

# Physical Education (PE)

## Courses

### PE 107 Foundations of Physical Education 3 Credits

A course designed to provide students with an introduction to the professional aspects of the physical education profession. Includes historical and philosophical implications with emphasis on modern trends in program design. Acquaints students with professional organizations and reviews career possibilities in the field.

### PE 161 Physical Fitness & Wellness Assessment 3 Credits

Introduces the student to the theory and practice of teaching physical fitness activities. A personalized assessment is conducted of health-related fitness and wellness components. Based on the evaluation results and individual interests, an exercise program is designed by each participant, which she/he is expected to revise and update during her/his professional preparation at Norwich University. Individualized exercise program prescriptions may include aerobics, cycling, jogging, lap swimming, walking, yoga, or weight training. Professional ethics, client privacy, and liability issues are stressed throughout the program.

### PE 199 Phys Ed Topics; 4 Credits

### PE 223 Motor Skills Development I 3 Credits

This course teaches students to apply principles of best practice to the development and delivery of appropriate instructional programs in individual and elementary activities currently being taught in the public schools (e.g. dance, throwing, catching, kicking, and gymnastics). Strong consideration is given to the development of personal performance and skill acquisition in order to more effectively lead practical lessons in school. Students must demonstrate an understanding of, and competence in motor skill acquisition. Offered fall semester. 4 hour lab.

### PE 224 Motor Skills Development II 3 Credits

This course teaches students to apply principles of best practice to the development and delivery of appropriate instructional programs in team, dual, and secondary activities currently being taught in the public schools (e.g. basketball, volleyball, soccer, racquet sports) as well as non-traditional activities (e.g. Indiaka, Takraw, pateka, tchoukball). Consideration is given to the development of personal performance and skill acquisition in order to effectively lead practical lessons in school. Students must demonstrate an understanding of, and competence in motor skill acquisition and physical education pedagogy in the context of public school instruction programs. Offered spring semester. 4 hour lab.

### PE 243 Instructional Design in Physical Education 3 Credits

This course is targeted for students who plan to teach school physical education. Planning and Instructional Design is the introductory course in a sequence of professional teaching skills courses. The emphasis of the course is to identify and develop the beginning teaching skills and planning that are necessary for effective instruction in physical education and other sport settings. Classroom 3 hours. Prerequisites: PE 107 and PE 223 or PE 224. Offered Spring semester.

### PE 260 Personal and Community Health 3 Credits

A course that emphasizes principles, problems, and procedures concerned with the improvement of individual and community health. Consideration is given to the nature of communicable diseases and the preventative measures used in schools and community. Health information protection and client privacy are stressed as an integral part of the community health care provider's professional ethics.

### PE 261 Foundations in Health Education 4 Credits

This course will teach historical development, professional standards, philosophy and program planning, including current best practices in the development, implementation and evaluation of health education programs. It will focus on developing personal and social health skills, including decision making, interpersonal communication, goal setting and self management skills. In addition, this course will integrate teaching students media literacy, personal advocacy, and how to access valid health information, products and services and how to teach this to prospective students. Lecture 3 hours: Field Experience 2 hours. Prerequisite: PE260. Offered even-numbered fall semesters.

### PE 265 Lifelong Motor Development 3 Credits

This course studies the sequential, continuous age-related process whereby movement behavior changes. The class will cover information processing theories, theories of motor learning, effects of practice regimens and feedback and biological changes experienced over a lifetime, which affect motor skill acquisition. Understanding lifespan motor development is important for educators at all levels, special education teachers, physical educators, coaches, and adult fitness leaders.

### PE 306 Outdoor Physical Education I 3 Credits

This course provides students with a comprehensive background in warm weather Outdoor Physical Education. Skills in trip planning, risk management, equipment selection concerning use and care, and group leadership techniques will be covered. This class will prepare students to recognize the assumption of risk, attractive nuisances, negligence, and the standard of care when facilitating an Outdoor Physical Education program. Students will study and practice principles and protocols for administering safe, high-quality outdoor education experiences in activities such as, canoeing, mountain biking, hiking & backpacking, and adventure. Also covered will be topics in animal and wilderness conservation, nutrition, compass use and navigation, and environmental ethics. 3 classroom/field experience hours. Prerequisites: PE 107, PE 161, or permission of instructor. Offered fall semester.

### PE 307 Outdoor Physical Education II 3 Credits

This course provides students with a comprehensive background in cold weather Outdoor Physical Education. Students will be actively engaged in winter activities. This class will prepare students to conduct classes in outdoor education during the winter in activities such as, snowshoeing, cross-country skiing, and ice skating. Also presented will be, but not limited to, topics in animal and wilderness conservation, nutrition, mountain and cold weather illness and injuries, and snow science, such as avalanche assessment and ice assessment. An emphasis will be placed on preparing individuals to be active in cold weather under winter conditions. 3 classroom/field experience hours. Prerequisites: PE 107, PE 161, or permission by instructor. Offered spring semester.

### PE 333 Management Sports Facilities 3 Credits

This course is designed to help prepare students for careers associated with sport facility management. A detailed examination of facility utilization, including safety and security, scheduling, maintenance, and emergencies and emergency response will be applied to a variety of facilities. Additionally the administration of a facility with special attention to preventative supervision, risk management, facility assessment and design, project planning, and staffing will be examined. Facilities covered will include but not be limited to parks, recreation centers, gymnasiums, aquatic facilities, fitness centers, sports arenas, tennis courts, and golf courses. 3 lecture hours. Prerequisites: PE 107 or PE 161. Offered even year fall semesters.

**PE 341 Instructional Strategies for Physical Education in Elementary School 4 Credits**

A course that provides classroom and laboratory experience designed to acquaint the student with basic materials, methods, and principles necessary to meet the educational needs of the elementary school child. Emphasis on curriculum development with consideration given to concepts of movement education and perceptual motor development. Application of movement theory to specific sports skills and activities. Health information protection and student privacy issues are included throughout the course of instruction. Classroom 2 hours, laboratory 3 hours on site at Barre Town Middle, Elementary School.

**PE 342 Instructional Strategies for Physical Education in Middle-Secondary School 4 Credits**

A course that places emphasis on ethics, principles, procedures, and techniques related to teaching health and physical education in the elementary and secondary schools. Methods of organization, types of programs, and content and materials of health and physical education courses. Laboratory experience provided in traditional and new media, self and peer evaluation, and micro teaching. Health information protection and student privacy issues are reinforced throughout this course. Classroom 2 hours, laboratory 3 hours on site at U-32 Jr. - Sr. High School.

**PE 355 Coaching:Leadership in Sports 3 Credits**

A course with a strong focus on the philosophy, ethics, principles, and techniques of coaching individual and team sports. Identifying and addressing the ethical dilemmas pervading our sport organizations today will be emphasized. This course provides an emphasis on the organization of interscholastic athletics in relation to the achievement of education objectives, and satisfies the university's General Education Ethics requirement. In addition, students will be prepared for the National Federation of State High School coaching certification. 3 lecture hours.

**PE 365 Kinesiology 4 Credits**

A review of the structure and function of the skeletal and muscular systems with special emphasis on an analysis of human motion as related to human performance. Classroom 3 hours, laboratory 2 hours. Prerequisite: BI 215, BI 216 or permission of the instructor.

**PE 371 Physiology of Exercise 4 Credits**

A review of physiological principles of muscular activity with emphasis on the integration of body systems in the performance of exercise and various athletic activities. Classroom 3 hours, laboratory 2 hours. Prerequisite: BI 215, BI 216 or permission of the instructor.

**PE 373 Activities and Programs for the Disabled and Aging 3 Credits**

A study of activities and programs focused on meeting the needs of special population groups and the aging. Consideration given to teaching methodology and program planning for individuals and groups. Health information protection and client privacy is stressed as it relates to professional ethics and liability.

**PE 399 Topics: 3 Credits****PE 406 Readings in Physical Education 3 Credits**

This course examines the current literature on issues facing future professional educators of an ethical, legal or pedagogical nature. Students are expected to think, read, write and speak critically about these professional issues in the physical education discipline. The submission of a professional portfolio is required. Seminar 3 hours.

**PE 426 Internship 6,12 Credits**

A course designed to provide the Physical Education students with an intern-type experience in a professional setting appropriate to their career goals. Prerequisite: satisfactory completion of all courses in the major through the sixth semester. Cross listed as PE/SM. A student may not receive credit for both.

**PE 432 Organization and Administration in Physical Education 3 Credits**

A course that emphasizes the study of administrative principles, functional organization, and supervision in relation to the total physical education program in grades K-12 and to managing sports facilities and sports programs. Major topics include personnel, curriculum, legal liability, intramurals, evaluation, budgeting and risk management.

**PE 441 Advanced Exercise Physiology and Prescription 4 Credits**

This course prepares and qualifies students to work as personal trainers and fitness specialists in corporate fitness and health club facilities. The course bridges the gap between exercise physiology and the practical application skills of personal training. Advanced exercise physiology knowledge is presented to assure new knowledge and exercise techniques are acquired. Students will learn how to design and implement exercise prescriptions for multiple populations and as well as successful goal attainment. Students will be prepared to sit for certification examinations. Three lecture hours per week and two hour laboratory component. Prerequisites: PE 365, PE 371, or permission of instructor. Offered Fall semesters.

**PE 450 Exercise Testing and Electrocardiography 4 Credits**

This course focuses on the theory and methods of administering exercise stress tests using different modes of exercise and consideration of different populations. Further analysis of information gained from exercise testing, studying deviations from normal, and applications of exercise test information in adult fitness and cardiac rehabilitation programs will be highlighted. Emphasis will be placed on the recognition and interpretation of normal and abnormal resting and exercise ECG monitoring. Three lecture hours per week and two hour laboratory component. Prerequisites: BI 215, BI 216 and PE 371 or permission of instructor. Offered fall semester.

**PE 499 TEST COURSE 12 Credits**