
ALL COURSES

PHYSICAL EDUCATION - ACTIVITIES

PE 1041: Jazz Dance I

This course offers technique and performance training in jazz dance. Flexibility, strength, body alignment and coordination lay a foundation for the introduction of more advanced aspects of dance artistry including mobility, musicality, and style. Each class is structured around a warm-up leading to locomotion across the floor and center combinations.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1051: Volleyball

Designed for beginning volleyball players. The student will learn the fundamental skills, knowledge of the rules, and terminology associated with volleyball.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1101: Folk and Square Dance

Course content will include the origin and factors which influence development of folk and square dance. Basic steps, basic positions, and dance movements will be introduced to the students.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1121: Social Dance

Techniques of leading and following, basic positions, and a variety of dance steps will be introduced throughout the course.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1201: Orientation to Health, Physical Education, and Wellness Science

This course provides an introduction to the HPE/WS curriculum, as it affects the student. Emphasis will be given to resources, services and opportunities available to the student through the University, which will help him or her grow as a professional. This is a pass or fail class.

PE 1301: Beginning Ballet I

These courses are designed for those students that have little or no ballet training but have an interest in pursuing dance. Ballet forms the basis for all dance arts and offers specific training in all muscle groups of the body. These courses offer students beginning-level technical and performance training in ballet. Flexibility, strength, body alignment and coordination lay a foundation for the introduction of more advanced aspects of dance artistry including more difficult steps, musicality, mobility, and balance.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1311: Beginning Ballet II

These courses are designed for those students that have little or no ballet training but have an interest in pursuing dance. Ballet forms the basis for all dance arts and offers specific training in all muscle groups of the body. These courses offer students beginning-level technical and performance training in ballet. Flexibility, strength, body alignment and coordination lay a foundation for the introduction of more advanced aspects of dance artistry including more difficult steps, musicality, mobility, and balance.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1321: Intermediate Ballet I

These courses offer intermediate level training in ballet technique and performance for proficient dancers. It stresses the physical and mental skills necessary to make the transition to more advanced dance work. These include physical stamina, strength, flexibility, articulation, coordination, musicality, and phrasing; an understanding of basic physical concepts underlying clear and efficient movement; the capacity to assimilate new movement material; and an awareness of the center of gravity and its role in the mobilization and control of the body.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1331: Intermediate Ballet II

These courses offer intermediate level training in ballet technique and performance for proficient dancers. It stresses the physical and mental skills necessary to make the transition to more advanced dance work. These include physical stamina, strength, flexibility, articulation, coordination, musicality, and phrasing; an understanding of basic physical concepts underlying clear and efficient movement; the capacity to assimilate new movement material; and an awareness of the center of gravity and its role in the mobilization and control of the body.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1341: Intermediate Ballet III

These courses offer intermediate level training in ballet technique and performance for proficient dancers. It stresses the physical and mental skills necessary to make the transition to more advanced dance work. These include physical stamina, strength, flexibility, articulation, coordination, musicality, and phrasing; an understanding of basic physical concepts underlying clear and efficient movement; the capacity to assimilate new movement material; and an awareness of the center of gravity and its role in the mobilization and control of the body.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1361: Advanced Ballet I

These courses are a continuation and refinement of the skills achieved in Intermediate Ballet I-IV. The courses offer advanced level training in ballet technique and performance for proficient dancers. They stress the physical and mental skills necessary to make the transition to professional dance work. These include physical stamina, strength, flexibility, articulation, coordination, musicality, and phrasing; an understanding of basic physical concepts underlying clear and efficient movement; the capacity to assimilate new movement material; and an awareness of the center of gravity and its role in the mobilization and control of the body.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1401: Archery and Recreational Games

The student will learn the fundamental skills in archery, including care and selection of archery tackle. Recreational games will include table tennis, giant volleyball, three way volleyball, box hockey, pin ball, scooter soccer, variety ball, indoor soccer, and horse shoes.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1411: Badminton

Designed for beginning badminton players. The student will learn the fundamental skills and a knowledge of the rules and terminology associated with badminton.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1431: Bowling

The bowling classes are structured for the beginning bowler. Fundamental skills and general bowling knowledge and etiquette will be introduced to the student.

\$77.50 course fee.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1481: Tennis

Constructed to aid the beginning tennis player to learn the fundamental skills for tennis. The student will gain a knowledge of the rules and strategy in tennis.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1851: Tennis and Basketball

Designed for the average student. Fundamentals in basketball and tennis will be introduced along with knowledge of the rules and strategies of play.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1901: Beginning Swimming

This course is for non-swimmers who desire to develop swimming skills, from beginner level to the intermediate level, in the basic swim strokes. Survival and basic water safety will be included. Students will participate in fitness activities appropriate to their competence in the water and level of fitness. This course will include a \$100 fee for use of the Russellville Aquatic Center.

\$100 course fee

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1911: Intermediate Swimming

This course is for swimmers who feel comfortable in the water and are looking to improve technique and learn new strokes. Course participants should be able to swim a minimum of 25 yards (meters) in the prone position and 25 yards (meters) in the supine position. This class covers more advanced swimming strokes, deep-end skills (e.g., diving, treading water), and fitness swimming. Survival and basic water safety will be included. This course will include a \$100 fee for use of the Russellville Aquatic Center.

\$100 course fee

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 1991: Racquetball

Designed to introduce the rules and strategy of racquetball and develop the basic skills needed to play racquetball successfully.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 2101: Methods of Teaching Team Activities

This course is designed to develop competency in fundamental motor skills and knowledge of teaching fundamental motor skills to Pre-K12 students using selected team sport curricular activities. Emphasis will be placed on developing and evaluating the student's fundamental motor skill performances and application of knowledge in motor development while planning appropriate physical activities in comprehensive Physical Education curriculum. Laboratory three hours (includes a skill lab scheduled outside of class meeting times).

Note: A grade of C or better is required for Health and Physical Education Majors.

PE 2111: Methods of Teaching Individual Activities

This course is designed to assist in preparing students to be skilled and knowledgeable in selected individual and dual sport curricular activities. Emphasis will be placed on further developing and evaluating the students' fundamental motor skills and knowledge in motor development while planning physical activities for Pre-K-12 students.

Laboratory three hours (includes a skill lab scheduled outside of class meeting times).

Note: A grade of C or better is required for Health and Physical Education Majors.

PE 2301: Beginning Golf

Designed for individuals who wish to learn the basic fundamentals in golf. Course includes the fundamentals of the full swing and the fractional swing in golf. It also includes the knowledge of rules and courtesies of golf.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 2513: First Aid

Standard and advanced course in first aid. This course includes CPR instruction.

Note: A grade of C or better is required for Health and Physical Education Majors.

PE 2523: Foundations in Health and Physical Education

A study of history, philosophy, and principles of health and physical education in grades K 12 as applied to each area.

Note: A grade of C or better is required for Health and Physical Education Majors.

PE 2533: Sports Officiating

An in-depth study of the rules and mechanics involved in officiating sports. The sports to be included are basketball, football, volleyball, and softball.

PE 2653: Anatomy and Physiology

Prerequisite: BIOL 1014 Introduction to Biological Science, must earn a grade of C or better.

The structure and function of the human body with emphasis on the bodily systems important to teachers and practitioners of wellness, fitness, and physical education.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 2932: Lifeguard Training

Prerequisite: Ability to swim 300 yards and tread water for 2 minutes.

This course is for individuals interested in developing the skills and knowledge needed to prevent and respond to emergencies in and around an aquatic environment. Students will learn how quick response times and effective preparation are vital to being a lifeguard while also understanding the importance of preventative strategies to reduce or eliminate drownings and injuries. Course participants must pass a minimum skills test consisting of swimming and water safety skills to participate in the course. Students must show proof of current certification in First Aid, CPR, and AED training to receive Lifeguard certification. This course will include a \$100 fee for use of the Russellville Aquatic Center.

\$100 course fee

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 2941: Scuba Diving I

This course is designed to serve as an introduction to SCUBA diving. This course will include classroom and labs (pool session). This class will teach the skills (academic and pool training) necessary to SCUBA dive and how to prepare for open water SCUBA diving. The open water sessions are optional for this course - but required for the individual student to complete certification. All scuba equipment is supplied by the instructor.

\$100 course fee.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 2951: Scuba Diving II

Prerequisite: Open Water Diver certified or equivalent (see instructor for equivalency).

This course is designed to serve as a way to introduce and Open Water Certified SCUBA diver to more adventures in diving. Two mandatory skills will be introduced: Deep water diving and advanced compass navigation. In addition, the text will introduce the student to additional levels of SCUBA certification including Underwater Photography, Wreck Diving, Marine Ecosystems, and more. All scuba equipment is supplied by the instructor. \$150 course fee.

This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

PE 3051: Methods of Teaching Fitness and Wellness Concepts

This course is designed to provide the student with knowledge needed to implement a sound fitness and wellness program that will yield the desired results. The emphasis is on teaching students how to take control of their own personal health and lifestyle habits so that they can make a deliberate effort to stay healthy and achieve the highest potential for well-being.

Laboratory three hours (includes a skill lab scheduled outside of class meeting times). \$25 Tech Fit fee.

Note: A grade of C or better is required for Health and Physical Education Majors.

PE 3101: Methods of Teaching Rhythmic and Gymnastic Movements

Methods and activities to develop rhythm, folk dance, and gymnastic skills related to teaching physical education.

Laboratory two hours.

Note: A grade of C or better is required for Health and Physical Education Majors.

PE 3413: Coaching Theory

The course exposes students to the theory of coaching, relevant to athletics. Emphasis is placed on organization, management, and content involved in coaching a variety of sports.

Note: A grade of C or better is required for Health and Physical Education Majors.

PE 3512: Coaching Strategies: Football & Baseball

Principles of coaching football and baseball, including off-season training programs, team organization, offense, defense, scouting, and use of visual aids.

One hour lecture and one hour laboratory.

Note: A grade of C or better is required for Health and Physical Education Majors.

PE 3522: Coaching Strategies: Basketball & Track and Field

Principles of in-season and off-season training programs and team organization for track and field. Additionally, the course is designed to provide a systematic process for teaching basketball skill development and team strategies. Emphasis on fundamental skills and drills, rules and evolution of the game, offensive and defensive strategies used by various successful coaches are introduced. Extensive use of floor demonstrations and video presentations enhance the course content.

One hour lecture and one hour laboratory.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 3532: Coaching Strategies: Softball and Volleyball

This course will offer information relative to the following topics for both volleyball and softball: in-season and off-season training programs, team organization, offense, defense, special situations, scouting, and use of visual aids.

One hour lecture and one hour laboratory.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 3543: Motor Development and Lifespan Applications in Pedagogy

Prerequisite: Admission to Stage II or by permission of the Department.

Motor development including fundamental motor pattern characteristics, human growth, perceptual motor development, fitness development across the lifespan, and applications of pedagogy concepts related to motor development.

Lecture one hour, laboratory two hours.

PE 3573: Prevention and Care of Athletic Injuries

Prerequisites: PE 2653 Anatomy and Physiology, 3663

Development of techniques in prevention and treatment of athletic injuries.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 3583: Methods and Materials in Physical Education for Kindergarten and Elementary Grades

Prerequisite: PE 3103

Methods, materials, supervision, school problems, rhythmical activities, movements exploration, and group games for kindergarten and elementary teachers.

Lecture two hours, laboratory two hours. Lecture, activity, and a field experience scheduled outside of class meeting times.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 3593: Methods of Teaching Health and Physical Education for K-6 Teachers

Develop knowledge of concepts of motor development and motor learning that includes manipulative skills and movement. Knowledge of activities to develop basic movement patterns, primary lead-up game skills, leisure activities, rhythmic skills and fitness in K-6 grades. Basic knowledge of safety and injury prevention including knowledge of health concepts, physical education development and how to integrate other subjects found in the K-6 curriculum into physical education activities.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 3603: Methods and Materials in Physical Education for Secondary Schools

Prerequisites: PE 2101 Methods of Teaching Team Activities, PE 2111 Methods of Teaching Individual Activities and admission to Stage II.

A course in program planning and techniques of teaching physical education in the secondary schools, critical analysis of methods now in use in physical education, and criteria for evaluation of programs.

Lecture two hours, laboratory two hours. Lecture, activity, and a field experience scheduled outside of class meeting times.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 3661: Laboratory Experiences in Anatomy/Physiology and Kinesiology

Prerequisite: PE 2653 Anatomy and Physiology or permission of department head.

The laboratory experience supplements Anatomy/Physiology and Kinesiology by providing practical experiences which enable students to bridge the gap between theory and practice.

Laboratory two hours.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 3663: Kinesiology

Prerequisite: PE 2653 Anatomy and Physiology

Study of human movement and the physical and physiological principles upon which it depends. Body mechanics, posture, motor efficiency and the influence of growth and development upon motor performance.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 4033: Exercise Physiology

Prerequisites: PE 2653 Anatomy and Physiology, 3663, and 3661, or permission of the department head.

Introduction to the basic effects of exercise on physiology of the systems of the body, and the principles of exercise prescriptions and programs.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 4103: Principles of Adapted Physical Activity

Principles and methods for assessing, motivating, educating, and training special populations clients of all ages regarding their health and fitness needs. Special populations include those with chronic and temporary health conditions. This course will introduce students to the materials and practices required for the American College of Sports Medicine Certified Inclusive Fitness Trainer (clinical tract) or the National Strength and Conditioning Association Certified Special Populations Specialist (athletic tract) certifications.

Lecture two hours, laboratory two hours (includes activity), and a field experience scheduled outside of class meeting times.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 4203: Methods of Teaching Adapted Physical Education

Prerequisites: PE 3103, PE 3583 Methods and Materials in Physical Education for Kindergarten and Elementary Grades or permission of the department head.

Principles and methods of teaching students with disabilities in the schools.

Lecture two hours, laboratory two hours. Lecture, activity, and a field experience schedule outside of class meeting times.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 4513: Organization and Administration of Health and Physical Education

Organization and administration problems in grades K 12 to be treated as a single administrative unit.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 4523: Measurement and Evaluation in Health and Physical Education

Prerequisite: Admission to Stage II or permission from department head.

Assessment as a comprehensive process to define the dynamic relationship between Pre-K-12 students and the physical education curriculum which contributes to decision making about: classification, diagnosis and guidance, motivation, progress reporting, and program refinement.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 4701: Special Methods in Health and Physical Education

Prerequisites: Admission to student teaching phase of the teacher education program.

Co-requisite: Enrollment in SEED 4503 Seminar in Secondary Education and SEED 4809 Teaching in the Elementary and Secondary School

Intensive on campus exploration of the principles of curriculum construction, teaching methods, use of community resources, and evaluation as related to teaching health and physical education.

Note: A grade of C or better is required for Health and Physical Education majors.

PE 4991: Special Problems in Health and Physical Education

Prerequisite: PE 4523 Measurement and Evaluation in Health and Physical Education

Open to physical education majors and minors of outstanding ability. Course content will include readings and research and the setting up and carrying out of a piece of research which will include review of literature, the problem, and conclusion.

PE 4992: Special Problems in Health and Physical Education

Prerequisite: PE 4523 Measurement and Evaluation in Health and Physical Education

Open to physical education majors and minors of outstanding ability. Course content will include readings and research and the setting up and carrying out of a piece of research which will include review of literature, the problem, and conclusion.

PE 4993: Special Problems in Health and Physical Education

Prerequisite: PE 4523 Measurement and Evaluation in Health and Physical Education

Open to physical education majors and minors of outstanding ability. Course content will include readings and research and the setting up and carrying out of a piece of research which will include review of literature, the problem, and conclusion.