



Course Descriptions

PHYSICAL EDUCATION (PHED)

PHED 100 Applied Musculoskeletal Anatomy (3 credits)

Includes a fundamental study of the human body and its parts, with special emphasis on bones, muscles, joints and tissues involved in basic movement patterns.

PHED 117 Historical and Philosophical Foundations of Sport and Physical Education (3 credits)

A historical and philosophical study of sport and physical education, including an overview of the biological and normative/humanities areas constituting the discipline of sport studies.

PHED 131 Volleyball I–Beginner (1 credit)

Concepts and fundamental skills of volleyball, team play, rules and game strategy.

PHED 132 Field Hockey I (1 credit)

Development of basic skills, concepts and strategies for playing the game with understanding and application of rules.

PHED 133 Basketball I –Beginner (1 credit)

Fundamental skills of basketball, elementary offense and defense strategies.

PHED 134 Self Defense (1 credit)

This course will focus on the methods of self-defense in real world scenarios and appropriate conditioning for self-defense.

PHED 135-136 Freshman Honors Colloquium (1 credit each semester)

Prerequisite: Open to Commonwealth Honors students and to others at the discretion of instructor

Freshman Honors Colloquia in physical education allow exceptionally able students to explore a challenging topic in small classes under close faculty supervision. Colloquia meet once a week for fifty minutes and culminate in a paper or scientific project, which provides the major part of the grade. The minimum enrollment is two and the maximum is twelve. Topics vary from semester to semester. *PHED 135 fall semester, PHED 136 spring semester*

PHED 140 Lacrosse (1 credit)

Fundamental skills, strategies, rules and knowledge for playing lacrosse.

PHED 141 Soccer (1 credit)

Fundamental skills of soccer including kicking techniques, trapping, heading, offensive and defensive strategy and rules of the game.

PHED 145 Flag Football (1 credit)

Concepts and fundamental skills of the game including rules and strategy of play.

PHED/THEA 146 Dance Appreciation (3 credits)

This course explores the basic components of dance and enables students to appreciate the art of dance as an informed audience and as participants in its rich variety. Offered for credit in both the Movement Arts, Health Promotion and Leisure Studies and the Theater and Dance Departments. (CFPA)

PHED 147 Theory and Practice of Ballet Fundamentals (2 credits)

This course gives students with little or no dance training the opportunity to obtain the essential fundamental concepts and skills of ballet technique. Emphasis is on correct placement, line and execution. In addition, through out-of-class research students will obtain general background about ballet which, combined with intensive class work, is intended to create technically proficient and artistically enriched dancers. The class will consist of one hour of lecture and two hours of laboratory.

PHED 150 Beginner Swimming (1 credit)

This course is for the non-swimmer or beginner swimmer (shallow water only). Emphasis is on water adjustment, primary skills, stroke readiness and stroke development comparable to American Red Cross swimming course levels I, II, III.

PHED 152 Theory and Practice of Lifeguard Training (2 credits)

Lifeguard duties, responsibilities, requirements, and philosophy are emphasized. Successful completion of course requirements will earn Red Cross certification in Lifeguard Training and First Aid, and in CPR for the Professional Rescuer. Additional modules in Disease Transmission Prevention and Oxygen Administration for the Professional Rescuer will be offered. One hour of lecture and two hours of laboratory periods will be conducted weekly during the entire semester.

PHED 153 Jazz Dance (1 credit)

This course provides experiences with a variety of jazz styles, including lyric and percussive. Emphasis is on performance of choreographed routines and mastery of isolations and syncopations.

PHED/THEA 155 Dance Practicum (1 credit)

In this class students will choreograph and rehearse dances for a concert performance. Concurrent enrollment in a dance class is strongly advised. Offered for credit in both the Movement Arts, Health Promotion and Leisure Studies and the Theater and Dance Departments. Fall semester is open to all; spring semester is open by audition only. Graded on a (P) Pass/(N) No Pass basis. This course may be repeated.

PHED 161 Folk Dance (1 credit)

Folk dance terminology, formations and dance steps. Course will include insight into the background and customs of the people in the countries where the dances originated.



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PHED 163 Aerobics (1 credit)

A series of easy to learn dances that combine the health and figure benefits of jogging with the fun and vigor of dancing. It is recommended that participants should be in good physical condition and anyone over 35 years have a physical examination prior to enrolling in the class.

PHED 164 Square Dance (1 credit)

An introduction to the contemporary square dance.

PHED 165 Tap Dance I (1 credit)

This course will explore the basic skills of tap dance using physical practice analysis, film critiques and performance. Basic tap vocabulary will be mastered.

PHED 166 African Dance (1 credit)

This course will introduce students to the dance styles of Africa and the Caribbean using the Dunham techniques as its technical base. There will be discussion of the cultural history of African and Caribbean styles and their effect on American dance.

PHED 167 Street Dance (1 credit)

This course will deal with the basic technique of street dance from electric boogie to hip-hop and electric slide. Students will be encouraged to share from their own dance background.

PHED 168 Ballroom Dance (1 credit)

This course will introduce students to the basic steps, rhythms and timing and performance. Dances covered will include the waltz, fox trot, swing, polka and a sampler of Latin dances.

PHED 170 Bowling I – Beginner (1 credit)

Concepts and fundamentals of bowling: approach, delivery, follow through and strategy of play.*

PHED 173 Archery I – Beginner (1 credit)

Concepts and fundamental skills of archery including methods of aiming, scoring and introduction to novelty events.

PHED 174 Tennis I – Beginner (1 credit)

Concepts and fundamental skills of tennis including forehand, backhand, serve, rules and strategy of singles and doubles play.

PHED 175 Golf I – Beginner (1 credit)

Concepts and fundamental skills of the game including rules and scoring. A minimal fee of approximately \$4 for use of facilities will be charged.

PHED 176 Badminton I – Beginner (1 credit)

Fundamental skills, rules and game concepts in order to prepare students for satisfying play experiences.

PHED 180 Coaching Basics (1 credit)

This course provides a "Level 1" coach by the American Coaching Effectiveness Program.

PHED 186 Track and Field (1 credit)

Skills of track and field including running, jumping, throwing events and their progressions.

PHED 188 Jogging and Road Running (1 credit)

An introduction to jogging and road running. Emphasis on knowledge and application of training technique and running mechanics, as they apply to the spectrum of running, from jogging to road racing and marathoning.

PHED 190 Conditioning (1 credit)

Concepts, exercises and activities related to the development of physical fitness, including isometrics, weights and running.

PHED 193 Weight Training (1 credit)

Emphasis will be on concepts and development of physical fitness through individualized weight training programs.

PHED 194 Wrestling (1 credit)

Fundamentals of college wrestling with emphasis on mat skills, rules, scoring and strategy. *Offered fall semester only*

PHED 199 First Year Seminar (3 credits)

Prerequisite: Open to all freshmen with a writing placement score of 3 or above or a SAT score of 500 or above. Students with 24 or more transfer credits will have this requirement waived.

First Year Seminars (FYS) are writing-intensive, topic courses that introduce students to academic thought, discourse and practices. FYS courses prepare and orient students toward productive and fulfilling college careers by actively engaging them in a specific academic area of interest. Students will improve their writing, reading, research and basic information and technology skills while learning to work both collaboratively and independently. These courses will fulfill the First Year Seminar requirement and may fulfill other requirements for the core curriculum. Each course may fulfill different requirements and topics may change each semester. Only one FYS course may be taken for credit. (CFYS)

PHED 200 Fitness for Life (3 credits)

This course is concerned with aiding the student to achieve a lifetime of physical vigor, good health and sense of well-being. Its emphasis is on the biological basis, planning and implementing of an ongoing program of self-care through physical activity and proper nutrition.

PHED 201 Fitness Testing in Exercise Science (1 credit)

The course is an introductory laboratory experience in the conduct of exercise and anthropometric tests utilized during the conduct of preventative and rehabilitative exercise programs. The student will conduct and practice administering testing programs.

PHED 203 Basic Rock Climbing (1 credit)

Development of fundamental skills and techniques used in rock climbing with special attention to belaying and safety considerations.



Course Descriptions

PHED 204 Theory and Practice of Progressive Resistance Training (2 credits)

Prerequisite: Physical Education majors only, or consent of instructor

This course consists of a study of the procedures used to train people to enhance their musculoskeletal fitness through progressive resistance exercise. Specific emphasis will be placed on bodybuilding, power lifting, Olympic Style Lifting, dynamic flexibility, plyometrics, and agility training. One hour of lecture and two hours of laboratory periods will be conducted weekly over the entire semester.

PHED 205 Introduction to Teaching Physical Education in the Public Schools (2 credits)

This course is designed to give students information about teaching physical education as a profession. Through discussion and direct observation of the teaching-learning environment, students will be able to study and observe the characteristics of learners of different age and grade levels as well as the philosophy, goals and objectives of programs for various certification levels. *Fall semester*

PHED 206 Theory and Practice of New Age Fitness (2 credits)

This course consists of a study and practice of new age fitness techniques as they pertain to fitness and wellness. Mind/body connection as presented in Eastern cultures will be explored. The art of Yoga will be examined through practice and examination of the Ayurvedic methods used to treat people to enhance their wellness including strength, balance, flexibility, cardio respiratory, and relaxation. One hour of lecture and two hours of laboratory periods will be conducted weekly over the entire semester.

PHED 207 Theory and Practice of Horsemanship (2 credits)

This course provides the basics of equestrian skills and gives students the proper foundation for safe enjoyment of the equestrian sport. The course is a hands-on approach geared toward students wishing to become proficient in horsemanship, with emphasis on the equine psychology and behavior, health and stable management and riding theory.*

PHED 208 Theory and Practice of Group Instruction (2 credits)

Prerequisite: Restricted to Athletic Training and Physical Education majors

This course consists of a systematic study of the procedures used to teach aerobics and group exercise. One-hour lecture and two hours of laboratory periods will be conducted weekly over the entire semester. Upon completion of this course students will have the option to sit for a group exercise/aerobics certification.

PHED 209 Theory and Practice of Metabolic Training (2 credits)

This course will provide the theory behind aerobic and anaerobic training and will provide students with sufficient activity to produce a training effect in the various metabolic systems. One hour of lecture and two hours of laboratory will be conducted weekly over the entire semester.

PHED 210 Developmental Kinesiology (3 credits)

Prerequisite: PHED 100

This course uses a developmental approach to introduce the student to fundamental motor patterns. The anthropometrics and basic biomechanics that affect each motor pattern, are highlighted. Emphasis is placed on typical development as presented throughout the life span.

PHED 212 Strategies and Analysis of Motor Skills (3 credits)

Prerequisite: PHED 205

This course is an introduction to the learning and development of motor skills and movement principles. Fundamental assessment and evaluation concepts and procedures will be studied and applied. *Offered spring semester*

PHED 217 Principles of Motor Learning and Performance (3 credits)

Introduces the student to the concepts and principles concerned with learning and performance of movement skills.

PHED 225 Observation and Analysis of Movement for Children (4 credits)

Prerequisite: PHED 205

An introduction to the movement approach to games, dance, and gymnastics with emphasis on program content and progression using the thematic approach. *Spring semester*

PHED 229 Practicum in Sport Management (2 credits)

Prerequisite: PHED 239 or consent of instructor

This practicum gives students experience in the practical aspects of planning, conducting and evaluating sports programs. The students will work in approved recreation and intramural programs at Bridgewater State College. The practicum is supplemented by seminars related to the students' professional development.

PHED 231 Volleyball II – Intermediate (1 credit)

Prerequisite: PHED 131 or comparable experience

A follow-up of Volleyball I with emphasis on increased proficiency of performance and game strategy.

PHED 234 Yoga (1 credit)

This class will introduce students to the ancient discipline of Hatha Yoga. Even though Hatha Yoga has been practiced for thousands of years, we in the West are just becoming aware of its many health benefits. In this class we will discuss the history of Yoga, the Eight Limbs of Classical Yoga, the different Paths of Yoga, the Energetic Systems of Yoga, the Asana and Pranayama of Yoga, and Meditation. An emphasis will be placed on the physical practice of Yoga allowing the students to experience its many benefits.

PHED 235 Rhythmic Activities: Programming For All Ages (1 credit)

Designed to provide a basic understanding of rhythmical movements and their application for programming for all age groups. The course will include a variety of expressive locomotion, non-locomotor and manipulative movements.

Note: This section is arranged in course number order. See pages 229-230 (course prefix key) for assistance in locating department sections.

Note: See Catalog Web Addenda at www.bridgew.edu/catalog/addenda as that information supersedes the published version of this catalog.



Course Descriptions

PHED 237 Theory and Practice of Jazz Dance, Fall (2 credits)

Prerequisite: Dance experience. Students may self-select.

This course will offer intermediate-level work in the technique and performance of jazz dance. It will also provide a historical overview of jazz dance and some of its most influential artists, so that students gain an understanding of the origins of jazz dance, its various styles and influences and how it differs from other dance forms. In addition to the art and technique of dance being practiced and performed in class, various other assignments will be required including reading and writing assignments and critiques of video and live performances. This class will consist of one hour of lecture and two hours of laboratory. This course may be repeated once for credit.

PHED 239 Introduction to Sport Management (3 credits)

Prerequisite: First Year Seminar 199 or consent of instructor

This course will serve as an introduction to the profession of sports management. Students will explore current issues in sport management, the history of the profession and avenues for professional preparation. Students will gain an understanding of the historical evolution of professional sport management practice. Students will become familiar with current issues in the business of sport.

PHED 242 Theory and Practice of Ballet, Fall (2 credits)

Prerequisite: Ballet experience. Students may self-select.

This course gives students with an elementary level of training the opportunity to establish, develop and refine classical ballet technique. Emphasis is on correct placement, line and execution. In addition, through out-of-class research students will obtain general background about ballet, which combined with intensive class work, is intended to create dancers technically proficient and artistically enriched. The class will consist of one hour of lecture and two hours of laboratory. This course may be repeated once for credit.

PHED 244 Softball (1 credit)

Concepts and fundamental skills of the games including rules and strategy of play. *Spring semester*

PHED 245 Theory and Practice of Ballet, Spring (2 credits)

This course gives students with an intermediate-level of training the opportunity to establish, develop and refine classical ballet technique. Emphasis is on correct placement, line and execution. An analytical approach to the relation between muscle control and technique is used to intensify the effectiveness of training. In addition, through out-of-class research students will obtain general background about ballet which, combined with intensive class work, is intended to create dancers technically proficient and artistically enriched. The class is a continuation of topics addressed in PHED 242 but is not dependent on being taken in sequence. The class will consist of one hour of lecture and two hours of laboratory. This course may be repeated once for credit.

PHED 247 Theory and Practice of Jazz Dance, Spring (2 credits)

Prerequisite: Dance experience. Students may self-select.

This course will offer intermediate-level work in the technique and performance of jazz dance. It will also provide a historical overview of jazz dance and some of its most influential artists, so that students gain an understanding of the origins of jazz dance, its various styles and influences and how it differs from other dance forms. In addition to the art and technique of dance being practiced and performed in class, various other assignments will be required, including reading and writing assignments and critiques of video and live performances. The class is a continuation of topics addressed in PHED 237 but is not dependent on being taken in sequence. The class will consist of one hour of lecture and two hours of laboratory. This course may be repeated once for credit.

PHED 248 Theory and Practice of Modern Dance, Fall (2 credits)

Prerequisite: Dance experience. Students may self-select.

This course will offer intermediate-level work in the technique and performance of modern dance. It will also provide a historical overview of modern dance and some of its most influential artists, so that students gain an understanding of the origins of modern dance, its various styles and influences and how it differs from other dance forms. In addition to the art and technique of dance being practiced and performed in class, various other assignments will be required, including reading and writing assignments and critiques of video and live performances. The class will consist of one hour of lecture and two hours of laboratory. This course may be repeated once for credit.

PHED 249 Theory and Practice of Modern Dance, Spring (2 credits)

Prerequisite: Dance experience. Students may self-select.

This course will offer intermediate-level work in the technique and performance of modern dance. It will also provide a historical overview of modern dance and some of its most influential artists, so that students gain an understanding of the origins of modern dance, its various styles and influences and how it differs from other dance forms. In addition to the art and technique of dance being practiced and performed in class, various other assignments will be required, including reading and writing assignments and critiques of video and live performances. The class is a continuation of topics addressed in PHED 248 but is not dependent on being taken in sequence. The class will consist of one hour of lecture and two hours of laboratory. This course may be repeated once for credit.

PHED 250 Intermediate Swimming (1 credit)

Prerequisite: PHED 150 or comparable experience

This course is for the deep-water swimmer and provides continued development on more advanced swimming skills, strokes, diving and survival techniques. *Both semesters*



Course Descriptions

PHED/THEA 251 Dance History (3 credits)

This course will offer an examination of dance as a social and artistic force from primitive to modern times. Class will include lecture and film, as well as performance of dances in historical styles. Offered for credit in both the Movement Arts, Health Promotion and Leisure Studies and the Theater and Dance Departments.

PHED 252 Water Safety Instructor (3 credits)

Prerequisite: Red Cross Level VI of the Learn to Swim program or comparable skill level of proficiency as determined by a pre-course swimming and written screening test

Instruction in pedagogy and methodology for teaching Red Cross progressive swimming classes and Community Water Safety. Successful completion of course requirements will earn Red Cross Certification in Instructor Candidate Training and Water Safety Instructor.

PHED 254 Water Polo (1 credit)

Includes basic movements, skills and maneuvers of the sport of water polo with emphasis on offensive and defensive fundamentals and strategies, practical drills, rules and regulations.

PHED/THEA 255 Creative Dance I (3 credits)

This course will investigate the theory of dance through participation, composition, lecture, discussion and film. Students will learn about the elements of space, time, force, movement and style. Offered for credit in both the Movement Arts, Health Promotion and Leisure Studies and the Theater and Dance Departments. (CFPA)

PHED/THEA 256 Creative Dance II (3 credits)

Prerequisite: PHED/THEA 255

The use of basic elements of dance to form a set movement composition. Exercises in choreography and experiences in setting a dance for performance. Offered for credit in both the Movement Arts, Health Promotion and Leisure Studies and the Theater and Dance Departments. *Spring semester*

PHED 257 Movement and Relaxation – Theory, Practice and Performance (1 credit)

This course will introduce students to the theory, practice and performance of yoga, relaxation procedures and basic movements related to daily activities.

PHED/THEA 259 Dance Repertory (1 credit)

Students will be taught a major choreographic work by faculty and/or guest artists. Offered for credit in both the Movement Arts, Health Promotion and Leisure Studies and the Theater and Dance Departments. *Spring semester*

PHED/THEA 260 World Dance (3 credits)

An introductory overview to some of the major dance traditions of the world, with emphasis on Asia, the Pacific, Africa and the Arctic. (CFPA; CGCL)

PHED 268 Ballroom Dance II – Theory, Practice and Performance (1 credit)

Prerequisite: PHED 168 or consent of instructor

This course will be a continuation of the theory, practice and performance of ballroom dance. Intermediate theory, practice and performance of the swing, tango, cha cha, waltz, fox trot and selected Latin dances will be covered.

PHED 271 Theory and Practice of Tap Dance (2 credits)

Prerequisite: Dance experience. Students may self-select.

This course will offer intermediate-level work in the technique and performance of tap dance. It will also provide a historical overview of tap dance and some of its most influential artists, so that students gain an understanding of the origins of tap dance, its various styles and influences and how it differs from other dance forms. In addition to the art and technique of dance being practiced and performed in class, various other assignments will be required, including reading and writing assignments and critiques of video and live performances. The class will consist of one hour of lecture and two hours of laboratory. This course may be repeated once for credit.

PHED 276 Badminton II – Intermediate (1 credit)

Prerequisite: PHED 176 or comparable experience

A follow-up of Badminton I with emphasis on advanced skills, singles and doubles play, and game strategy.

PHED 278 Bicycle Touring (1 credit)

An understanding and appreciation for the sport of cycling through the application of body mechanics, cycling techniques, knowledge of multigeared bikes and the many aspects of touring. Students must have a bike.

PHED 280 New Games (1 credit)

This course is designed to introduce the philosophy of new games and develop a repertoire of non-competitive, cooperative and collaborative games suitable for a variety of age groups. The students will experience the psychomotor and affective components embodied in the new games concept.

PHED 281 Theory and Practice of Educational Dance (2 credits)

This course will involve students in creative/expressive dance using Laban's Movement Framework as a basis for content. Knowledge of this content will give students a foundation for dance teaching in all settings. Additionally, students will have an opportunity to choreograph dance sequences both individually and in small groups. The intent is for both the non-dancer and the trained dancer to be comfortable in the creative environment. *Offered fall semester*

PHED 282 Theory and Practice of Games (2 credits)

This course is an introduction to games with emphasis on analysis across the games classification (net/wall, invasion, target, striking/fielding games). Game playing experiences will focus on content development for all learners.

†May be taken for graduate-level credit

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Course Descriptions

PHED 283 Theory and Practice of Gymnastics (2 credits)

This course will introduce students to the theory and practice of gymnastics, with an emphasis on developmentally appropriate practices. Gymnastics experiences will focus on content development for all learners.

PHED 286-287 Sophomore Honors Colloquium (1 credit each semester)

Prerequisite: Open to Commonwealth Honors students and to others at the discretion of instructor

Sophomore Honors Colloquia in physical education allow exceptionally able students to explore a challenging topic in small classes under close faculty supervision. Colloquia meet once a week for 50 minutes and culminate in a paper or scientific project, which provides the major part of the grade. The minimum enrollment is two and the maximum is 12. Topics vary from semester to semester. *PHED 286 fall semester, PHED 287 spring semester*

PHED 298 Second Year Seminar (Speaking Intensive) (3 credits)

Prerequisite: ____199; Open to all sophomores and juniors who have completed ENGL 101, and the speaking skills requirement. Students with 54 or more transfer credits will have this requirement waived. Cannot be taken if ____299 is taken for credit.

Second Year Seminars (SYS) are speaking-intensive, topic courses that build on the academic skills and habits introduced in the First Year Seminar. SYS courses engage students in a specific academic area of interest and provide them with the opportunity to reinforce, share and interpret knowledge. Students will improve their speaking, reading, research and basic information and technology skills while building the connections between scholarship and action that are required for lifelong learning. These courses will fulfill the Second Year Seminar requirement and may fulfill other requirements for the core curriculum. Each course may fulfill different requirements and topics may change each semester. Only one SYS course may be taken for credit. (CSYS)

PHED 299 Second Year Seminar (Writing Intensive) (3 credits)

Prerequisite: ____199; Open to all sophomores and juniors who have completed ENGL 101 and ENGL 102. Students with 54 or more transfer credits will have this requirement waived. Cannot be taken if ____298 is taken for credit.

Second Year Seminars (SYS) are writing-intensive, topic courses that build on the academic skills and habits introduced in the First Year Seminar. SYS courses engage students in a specific academic area of interest and provide them with the opportunity to reinforce, share and interpret knowledge. Students will improve their writing, reading, research and basic information and technology skills while building the connections between scholarship and action that are required for lifelong learning. These courses will fulfill the Second Year Seminar requirement and may fulfill other requirements for the core curriculum. Each course may fulfill different requirements and topics may change each semester. Only one SYS course may be taken for credit. (CSYS)

tMay be taken for graduate-level credit

PHED 315 Teaching Team and Individual Sports (4 credits)

Prerequisite: PHED 212 and admission to the Professional Education Program

Methodologies, teaching strategies, materials and media for introducing, developing and evaluating skills and knowledge of selected team and individual sports. *Fall semester*

PHED 318 Socio-Cultural Foundations of Sport (3 credits)

This course provides an introduction to the study of sport as a social institution and an element of culture. Major topics include the roles of sport in society, the relationship of sport to other social institutions and variations in sport across cultures. (CWRM)

PHED 324 Physical and Motor Development of Individuals with Disabilities (3 credits)

Prerequisite: PHED 217

This course addresses the etiology, treatment, developmental sequence and functional abilities of disabled and handicapped populations. The course also emphasizes concepts of physical fitness, motor and physical skill development, concepts related to competitive and cooperative social interaction as well as the constructive use of leisure. Topics presented will include the visually impaired, blind, mentally retarded, cerebral palsy, spina bifida, muscular dystrophy and postural disorders. The diagnostic prescriptive process will be stressed along with the latest screening and assessment instruments and techniques.

PHED 325 Methods and Techniques in Coaching Individual Sports (1 credit)

A brief theoretical study of individual sports, offensive and defensive fundamentals and strategies and responsibilities regarding administration of practice and performance.

PHED 326 Teaching Physical Education to Children (3 credits)

Prerequisite: PHED 205 and PHED 225 and admission to the Professional Education Program

A study of the movement approach to teaching physical education to children with emphasis on developing content and methodology. Students will engage in pre-practicum experience with children in an on-campus setting focusing on developing, analyzing and improving teaching behavior and developing teaching materials. *Fall semester*

PHED 329 Teaching and Curriculum Development in Middle and Junior High School (3 credits)

Prerequisite: PHED 212 or PHED 225; and PHED 217; and PHED 385 or PHED 210; and admission to the Professional Education Program

This course will focus on teaching and curriculum development for physical education in the middle and junior high school. Emphasis will be placed on important trends in our society and an understanding of what physical education can and should mean to the education of transadolescents. Teaching concepts as well as equity issues, comprehensive curriculum planning and evaluation will be studied. *Fall semester*



Course Descriptions

PHED 335 Planning, Implementation, and Evaluation in Teaching Physical Education (6 credits)

Prerequisite: PHED 315 or PHED 326

Designed to develop teaching competencies related to the planning, implementation and evaluation aspects of instructional programs in physical education. Course will include current research on effective teaching, peer teaching and videotape analysis of teacher and student behavior. *Spring semester (Formerly PHED 313)*

PHED/THEA 353 Creative Dance for Children (3 credits)

Prerequisite: PHED 281 or consent of instructor

The study and experience of dance as a creative art activity for children. For those planning to work with children in schools, camps, community centers or enrichment programs.

PHED 354 Introduction to Snorkeling and Scuba Diving (1 credit)

Prerequisite: Intermediate swimming or comparable skill proficiency, successful completion of a swimming proficiency screening test

This course will cover fundamental skills, use of equipment, and safety in snorkeling and scuba diving. Students must pass a swimming proficiency pre-test during the first class to continue in the class. *Offered spring semester only*

PHED 356 Canoeing I (1 credit)

Instruction in fundamental skills of canoeing and small craft safety techniques.

PHED/THEA 357 Dance Production Theory (2 credits)

Prerequisite: PHED/THEA 255 and PHED/THEA 256; or consent of instructor

This course provides the opportunity to choreograph and plan the presentation of a major dance work. Lectures and practical assignments in choreography and stagecraft for dance will result in a plan for a dance piece. Offered for credit in both the Movement Arts, Health Promotion and Leisure Studies and the Theater and Dance Departments. *Fall semester*

PHED/THEA 358 Dance Production Techniques (1 credit)

This course is an extension of PHED/THEA 357 Dance Production Theory and provides an opportunity for students to set a choreographed work for dancers and to rehearse it for presentation. Offered for credit in both the Movement Arts, Health Promotion and Leisure Studies and the Theater and Dance Departments. *Spring semester*

PHED/WMST 365 Women in Sports (3 credits)

Prerequisite: Three core curriculum requirement credits in behavioral science

This course investigates the sport-women relationship from a physiological, historical and socio-cultural perspective. In doing so, it examines images, attitudes and structures that affect the involvement of women in sport and exercise and restrict/enhance their personal and professional potential.

PHED 366 Planning, Implementing and Evaluating Sport Management (3 credits)

Prerequisite: PHED 239 or consent of instructor

This course provides students with skills needed to plan, implement and evaluate programs in sport and recreation settings as varied as elementary schools, community centers or university campuses. Emphasis will be placed on program development and the professional development and the professional and administrative duties of an entry-level sport management professional in positions such as intramural director, facility manager and recreation agency coordinator.

PHED 380 The Psychology of Sport and Physical Performance (3 credits)

Prerequisite: PSYC 100 and PHED 217; or consent of instructor

An overview of how psychological factors affect sport and physical performance.

PHED 385 Biomechanics (3 credits)

Prerequisite: PHED 100 and a Foundations of Mathematical Reasoning core curriculum requirement

Introduces the student to the concepts and principles of biomechanics as they relate to sport and recreational skills. Two hours lecture and two hours laboratory weekly.

PHED 397 Children's Physical Developmental Practicum (2 credits)

Prerequisite: Consent of instructor

The course affords students serving as clinicians in the Children's Developmental Clinic the challenging opportunity to assess a child's development level and design an individual activity program to ameliorate psychomotor and social deficiencies. More specifically, students will learn strategies for teaching children with disabilities, techniques for developing terminal goals and behavioral objectives, and methods for writing anecdotal records as well as writing and orally presenting a clinical report that summarizes a child's progress over the course of a semester. This course is open to all majors and may be repeated with consent of the instructor. Graded on a (P) Pass/(N) No Pass basis.

PHED 400 Physiology and Techniques of Strength Fitness (3 credits†)

Prerequisite: PHED 204, taken previously or concurrently

To provide students with a knowledge of the effects of heavy-resistance exercise training protocols on musculoskeletal integrity, metabolic capacity and various specific tissue characteristics in the human body. Thus, the course necessarily considers micro-anatomical and physiological variations associated with general strength conditioning programs, body building, Olympic lifting, power lifting, circuit training, variable resistance, isotonic, isokinetic and isometric resistance training.



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PHED 401 Physiology of Exercise (4 creditst)

This course includes the study of systems, their interrelationships and adjustments during exercise and as a result of training. Emphasis is on current research findings and what remains to be discovered in a human as a moving being. Three hours of lecture and one two-hour laboratory period weekly.

PHED 402 Exercise Metabolism (3 creditst)

Prerequisite: PHED 401 or equivalent

An in-depth study of human physiological principles as applied to exercise, sport activity and research. Special emphasis is on neurological control, exercise in relation to cardiovascular disease, and factors affecting performance.

PHED 403 Cardiovascular Analysis, Evaluation, and Rehabilitation (3 creditst)

Prerequisite: PHED 401 or equivalent

This course includes an examination of cardiovascular dynamics as studied through anatomy, electrophysiology, rehabilitation, and the pathology of the cardiovascular system. Specific emphases will be placed on the analysis of the cardiovascular system through the ECG, cardiac rehabilitation, and basic cardiac pharmacology. *Fall semester*

PHED 404 Exercise Prescription (3 creditst)

This course focuses on the development of individual prescriptive exercise programming with respect to individual contraindications. Environmental conditions along with intensity, duration and frequency of physical activity will be studied in order to develop programs. *Summer sessions*

PHED 405 Exercise Circulation: Mechanisms and Morphology (3 creditst)

Prerequisite: PHED 401

This course provides students with a knowledge and understanding of the acute and chronic effects of exercise on the peripheral and central circulatory systems. It deals with exercise-related cardiovascular dynamics, effects of frequently used medications and growth responses induced by regular exercise as well as abnormal physiological responses to exercise.

PHED 406 Personal Fitness Training (3 creditst)

Prerequisite: PHED 401; Athletic Training and Physical Education majors only

This course will teach the exercise science student to train sedentary adults, as well as adults within special health populations. The aspects of developing safe, profitable, and legal personal training practices will be explored. Students will have the opportunity to train a client and will have the opportunity to sit for a National Advanced Personal Training Certification.

PHED 409 Planning, Implementing and Evaluating Fitness Programs (3 creditst)

This course provides students with skills needed to develop, implement and evaluate programs in fitness and rehabilitative exercise centers. Emphasis will be placed on program development, on providing instruction to individuals and groups and on administrative tasks expected of the entry-level fitness professional.

PHED 414 Coaching (3 credits)

The application of teaching and learning principles as related to the player, team, coach and the athletic program. Areas to be included will be psychology and philosophy of coaching, organization and administration of the program, coaching techniques, conditioning and evaluative procedures. *Offered once a year*

PHED 416 Planning and Implementing Coaching Leadership Strategies (3 credits)

Prerequisite: PHED 217 and PHED 414

Designed to enhance leadership and instructional competencies in the coaching profession, this course will stress the principles and practices of effective coaching including peer feedback, analysis of coach (role-playing) and athlete (peer) behavior, and utilization of motivational techniques to enhance skill development. *Offered once a year*

PHED 420 Advanced Philosophy and Principles of Sports Management (3 credits)

Prerequisite: PHED 239 and PHED 366; or consent of instructor

This course will address the philosophy and principles of the profession of sport management. Professional ethics, legal issues and the philosophies of management models will be considered. Students will gain an understanding of the importance of philosophic inquiry to the study of physical activity. Students will be challenged to develop their own philosophy of professional practice.

PHED 440 Scientific Basis of Coaching (3 credits)

The course will examine the nutritional principles applied when instructing individual and team fitness activities and sports.

PHED 451 Prosthetics and Orthotics (3 creditst)

This course presents principles and techniques of using ambulatory aids, prosthetics, orthotics and wheelchairs for mobility, motor development, leisure activity and sport. Emphasis will be on skill adaptations and program planning for individuals with neuromuscular disease, spinal cord injury and amputation. Course includes clinical observation and laboratory experiences.

PHED 481 Organization and Administration of Athletics (3 credits)

Course content will include the history of sport management; athletics policies and regulations on the local, state and national levels; administrative plans; contest management; marketing strategies; legal principles; sport ethics; media relations; sport



Course Descriptions

broadcasting; finance and budget; athletic facilities; scheduling; public relations; intramural and recreational sports; trends in scholastic, collegiate, international and professional sport; and growth in the health and fitness industry.

PHED 484 Physical Education for Children and Youth with Disabilities (3 credits†)

The planning and development of physical education programs considered appropriate to the needs, interests and abilities of exceptional children and youth. Emphasis will be placed on the contribution that physical education can make to the education and well-being of the physically, mentally and emotionally handicapped.

PHED 485 Honors Thesis (3 credits)

Prerequisite: Open to Commonwealth and Departmental Honors students

One-hour weekly meetings with the thesis director will culminate in an honors thesis. With the consent of the Departmental Honors Committee and the thesis director, this course may be extended into a second semester for three additional credits depending upon the scope of the project. Whether the final version of the thesis qualifies the student to graduate with honors will be determined by the Departmental Honors Committee. *Either semester*

PHED 491 Field-Based Pre-Practicum (5-12) – Physical Education (2 credits)

Prerequisite: PHED 335

Designed to provide the student with field-based teaching experiences in selected settings. Students may register for PHED 491-492 while concurrently registered in PHED 335. *One quarter, either semester*

PHED 492 Practicum in Student Teaching (5-12) – Physical Education (12 credits)

Prerequisite: Acceptance into the Professional Education Program and PHED 491

Full-time teaching for one semester with supervision provided by members of the department faculty. Students may register for PHED 491-492 while concurrently registered in PHED 335.

PHED 494 Advanced Study of Motor Programs for Individuals with Chronic Health Conditions (3 credits†)

Prerequisite: Undergraduate: PHED 217 and PHED 324; graduate: PHED 484 and PHED 508; or consent of instructor

Included is the study of nutritional disturbances, emotionally disturbed, socially maladjusted, disadvantaged, and chronic medical problems. A culmination of professional experiences to include a study of perceptual motor programs, behavior modification, advanced techniques of motor assessment and grantsmanship. The role of the adapted physical educator as a resource and itinerant teacher will be presented. *Offered fall semester*

PHED 495 Field-Based Pre-Practicum (PreK-8) – Physical Education (2 credits)

Prerequisite: PHED 335

Designed to provide the student with field-based teaching experiences in selected settings. *One quarter, either semester*

PHED 496 Practicum in Student Teaching (PreK-8) – Physical Education (12 credits)

Prerequisite: Acceptance into the Professional Education Program and PHED 491

Full-time teaching for one semester with supervision provided by members of the department faculty.

PHED 497 Seminar in the Children's Physical Development Clinic (3 credits†)

Prerequisite: A minimum of one year's experience in the Children's Physical Developmental Clinic and consent of instructor
The Children's Physical Developmental Clinic (CPDC) is an interdisciplinary community service program designed to enhance the physical, motor and social development of disabled children and adults 18 months through 21 years. This course affords veteran student clinicians the challenge of assisting with program development, administration and evaluation of the CPDC as well as the training and supervision of less-experienced clinicians. The course is open to all majors and may be repeated once for credit with the consent of the instructor.

PHED 498 Field Experience in Physical Education (3-15 credits)

Prerequisite: Consent of the department; formal application required

A field experience offers qualified students the opportunity to gain practical experience in their major. Placements are made in both public and private agencies and are designed to complement a student's concentration in his/her major.

PHED 499 Directed Study in Physical Education (1-3 credits)

Prerequisite: Consent of the department; formal application required

Open to all juniors and seniors who have demonstrated critical and analytical abilities in their studies and who wish to pursue a project independently. May be taken twice for a maximum of six credits.

PHED 502 Research (credit to be arranged)

Prerequisite: Consent of the department; formal application required

Original research undertaken by the graduate student in their field. For details, consult the paragraph entitled "Directed or Independent Study" in the "School of Graduate Studies" section of this catalog. This course may be repeated.

PHED 503 Directed Study (credit to be arranged)

Prerequisite: Consent of the department; formal application required

Designed for the graduate student who desires to study selected topics in a specific field. For details, consult the paragraph entitled "Directed or Independent Study" in the "School of Graduate Studies" section of this catalog. This course may be repeated.



Course Descriptions

PHED 504 Nutrition for Sports, Exercise and Weight Control (3 credits)

This course will provide a thorough review of nutritional principles and practices essential for exercise and optimal performance in sports. Also stressed are principles and strategies for maintaining, gaining or losing weight.

PHED 506 Philosophy and Principles of Physical Education (3 credits)

Prerequisite: six credits in physical education

Philosophical inquiry into the discipline of physical education including a study of trends and forces in education as they affect the field.

PHED 507 Children and Their Movement Behaviors (3 credits)

Prerequisite: 12 credits in physical education or consent of instructor

Current concepts and trends related to movement experiences of children with emphasis on developmental movement, and learning.

PHED 508 Motor Learning (3 credits)

Prerequisite: three credits in psychology

Integration of biological and psychological concepts in the acquisition of motor skills including environmental conditions, developmental factors and learning theories.

PHED/ATTR 511 Research Methods in Physical Education (3 credits)

This course will develop competencies needed to both produce and consume research in physical education and allied areas. In the development of a research proposal, students will gain an understanding of such research techniques as problem formulation, literature review, sampling, hypothesis construction, research design, instrumentation and data analysis.

Fall semester only

PHED 513 Educational Games for Elementary and Middle School Level (3 credits)

A comprehensive study of the movement approach to educational games with emphasis on analysis of games. Progression utilizing thematic approach and curriculum development will also be presented.

PHED 514 Improving Teaching Effectiveness in Physical Education (3 credits)

Prerequisite: PHED 335 or equivalent

The course will focus on research pertaining to teacher and school effectiveness and implications for teaching physical education. Formats through which teachers can gather data for use in self-analysis and improvement of instruction will be examined. Equity issues and the need of a multicultural society will also be discussed.

PHED 515 Advances in Exercise Circulation (3 credits)

Prerequisite: PHED 401

This course provides students with a knowledge and understanding of current theories explaining the responses of the circulation to acute and chronic exercise. It considers translocations of fluids and fluid constituents within the vascular systems and among various body compartments. It also considers potential growth responses and abnormal responses. *Alternate years*

PHED 516 Exercise Electrocardiography (3 credits)

This course focuses on the basic electrophysiology of the heart and the intricate electrical responses of the hearts of healthy and unhealthy individuals to exercise. Its fundamental emphases are thus exact descriptions of ECG variations, mechanisms underlying these variations and factors influencing cardiac electrophysiology.

PHED 517 Experimental Processes in Physical Education (3 credits)

This course will develop quantitative competencies required to conduct and understand experimental research typically occurring in physical education. It thus concerns basic measurement theory, probability, description and inference. *Alternate years*

PHED 518 Advances in Exercise Metabolism (3 credits)

Prerequisite: PHED 401 or consent of instructor

Students will study advanced topics concerned with bioenergetics during exercise. It will focus on acute and chronic responses to exercise from various perspectives. Among topics covered will be cardiovascular/ventilatory coupling, chemomechanical coupling, anaerobic threshold, substrate utilization, electrolyte imbalance, oxygen use and hormonal controls of metabolisms. *Alternate years*

PHED 519 Advances in Exercise Prescription (3 credits)

Prerequisite: PHED 401 or consent of instructor

This course is concerned with special circumstances, which dictate that one must adjust either the exercise testing or prescription for an individual. It is thus focused on descriptions of special situations, testing and prescription for those situations. Other special cases considered will be gender, children, aging, environment, arthritis, diabetes, obesity, heart disease, low fitness, high fitness, respiratory disorders and hypertension. *Summer only*

PHED 520 Health Fitness Program Planning and Management (3 credits)

Prerequisite: At least one course in exercise physiology or consent of instructor

Designed to address strategies essential to the development of successful exercise and health fitness programs. Emphasis will be placed on program development, motivational techniques and administrative considerations.



Course Descriptions

PHED 523 Strength and Conditioning Laboratory (3 credits)

Prerequisite: PHED 204 and PHED 400 and PHED 401; or consent of instructor

This course consists of a study in the procedures used to train and coach athletes to enhance their musculoskeletal fitness through strength and conditioning. Specific emphasis will be placed on power lifting, Olympic style lifting, dynamic flexibility, plyometrics, agility training, and sports specific training. Lecture, laboratory and out-of-class observation and field work time will be conducted weekly over the entire semester. *Spring semester*

PHED 526 Sport Law (3 credits)

This course will give the sports professional an understanding of the legal system as a whole and the unique legal problems and responsibility faced in managing a sports activity. The sports professional will be educated to identify potential legal liability, to avoid unnecessary legal risks and to minimize legal loss exposure.

PHED 530 The Motor Domain: Implications for Chronic Disabilities (3 credits)

Prerequisite: PHED 324 or equivalent

An in-depth study of etiologies, classifications and functional motor abilities of chronic medical conditions will be presented. Topics will include asthma, cystic fibrosis, epilepsy, cancer, obesity, diabetes, arthritis, multiple sclerosis and muscular dystrophy. The course will also emphasize unique physiological, psychological and biochemical characteristics pertaining to motor development, sport and leisure.

PHED 531 Motor Performance Adaptations for Moderate and Severe Disabilities (3 credits)

This course addresses the etiologies, prevalence, characteristics and functional motor abilities of moderate and severe disabilities. Attention is given to an overview of moderate and severe populations, spinal cord injured and amputees. The course will also address such related topics as bloodborn pathogens, screening and assessment methods, related professional services, leisure placement strategies, due process, advocacy and legal considerations.

PHED 533 Applications of Exercise Physiology (2 credits)

Prerequisite: PHED 401

Emphasis will be placed on the strategies utilized to develop physiological capacities, underlying motor skills, as well as the physiological variations induced by these stimuli. The course will necessarily concern cardiovascular endurance, strength, muscular endurance, flexibility and body composition from the perspective of physiology.

PHED 543 Foundations of Resistance Training (3 credits)

This course will provide students with knowledge of the effects of various heavy resistance training protocols on musculoskeletal integrity, metabolic capacity and various specific tissue characteristics in the human body. Thus, the course necessarily considers micro-anatomical and physiological variations associated with general strength-conditioning programs, body building, Olympic lifting, power lifting, circuit training, isotonic and isometric resistance training.

PHED 544 Applied Laboratory Techniques in Exercise Science (3 credits)

Students will utilize a number of laboratory techniques to assess fitness capabilities and health status of normal subjects. Focus will be on standardization of procedures and collection of reliable and valid data. An additional concern will be clear representation and interpretation of classical techniques used to routinely assess physical fitness in the laboratory. *Summer only*

PHED 545 Physical Conditioning and Training in Sports and Exercise (3 credits)

Prerequisite: An introductory course in exercise physiology or consent of instructor

This course is designed to provide the sport practitioner, e.g., the coach, athlete, team trainer, and physical educator, with a basic understanding of the physiologic principles underlying the physical conditioning process. Methods of planning, implementing and evaluating training programs will be the main focus of attention.

PHED 546/ATTR 548 Applied Biomechanics and Movement Analysis (3 credits)

This course provides students with a knowledge and understanding of the mechanical concepts underlying performance of motor skills. Focus is on analytic techniques, which allow students to analyze skills and effectively consume complex skill analyses conducted by others. *Fall semester, alternate years*

PHED 560 Adventure-Based Physical Education (3 credits)

Prerequisite: Matriculation in the MS in Physical Education program or consent of instructor

This course is designed for those who are new to adventure education and who work in a setting where the group process and debriefing are important. Some of the techniques to enhance group process are the following: goal setting, reflection, decision making and debriefing. The curriculum will include adventure basics, philosophy and theory, including challenge by choice and the full-value contract, ground activities, low elements and high elements. Participants should be in relatively good health and able to perform moderate physical activity.



Course Descriptions

PHED 571 Psychological and Social Issues in Sport (3 credits)

This course will focus on advanced sociological and psychological study of sport. Students will consider timely issues in sport from a sociological perspective and consider how these issues affect professionals working in sport and physical activity. Students will learn how principles in applied sport psychology can enhance teaching, learning and performance in sport. Potential topics include cheating, the use of performance-enhancing drugs, burn-out, motivation, media images, and Title IX.

PHED 581 Selected Topics in Physical Education (1-3 credits)

Prerequisite: Course prerequisite may be specified depending on the nature of the topic

Special topics of current relevance in physical education will be offered from time to time. The topic to be addressed will be announced in pre-registration publications. May take more than once with consent of adviser.

PHED 595 Internship in Physical Education (3-6 credits)

Prerequisite: 12 graduate credits in physical education and consent of adviser

An internship offers qualified students the opportunity to gain substantial practical experience within their major. Placements are designed to complement a student's program concentration.

Other Approved Courses

PHED 139 Theory and Practice of Dance Fundamentals
PHED 154 Ballet
PHED 158 Dance for Games and Sport – Theory, Practice and Performance
PHED 162 Creative Modern Dance I
PHED 182 Ski Touring
PHED 196 Fencing I – Beginner
PHED 202 Orienteering
PHED 233 Basketball II – Intermediate
PHED/INTD 236 Games and Sport of Artic People
PHED 243 Ballet II
PHED 253 Jazz Dance II
PHED 258 Modern Dance Technique
PHED 262 Modern Dance Technique II
PHED 265 Tap Dance II
PHED 270 Bowling II – Intermediate
PHED 274 Tennis II – Intermediate
PHED 327 Methods and Techniques in Coaching Team Sports
PHED 345 Sport and Physical Education in East Asian Cultures
PHED 346 Sport and Culture in India
PHED 350 Advanced Swimming
PHED 361 Officiating Individual Sports
PHED 362 Officiating Team Sports
PHED 439 Analysis and Application of Teacher Behavior
PHED 465 Theory and Development of Play
PHED 470 Sociology of Sport
PHED 471 Psycho/Social Aspects of Sports
PHED 487 Psychological Aspects of Coaching
PHED 505 Principles and Techniques of Supervising Student Teachers in Physical Education
PHED 510 Concepts of Curriculum Development
PHED 512 Administration of Physical Education
PHED 533 Applications of Exercise Physiology