

PHYSICAL and HEALTH EDUCATION

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The physical education with health major and adapted physical education licensure are designed for students who wish to acquire the diverse competencies needed to teach physical education, health education, and adapted physical education at the Pre-K-12 level. This program provides students with competencies necessary to meet Wisconsin Department of Public Instruction (DPI) requirements.

Physical and Health Education (K-12) Major **Bachelor of Science**

Descriptions of Health Science courses in the Physical and Health Education major and the major's academic progression standards are in the Health Sciences section of this Catalog. Descriptions of Education Program courses in the Physical and Health Education program are in the Education Program section of this Catalog.

All physical education majors must be proficient to the intermediate level in swimming; a Water Safety Instructor and/or Lifeguarding certificate is strongly recommended.

Learning Outcomes for Physical Education

Upon graduation and entry into the profession of Physical and Health Education, the individual will:

1. Articulate basic physical education knowledge, central physical education concepts, and pedagogical practices within the field of physical education. Articulate basic health knowledge, central health concepts, health tools of inquiry, and pedagogical practices within the field of health education.
2. Develop a professional philosophy consistent with current National Association for Sport and Physical Education (NASPE) and state physical education standards, developmentally appropriate curriculum and instructional design, assessment, and professional development. Develop a professional philosophy consistent with current research findings and best practices in health education, curriculum and instructional design, assessment and professional development.
3. Identify the role, function, and responsibility of a physical education teacher and physical education program coordinator as part of the K-12 physical education program. Identify the role, function, and responsibility of a health education teacher and health education program coordinator as part of the comprehensive school health program.

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4. Assess informally student physical education and health education needs based on a student's prior physical education experiences, physical fitness level, interests and needs in order to implement quality physical education instruction. Assess informally student health needs based on a student's prior knowledge, interests and needs in order to implement quality health instruction.
5. Identify and articulate the concepts and skills contained in the current state and NASPE physical education standards in the development of curriculum and instruction. Identify and articulate current state and national health standards in the development of curriculum and instruction. Identify and articulate the concepts and skills contained in the current state and national health standards in the development of curriculum and instruction.
6. Design and deliver developmentally appropriate instructional programs based on stated goals and objectives contained in the current state and NASPE standards. Design and deliver developmentally appropriate instructional programs based on stated goals and objectives contained in the current state and national health standards, assessment data, utilizing the CDC guidelines for effective school health programs as the major health content organizer.
7. Analyze and articulate the social, cultural, economic and political factors that affect physical education engagement, home-school relations, and classroom strategies in physical and health education.
8. Evaluate commercial physical education programs as well as state, national, and international resources utilizing research-based principles in physical education curriculum, instruction and assessment. Critically evaluate developmentally appropriate commercial health education programs as well as state, national, and international resources utilizing research-based and best practices principles in health education curriculum, instruction, and assessment.
9. Implement effective developmentally appropriate instructional approaches including the use of media and technology, multiple intelligences, differentiated instruction and brain based learning that will create learning experiences that will meet the diverse needs of pupils, the community and curricular goals.
10. Apply formal and informal assessment strategies to evaluate and ensure continuous intellectual, social, and physical development of the pupil.
11. Reflect and evaluate the impact of his or her instructional capacity on others (e.g. learners, parents/guardians, and other professionals) as well as his/her classroom management skills and seek opportunities to grow professionally (i.e. Wisconsin Family and Consumer Educators, and Wisconsin Association for Health, Physical Education, Recreation, and Dance).

Fees

Specific courses that require use of equipment and disposable supplies are assigned a course fee.

Academic Progression Standards

The academic progression standards for the physical and health education major are presented in the Academic Policies and Procedures section of this catalog.

Courses in the Physical and Health Education Major (70 Credits)

- Health Science 101, Introduction to Health Care Skills (1 credit)
Health Science 103, Personal and Community Health (4 credits)
Health Science 105, Group Exercise Instruction (1 credit)
Health Science 110, Basic Weight Training Instruction (1 credit)
Health Science 120, Fundamental Motor Development (4 credits)
Health Science 303, Exercise Physiology (4 credits)
Health Science 322, Kinesiology (4 credits)
Athletic Training 101, Athletic Training Seminar I (2 credits)
Physical Education 101, Dance (1 credit)
Physical Education 102, Basic and Intermediate Swim (2 credits)
Physical Education 103, Philosophy, Principles, and History of Physical and Health Education/Athletics (3 credits)
Physical Education 208, Organization and Administration of Physical Activities/Athletics (2 credits)
Physical Education 214, Teaching Outdoor Activities in Physical Education (2 credits)
Physical Education 310, Elementary Physical Education Activities (3 credits) [PED 328]
Physical Education 311, Team Sports and Officiating (3 credits)
Physical Education 312, Individual/Dual and Lifetime Activities (3 credits)
Physical Education 324, Physical Education Laboratory (2 credit) [ESC 324]
Physical Education 353, Capstone: Special Methods in Teaching Physical Education (4 credits)
Physical Education 411, Adapted Physical Education (4 credits)
Physical Education 421, Psycho-Social Aspects of Physical Activity (4 credits)
Health Education 201, Nutrition (2 credits)
Health Education 202, Drugs, Society and Human Behavior (2 credits)
Health Education 203, Consumerism in Health (2 credits)
Health Education 204, Human Sexuality (2 credits)
Health Education 323, School Health Programs (4 credits)
Health Education 353, Special Methods in Teaching Health Education (4 credits)

Courses toward the Adapted Physical Education License

- Health Sciences 120, Fundamental Motor Development (4 credits)
Physical Education 411, Adapted Physical Education (4 credits)
Education 336, Collaborating with Parents of Exceptional Children and Community Agencies (3 credits)
Physical Education 412, Assessment and Program Evaluation in Adapted Physical Education (2 credits)
Physical Education 414, Field Experience in Adapted Physical Education (1 credit)
Refer to the Education Program–Secondary Education Minor for additional course requirements necessary for Wisconsin Department of Public Instruction licensure.

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Required Support Courses (14 credits)

Biology 130, Introduction to Human Anatomy and Physiology I (4 credits)

Biology 140, Introduction to Human Anatomy and Physiology II (4 credits)

Computer Science 107, Problem Solving Using Information Technology (2 credits)

Mathematics 112, Introduction to Statistics (4 credits)

Physical Education

101. Dance

1 credit

Theory and methods of teaching age appropriate rhythms and dance activities for students in grades K-12. Emphasis is on skill progressions, teaching techniques and assessment methods. (Required course fee) (*Fa*)

102. Basic and Intermediate Swim

2 credits

This course is open to Physical Education majors only. Emphasis is placed on the improvement of the individual student's swimming skill. Course content ranges from the non-swimmer level through American Red Cross intermediate skill level. Physical education teaching majors and minors are required to enroll in this class unless they hold one of the following American Red Cross certifications: Water Safety Instructor or Lifeguard Training. (*Sp*)

103. Philosophy, Principles, and History of

3 credits

Physical and Health Education/Athletics

This course gives the student a broad historical, philosophical, and futuristic view of the physical education/athletics field. Principles of physical education/athletics are also introduced with emphasis on curricular development and design. (Required course fee) (*Sp*)

208. Organization and Administration of Physical Activities/Athletics

2 credits

In this course, students study the organization and administration of physical education/fitness and athletic programs. Course content addresses organizational issues at various levels of administration K-12 through adult. (*Fa*)

214. Teaching Outdoor Activities in Physical Education

2 credits

This course is designed to offer undergraduate students an in-depth experience with various outdoor skills for orienteering, outdoor survival, canoeing, mountain (wall) climbing, all season camping, safety outdoors, outdoor fitness (trail running, backpacking, hiking, mountain biking) and ropes course. (Required course fee) (*Fa*)

310. Elementary Physical Education Activities

3 credits

In this course, students study basic movement patterns in games of lower and higher organization as well as tumbling and individual activities. Fitness activities are incorporated throughout as well as early childhood assessment. (Required course fee) (*Fa*)

311. Team Sports and Officiating

3 credits

This course gives students a background in the history, rules, equipment, values and the fundamental skills and techniques necessary to participate in and enjoy team sports. Officiating techniques in team sports are also included. (Required course fee) (*Sp*)

- 312. Individual/Dual and Lifetime Activities** 3 credits
This course gives students a background in the history, rules, equipment, values and the fundamental skills and techniques necessary to participate in and enjoy individual and lifetime activities. (Required course fee) (*Sp*)
- 324. Physical Education Laboratory** 2 credits
This course further develops knowledge, skills, and abilities that exercise professionals must possess in order to function competently in the Pre-K-12 educational setting. HSC 303 and HSC 322 taken concurrently. (Required course fee) (*Fa*)
- 328. Elementary Physical Education Activities and Health Education** 3 credits
The course is specifically designed for elementary education majors to introduce both the content and techniques for delivering appropriate school health and physical education programs at the K-9 level. Content reflects Wisconsin's Model for Academic Standards for Physical Education and Health. (Required course fee) (*Fa, Sp, Su*)
- 353. Capstone: Special Methods in Teaching Physical Education** 4 credits
Applications of general principles and methods of teaching physical education are presented in this course. Special emphasis is placed upon selection, use and preparation of equipment, materials, teaching aids and other resources especially designed for the physical education setting (Pre-K-12). Prerequisites: Successful completion of the PPST, admission to TEP or instructors permission and junior standing (Required course fee) (*Sp*)
- 391. Special Problems and Research** 4 credits
Prerequisite: Approval of the divisional dean and consent of instructor.
- 398. Special Studies in Physical Education** 1-3 credits
Prerequisite: Approval of the divisional dean and consent of instructor.
- 411. Adapted Physical Education** 4 credits
This course introduces the student to skills, knowledge, and competencies necessary to evaluate, plan and organize educational and recreational activities for students with exceptional educational needs. A laboratory experience with students is also required. (Required course fee) (*Fa*)
- 421. Psycho-Social Aspects of Physical Activity** 4 credits
This course presents an introduction to basic issues and current research in the psychology and sociology of American sport, physical activity, rehabilitation and leisure. Specific emphasis is placed on the social and psychological factors affecting an individual's performance in motor activities. (*Fa/Sp*)

Health Education

201. Nutrition

2 credits

Basic principles of nutrition are covered as well as current problems and topics regarding both personal and world nutrition today. Designed for the public school teacher, the community health educator or those in related fields. (*Fa*)

202. Drugs, Society and Human Behavior

2 credits

This course is directed at introducing social, psychological, pharmacological and cultural aspects of drug use, misuse and abuse. In addition, the methods, materials and theories of drug abuse prevention in the school and community are introduced. (*Wn*)

203. Consumerism in Health

2 credits

The aim of this course is to identify content, resources, materials and instructional strategies for providing consumer education to various populations. (*Sul*)

204. Human Sexuality

2 credits

This course reviews current information on health and human sexuality. Emphasis is given to cognitive and affective components of human sexuality. Major issues and topics in human sexuality are covered with particular attention to gender as it affects these issues. (*Sp*)

323. School Health Programs

4 credits

Studies the importance of well-organized and planned school health programs with special emphasis on the importance of health to the school. Graduate credit available. (*Sp*) Prerequisite: HSC 103.

353. Special Methods in Teaching Health Education

4 credits

Applications of general principles and methods of teaching health education. Special emphasis upon selection, use, and preparation of equipment, materials, teaching aids, and other resources especially designed for the health education setting (Pre-K-12). (*Sp*) Prerequisites: HED 323 and HSC 103.

Adapted Physical Education

412. Assessment and Program Evaluation in Adapted Physical Education

2 credits

This course introduces the core theoretical and practical background necessary to assess and evaluate the motor development and physical fitness needs of persons with disabilities. Students are able to administer various psychomotor assessment tools and apply the results in the design of an individualized motor program. (Required course fee) (*Sp*) Prerequisites: HSC 120, PED 411. Co-requisite: PED 414.

414. Field Experience in Adapted Physical Education

1 credit

This experience provides the student with an opportunity to work with students in an adapted physical education setting under the supervision of a Wisconsin 860 licensed physical education teacher. Attendance at a monthly seminar and a minimum of 40 clock hours must be spent at early childhood, elementary, and secondary levels. (*Sp*) Prerequisites: 411. Co-requisite: PED 412.

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**Physical Education/Health Education/Adapted Physical Education
Four- and One-Half-Year Curriculum Model**

Class Standing	Fall Semester	Winter Term	Spring Semester	Summer Term
Year 1	CCS 100 4 BIO 130 4 H1 – Am. HIS 4 HSC 103 4 <u>16</u>		ENG 170 4 BIO 140 4 PED 103 3 ATH 101 2 EDU 100 2 HSC 101 1 <u>16</u>	CSC 107 2 <u>2</u>
Year 2	EDU 203 4 EDU 210 1 PED 101 1 PED 208 2 PED 214 2 HED 201 2 P1 – R/P/E 4 <u>16</u>	HED 202 2 <u>2</u>	HSC 120 4 PED 102 2 HED 204 2 EDU 209=CCD 4 HCS 110 1 MAT 112 4 <u>17</u>	SI-POL 141 4 <u>4</u>
Year 3	HSC 303 4 HSC 322 4 PED 324 2 PED 310 3 EDU 301 4 <u>17</u>		PED 311 3 PED 312 3 HED 323 4 H2 – ENG 226 4 EDU 306 2 HSC 105 1 <u>17</u>	CCE 2 <u>2</u>
Year 4	PED 411 4 PED 421 4 F1 – ART103NW 4 EDU 265 4 <u>16</u>	EDU 311 1 <u>1</u>	PED 353 4 HED 353 4 PED 412 2 PED 414 1 CCS 400 2 N1, ENV 120 4 <u>17</u>	HED 203 2 EDU 336 3 <u>5</u>
Year 5	EDU 409/410 12 <u>12</u>			

= 160 credits

*PPST must be successfully completed during sophomore year

**PRAXIS Physical Education and Health Education Content Standards Tests must be successfully completed during spring semester of or summer term following junior year.