

# PHYSICAL EDUCATION (PHED)

## **PHED 102 Physical Education Activities I: Fitness, Leisure, & Healthy Life Style (3 Units)**

Introduction to fitness and leisure activities, as well as healthy life style. Knowledge of developing programs that lead to fitness, leisure and healthy life style for individuals as well as groups. (Formerly 5550:102)

## **PHED 120 Archery (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:120)

## **PHED 121 Badminton (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:121)

## **PHED 122 Basketball (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:122)

## **PHED 123 Bowling (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:123)

## **PHED 126 Fitness and Wellness (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:126)

## **PHED 127 Golf (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:127)

## **PHED 128 Gymnastics (Apparatus) (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:128)

## **PHED 129 Gymnastics (Tumbling) (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:129)

## **PHED 130 Physical Education Activities for Children (2 Units)**

For a physical education majors only. Participation in methods, activities and issues relating to pre-K through elementary physical education programs. One lecture and two laboratory periods per week. (Formerly 5550:130)

## **PHED 131 Indoor Soccer (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:131)

## **PHED 132 Karate (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:132)

## **PHED 133 Lifeguard Training (2 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:133)

## **PHED 134 Modern Dance (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:134)

## **PHED 135 Racquetball (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:135)

## **PHED 136 Rugby (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:136)

## **PHED 138 Scuba (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:138)

## **PHED 139 Self Defense (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:139)

## **PHED 140 Skiing (Cross-Country) (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:140)

## **PHED 141 Skiing (Downhill) (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:141)

## **PHED 142 Soccer (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:142)

## **PHED 143 Social Dance (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:143)

## **PHED 145 Squash Rackets (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:145)

## **PHED 146 Swimming (Beginning) (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:146)

## **PHED 147 Swimming (Intermediate) (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:147)

## **PHED 149 Team Handball (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:149)

## **PHED 150 Tennis (Beginning) (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:150)

**PHED 151 Volleyball (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:151)

**PHED 152 Water Polo (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:152)

**PHED 153 Water Safety (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:153)

**PHED 154 Wrestling (0.5 Units)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:154)

**PHED 155 Basic Kayaking (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. (Formerly 5540:155)

**PHED 170 Varsity Baseball (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:170)

**PHED 171 Varsity Basketball (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:171)

**PHED 172 Varsity Cross Country (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:172)

**PHED 173 Varsity Football (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:173)

**PHED 174 Varsity Golf (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:174)

**PHED 175 Varsity Soccer (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:175)

**PHED 176 Varsity Softball (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:176)

**PHED 177 Varsity Swimming (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:177)

**PHED 178 Varsity Tennis (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:178)

**PHED 179 Varsity Track (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:179)

**PHED 180 Varsity Wrestling (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181).\*\* Varsity sports are one credit each. (Formerly 5540:180)

**PHED 181 Varsity Volleyball (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:181)

**PHED 182 Varsity Riflery (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:182)

**PHED 183 Varsity Cheerleading (1 Unit)**

Participation in individual and group sports. Individual can acquire knowledge and skill in activities which may be of value and satisfaction throughout life. Permission of coach necessary for enrollment in varsity sports (170-181). Varsity sports are one credit each. (Formerly 5540:183)

**PHED 190 Special Topics: General Studies Physical Education (0.5-2 Units)**

Weight training, self-defense for the blind, water safety instruction, beginning yoga, tai chi, billiards, intermediate and advanced bowling, intermediate and advanced golf, advanced self-defense. (Formerly 5540:190)

**PHED 190-1 Beginning Yoga (0.5-2 Units)**

This is a basic orientation to the system of Yoga and its practices. The emphasis is on the practicalities of the topic and its relevance to every day life.

**PHED 193 Orientation to Physical and Health Education (3 Units)**

Introduction to physical and health education to students who pursue state license in teaching physical and health education. It's also the required course before the admission to the college of education. (Formerly 5550:193)

**PHED 194 Sports Officiating (2 Units)**

Knowledge of rules for interscholastic sports and officiating techniques. (Formerly 5550:194)

**PHED 195 Foundations of Physical Education (3 Units)**

Concepts analysis of games and play and application of these concepts to the teaching/learning process in physical education at all ages. (Formerly 5550:195)

**PHED 199 Special Topics: General Studies Physical Education (0.5-2 Units)**

See department for course description. (Formerly 5540:199)

**PHED 201 Water Safety Instructor (2 Units)**

This course is designed to train students to teach swimming and water safety courses from Pre-K to adult. (Formerly 5540:201)

**PHED 202 Diagnosis of Motor Skills (3 Units)**

This course introduces athletic trainers and physical education majors to the sciences of diagnosing motor skills. (Formerly 5550:202)

**PHED 203 Measurement & Evaluation in Physical Education (3 Units)**

Statistical procedures needed for analysis and interpretation of tests. Evaluation procedures, testing instruments, and techniques for administering tests are discussed and practiced. Three hours lecture. (Formerly 5550:203)

**PHED 204 Individual and Team Sports (2 Units)**

Intro to individual and team sports that are commonly taught in schools. Course presents knowledge, fundamental skill development, psychomotor skills analysis for the content areas. (Formerly 5550:204)

**PHED 205 Team Sports (2 Units)**

The purpose of this course is to teach students how to teach team sports. (Formerly 5550:205)

**PHED 207 Introduction to Rock Climbing (1 Unit)**

This course teaches basic rock-climbing skills. No previous experience in necessary. (Formerly 5540:207)

**PHED 211 First Aid & Cardiopulmonary Resuscitation (2 Units)**

Based on American Red Cross standards for first aid and cardiopulmonary resuscitation. Instruction and skills practice for sudden illness/emergencies is provided. Two hours lecture. (Formerly 5550:211)

**PHED 212 First Aid and CPR for Professional Rescuer (2 Units)**

Prerequisite: Permission of instructor. First aid and cardiopulmonary resuscitation for health care professionals based upon American Red Cross standards. Instruction and skills practice for sudden illness/emergencies is provided. (Formerly 5550:212)

**PHED 245 Adapted Physical Education (3 Units)**

Identification of atypical movement among various exceptional individuals, with adapted physical education programming experience in a laboratory setting. (Formerly 5550:245)

**PHED 306 PE Act IV: Badminton/Golf (2 Units)**

Course presents knowledge, fundamental skill development, and psychomotor skill analysis for the content areas of badminton and golf. One hour lecture, two hours lab. Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:306)

**PHED 307 Physical Education Activities V (2 Units)**

Course presents knowledge, fundamental skill development, and psychomotor skill analysis for the content areas of tennis and volleyball. One hour lecture, two hours lab. Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:307)

**PHED 308 PE Act IV: Dance & Tumbling (2 Units)**

Course presents knowledge, fundamental skill development, and psychomotor skill analysis for the content areas of dance and tumbling. One hour lecture, two hours lab. Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:308)

**PHED 335 Movement Experiences for Children (3 Units)**

Prerequisites: PHED 130, PHED 193, and PHED 235. Course focuses on use of fundamental motor skill analysis to structure movement lessons for children from early childhood through elementary years. One hour lecture, two hours lab. (20 clinical hours, 10 field hours.) Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:335)

**PHED 336 Motor Learning & Development for Early Childhood (2 Units)**

Physical fitness, fundamental motor skills, motor development and learning for early childhood, birth to age eight. Creating an environment of motor experiences for young children (10 field hours). Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:336)

**PHED 428 Nutrition for Teachers and Coaches (3 Units)**

Covers nutritional basics and topics related to teaching physical education/health and coaching athletes, including basic nutrition, eating disorders, meal preparation, and trends in nutrition. (Formerly 5550:428)

**PHED 436 Foundations & Elements of Adapted Physical Education (3 Units)**

Principles, components, and strategies necessary in providing motor activities for handicapped students via application of a neuro-developmental model and alternate methods. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:436)

**PHED 446 Instructional Techniques in Secondary Physical Education & Health (3 Units)**

Prerequisites: PHED 102, PHED 193, PHED 204, and PHED 205. Instructional strategies for teaching secondary students in physical and health education. A variety of instructional models will be introduced appropriate to the learners' age and development. It is a required course for the physical education licensure. Two hours lecture, two hours lab (30 clinical hours). Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:446)

**PHED 447 Instructional Techniques for Children in Physical Education & Health Education (3 Units)**

Prerequisites: PHED 130 and PHED 193. Instructional strategies for teaching children in physical and health education. A variety of instructional models will be introduced appropriate to the learners' age and development. Required for the physical education licensure. (30 clinical hours). Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:447)

**PHED 451 Assessment & Evaluation in Adapted Physical Education (3 Units)**

Investigation, analysis, and selection of appropriate assessment instruments, as well as methodology for determining instructional objectives and activities for handicapped students. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:451)

**PHED 452 Foundations of Sport Science, Physical and Health Education (3 Units)**

Prerequisite: Admission to the Sport Science and Wellness Program.

Overview of the emergence of sport science, physical and health education as a profession and the supporting role of underlying scholarly and scientific disciplines. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

(Formerly 5550:452)

**PHED 490 Workshop in Physical Education (1-3 Units)**

Practical, intensive and concentrated involvement with current curricular practices in areas related to physical education. Students must be in the College of Education to take 300/400 level courses. (Formerly 5550:490)

**PHED 494 Student Teaching Colloquium for Physical & Health Education (2 Units)**

Corequisite: PHED 495. Students meet during student teaching to discuss concerns about student teaching and analyze previous learning as it relates to their future as a professional educator. Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:494)

**PHED 495 Student Teaching for Physical & Health Education (11 Units)**

Prerequisites: Approval of the Student Teaching Committee, considered based upon approved application to student teaching, passing OAE subject test, and approved portfolio. Corequisite PHED 494. Planned teaching experience in schools selected and supervised by the Office of Student Teaching. (Formerly 5550:495)

**PHED 497 Independent Study: Physical Education (1-6 Units)**

Prerequisite: Permission of adviser. Analysis of specific topic related to a current problem in physical education or sport and exercise science. May be repeated for a maximum of 12 credits. \*Students must be in the Sport Science and Wellness Program to take 300/400 level courses. (Formerly 5550:497)