

PED 100
Fundamentals of Fitness

Credit Hours:	3	Contact Hours:	3
Pre-Requisite:	None	Text:	None

Course Description

This lecture course includes the basic principles of physical education and physical fitness. It explores psychological and physiological effects of exercise and physical fitness, including effects on the human skeleton, muscle development, respiration, and coordination. It is viewed as an introduction to such laboratory courses as slimnastics, weight training, and conditioning. The course may also include fitness evaluation, development of individuals fitness programs, and participation in fitness activities.

Objectives

You will be able to increase or maintain cardiovascular endurance and fitness. You will learn to control body weight. The student will develop an adequate amount of strength and flexibility and be able to write a relaxation program.

Topics

Session 1: *Cardiovascular Endurance*

Administer cardiovascular endurance test.
Write a cardiovascular endurance program.
Engage in a cardiovascular endurance program.

Session 2: *Weight Control*

Administer and interpret test to correctly determine proper body weight.
Be able to write a personalized weight control program.
Engage in a weight program while reaching proper levels and maintaining your proper weight level.

Session 3: *Strength and Flexibility*

Administer and interpret strength and flexibility programs and tests.
Write a personal strength and flexibility program.
Engage in your own program to enhance strength and flexibility.

Session 4: *Relaxation*

Learn to evaluate life styles to determine how vulnerable we are to stress.
Write a personalized relaxation program.
Engage in a relaxation program to combat and control stress in your life.

Equipment

Calipers Yard Stick Stop Watch Weight Equipment Track Bike

Evaluation

Written Test: Materials covered in lecture.
Fitness Program: Written in each fitness range.
Class: Attendance and participation.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

**PED 101
Slimnastics**

Credit Hours: 1 Contact Hours: 2
Pre-Requisite: None

Course Description

This course provides an individualized approach to physical fitness, wellness, and other health-related factors. Emphasis is placed on the scientific basis for setting up and engaging in personalized physical fitness programs. Topics include specific exercises contributing to fitness and the role exercise plays in developing body systems, nutrition, and weight control. Activities include stretching, toning, indoor and outdoor walking, cardiovascular conditioning exercises on the Life Steps, bicycle, treadmills, rowing machine, skywalker, skate machine, and strength training on the Nautilus machines. Programs will be individualized based on the students' personal goals and abilities.

Course Objectives

During this course the student will:

1. Obtain body weights, measurements, and body fat analysis at specified intervals.
2. Apply principles of healthy eating habits and weight control in daily routine.
3. Participate in planned exercise sessions to improve flexibility, strength, and cardiovascular endurance.
4. Begin each exercise session with stretching and a warm-up period and finish the session with a cool-down period.
5. Keep a written chart of each exercise session including exercises performed, weight, repetitions, and cardiovascular exercise data (miles, steps, minutes, etc.).
6. Keep a record of foods eaten specifying the number of fat grams and total calories per day for at assigned times.
7. Calculate own target heart rate.
8. Assess pulse at specified intervals during exercise.
9. Identify the benefits of regular physical activity.

Teaching Methods

Demonstration/Exercise Handouts/Discussion Videos

Equipment

Cardio and Nautilus Machines Dumbbells and Free Weights Towel

Evaluation Criteria

Participation 75% Notebook 25%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 102
Slimnastics/Weight Management
Instructor: Cynthia Newman
Email: cynthia.newman@wallacestate.edu
Office Location: Wellness Center, Front Office
Phone: 256.352.8357
Office Hours: 6:45am-3:15 pm

Credit Hours: 1 Semester Hour Contact Hours: 2 per week
Pre-Requisites: None

Welcome and Introduction

The purpose of this syllabus is to provide information about this course and the tools and resources that are accessible to ascertain your success in the class. You have begun an exciting journey to improve your physical fitness, body composition, and eating habits. I encourage you to take personal responsibility for learning and lifestyle changes. If you have goals for weight management it is my desire that you will embrace the information presented in this course and become engaged in the behaviors that will lead to achievement of your goals. This will take a personal commitment and self-motivation, which I am confident that you are capable of doing. It is my belief that weight management and exercise should be a long-term commitment and will lead to rewards of improved health and wellness. Also, I encourage you to avoid diet programs that promise quick results with minimal effort and to analyze the media/literature carefully in order to make wise decisions concerning your health.

Class Format

The class will meet for structured activities three times during the semester. Valid reasons should accompany absences from these sessions. Make-up sessions should be scheduled. These three sessions are outlined in the course calendar. The exercise sessions that will be ongoing during the semester may be done in the WSCC Weight Room/Facilities, another facility of your choice, or at home. Assignments should be submitted to my office at the Wellness Center. If you need assistance with any of the assignment/activities please let me know and I will be glad to work with you.

Learning Styles-This course will target learners with visual, auditory, kinesthetic preferences.

Learning Options-Learners may choose demonstration of knowledge in nutrition lab or small group presentations. Assignments may also be done online at selected nutrition links and submitted to instructor.

Innovation/Use of Technology-Students may access selected websites to gather knowledge and gain skills to achieve the learning outcomes.

Course Description

This course is an intermediate-level slimnastics class. Topics include specific exercises contributing to fitness and the role exercise plays in developing body systems, nutrition, and weight control. Upon completion, students should be able to implement and evaluate an individualized physical fitness program.

Course Objectives

Upon completion of this course the learner will be able to:

- ✚ Integrate the five components of physical fitness into a physical fitness program.
- ✚ Utilize specific exercises to improve muscular strength, muscular endurance, and flexibility.
- ✚ Explain current recommendations for healthy eating.
- ✚ Analyze factors that determine an individual's weight, body composition, and affect on wellness.
- ✚ Design a personal plan for sensible weight management.

Assessment Activities

Each activity assigned for the course will be graded using rubrics which are included in this syllabus. It is the student's responsibility to read the contents of the rubrics for each activity before initiating the activity.

Evaluation

Fitness Activity Rubric-----50%
Nutrition Log Rubric-----25%
Nutrition Lab Rubric-----25%
Behavior Modification Rubric-25%

Facilities

The Wellness Center provides a well-equipped weight room with equipment for a well-rounded fitness program. Two indoor walking gyms are provided as well as an outdoor track. Also, an indoor walking track is available next door in the Drake Coliseum. Racquetball, basketball, and volleyball courts are available for students to use in team activities. Locker rooms provide lockers, showers, and a sauna. Students using the lockers should secure valuables with a self-provided lock.

Special Needs-ADA Statement

Students are encouraged to contact the ADA Coordinator to initiate accommodations you may require to be successful in this course. Instructors are willing to work with the ADA Coordinator to provide reasonable accommodations within the classroom. For additional information, please refer to the college catalog or contact Lisa Harris, ADA Coordinator, Bailey Center, office telephone number is 352-8043.

Academic Integrity

WSCC students are expected to use academic integrity and pledge as follows: "I pledge on my honor that I have neither given nor received any unauthorized assistance on this assignment."

Copyright Notices

Students should review copyright notices in resources utilized to avoid copyright infringement.

(3-06)

PED 103
Weight Training I

Credit Hours:	1	Contact Hours:	2
Pre-Requisite:	None	Text:	None

Course Description

This course introduces the basics of weight training. Emphasis is placed on developing muscular strength, muscular endurance, and muscle tone. Upon completion, students should be able to establish and implement a personal weight training program. Training programs are selected according to the students fitness evaluation and personal fitness goals. Programs will incorporate the use of nautilus, free weights, and Life Fitness equipment.

Course Objectives

During this course the student will:

1. Participate in planned weight training/exercise sessions to develop each body area/muscle group.
 2. Complete body measurements and weights at specified intervals.
 3. Demonstrate strength flexibility and cardiovascular endurance on fitness evaluations at specified intervals.
 4. Utilize correct training principles/techniques while exercising.
 5. Practice recommended safety precautions spotting proper body mechanics and breathing techniques while exercising.
 6. Begin each exercise session with a warming period including specific flexibility exercise and end each session with cool down period.
 7. Keep a written chart of each exercise session including exercises, weight, repetitions, and sets.
 8. Name each piece of equipment being used and the muscle group(s) being worked.
 9. Identify all health and fitness benefits derived from weight training.
2. Follow guideline for use of weight room and equipment.

Teaching Methods

Demonstration/Exercise	Handouts	Presentations
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Equipment

Nautilus	Free Weights	Life Fitness Machines	Weight Belts	Towel
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Fitness Attire

Women: Shorts, shirts, leotards, tights, warm-ups, shoes

Men: Shorts, shirts/tank tops, warm-ups, shoes

No belts to be worn other than weight belts

No jeans

Evaluation Criteria

Written Test 10%

Participation 80%

Accurate/Complete Fitness Record 10%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 104
Weight Training II

Credit Hours:	1	Contact Hours:	2
Pre-Requisite:	PED 103	Text:	None

Course Description

This course covers advanced levels of weight training and is designed to improve students strength, endurance, flexibility, and muscular development. This course builds on principles and techniques learned in Weight Training I with an emphasis on increased strength and endurance according to the students personal fitness goals. Intermediate and advanced free weight and nautilus programs will be utilized.

Course Objective

During this course the student will:

1. Participate in planned weight training/exercise sessions to develop each body area/muscle group.
2. Complete body measurements and weight at specified intervals.
3. Demonstrate strength flexibility, and cardiovascular endurance on fitness evaluations at specified intervals.
4. Utilize correct training principles/techniques while exercising.
5. Practice recommended safety precautions, spotting proper body mechanics, and breathing techniques while exercising.
6. Begin each exercise session with a warming period including specific flexibility exercise and end each session with a cool down period.
7. Keep a written chart of each exercise session including exercises, weight, repetitions, and sets.
8. Name each piece of equipment being used and the muscle group(s) worked.
9. Identify the health and fitness benefits derived from weight training.
10. Follow guidelines for use of weight room and equipment.

Teaching Methods

Demonstration/Exercise	Handouts	Presentations
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Equipment

Nautilus
Free Weights
Life Fitness machines
Weight Belts
Towel

Fitness Attire

Women: Shorts, shirts, leotards, tights, warm-ups, shoes

Men: Shorts, shirts/tank tops, warm-ups, shoes

No belts to be worn other than weight belts

No jeans

Evaluation Criteria

Written Test 10%

Participation 80%

Accurate/Complete Fitness Record 10%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom.

If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 105
Personal Fitness

Credit Hours:	1	Contact Hours:	2
Pre-Requisite:	None	Text:	None

Course Description

This course is designed to provide the student with information allowing him/her to participate in a personally developed fitness program. Topics include cardiovascular, strength, muscular endurance, flexibility, and body composition. Information on nutrition, weight control, and physical fitness will be discussed and how they contribute to an active and healthy lifestyle. Activities include stretching, indoor and outdoor walking, cardiovascular conditioning exercises on the Life Steps, bicycles, treadmills, rowing machine, and strength training on the Nautilus machines.

Course Objectives

During this course the student will:

1. Obtain body weights, measurements, and body fat analysis at specified intervals.
2. Apply principles of health eating habits and weight control in daily routine.
3. Participate in planned exercise sessions to improve flexibility, strength, and cardiovascular endurance.
4. Begin each exercise session with stretching and a warm-up period and finish the session with a cool-down period.
5. Keep a written chart of each exercise session including exercises performed, weight, repetitions, and Life Fitness data (miles, steps, minutes, etc.).
6. Keep a record of foods eaten specifying the number of fat grams daily for a three day period at specified times.
7. Calculate own target heart rate.
8. Assess pulse at specified intervals during exercise.
9. Identify the benefits of regular physical activity.

Teaching Methods

Demonstration/Exercise	Handouts/Discussion	Videos
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Evaluation

Written Test	10%
Participation	80%
Complete Fitness Record	10%

Equipment

Life Fitness Machines
Free Weights
Light Dumbbells
Nautilus Machines
Towel

Fitness Attire

Women: Shorts, shirts, leotards, tights, warm-ups, shoes
Men: Shorts, shirts/tank tops, warm-ups, shoes
No belts to be worn other than weight belts.
No jeans.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 106
Aerobics - Low Impact

Credit Hours: 1

Contact Hours: 2

Course Description

This course will include low impact exercises performed to music to enhance cardiorespiratory fitness and flexibility. Students will participate in fitness and flexibility testing and will monitor own heart rate during the exercise sessions. Low impact aerobics are designed to reduce exercise stress in the joint and muscle by minimizing ballistic lower body movements, replacing jogging and jumping with movements such as low kicks, marches, and lunges. Low impact aerobics expend energy by moving the lower body horizontally, along with multi-directional movements of the upper body (on the floor and bench). Low impact does not imply low intensity exercise. The goal is to keep the student's heart rate in the target zone (60-90% of the maximum heart rate).

Course Objectives

During this course the student will:

1. Select a shoe that supports the foot properly during aerobic exercise.
2. Calculate your maximal heart rate.
3. Monitor pulse at the carotid artery at the specified intervals during exercise.
4. Take a fitness and flexibility test at the specified time.
5. Perform low impact aerobic exercises to music safely and correctly.
6. Identify specific muscle groups being worked with specific movements.
7. Demonstrate correct stretching techniques.

Teaching Methods

Discussion Demonstration Class Participation

Evaluation Criteria

Written Test 20% Individual Performance Level/Participation/Dressing Out 80%

NOTE: Students earn 10 points per class day for dressing in exercise attire and full participation to maximal potential. These points totaled will result in a daily grade resulting in 80% of the final grade.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 107
Aerobics - Dance

Credit Hours: 1 Contact Hours: 2
Pre-Requisite: PED 106 or permission of instructor

Course Description

This course will include low impact exercise performed to music to enhance cardiorespiratory fitness and flexibility. Students will participate in fitness and flexibility testing and will monitor own heart rate during the exercise sessions. Low impact aerobics are designed to reduce exercise stress in the joint and muscle by minimizing ballistic lower body movements, replacing jogging and jumping with movements such as low kicks, marches, and lunges. Low impact aerobics expend energy by moving the lower body horizontally, along with multi-directional movements of the upper body (on the floor and bench). Low impact does not imply low intensity exercise. The goal is to keep the student's heart rate in the target zone (60-90% of the maximum heart rate). Emphasis is placed on basic stepping up, basic choreographed dance patterns, and cardiovascular fitness; and upper body, floor, and abdominal exercises.

Course Objectives

During this course the student will:

1. Select a shoe that supports the foot properly during aerobic exercise.
2. Calculate your maximal heart rate.
3. Monitor pulse at the carotid artery at the specified intervals during exercise.
4. Take a fitness and flexibility test at the specified time.
5. Perform low impact aerobic exercises to music safely and correctly.
6. Identify specific muscle groups being worked with specific movements.
7. Demonstrate correct stretching techniques.

Teaching Methods

Discussion Demonstration Class Participation

Evaluation Criteria

Written Test 20% Individual Performance Level/Participation/Dressing Out 80%

NOTE: Students earn 10 points per class day for dressing in exercise attire and full participation to maximal potential. These points totaled will result in a daily grade resulting in 80% of the final grade.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

PED 108
Aerobics Dance

Credit Hours: 1 Contact Hours: 2
Pre-Requisite: PED 107 or permission of instructor

Course Description

This course will include high impact aerobic exercises performed with benches to enhance cardiorespiratory fitness and flexibility. Emphasis is placed on a wide variety of choreographed step and dance patterns, cardiovascular fitness, and upper body, abdominal, and floor exercises. Students will participate in fitness and flexibility testing and will monitor own heart rate during the exercise sessions. High impact aerobics involve high intensity aerobic exercises. Movement is continuous using large muscle groups (full body) in multi-directional motions. High impact aerobics emphasize more vertical movement, such as jogging and jumping than other aerobic exercise. The goal is to keep the participant's heart rate in the target zone (60-90% of the maximum heart rate).

Course Objectives

During this course the student will:

1. Calculate your maximal heart rate.
2. Monitor pulse at the carotid artery at the specified intervals during exercise.
3. Take a fitness and flexibility test at the specified time.
4. Identify specific muscle groups being worked with specific movements.
5. Demonstrate correct stretching techniques.
6. Develop skills in coordinating upper and lower body motions simultaneously.
7. Demonstrate proper high impact aerobic movements to prevent injury.

Teaching Methods

Discussion Demonstration Class Participation

Evaluation Criteria

Written Test 20% Individual Performance Level/Participation/Dressing Out 80%

NOTE: Students earn 10 points per class day for dressing in exercise attire and full participation to maximal potential. These points totaled will result in a daily grade resulting in 80% of the final grade.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 109

Jogging

Credit Hours: 1

Contact Hours: 2

Pre-Requisite: Medical Assessment and Waiver form on file in instructor's office

Course Description

Jogging or fitness walking is an excellent aerobic exercise that can be enjoyed by people of most ages. Aerobic exercise uses large muscle groups in a rhythmic and continuous manner and benefits the cardiovascular system. Walking is one of the safest and most effective forms of exercise to development physical fitness and health benefits. Jogging or fitness walking is a versatile exercise. It can be started on a basic beginner level and increased as conditioning improves. Flexibility in scheduling allows the student to jog or walk at times convenient to daily work and classes. No special equipment is required except a good pair of walking or running shoes.

Objectives

1. Perform medical assessment and notify instructor of any health problems.
2. Perform walking or jogging test as specified on the instruction page.
3. Keep and exercise log for walking or jogging (see instruction page).
4. Perform flexibility/stretching exercises as part of warm-up and cool-down routine.
5. Participate in specified walking or jogging sessions as required.
6. Monitor heart rate during each exercise session (during peak cardiovascular work period).
7. Submit required written records at specified date and time.
8. Read units in the packet on benefits of exercise, warm-up and flexibility, and heart rate checks.
9. Apply knowledge or principles of safe exercise during walking and running activity

Evaluation Criteria

Participation: Two days a week showing progression in duration and distance = 60%

Exercise Log 30%

Medical Assessment 10%

(Rev. 3-06)

PED 118
General Conditioning - Beginning

Credit Hours: 1	Contact Hours: 2
Text: None	Pre-Requisite: None

Course Description

This course provides an individualized approach to general conditioning utilizing the five major components. Emphasis is placed on the scientific basis for setting up and engaging in personalized physical fitness and conditioning programs. Upon completion, students should be able to set up and implement an individualized physical fitness and conditioning program.

Course Objectives

Upon completing this course the student will be able to:

1. Identify the guidelines for safe conditioning.
2. Develop increased strength, flexibility, and endurance.
3. Apply principles of safe conditioning relative to warm-up, cool-down, breathing, stretching, spotting, use of weight belts, and proper form.
4. Perform exercises to improve cardiorespiratory endurance as evidenced by improved fitness score.
5. Participate in fitness testing at three intervals during the semester.
6. Apply principles of healthy eating habits and weight control in daily routine.

Equipment

Nautilus	Free Weights	Life Fitness Machine	Weight Belts
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Fitness Attire

Women: Shorts, shirts, leotards, tights, warm-ups, shoes
Men: Shorts, shirts/tank tops, warm-ups, shoes

Teaching Methods

Demonstration	Discussion	Handouts	Exercise
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Evaluation Criteria

Exercise Record	25%	Program Design	25%
Strength Progress	25%	Endurance (Cardiorespiratory Progress)	25%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

PED 119
General Conditioning - Intermediate

Credit Hours: 1	Contact Hours: 2
Text: None	Pre-Requisite: None

Course Description

This course is an intermediate-level fitness and conditioning program class. Topics include specific exercises contributing to fitness and role exercise plays in developing body systems. Upon completion, students should be able to implement and evaluate an individualized physical fitness and conditioning program.

Course Objectives

Upon completing this course the student will be able to

1. Identify the guidelines for safe conditioning.
2. Develop increased strength, flexibility, and endurance.
3. Apply principles of safe conditioning relative to warm-up, cool-down, breathing, stretching, spotting, use of weight belts, and proper form.
4. Perform exercises to improve cardiorespiratory endurance as evidenced by improved fitness score.
5. Participate in fitness testing at three intervals during the semester.
6. Apply principles of healthy eating habits and weight control in daily routine.

Equipment

Nautilus Free Weights Life Fitness Machines Weight Belts

Fitness Attire

Women: Shorts, shirts, leotards, tights, warm-ups, shoes

Men: Shorts, shirts/tank tops, warm-ups, shoes

Teaching Methods

Demonstration Discussion Handouts Exercise

Evaluation Criteria

Exercise Record	25%	Program Design	25%
Strength Progress	25%	Endurance (Cardiorespiratory) Progress	25%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

PED 123
Golf - Beginning

Credit Hours: 1

Pre-Requisite: None

Course Description

This course emphasizes the fundamentals of golf. Topics include the proper grips, stance, alignment, swings for the short and long game, putting, and the rules and etiquette of golf. Upon completion, students should be able to perform the basic golf shots and demonstrate a knowledge of the rules and etiquette of golf.

Course Objectives

During this course the student will:

- 1.Appreciate the versatility of the game of badminton
- 2.Know the important considerations for selecting and caring for badminton equipment
- 3.Understand the rules and scoring procedures of the game
- 4.Understand badminton strategy and etiquette
- 5.Instruct a group of students in the fundamentals of badminton
- 6.Recognize and use badminton terms correctly

Teaching Methods

Grips Long Shot Short Shot

Equipment

Golf Clubs Golf Balls Golf Bag

Evaluation Criteria

Participation 70% Testing 30%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 124
Golf - Intermediate

Credit Hours: 1

Pre-Requisite: PED 123

Course Description

This course covers the more advanced phases of golf. Emphasis is placed on refining the fundamental skills and learning more advanced phases of the games such as club selection, trouble shots, and course management. Upon completion, students should be able to demonstrate the knowledge and ability to play a recreational round of golf.

Course Objectives

1. Describe the correct grip, wrist action, ready position, footwork, strokes, and shots.
2. Emphasize skill, stamina, and athletic ability necessary for badminton competition.

Teaching Methods

Chipping Putting Draws

Equipment

Golf Clubs Golf Balls Golf Bag

Evaluation Criteria

Participation 70% Testing 30%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 128
Racquetball

Credit Hours: 1 Contact Hours: 4 per week
Pre-Requisite: None

Course Description

This course introduces principles and practices of the sport of racquetball. It includes teaching the beginning racquetball player basic skills and strategy.

Course Objectives

The completion of this course will:

1. Provide the beginning racquetball player with an easy-to-follow sequence of playing techniques.
2. Instill an interest in a game that can not only be played by the student while in school but has a carryover value into later life.
3. Provide information in a step-by-step sequence that the beginning player will soon know the basic skills as well as the strategy that will dictate the use of each particular skill.

Units of Study

1. Basic Rules
2. Strokes
 - A. Serve
 - B. Backhand
 - C. Forehand
 - D. Lobs
3. Positioning
4. Strategy

Teaching Methods

Discussion Lectures Demonstration Class Participation

Evaluation Criteria

Class Participation 60% Written Examination Two (20% each)
(knowledge and mastery of strokes)

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

PED 133
Beginning Tennis

Credit Hours: 1

Contact Hours: 2

Course Description

Beginning methods and analysis of skills essential to effective teaching or coaching in tennis.

Course Objectives

To provide skills of a carry over value for adult life. To learn an additional leisure time pursuit. To teach skills necessary to play tennis effectively.

Topics Covered

Session 1: History of activity

Session 2: Care of equipment

Session 3: Dress

Session 4: Techniques:

Forehand, backhand, forehand volley, backhand volley, serve

Evaluation

Written test: Covering knowledge, scoring, and learning situations covered in class. Skills test.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 134
Intermediate Tennis

Credit Hours: 1

Contact Hours: 2

Course Description

This course covers more advanced methods and analysis of skills essential to effective teaching or coaching in tennis. Emphasis is placed in the refinement of playing skills.

Course Objectives

To provide skills of a carry over value for adult life. To learn an additional leisure time pursuit. To teach skills necessary to play tennis effectively.

Topics Covered

Session 1: History of activity

Session 2: Care of equipment

Session 3: Dress

Session 4: Advanced Techniques:

Forehand, backhand, forehand volley, backhand volley, serve

Evaluation

Written test: Covering knowledge, scoring, and learning situations covered in class. Skills test.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 171
Basketball-Beginning

Credit Hours: 1

Pre-Requisite: None

Course Description

This course covers the fundamentals of basketball. Emphasis is placed on skill development, knowledge of the rules, and basic game strategy. Upon completion, students should be able to participate in recreational basketball.

Course Objectives

1. Tell the history of the game of basketball
2. Demonstrate the fundamental skills of passing, dribbling, and shooting
3. Explain the general principles of offensive and defensive strategy

Teaching Methods

Demonstration Testing

Equipment

Appropriate gym clothing including supported shoes

Evaluation Criteria

Participation 80% Test 20%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

**PED 172
Basketball**

Credit Hours: 1

Pre-Requisite: PED 171

Course Description

This course covers more advanced basketball techniques. Emphasis is placed on refining skills and developing more advanced strategies and techniques. Upon completion, students should be able to play basketball at a competitive level.

Course Objectives

1. Explain the basic rules of the game and the slight differences that exist between the men's and women's game
2. Instruct a group of students in the basic skills of basketball

Teaching Methods

Demonstration Testing

Equipment

Appropriate gym clothing

Evaluation Criteria

Participation 80% Test 20%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 176
Volleyball-Beginning

Credit Hours: 1
Pre-Requisite: None

Contact Hours: 2

Course Description

This course covers the fundamentals of volleyball. Emphasis is placed on the basics of serving, passing, setting, spiking, blocking, and the rules and etiquette of volleyball. Upon completion, students should be able to participate in recreational volleyball.

General Course Competencies

Curriculum for PED 176

1. The student will develop fundamental skills for beginning volleyball
2. The student will indicate knowledge of the playing area, safety considerations, and equipment used in volleyball
3. The students will recognize history, origin, and development of volleyball
4. The student will learn rules and scoring of volleyball
5. The student will indicate knowledge of court positions and strategy
6. The student will recognize health and fitness benefits acquired in volleyball
7. The student will indicate knowledge of volleyball on written tests

Course Objectives

The following practice skills (1-5) will be performed at the beginning level to the satisfaction of the instructor as recommended by the text.

1. The student will develop fundamental skills for beginning volleyball
 - A. The student will demonstrate the two basic serves:
 1. Underhand serve
 2. Overhand serve
 - B. The student will perform the three basic passes:
 1. Bump pass
 2. Set pass
 3. Dig pass
 - C. The student will execute the spike
 - D. The student will execute the block

2. The student will indicate knowledge of the playing area, safety considerations, and equipment used in volleyball
 - A. The student will identify the following court dimensions:
 1. Length
 2. Width
 3. Spiking line
 4. Serving area
 5. End line
 6. Center line
 7. Height of net for men/women
 - B. The student will identify the following safety considerations:
 1. Moveable objects
 2. Close walls
 3. Multiple courts
 4. Floor conditions
 5. Net supports
3. The student will recognize history, origin, and development of volleyball
 1. The student will explain in writing the history and origin of volleyball
 2. The student will identify in writing and/or orally the terms used in volleyball
4. The student will learn rules and scoring of volleyball. The student will apply in game situations orally and/or in writing the U.S.V.B.A. rules governing the following:
 1. Play
 2. Time factors
 3. Duties of officials
 4. Scoring
5. The student will indicate knowledge of strategy and the following court positions:
 1. Team positions and rotation
 2. Serve reception
 1. Switch
 2. No switch
 3. Alignment of serving team
6. The student will identify orally and/or in writing the health and fitness benefits acquired in volleyball
 1. Flexibility
 2. Muscular endurance
 3. Muscular strength

7. The student will indicate knowledge of volleyball on written tests. The student will correctly answer a minimum of 60% of the questions on written tests covering the following topics:
1. History of volleyball
 2. Playing area and equipment
 3. Conditioning
 4. Beginning skills
 1. The serve
 2. The pass
 3. The dig
 4. The spike
 5. The block
 5. Rules and scoring
 6. Court positions and strategy

Class Activities

1. Lecture and class discussion
2. Drills
3. Game situations
4. Demonstrations

Evaluation

The student will score at least 60% of the total possible points allowed to earn a passing grade

1. Class participation
2. Skill tests
 - A. Serving
 - B. Spiking
 - C. Passing
 - D. Setting
 - E. Blocking
3. Written tests
4. Game situations

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 177
Volleyball-Intermediate

Credit Hours: 1 Contact Hours: 2
Pre-Requisite: PED 176 or permission of instructor

Course Description

This course covers more advanced volleyball techniques. Emphasis is placed on refining skills and developing more advanced strategies and techniques. Upon completion, students should be able to participate in competitive volleyball.

General Court Competencies

Curriculum for PED 177

1. The student will review and improve on the fundamental skills of volleyball
2. The student will acquire skill in the advanced techniques of volleyball
3. The student will review knowledge of the playing area, safety considerations, and equipment used in volleyball
4. The student will review rules and scoring of volleyball
5. The student will practice and demonstrate court positioning and strategy for Advanced Volleyball
6. The student will indicate knowledge of Advanced Volleyball on written tests

Course Objectives

The following skills will be performed at the advanced-volleyball level to the satisfaction of the instructor as recommended by the text.

1. The student will review and improve on the fundamental skills of volleyball. The student will review and improve on the basic skills taught in PED 176 (Beginning Volleyball):
 - A. Underhand serve
 - B. Overhand serve
 - C. Bump pass
 - D. Set pass
 - E. Dig pass
 - F. Spike
 - G. Block

2. The student will acquire the advanced techniques of volleyball
 - A. The student will execute the proper technique of the round house serve
 - B. The student will develop the back set skill
 - C. The student will perform the jump set
 - D. The student will execute the front dive and side roll save
 - E. The student will demonstrate the drink shot
3. The student will review knowledge of the playing area, safety considerations, and equipment used in volleyball. The student will review the objectives taught in PED 176 (Beginning Volleyball) covering the playing area, safety considerations, and equipment used.
4. The student will review rules and scoring of volleyball. The student will review the objectives for the rules and scoring taught in PED 176 (Beginning Volleyball).
5. The student will practice and demonstrate court positioning and strategy for Advanced Volleyball
 1. The student will review the objectives of court positions taught in PED 176 (Beginning Volleyball)
 2. The student will acquire skill in the following advanced techniques
 - A. Front line player switch
 - B. Advanced serve reception positions
 - C. Spike coverage
 - D. Combination offensive patterns
 - E. Multiple blocking
 - F. Court coverage for non-blocking players
 - G. Freeball coverage
6. The student will recognize and identify the health and fitness benefits acquired in Advanced Volleyball orally and/or in writing
 1. Flexibility
 2. Muscular endurance
 3. Muscular strength

7. The student will indicate knowledge of Advanced Volleyball on written tests
 - A. The student will correctly answer a minimum of 60% of the questions on written tests covering the topics taught in PED 176 (Beginning Volleyball).
 - B. The student will correctly answer 60% of the questions on written tests covering the following topics
 1. Player switching
 2. Advanced serve positions
 3. Spike coverage
 4. Combination offensive patterns
 5. Multiple blocking
 6. Court coverage for non-blocking players
 7. Free ball coverage

Class Activities

1. Lecture and class discussion
2. Drills
3. Game situations
4. Demonstrations

Evaluation

The student will score at least 60% of the total possible points to earn a passing grade

1. Class participation
2. Skill tests
 - A. Serving
 - B. Spiking
 - C. Passing
 - D. Setting
 - E. Blocking
3. Written tests
4. Game situations

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 178
Soccer-Beginning

Credit Hours: 1
Pre-Requisite: None

Contact Hours: 2

Course Description

This course introduces the basics of soccer. Emphasis is placed on placed on rules, strategies, and fundamental skills. Upon completion, students should be able to participate in recreational soccer.

Course Objectives

1. Appreciate the history and sociocultural values of the most popular sport in the world
2. Understand the rules and spirit of the game
3. Demonstrate a thorough knowledge of soccer terminology

Equipment

Shorts Shirt Appropriate footwear (flat or spikes) Mouth guard

Evaluation

Written test 20% Skills test 30% Participation 50%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 179
Soccer-Intermediate

Credit Hours: 1

Contact Hours: 2

Pre-Requisite: PED 178

Course Description

This course introduces the basics of soccer. Emphasis is placed on rules, strategies, and advanced technique, skills, and strategies. Upon completion, students should be able to participate in introductory competitive soccer.

Course Objectives

1. Demonstrate proper technique associated with the fundamental skills and principles of the game
2. Understand effective teaching progression involved with skill acquisition

Equipment

Comfortable clothes

Protective eye wear

Evaluation

Written test 25%

Skills test 25%

Participation 50%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 180
Flag Football

Credit Hours: 1
Pre-Requisite: None

Contact Hours: 2

Course Description

This course introduces the fundamentals and rules of flag football. Emphasis is placed on proper techniques and strategies for playing in game situations. Upon completion, students should be able to participate in recreational flag football.

Course Objectives

1. Know the rules for the game
2. Demonstrate the basic skills of blocking and touching (removing flags), kicking, passing, and receiving a ball
3. Understand the fundamentals of offense and defense for touch and flag football
4. Correctly execute several offensive and defensive formations used in the game

Equipment

Regulation American football for men, junior-size for women Gym clothing

Evaluation

Written 20% Participation 80%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 181/182 Baseball

Credit Hours: 1

Contact Hours: 2

Pre-Requisite: None

Course Description

PED 181: This course covers the fundamentals of baseball. Emphasis is placed on skill development, knowledge of the rules, and basic game strategy. Upon completion, students should be able to participate in recreational baseball.

PED 182: This course covers more advanced baseball techniques. Emphasis is placed on refining skills and developing more advanced strategies and techniques. Upon completion, students should be able to play baseball at a competitive level.

Course Objectives

1. The development of fitness and neuromuscular skills
2. The development of the fundamentals of hitting
3. The development of the ability to pitch
4. The development of team strategy
5. The development of sound defense and the ability to defend all situations
6. The development of good base running
7. The development of special skills involved in specific situations, both offensively and defensively

Topics

1. History
2. Equipment
3. Defensive skills by position (all)
4. Fundamentals of left-side fielding
5. Defending strategy for double-plays, first and third situations, and “squeeze”.
6. Pitching mechanics and how to throw a curve ball, slider, fast change, and a cut fast ball
7. Base running
8. The act of hitting: hit and run, and bunting

Equipment

Bats Balls Gloves Bases Pitching machine

Evaluation

Written test 70% Skill test 30%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

PED 186
Softball-Beginning

Credit Hours: 1

Contact Hours: 2

Pre-Requisite: None

Course Description

This course introduces the fundamental skills and rules of softball. Emphasis is placed on proper techniques and strategies for playing softball. Upon completion, students should be able to participate in recreational softball.

Course Objectives

1. The development of fitness and neuromuscular skills
2. The development of the fundamentals of hitting
3. The development of the ability to pitch
4. The development of team strategy
5. The development of sound defense and the ability to defend all situations
6. The development of good base running
7. The development of special skills involved in specific situations both offensively and defensively

Topics

1. History
2. Equipment
3. Rules
4. Basic fundamental skill techniques
 - A. Throwing
 - B. Catching
 - C. Batting
 - D. Base running
 - E. Playing bases and outfield
 - F. Offensive and defensive strategy
5. Slow-Pitch Softball

Equipment

Bats Balls Home plate/bases Gloves/mitts Catcher's mask

Evaluation

Written test 70% Skills test 30%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

PED 200
Foundations of Physical Education

Credit Hours: 3

Contact Hours: 3

Pre-Requisite: None

Course Description

In this course, the history, philosophy, and objectives of health, physical education, and recreation, are studied with emphasis on the physiological, sociological, and psychological values of Physical Education. It is required of all physical education majors.

Course Objectives

The student will

1. Demonstrate knowledge of the importance of Physical Education and Recreation to a person's lifestyle at various ages
2. Describe the history and progression of Physical Education
3. Develop basic skills of Physical Education in students when teaching
4. The effects of participation in Physical Education programs
5. Describe all allied fields and how they work toward Physical Education
6. Historical and philosophical foundations of physical education
7. Social, political, philosophical, and economic forces influencing the development of Physical Education programs
8. Demonstrate the locomotor, non-locomotor, and manipulative movements
9. The impact of international changes on the content of Physical Education programs

Topics Covered

1. Physical Education
 - A. Discipline
 - B. Dance
 - C. Recreation
2. Philosophy
3. Skill development
4. Society
5. History
6. Career

Teaching Methods

Discussion

Lectures

Transparencies

Charts

Evaluation

Written test 70%

Presentation 30%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 213
Basic Volleyball Rules & Officiating Techniques

Credit Hours: 3

Contact Hours: 3

Pre-Requisite: None

Course Description

This course introduces the rules and techniques for sports officiating in high school volleyball. Emphasis is placed on officiating fundamentals and responsibilities. Upon completion, students should be able to demonstrate proper mechanics and knowledge of officiating procedures in volleyball.

Course Objectives

Understand the development of volleyball and describe the general rules and equipment.
Learn the fundamentals of umpire techniques.

Evaluation

Written test 80%

Project 20%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 214
Advanced Volleyball Rules & Officiating Techniques

Credit Hours: 3

Contact Hours: 3

Pre-Requisite: PED 213

Course Description

This course presents advanced rules and techniques for sports officiating in high school volleyball. Emphasis is placed on officiating fundamentals and responsibilities. Upon completion, students should be able to demonstrate proper mechanics and knowledge of officiating procedures in volleyball.

Course Objectives

Understand the development of volleyball and describe the general rules and equipment.
Learn the fundamentals of umpire techniques.

Evaluation

Written test 80%

Project 20%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 216
Sports Officiating

Credit Hours: 2

Contact Hours: 3

Pre-Requisite: None

Course Description

This course surveys the basic rules and mechanics of officiating a variety of sports, including both team and individual sports. In addition to class work, students will receive at least three hours of practical experience in officiating.

General Course Competencies

Curriculum for PED 216

1. The student will develop skills which are needed to officiate the sports covered.
2. The student will indicate knowledge of the requirements for officiating in the local agencies within the community
3. The student will indicate knowledge of the rules of each sport
4. The student will indicate knowledge of the requirements for good officiating in all sports
5. The student will indicate knowledge of the signals used in the sports covered in the course

Course Objectives

The student will indicate knowledge orally and/or in writing of the practical skills (1-5) unless other specific directions are given

1. The student will develop skills which are needed to officiate the sports covered
 - A. Volleyball
 1. Knowledge of the rules and mechanics of volleyball
 2. Demonstration of the skills of officiating the games in class activities
 - B. Basketball
 1. Court coverage
 2. Mechanics
 3. Interpretation of rules
 - C. Track and Field
 1. Field events
 - A. Shot put
 - B. Discus
 - C. Javelin
 2. Running events
 - A. 440
 - B. 800
 - C. 1 mile
 - D. 2 mile

3. Jumping events
 - A. Long jump
 - B. High jump
 - C. Pole vault
 - D. Triple jump
 - D. Softball
 1. Scorekeeping
 2. Positions for making calls
 3. Signaling
 - E. Football
 1. Position of officials
 2. Interpretation of rules
 3. Signaling
2. The student will indicate knowledge of the requirements for officiating in the local agencies within the community
 - A. Requirements for membership in local association
 - B. Requirements for membership in the state association
 3. The student will indicate knowledge of the rules of each sport
 - A. Volleyball
 - B. Basketball
 - C. Track and Field
 - D. Softball
 - E. Football
 4. The student will indicate knowledge of the requirements for good officiating in all sports
 - A. Knowledge of rules
 - B. Judgment
 - C. Good mechanics
 - D. Hustle
 - E. Decisiveness
 - F. Poise
 - G. Consistency
 - H. Courage
 - I. Rapport
 - J. Objectivity
 - K. Reaction time
 - L. Conditioning and appearance

5. The student will indicate knowledge of the signals used in the sports covered in the course
 - A. Volleyball
 - B. Basketball
 - C. Track and Field
 - D. Softball
 - E. Football

Class Activities

1. Lectures and class discussion
2. Class officiating practicum
3. Intramural league officiating labs (required number)

Evaluation

The student will score at least 60% of the total possible points to earn a passing grade

Written tests Evaluation of intramural labs Exam on signals

References

Modern Sports Officiating, A Practical Guide, Current edition; Clegg, Richard and Thompson, William A.; Dubuque, Iowa; Wm. C. Brown Publishers.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 217
Basic Basketball Rules & Officiating Techniques

Credit Hours: 3

Contact Hours: 3

Pre-Requisite: None

Course Description

This course introduces the rules and techniques for sports officiating in high school basketball. Emphasis is placed on officiating fundamentals and responsibilities. Upon completion, students should be able to demonstrate proper mechanics and knowledge of officiating procedures in basketball.

Course Objectives

Explain the basic rules of the game and the slight differences that exist between the men's and women's game

Equipment

Basketballs

Evaluation

Written test 70%

Weekly Quiz 20%

Participation 10%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 218
Advanced Basketball Rules & Officiating Techniques

Credit Hours: 3

Contact Hours: 3

Pre-Requisite: PED 217

Course Description

This course presents advanced rules and techniques for sports officiating in high school basketball. Emphasis is placed on officiating fundamentals and responsibilities. Upon completion, students should be able to demonstrate proper mechanics and knowledge of officiating procedures in basketball.

Course Objectives

To demonstrate fundamental referee skills

Evaluation

Written test 70%

Weekly quiz 20%

Project 10%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 219
Basic Baseball & Softball Rules & Officiating Techniques

Credit Hours: 3

Contact Hours: 3

Pre-Requisite: None

Course Description

This course introduces the rules and techniques for sports officiating in baseball and softball. Emphasis is placed on officiating fundamentals and responsibilities. Upon completion, students should be able to demonstrate proper mechanics and knowledge of officiating procedures in baseball and softball.

Course Objectives

For students to learn the basic rules of the game and some of their modifications

Evaluation

Written test 80%

Projects 20%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 220
Advanced Baseball & Softball Rules & Officiating Techniques

Credit Hours: 3

Contact Hours: 3

Pre-Requisite: PED 219

Course Description

This course introduces the rules and techniques for sports officiating in baseball and softball. Emphasis is placed on officiating fundamentals and responsibilities. Upon completion, students should be able to demonstrate proper mechanics and knowledge of officiating procedures in baseball and softball.

Course Objectives

Students will demonstrate officiating fundamentals and responsibilities
Students will demonstrate proper mechanics of the umpire

Evaluation

Written test 80%

Projects 20%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

PED 295
Practicum in Physical Education

Credit Hours: 3

Contact Hours: 12

Pre-Requisite: None

Course Description

This course is designed to provide field experience in observation and assistance in the student's area of specialization. Students will work under the supervision of trained physical education teachers.

Course Objectives

1. The student shall demonstrate knowledge of teaching locomotor, non-locomotor, and manipulative movements
2. The students should demonstrate working knowledge of athletic training and sports medicine
3. The student should concern themselves with total fitness of the individual
4. The student will work toward teaching lifelong learning and lifespan participation
5. The student should be preparing themselves for a career in Physical Education or Sports Medicine
6. To identify how exposure shall be used to correlate material presented in academic lectures to the practicum setting

Equipment

Equipment required shall be in accord with the clinical setting

Evaluation

Outside report Evaluation by practicum supervisor

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

HED 224
Personal and Community Health

Credit Hours: 3

Contact Hours: 3

Pre-Requisite: None

Text: An Invitation to Health, Hales-12th Edition

Course Description

This course covers health problems for the individual and for the community. Areas of study include mental health, family life, physical health, chronic and degenerative diseases, control of communicable diseases, and the understanding of depressants and stimulants. Healthful living habits will be emphasized.

Course Objectives

Upon completion of this course the student will be able to:

1. Identify factors that enhance emotional growth and stress management
2. Discuss the components and benefits of physical fitness
3. Implement a physical fitness program with guidance
4. Describe the role of diet in health
5. Apply techniques of successful weight management after analyzing various approaches
6. Analyze the impact of hazardous substances on physical, emotional, social, intellectual, and spiritual dimensions of health
7. Identify various approach to smoking cessation
8. Formulate personal goals for smoking cessation if applicable
9. Delineate factors that increase the risks of developing cardiovascular disease, cancer, and infectious disease
10. Identify biological and psychosocial factors that contribute to the expression of sexuality
11. Discuss the concepts related to fertility management and responsible decision making
12. Integrate facts affecting health care consumers into own decision making
13. Describe physical, psychosocial, and developmental changes associated with aging adults and special needs to be considered
14. Identify appropriate interventions and considerations for dying persons and the bereaved

Units of Study

1. The Mind and Body: Your Vehicles for Health
2. Products of Dependency
3. Diseases: Obstacles to a Healthy Life
4. Sexuality
5. Consumerism and Environment
6. Growing Older

Teaching Methods

Videos Transparencies Discussion Lectures Charts Demonstration/Exercise

Evaluation/Criteria

Written test Five (80%) Presentation 20%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 3-06)

HED 226
Concepts of Wellness

Credit Hours: 32
Pre-Requisite: None

Contact Hours: 3
Text: Robbins, Gwen A. A Wellness Way of Life 10th Edition

Course Description

This course provides health-related education to those individuals seeking advancement in the area of personal wellness. The course has five major components: (1) fitness and health assessment, (2) physical work capacity, (3) education, (4) reassessment, and (5) retesting.

Course Objectives

During this course the student will:

1. Identify lifestyle behaviors which have a positive effect on health
2. Describe the physiological and psychological benefits of physical fitness
3. Identify the components of physical fitness
4. Measure own fitness levels in several health-related components
5. Discuss common exercise related injuries, prevention, and treatment
6. Distinguish lifestyle behaviors necessary for minimizing the risk of coronary heart disease
7. Explain the recommended dietary guidelines for Americans
8. Describe the components of effective weight management
9. Analyze the positive impact of exercise, diet, and time management of stress management

Teaching Methods

Demonstration Fitness Testing Presentations Handouts Videos Transparencies

Evaluation

Written test Notebooks Class Participation

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact Lisa Harris, the ADA Coordinator at 256-352-8043. Her office is located on the 8th Floor of the Bailey Building.

(Rev. 8-04)

HED 231 First Aid

Credit Hours: 3

Contact Hours: 3

Pre-Requisite: None

Course Description

This course provides instruction to the immediate, temporary care which should be given to the victims of accidents and sudden illness. It also includes standard and advanced requirements of the American Red Cross, and/or the American Heart Association. CPR training is also included.

Course Objectives

1. Effectively perform basic first aid procedures
2. Promptly and effectively perform life-support measures to stabilize the victim until medical help is available
3. Be aware of the need to keep first aid knowledge up-to-date
4. Understand the rationale supporting first aid measures
5. Assess emergency situations
6. Be more aware of the importance of safety procedures

Topics Covered

1. Introduction to first aid
2. Wounds and infection
3. Shock
4. Artificial ventilation and cardiopulmonary resuscitation
5. Emergencies due to airway obstruction
6. Poisoning, bites, and stings
7. Drug and alcohol emergencies
8. Burns
9. Frostbite and cold exposure
10. Heat stroke, heat cramps, and heat exhaustion
11. Common emergencies and sudden illness
12. Dressings and bandages
13. Bone and joint injuries
14. Emergency rescue and short-distance transfer

Equipment used for instruction

Readings and instructional information
Work exercises and charts

Situational practice of techniques
Slides and films

Evaluation

Written test 70%

Paper 20%

Participation 10%

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 4-06)

HED 232
Care and Prevention of Athletic Injuries

Credit Hours: 3 Contact Hours: 3 Pre-Requisite: Biology 201
Text: Principles of Athletic Training, Mosby, Arnheim, D.D., & Prentice, W.E., (1993).

Course Description

This course provides a study of specific athletic injuries, their treatment, and preventative measures.

Course Objectives

During this course the student will:

1. Explore the origins of athletic training and the present challenges for preventing and caring for athletic injuries
2. Determine basic methods used for the prevention of injuries, the implementation of emergency procedures, and the rehabilitation of injuries
3. Determine factors which influence the body's susceptibility to sport injuries
4. Identify and avoid potential problems, dangerous activities, exercises, equipment, and facilities
5. Discuss symptoms and signs of the most common sports conditions
6. Analyze policies and procedures necessary in sports medicine
7. Assess common injuries, identify appropriate treatment procedures, and implement emergency procedures

Topics Covered

Athletic Training Physical Conditioning/Injury Prevention Sports Training
Management Skills Athletic Training Administration

Equipment

Athletic Trainer Equipment (tapes, ace bandages, etc.)

Teaching Methods

Lecture/Discussion Videos Guest Speakers

Evaluation

Written test 70% Quiz 20% Participation 10%
(chapter test, comprehensive final)

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

HED 267
Drugs & Society

Credit Hours: 3 Contact Hours: 3 Pre-Requisite: None
Text: Drugs, Society and Human Behavior, Ray Oakley, Kris, Charles, Mosby, 10th Edition.

Course Description

This course provides an examination of the drug scene with emphasis on the following: pharmacological, psychological, and sociological aspects of drug use; rehabilitation and treatment resources; and the law enforcement procedures.

Course Objectives

The student will:

1. Understand symptoms and signs of drug use
2. Understand rehabilitation and treatment programs
3. Cover psychological and sociological aspects of drug use

Topics Covered

Pharmacology	Psychological and Sociological Aspects
Rehabilitation and Treatment Resources	Law Enforcement Procedures

Equipment

Speakers Films/Slides

Evaluation and Methodology

Written test 70%	Written report 20%	Class Participation	10%
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References

Current library holdings

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 3-06)

HED 230
Safety and First Aid

Credit Hours: 3

Pre-Requisite: None

Course Description

HED 230 is divided into two parts. The first part concerns itself with the development of a safety education program within an organization (i.e., schools, office, shop, etc.). The second part deals with physical injuries, emergency care, and treatment of those injuries. CPR certification and Standard Red Cross Cards are given upon successful completion of American Red Cross requirements.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)

HED 277
CPR Recertification

Credit Hours: 1 Pre-Requisite: None

Course Description

In this course, instruction and review of up-dated information concerning cardiopulmonary resuscitation (CPR) is presented. The student must satisfactorily execute skills needed to meet requirements for recertification in Basic Cardiac Life Support (BCLS) as required by the American Heart Association.

ADA Guidelines

You are encouraged to make your instructor aware of any accommodations you require to be successful in this class. Instructors have the authority to make accommodations in their classroom. If a more serious problem exists, please contact the ADA Coordinator at 256-352-8043.

(Rev. 7-04)