

# Physical Education Theory (PED)

## (Movement Sciences Department)

### **PED 100—Introduction to Physical Education**

2 cr. (Fall/Spring)

Designed for students interested in careers in physical education or exercise science. Topics include the history of physical education and sport, the objectives of physical education and sport, the meaning of biological fitness, a survey of various programs and their importance, and career opportunities in teaching, coaching, exercise science and sports medicine.

### **PED 101—Introduction to Exercise Science**

2 cr. (Fall)

The course provides a broad-based introduction to exercise science as an academic discipline which integrates anatomy, biochemistry, epidemiology, molecular biology, physics, physiology and psychology. The course will examine the history of exercise science and its affect on society as well as professional development, relationships to other health care professions, and trends for the future.

Prerequisite: Placement into MAT 101

### **PED 111—Substance Abuse and Health**

3 cr. (Fall/Spring)

An introduction to substance abuse that considers the physiological and psychological aspects of licit and illicit recreational drugs. Students develop an understanding of the importance and limitations of prescriptive medication.

### **PED 112—Contemporary Health**

3 cr. (Fall/Spring)

Topics include stress management, violence in society, planning diet and fitness programs, and adapting to aging and dying. Students are able to make informed decisions concerning their personal physical and emotional states of health.

### **PED 114—Stress Management**

1 lect., 1 cr. (Fall/Spring)

Stress management is a course that approaches stress as a function of life over which we do have control. Emphasizing the relationship between stress and wellness, classes explore means of intervention to better manage common sources of stress. Course does not satisfy the physical education requirement for the associate degrees.

### **PED 145—Group Fitness Instructor**

1 lect., 2 lab, 2 cr. (Fall/Spring)

This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in group fitness instruction. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor-participant relationship, the principles of motivation to encourage adherence in the group fitness setting, effective instructor-to-participant communication techniques, methods for enhancing group leadership, and the group fitness instructor's professional role.

### **PED 150—First Aid and Safety**

1 lect., 2 lab, 2 cr. (Fall/Spring)

This responding to emergencies course presents principles of safety awareness and accident-illness prevention, as well as practice in the techniques of first aid care for most common accident and sudden illness situations. American Red Cross certification for responding to emergencies and CPRO/AED is granted upon successful completion of requirements.

### **PED 151—Lifeguard Training**

1 cr. (Spring/Summer)

This course meets twice a week for eight weeks. Trains individuals who have an interest in life-saving skills. Includes the additional skills and knowledge required to develop effective lifeguard systems at swimming pools and waterfronts. Certification will include Lifeguard Training and AED upon successful completion. Satisfies Physical Education requirement.

Prerequisite: Must be at least 15 years old, swim 300 yards continuously using the front crawl, breaststroke for at least 100 yards each. Must submerge to minimum depth of 7 feet, retrieve a 10 pound object and return using legs only.

### **PED 152—Water Safety Instructor**

1 cr. (Spring/Summer)

Covers the skills necessary to teach the following courses: Progressive Swimming Course, Longfellow's Whale Tales, Infant/Pre-School Aquatic Program, Basic Water Safety, Emergency Water Safety, and Safety Training for Swim Coaches. Course does not satisfy the physical education requirement and requires a minimum of 52 hours to receive certification.

Prerequisite: 1) Be at least 16 years old at the start of the Instructor course (driver's license or birth certificate as proof), 2) Pass the Instructor Candidate Training certificate or a current American Red Cross Health and Safety instructor authorization, and 3) Successfully pass the pre-course written and skills tests

Note: The Written Comprehensive Test is based on information in the American Red Cross Basic Water Safety program (minimum score 80% to meet ARC standards). Skills are based upon a proficiency level equal to the American Red Cross Water Safety Instructor and Level V learn-to-swim program.

## **PED 155—CPR**

1 cr. (Fall/Spring)

Methods of dealing with respiratory emergencies and cardiac arrest for the adult, child, and infant are covered in this half-semester course. American Red Cross CPR certification for the Professional Rescuer is granted upon successful completion of requirements.

## **PED 156—Infant and Child First Aid and CPR**

1 cr. (Fall/Spring)

This First Aid and CPR course presents principles of safety awareness and accident-illness prevention, as well as practice in the techniques of First Aid care for infants and children. American Red Cross certification is granted upon successful completion of requirements.

## **PED 201—Introduction to Bio-Mechanics of Human Movement**

2 lect., 2 lab, 3 cr. (Spring)

A qualitative approach to the principles and components of movement and their application to various forms of movement; daily living, work tasks, sport skills and dance are explored. Emphasis is placed on gaining an understanding of movement as a phenomenon, the forces and human variables that shape it, and the principles to be applied in refining movement behavior.

Pre/corequisite: BIO 111

## **PED 202—Basic Exercise Physiology**

2 lect., 2 lab, 3 cr. (Fall/Spring)

A study of the functions of the human body during physical activity. Topics include: physiological responses of the body during exercise in relation to the percentage of body fat, cardiac output, energy expenditure, temperature regulation, gender, and physical working capacity. Laboratory work provides practical experience in assessing human performance.

Corequisite: BIO 112

## **PED 203—Physical Fitness and Exercise Prescription**

3 cr. (Spring)

Designed for students interested in the importance of physical fitness in today's mechanical society. This course focuses on the components of physical fitness; the role of fitness in disease prevention; factors that affect individual physical fitness and training levels; and how to evaluate and develop a fitness program according to individual goals, needs, and objectives.

Prerequisite: PED 202

Corequisite: PED 204

## **PED 204—Lab/Field Fitness Assessment**

1 cr. (Spring)

Assessment and evaluation of different areas of physical fitness through various measurement techniques used in the field of exercise science for testing and exercise programming. Students will be active participants in this course. A practical exam will be given at the end of this course.

Corequisite: PED 203 and PED 204 MUST be taken together

## **PED 205—Personal Training**

2 lect., 1 lab, 2 cr. (Spring)

This course is designed to provide theoretical knowledge and practical skill in preparation for the National Council on Strength and Fitness Personal Training Certification exam. The course will cover the most up to date fitness conditioning principles and assessment methods, provide students essential knowledge for developing client-trainer relationships, and effective implementation of fitness program and individual exercise instruction.

Pre/corequisite: BIO 111, PED 201

## **PED 224—Introduction to Exercise Principle**

1 lect., 1 lab, 2 cr. (Spring)

This course provides a broad-based introduction of fitness testing & assessment and the science of exercise prescription. The components of health-related and skill-related fitness will be investigated, including measurement procedures, interpretation of results, and application toward recommendations for exercise programs. Various exercise modalities will be explored, practiced &

modified. Students will practice proper physiological supports and external spotting techniques. Additionally, the course will present the components of personal wellness including: positive stress management techniques, a positive self-image, quality sleep patterns, and a balanced nutritional program.

**PED 230—Exercise Studies Practicum**

2 cr.

Students will meet weekly as a class to explore topics of professionalism, market survey, trouble shooting, motivation, supervision and initiative as well as developing web site pages, newsletters, and designing bulletin boards. Students will also document experiences to meet the requirement of 45 hours in an applied work setting. Develop skills, abilities, competencies and organizational and administrative techniques while working under direct supervision of selected professionals in their chosen area of interest: exercise physiology, personal training, exercise leadership, athletic training, nutrition, recreation, teaching, and coaching.

Prerequisite: PED 201, PED 202, PED 203 (can be taken concurrently). CGPA 2.5 or higher, or chair permission

**PED 280—Exercise Studies Capstone**

2 cr. (Fall)

The capstone course in the program of study provides a student the opportunity to synthesize, analyze, and apply knowledge acquired over different courses in the program. Students will choose a project, plan and implement the project, write a scholarly paper with research into the topic, discuss the detailed process of the project and present their findings and experiences to the Movement science faculty, peers and other college/public individuals interested. The course will provide students the opportunity to assess their interests and talents as they relate to the professional areas of study in the field of physical education, nutrition, exercise studies, personal training, health and fitness professional, recreation, athletic training, and/or health education. All projects MUST be pre-approved by faculty and completed during the registered semester.

Prerequisite: ENG 101, ENG 102, permission of department chair