisite: PE 301.

**PE 590 Organization and Administration of Physical Education and Sport (4 credits)**

This course will provide a comprehensive and contemporary study of the administration and management concepts with Physical Education and Athletics. Special consideration will be given to the national developments and trends as well as reflect the most current research in the field. Students should acquire a foundation of management concepts, skills, and techniques.

**PE 591 Applied Exercise Physiology (4 credits)**

Application of concepts in human physiology to exercise physiology, physical activity and sport training. This course will emphasize laboratory experiences and the student will be expected to apply physiological concepts to areas of wellness, sport fitness, and nutrition will also be addressed.

**PE 697 Current Issues in Curriculum Development in Health & Physical Education (3 credits)**

The current issues class will explore the latest philosophical issues and controversies which are impacting the field of physical education/health and curriculum design.