PHYSICAL EDUCATION (5550)

5550:100. Introduction to Sport Studies. (3 Credits)
Introduction to sport studies explores the history, philosophy, and principles of today’s sport industry within a practical, career-oriented framework.

5550:102. Physical Education Activities I: Fitness, Leisure, & Healthy Life Style. (3 Credits)
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.

5550:110. Introduction to Athletic Training. (1 Credit)
Provides an overview of the Sports Medicine team and the components of a comprehensive athletic healthcare program. Introduces the student to the profession of athletic training.

5550:125. Introduction to Exercise Science. (1 Credit)
Overview for becoming a fitness professional. Information concerning choosing a career, national certification and professional organizations will be provided.

5550:130. Physical Education Activities for Children. (2 Credits)
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.

5550:150. Concepts in Health & Fitness. (3 Credits)
Introduction to basic health and fitness concepts and related topics. Attention will be given to individual fitness programs emphasizing such topics as aerobic and anaerobic exercises, nutrition, diet, stress, and assessment methods and procedures.

5550:160. Introduction to Coaching. (3 Credits)
An introduction to the coaching profession. Discussion of the important technical and tactical elements of coaching athletes.

5550:193. Orientation to Physical and Health Education. (3 Credits)
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.

5550:194. Sports Officiating. (2 Credits)
Knowledge of rules for interscholastic sports and officiating techniques.

5550:195. Foundations of Physical Education. (3 Credits)
Concepts analysis of games and play and application of these concepts to the teaching/learning process in physical education at all ages.

5550:200. Aquatic Facility Management. (3 Credits)
This course is designed to explore, acquire, and discuss knowledge and techniques of aquatic facility operation and management.

5550:201. Kinesiology. (3 Credits)
Prerequisites: 3100:200, [3100:201 or 3100:202], 3100:303. Application of basic principles of anatomy and mechanics to human movement. Three hours lecture with practical application and demonstrations.

5550:202. Diagnosis of Motor Skills. (3 Credits)
This course introduces athletic trainers and physical education majors to the sciences of diagnosing motor skills.

5550:203. Measurement & Evaluation in Physical Education. (3 Credits)
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.

5550:204. Individual and Team Sports. (2 Credits)
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.

5550:205. Team Sports. (2 Credits)
The purpose of this course is to teach students how to teach team sports.

5550:206. Coaching Basketball. (3 Credits)
An introduction to coaching basketball. Discussion of the important technical and tactical elements of coaching basketball.

5550:207. Coaching Track and Field. (3 Credits)
An introduction to coaching track and field. Discussion of the important technical, tactical and psychological elements of coaching track and field.

5550:208. Coaching Football. (3 Credits)
An introduction to coaching football. Discussion of the important technical and tactical elements of coaching football.

5550:209. Coaching Baseball. (3 Credits)
An introduction to coaching baseball. Discussion of the important offensive, defensive, and technical and tactical elements of coaching baseball.

5550:211. First Aid & Cardiopulmonary Resuscitation. (2 Credits)
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.

5550:212. First Aid and CPR for Professional Rescuer. (2 Credits)
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.

5550:220. Health Promotion and Behavior Change. (3 Credits)
Prerequisite: 150 Course will translate theories of behavioral science for health professionals who are involved in planning, developing, implementing or evaluating physical activity programs.

5550:235. Concepts of Motor Learning & Development. (3 Credits)
This course will introduce key motor learning concepts and analysis of developing fundamental motor skills. Three hours lecture.

5550:240. Care & Prevention of Athletic Injuries. (3 Credits)
Prerequisites: 3100:200,201; Corequisite: 3100:202, 203. This course is an introduction to basic athletic training principles and techniques. Includes a laboratory course for practical application of techniques.

5550:241. Care and Prevention of Athletic Injuries Lab. (1 Credit)
Prerequisites: 3100:200 and 3100:201. Corequisites: 3100:202 and 3100:203, 5550:240. This course is designed to allow students to learn, practice, and become competent and proficient in the psychomotor skills associated basic injury prevention, evaluation, management, and treatment of physically active individuals in the practice of athletic training as defined by the NATA.

5550:242. Therapeutic Modalities. (3 Credits)
Prerequisites: Accepted into the ATEP Clinical Education Program. Corequisite: 243. This course will promote student medical and technical aspects of therapeutic modalities and pharmaceutical agents in the treatment and rehabilitation of injured physically active individuals.
5550:243. Athletic Training Lab I. (1 Credit)
Prerequisites: Accepted into the ATEP Clinical Education Program. Corequisites: 242. This course will meet CAATE standards and allow the students to learn and practice psychomotor skills and clinical proficiencies. Includes clinical rotation.

5550:245. Adapted Physical Education. (3 Credits)
Identification of atypical movement among various exceptional individuals, with adapted physical education programming experience in a laboratory setting. Web-based.

5550:250. Principles of Athletic Training. (3 Credits)
Prerequisites: Students must be accepted into the Clinical Athletic Training Education Program (ATEP). This course will address principles and techniques used in initial evaluation of musculoskeletal injury as defined by CAATE standards and guidelines.

5550:255. Emergency Care for Athletic Training. (3 Credits)
Prerequisite: Accepted into ATEP Clinical Education program. This course will teach knowledge and skills in handling emergency situations or life-threatening sudden illness or injuries which an athletic training may encounter.

5550:275. Advanced Athletic Injury Management: Lower Extremity. (3 Credits)
Prerequisites: 5550:242 and 5550:243. Corequisite: 5550:276. This course is designed to meet CAATE standards and guidelines to display knowledge and psychomotor skills in injury evaluation and recognition lower extremity.

5550:276. Athletic Training Lab II. (1 Credit)
Prerequisites: 5550:242 and 5550:243. Corequisite: 5550:275. This course will meet CAATE standards and allow the students to learn and practice psychomotor skills and clinical proficiencies. Includes clinical rotation.

5550:300. Physiology of Exercise for the Older Adult. (3 Credits)

5550:302. Physiology of Exercise. (3 Credits)
Prerequisites: 3100:200 and 3100:202. A course designed to study the physiological effects of exercise relative to physical education activities, athletics and athletic training. Two hours lecture, two hours laboratory. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:305. Clinical Experience I. (2 Credits)
Prerequisite: Permission. Improves the student’s psychomotor skills in the following domains of athletic training: injury prevention, injury recognition/evaluation and management, therapeutic exercise and rehabilitation.

5550:306. PE Act IV: Badminton/Golf. (2 Credits)
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.

5550:307. Physical Education Activities V. (2 Credits)
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.

5550:308. PE Act IV: Dance & Tumbling. (2 Credits)
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.

5550:327. Exercise Leadership. (3 Credits)
Prerequisite: 5550:302. Students learn principles of teaching safe and effective exercises designed to enhance physical fitness. Course will assist students in preparing for a group exercise certification.

5550:330. Exercise and Weight Control. (3 Credits)
Prerequisite: 5550:302. Course will focus on role of exercise in regard to its positive influences on weight control. The hazards and implications of being overweight are studied.

5550:332. Therapeutic Exercise & Rehabilitation I Principles. (3 Credits)
Prerequisites: 5550:342 and 5550:343. Corequisite: 5550:333. This course will address CAATE standards and guidelines for competencies and proficiencies using principles in exercise and rehabilitation techniques.

5550:333. Athletic Training Lab IV. (1 Credit)
Prerequisites: 5550:342 and 5550:343. Corequisite: 5550:332. This course will allow students to learn psychomotor skills associated with therapeutic exercise & rehabilitation techniques. Includes a 250 hour clinical sport rotation.

5550:335. Movement Experiences for Children. (3 Credits)
Prerequisites: 5550:130, 5550:193, and 5550:235. 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.

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.

5550:342. Advanced Athletic Injury Management: Upper Extremity. (3 Credits)
Prerequisites: 5550:275 and 5550:276. Corequisite: 5550:343. This course designed to meet CAATE standards and guidelines to display knowledge and psychomotor skills in injury evaluation and recognition of the upper extremity.

5550:343. Athletic Training Lab III. (1 Credit)
Prerequisites: 5550:275 and 276. Corequisite: 5550:342. This course will meet CAATE standards and allow the students to learn and practice psychomotor skills and clinical proficiencies. Includes clinical rotation.

5550:352. Strength & Conditioning Fundamentals. (3 Credits)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This course will address CAAHEP competencies and proficiencies in the area of strength and conditioning of physically active individuals.

5550:355. Exercise in Special Populations. (3 Credits)
Prerequisites: 5550:302 and 5550:403. Advanced course in clinical exercise testing and prescription relative to disease of the cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic systems.
5550:360. Practicum I. (1 Credit)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This is a senior level athletic training course focusing on the refinement of practical skills and preparation for the NATABOC certification examination.

5550:362. Sport History. (3 Credits)
This course is designed to introduce students to sport in American History. The people, organizations and institutions that shaped the development of sport are examined.

5550:364. Sport Ethics. (3 Credits)
The focus of this course is the ethical behavior of sport participants and sport administrators studied within the context of the sport environment.

5550:366. Sport Communication. (3 Credits)
The focus of this course is on the important knowledge that administrators should have related to the field of sport communication.

5550:368. Sport Facility Management. (3 Credits)
This course has been designed to identify the systems approach for the effective management of the maintenance and operation of sport and recreation facilities.

5550:370. Financial Aspects of Sport. (3 Credits)
The focus of this course is related to the important knowledge that administrators should have related to the field of the financial aspects of sport.

5550:375. Sport Performance Principles. (3 Credits)
An introduction to important elements related to the physical aspects of sport performance. Discussion of the important physical elements of coaching athletes.

5550:395. Field Experience. (1-6 Credits)
Prerequisite: 3100:200 and 3100:201. This course includes lecture/laboratory activities to provide the student a comprehensive learning experience in lower extremity musculoskeletal anatomy.

5550:400. Musculoskeletal Anatomy I: Upper Extremity. (3 Credits)
Prerequisites: 3100:200 and 3100:201. This course includes lecture/laboratory activities to provide the student a comprehensive understanding of the structures and functions of the upper extremity. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:401. Musculoskeletal Anatomy II: Lower Extremity. (3 Credits)
Prerequisites: 3100:200, 3100:201, 3100:202, and 5550:201. This course includes lecture and laboratory activities to provide the student a comprehensive learning experience in lower extremity musculoskeletal anatomy.

5550:403. Exercise Testing. (3 Credits)
Prerequisite: 5550:302. This course will cover basic knowledge of exercise testing and interpretation of results. Cardiovascular and muscular fitness aspects will be measured. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:404. Exercise Prescription. (3 Credits)
Prerequisite: 5550:403. This course focuses on how to appropriately prescribe exercise for various populations (young, middle-aged, elderly, pregnant, diseased-states). Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:405. Clinical Experience I. (2 Credits)
Prerequisite: Accepted into ATEP Clinical education program. Enroll by advisor permission only. This course will allow for athletic training students to master CAATE proficiencies and clinical proficiencies associated with the course.

5550:406. Advanced Strength and Conditioning. (3 Credits)
Prerequisite: 5550:352. Strength and conditioning programs for heterogeneous populations. The course covers high-level sport specific exercise prescriptions that aids injury prevention and performance enhancement.

5550:409. Sport Behavior. (3 Credits)
The focus of this course is the behavior of athletes and sport participants studied within the context of play, games, and sport.

5550:410. Introduction to Sport Sociology. (3 Credits)
Provides information to students about the sociological aspects of sport. Delivered in a totally online format, web-based format, or in a face-to-face format.

5550:412. General Medical Aspects. (3 Credits)
Prerequisites: 3100:200 and 3100:201. Covers various topics related to sports medicine and general medical conditions. Students will gain perspectives and exposure to a variety of allied health care professionals.

5550:415. Seminar in Athletic Training. (2 Credits)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This course includes discussion of current topics in the athletic training profession. CAAHEP standards and guidelines and incorporate an even distribution of competencies and proficiencies throughout all athletic training for sports medicine courses.

5550:418. Cardiorespiratory Function. (3 Credits)
Prerequisite: 5550:302. This course is designed to study the normal structure and function of the respiratory system and how it is affected by different types of disease.

5550:420. Fundamentals of Management Strategies in Sport. (3 Credits)
Prerequisite: 3100:200 and 3100:201. This course seeks to explore, acquire, and discuss knowledge within the theoretical and applied management practices of sport, fitness, and instructional programs. Delivered in a totally online format, web-based format, or in a face-to-face format. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:422. Sport Planning/Promotion. (3 Credits)
Prerequisite: 3100:200 and 3100:201. This course seeks to explore, acquire, and discuss knowledge within the theoretical and applied management practices of sport, fitness, and instructional programs. Delivered in a totally online format, web-based format, or in a face-to-face format. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:424. Sports Leadership. (3 Credits)
Prerequisite: 3100:200 and 3100:201. This course seeks to explore, acquire, and discuss knowledge within the theoretical and applied management practices of sport, fitness, and instructional programs. Delivered in a totally online format, web-based format, or in a face-to-face format. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:426. Nutrition for Sports. (3 Credits)
Prerequisite: 7760:133. This course will provide an explanation of the consumption, absorption, and recommendation for diet of athletes and the physically active individual.

5550:428. Nutrition for Teachers and Coaches. (3 Credits)
Prerequisite: 7760:133. This course will provide an explanation of the consumption, absorption, and recommendation for diet of athletes and the physically active individual.

5550:430. Senior Honors Project: Physical Education. (1-6 Credits)
Prerequisites: Senior standing. Carefully defined individual study demonstrating originality and sustained inquiry. *Students must be in the Sport Science and Wellness Program to take 300/400 level courses.
5550:436. Foundations & Elements of Adapted Physical Education. (3 Credits)
Principles, components, and strategies necessary in providing motor activities for handicapped students via application of a neurodevelopmental model and alternate methods. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:438. Cardiac Rehab Principles. (3 Credits)
Prerequisite: 5550:202. This course will teach students the core competencies for cardiac rehab professionals, based upon the American Association of Cardiovascular and Pulmonary Rehabilitation Specialists (AACPR).

5550:440. Injury Management for Teachers & Coaches. (2 Credits)
Prerequisites: 5550:211. This course challenges the student to understand ways to provide and care for the safety of individual they teach or coach.

5550:444. Athletic Training Lab V. (1 Credit)
Prerequisites: 5550:332 and 5550:333. Corequisite: 5550:445. This course will meet CAATE standards and allow the students to learn and practice psychomotor skills and clinical proficiencies. Includes clinical rotation.

5550:445. Therapeutic Exercise & Rehabilitation II Applications. (3 Credits)
Prerequisites: 5550:332 and 5550:333. Corequisite: 5550:444. This course will address CAATE standards and guidelines for competencies and proficiencies using principles in exercise and rehabilitation techniques.

5550:446. Instructional Techniques in Secondary Physical Education & Health. (3 Credits)
Prerequisites: 5550:102, 5550:193, 5550:204, and 5550:205. 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.

5550:447. Instructional Techniques for Children in Physical Education & Health Education. (3 Credits)
Prerequisites: 5550:130 and 5550:193. 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.

5550:449. Organization & Administration for Health Care Professionals. (3 Credits)
Prerequisites: senior level status and permission only. This class is a requirement for Athletic Trainers and Exercise Science majors. This class presents the skills necessary for supervising a health care facility.

5550:450. Organization & Administration of Physical Education, Intramural and Athletics. (3 Credits)
Prerequisite: Admission to the Sport Science and Wellness Program or instructor's permission. Investigation of procedures for conducting physical education, intramural, and athletic programs. Includes tournament designs, supplies and equipment, liability, curriculum, and general administration. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:451. Assessment & Evaluation in Adapted Physical Education. (3 Credits)
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.

5550:452. Foundations of Sport Science, Physical and Health Education. (3 Credits)
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.

5550:453. Principles of Coaching. (3 Credits)
Prerequisite: Admission to the Sport Science and Wellness Program. Basics for becoming a successful coach. Discussion of principles applying to most sports, players and coaches. Delivered in a totally online format, web-based format, or in a face-to-face format. Ten clinical hours required. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5550:456. Evidence Based Practice and Research Applications. (3 Credits)
Prerequisite: Permission of advisor. This course is designed to provide students an opportunity to review current research, create, implement, and present original research in an allied health related field.

5550:459. Practicum Seminar. (1 Credit)
Prerequisite: Permission of instructor. This course will focus on the professional development process, including practicum preparation, resume development, interview skills and job search strategies.

5550:460. Practicum in Physical Education. (1-6 Credits)
Prerequisites: Senior standing in the Sport Science and Wellness Program. Practical work experience with certified personnel in a discipline or profession related to 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.

5550:462. Legal Aspects of Physical Activity. (2 Credits)
Overview legal and ethical elements of greatest concern to specialists in sport and physical activity. Cases used to illustrate specific points. Topics vary. Delivered in a totally online format, web-based format, or in a face-to-face format.

5550:465. Psychology of Injury Rehabilitation. (2 Credits)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This course will address the cognitive and affective aspects of injury and rehabilitation of injury. Specifically the stages of rehabilitation and techniques to aid in the rehabilitation process.

5550:467. Practicum II. (1 Credit)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This course will allow the students to practice psychomotor skills in the high school setting while being supervised by a certified athletic trainer.

5550:470. Injury Pathology & Therapeutic Interventions. (3 Credits)
Prerequisites: 3100:200, 3100:201, 3100:202, and 3100:203. This course will discuss common musculoskeletal pathology and surgical procedure associated with a physically active population.
5550:480. Special Topics: Physical Education. (1-4 Credits)
(May be repeated with a change in topic) Prerequisite: Permission of instructor. Group study of special topics in physical education. May be repeated with change in topic. Delivered in a totally online format, web-based format, or in a face-to-face format. *Students must be in the College of Education to take 300/400 level courses.

5550:485. Exercise Science Capstone. (2 Credits)
Prerequisites: 5550:302 and 5550:403. Designed to familiarize students with current issues in exercise physiology. Students will be expected to obtain a professional certification during this course.

5550:490. Workshop in Physical Education. (1-3 Credits)
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.

5550:494. Student Teaching Colloquium for Physical & Health Education. (2 Credits)
Corequisite: 5550:495. 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.

5550:495. Student Teaching for Physical & Health Education. (11 Credits)
Prerequisites: Approval of the Student Teaching Committee, considered based upon approved application to student teaching, passing OAE subject test, and approved portfolio. Corequisite 5550:494. Planned teaching experience in schools selected and supervised by the Office of Student Teaching.

5550:497. Independent Study: Physical Education. (1-6 Credits)
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.