

# PHYSICAL EDUCATION (PE)

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## 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 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 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, 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**

Prerequisite: PE 2653, 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**

Prerequisite: PE 2101, PE 2111 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 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.

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**

Prerequisite: PE 2653, 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**

Prerequisite: PE 3103, PE 3583 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**

Co-requisite: Enrollment in SEED 4503 and SEED 4809.  
Prerequisite: Admission to student teaching phase of the teacher education program.  
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.  
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.  
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.  
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 5013 Structural and Mechanical Kinesiology Concepts**

Prerequisite: Undergraduate degree from an accredited university  
An investigation of the structural and mechanical bases of human movement, sport, and exercise programming.  
Completion of this "leveling" course with a grade of "B" or higher is a prerequisite for admission into the SCS degree program for those students who have not already completed an undergraduate course in Kinesiology/Biomechanics with a grade of "B" or higher.  
Note: This course does not count towards the Strength and Conditioning Studies degree requirements.

**PE 5023 Applied Physiology Concepts**

Prerequisite: Undergraduate degree from an accredited university  
An investigation into the acute responses and chronic adaptations made by the human body in adjusting to various types of physical activity.  
Completion of this "leveling" course with a grade of "B" or higher is a prerequisite for admission into the SCS degree program for those students who have not already completed an undergraduate course in Exercise Physiology with a grade of "B" or higher.  
Note: This course does not count towards the Strength and Conditioning Studies degree requirements.

**PE 6033 Exercise Physiology**

Prerequisite: PE 4033 or equivalent with the grade of B or better, PE 2653, and PE 3663 or approval of department head.  
A study of the physiological changes in the human organism which accompany physical exercise and the implication of the changes for physical education.

**PE 6043 Motor Learning and Control**

Prerequisite: PE 3663 or equivalent with grade of B or better and PE 2653, or approval by department head.  
Provides an understanding of psychological principles involved in motor performance.

**PE 6053 Biomechanics**

Prerequisite: PE 2653, PE 3663 or equivalent with a B or better, algebra or general mathematics, and physical science or physics, or approval by department head.  
The application of physics as it relates to human movement. Specific emphasis will be made on the mechanics and common injuries involved with selected sport or work related movements.

**PE 6063 Current Issues in Coaching and Athletics**

This course will afford the student the opportunity to analyze historical and contemporary coaching and athletics Issues and to develop cogent written and oral arguments regarding them.

**PE 6073 Exercise and Sport Behavior**

Prerequisite: PE 4513 or approval by department head.  
The course provides an in-depth view of the psychological aspects of human behavior in sport and exercise settings.

**PE 6083 Research Methods and Statistics**

Prerequisite: PE 4523 or approval by department head.  
Designed to familiarize the student with research literature, techniques, and statistical procedures used in physical education today.

**PE 6881 Workshop**

Prerequisite: Permission of instructor.  
The workshop will require the equivalency of fifteen clock hours of instruction per credit hour.  
Note: May be repeated for credit.

**PE 6882 Workshop**

Prerequisite: Permission of instructor.  
The workshop will require the equivalency of fifteen clock hours of instruction per credit hour.  
Note: May be repeated for credit.

**PE 6883 Workshop**

Prerequisite: Permission of instructor.  
The workshop will require the equivalency of fifteen clock hours of instruction per credit hour.  
Note: May be repeated for credit.

**PE 6891 Independent Study**

Open to graduate students who wish to pursue individual study or investigation of some facet of knowledge which complements the purpose of the University's graduate program. Students will be required to plan their studies and prepare formal written reports of their findings.  
Note: May be repeated for credit.

Note: The selected topic may not constitute any duplication of study leading to the accomplishment of a thesis.

**PE 6892 Independent Study**

Open to graduate students who wish to pursue individual study or investigation of some facet of knowledge which complements the purpose of the University's graduate program. Students will be required to plan their studies and prepare formal written reports of their findings.  
Note: May be repeated for credit.

Note: The selected topic may not constitute any duplication of study leading to the accomplishment of a thesis.

**PE 6893 Independent Study**

Open to graduate students who wish to pursue individual study or investigation of some facet of knowledge which complements the purpose of the University's graduate program. Students will be required to plan their studies and prepare formal written reports of their findings.  
Note: May be repeated for credit.

Note: The selected topic may not constitute any duplication of study leading to the accomplishment of a thesis.

**PE 6894 Independent Study**

Open to graduate students who wish to pursue individual study or investigation of some facet of knowledge which complements the purpose of the University's graduate program. Students will be required to plan their studies and prepare formal written reports of their findings.  
Note: May be repeated for credit.

Note: The selected topic may not constitute any duplication of study leading to the accomplishment of a thesis.

**PE 6991 THESIS RESEARCH CONTINUATION****PE 6993 Thesis Research**

Directed research on a thesis topic selected by the student in consultation with a supervising professor.

Note: May be repeated for credit.