

PHYSICAL EDUCATION (PHED)

PHED 101 Physical Fitness 1 Credit Hour(s)

A basic course in fundamentals of personal physical fitness. Emphasis is given to concepts of aerobic exercise, strength and flexibility development. (Formerly KINE 101)

Offered: Resident

PHED 140 Introduction to Athletic Training 2 Credit Hour(s)

PHED 141 Advanced Athletic Training 2 Credit Hour(s)

PHED 170 Equestrian: Horsemanship I 2 Credit Hour(s)

This course will allow the students to learn the fundamental skills in hunt seat, western riding, according to student background or interest. The course will provide one riding lab and one lecture based class per week. (Formerly KINE 170)

Offered: Resident

PHED 189 PE Observations in Schools 1 Credit Hour(s)

Prerequisite: Background Clear Virginia with a score of 5

This course is designed to provide exposure to the teaching of physical education in the elementary school setting and adapted physical education for the exceptional child. The student must observe a minimum of twenty hours in an elementary program.

Offered: Resident

PHED 200 Basketball/Soccer 1 Credit Hour(s)

These sport/activity courses are designed for Kinesiology majors and minors as well as other interested students. Appropriate teaching techniques and skill competencies for each sport/activity are emphasized. The fundamental skills, relevant strategies, and applicable rules of the sports and/or activities listed will be included. Each sport or activity will provide the student a means for achieving psychomotor, cognitive, and affective development. (Formerly KINE 211)

Registration Restrictions: Physical Education and Health Major or Minor

Offered: Resident

PHED 201 Flag Football/Innovative Games 1 Credit Hour(s)

These sport/activity courses are designed for Kinesiology majors and minors as well as other interested students. Appropriate teaching techniques and skill competencies for each sport/activity are emphasized. The fundamental skills, relevant strategies, and applicable rules of the sports and/or activities listed will be included. Each sport or activity will provide the student a means for achieving psychomotor, cognitive, and affective development. (Formerly KINE 215)

Registration Restrictions: Physical Education and Health Major or Minor

Offered: Resident

PHED 202 Racquet Sports 1 Credit Hour(s)

These sport/activity courses are designed for Kinesiology majors and minors as well as other interested students. Appropriate teaching techniques and skill competencies for each sport/activity are emphasized. The fundamental skills, relevant strategies, and applicable rules of the sports and/or activities listed will be included. Each sport or activity will provide the student a means for achieving psychomotor, cognitive, and affective development. (Formerly KINE 213)

Registration Restrictions: Physical Education and Health Major or Minor

Offered: Resident

PHED 203 Tumbling and Rhythmic Activities 1 Credit Hour(s)

This professional activity course is designed primarily for Kinesiology majors as well as other interested students. Teaching techniques as well as personal skill competencies in tumbling and rhythms are emphasized. The basic steps used in fundamental tumbling skills, simple rhythmic activities, and creative activities will be included. (Formerly KINE 214)

Registration Restrictions: Physical Education and Health Major or Minor

Offered: Resident

PHED 204 Softball/Volleyball 1 Credit Hour(s)

These sport/activity courses are designed for Kinesiology majors and minors as well as other interested students. Appropriate teaching techniques and skill competencies for each sport/activity are emphasized. The fundamental skills, relevant strategies, and applicable rules of the sports and/or activities listed will be included. Each sport or activity will provide the student a means for achieving psychomotor, cognitive, and affective development. (Formerly KINE 210)

Registration Restrictions: Physical Education and Health Major or Minor

Offered: Resident

PHED 205 Innovative Games 1 Credit Hour(s)

These sport/activity courses are designed for Kinesiology majors and minors as well as other interested students. Appropriate teaching techniques and skill competencies for each sport/activity are emphasized. The fundamental skills, relevant strategies, and applicable rules of the sports and/or activities listed will be included. Each sport or activity will provide the student a means for achieving psychomotor, cognitive, and affective development. (Formerly 212)

Registration Restrictions: Physical Education and Health Major or Minor

Offered: Resident

PHED 207 History and Foundations of Physical Education 2 Credit Hour(s)

An overview of the physical education teaching profession. Instructional emphasis is on the historical development, philosophical perspectives, curricular programs, and current problems and issues of physical education. (Formerly KINE 207)

Offered: Resident

PHED 208 Motor Learning 2 Credit Hour(s)

A study of the principles involved in the development of human motor/sport skills. Instructional emphases focuses on the processes underlying skilled performance and the application of principles of skilled performance and learning in teaching, coaching, and rehabilitation settings. (Formerly KINE 208)

Offered: Resident

PHED 209 Motor Learning Lab 1 Credit Hour(s)

Lab sessions designed to give students the opportunity to experience problem-solving situations involving motor learning research findings applicable to exercise, sport, and rehabilitation settings. (Formerly KINE 209)

Offered: Resident

PHED 216 Field Hockey 1 Credit Hour(s)

This course will allow students to develop the physical, mental, and social skills necessary for participation in the sport of field hockey. Instructional emphases will focus on the basic skills, defensive tactics, offensive strategies, rules and scoring. (Formerly KINE 216)

Offered: Resident

PHED 217 Lacrosse 1 Credit Hour(s)

This course will allow students to develop the physical, mental, and social skills necessary for participation in the sport of lacrosse. Instructional emphases will focus on the basic skills, defensive tactics, offensive strategies, rules and scoring. (Formerly KINE 217)

Offered: Resident

PHED 218 Tennis 1 Credit Hour(s)

This course will allow students to develop the cognitive, affective, and psychomotor skills for the beginning tennis player. Instructional emphases will focus on ground strokes, serve, volley, lob, overhead smash, return of serve, playing strategies, rules and scoring. (Formerly KINE 218)

Offered: Resident

PHED 219 Mountain Biking 1 Credit Hour(s)

This course will introduce the sport of mountain biking to students with varying bicycling experience. The history of mountain biking, riding styles, bicycle maintenance/ repair, and the beneficial effects of the sport will be included. (Formerly KINE 219)

Offered: Resident

PHED 220 Bowling 1 Credit Hour(s)

This course will allow students to develop the basic skills of bowling. It will also provide them with the opportunity to participate in a "handicapped" league style format for 13 weeks. (Formerly KINE 220)

Offered: Resident

PHED 221 Golf 1 Credit Hour(s)

This course will allow students to develop the physical, mental, and social skills necessary for playing golf. Instructional emphases will focus on complete swing, driving, approach shots, putting, etiquette, rules and scoring. (Formerly KINE 221)

Offered: Resident

PHED 222 Archery 1 Credit Hour(s)**PHED 224 Tumbling/Gymnastics 1 Credit Hour(s)****PHED 225 Weight Training/Conditioning 1 Credit Hour(s)**

This course will allow students to develop knowledge in both the theoretical and practical applications of weight training and conditioning as a means of promoting physical fitness. Instructional emphases will focus on principles and techniques of properly lifting and spotting strength training exercises. (Formerly KINE 225)

Offered: Resident

PHED 226 Wrestling 1 Credit Hour(s)

This course will allow students to develop the physical, mental, and social skills necessary for participation in American wrestling. Instructional emphases will focus on fundamental skills (stances, holds, moves), conditioning, competitive strategies, rules and scoring. (Formerly KINE 226)

Offered: Resident

PHED 227 Fencing 1 Credit Hour(s)**PHED 228 Beginning Swimming 1 Credit Hour(s)**

This course will allow students to develop cognitive, affective and psychomotor skills for the beginning swimmer. Instructional emphases will focus on the basic skills of swimming including breath control, floating, and sculling. Additionally, students will learn the front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and basic water safety skills. (Formerly KINE 228)

Offered: Resident

PHED 229 Intermediate/Advanced Swimming 1 Credit Hour(s)

This course will allow students to develop cognitive, affective and psychomotor skills for the intermediate swimmer. Instructional emphases will focus on the intermediate strokes of swimming including the front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke as well as advanced water safety skills. Additionally, students will participate in a variety of aquatic fitness activities. (Formerly KINE 229)

Offered: Resident

PHED 230 Lifeguard Training (American Red Cross) 2 Credit Hour(s)

The course is designed to teach emergency water safety skills as well as knowledge and performance of non-swimming and swimming assists, water entries, defenses and escapes, and rescue skills. Successful completion of this course will result in Red Cross Lifeguard Training Certification. (Formerly KINE 230)

Registration Restrictions: Intermediate level swimming competency, current adult CPR certification, and first aid course certification

Offered: Resident

PHED 231 Water Safety Instructor (American Red Cross) 3 Credit Hour(s)

The course will qualify participants to teach all levels of swimming in progressive swimming courses as well as how to plan, organize and conduct these classes. Health and safety and education methods are emphasized. Successful completion of this course will result in Red Cross Water Safety Instructor Certification. (Formerly KINE 231)

Registration Restrictions: Swimmer level swimming competency and current certificate of American Red Cross Emergency Water Safety or Lifeguard Training Course

Offered: Resident

PHED 232 Recreational Sports 1 Credit Hour(s)

This course will allow students to develop cognitive, affective, and psychomotor skills for a variety of recreational sports and/or activities. Instructional emphases will focus on the basic skills necessary to participate, rules and scoring (if applicable) and relevant strategies. (Formerly KINE 232)

Offered: Resident

PHED 233 Mixed Martial Arts 1 Credit Hour(s)

This course will allow students to develop basic self-defense in using Karate skills. Various kicking and striking techniques will be examined as related to self-defense issues. (Formerly KINE 233)

Offered: Resident

PHED 234 Hapkido 1 Credit Hour(s)

This course will allow students to develop basic self-defense as it relates to the theories and principles of Hapkido. Various kicking and striking techniques will be examined as related to self-defense situations. (Formerly KINE 234)

Offered: Resident

PHED 235 Beginning Running 1 Credit Hour(s)

This course is designed for the beginning runner to acquire knowledge of the physiological, psychological, social and mental hunger as a result of a long-term running program. Instructional emphases will focus on the effect of diet on a runner, different running styles, conditioning programs/ strategies, and the positive and negative effects of running. (Formerly KINE 235)

Offered: Resident

PHED 236 Advanced Running 1 Credit Hour(s)

This course will allow committed runners to take their level of fitness, training, and running expertise to a higher level. Requirements will be more substantial than PHED 235. (Formerly KINE 236)

Offered: Resident

PHED 237 Ice Hockey 1 Credit Hour(s)

This course will allow students to develop cognitive, affective, and psychomotor skills for the beginning ice hockey player. Instructional emphases will focus on skating, passing, shooting, defense, playing strategies, and rules. (Formerly KINE 222)

Offered: Resident

PHED 270 Equestrian: Horsemanship II 2 Credit Hour(s)

Prerequisite: PHED 170

This course will allow the students to build on the fundamental skills and expand knowledge of hunt seat and western riding, according to student background and interest. The course will provide one riding lab and one lecture based class per week. (Formerly KINE 270)

Offered: Resident

PHED 280 Equestrian: Horsemanship III 2 Credit Hour(s)

Prerequisite: PHED 270

This course will allow the students to build on the fundamental and intermediate skills and expand knowledge of hunt seat and western riding, according to student background and interest. The course will provide one riding lab and one lecture based class per week. (Formerly KINE 280)

Offered: Resident

PHED 289 PE Student Aide: Elementary 1 Credit Hour(s)

Prerequisite: (PHED 189 or PHED 245) and Undergraduate Initial Gate 2 with a score of 5 and Background Check Clearance with a score of 5 and Background Clear Virginia with a score of 5

A sequence of selected practicum experiences designed to involve the student with actual assisting and teaching physical education to elementary school. The student is assigned a minimum of 20 hours of practicum work under the supervision of physical educators in a local elementary school.

Note: Offered spring semester

Offered: Resident

PHED 299 Internship 0 Credit Hour(s)

Practical work experience in an approved exercise or fitness-related agency, physical or occupational therapy clinic, chiropractic office, or similar setting supervised by a qualified professional. Application procedures processed through the Career Center. Must apply semester prior to internship. (formerly KINE 299)

Offered: Resident

PHED 304 Coaching Football 3 Credit Hour(s)**PHED 306 Coaching Basketball 3 Credit Hour(s)****PHED 310 Physiology of Exercise 3 Credit Hour(s)****PHED 311 Kinesiology 3 Credit Hour(s)****PHED 314 Officiating in Athletics 2 Credit Hour(s)****PHED 320 Measure & Eval in Hlth and PE 3 Credit Hour(s)****PHED 326 PE Student Aide: Middle or Seco 1 Credit Hour(s)****PHED 333 Adapted PE 2 Credit Hour(s)****PHED 334 Adapted PE Lab 1 Credit Hour(s)****PHED 335 Adapted Physical Activity 2 Credit Hour(s)**

Methods of classification of exceptional students, program planning and teaching of activities appropriate to needs of the handicapped are examined. (Formerly KINE 333)

Registration Restrictions: Junior status

Offered: Resident

PHED 336 Adapted Physical Activity Lab 1 Credit Hour(s)

Teaching methods of activities appropriate to the needs of exceptional students are examined. Addresses the importance of adapting physical education programs to meet the unique needs of exceptional students. (Formerly KINE 334)

Registration Restrictions: Junior status

Offered: Resident

PHED 340 Coaching Strength and Weight Training 3 Credit Hour(s)**PHED 352 Teaching Physical Education in the Elementary School 2 Credit Hour(s)**

An introduction to games and play activities which are suitable for elementary-aged students. Activity selection, planning and teaching methods are stressed. This course is designed for the elementary physical education concentration. (Formerly KINE 352)

Registration Restrictions: Junior status

Offered: Resident

PHED 389 PE Student Aide: Secondary 1 Credit Hour(s)

Prerequisite: (PHED 189 or PHED 245) and PHED 451 and Undergraduate Initial Gate 2 with a score of 5 and Background Check Clearance with a score of 5 and Background Clear Virginia with a score of 5

An assigned practicum experience designed to involve the student actual assisting in teaching physical education classes in a middle or secondary school setting. The student must complete 20 hours of practicum work under the supervision of a physical educator in one of the local schools.

Note: Offered fall semester

Offered: Resident

PHED 401 Physical Education Practicum-S 2 Credit Hour(s)**PHED 404 Adm/Org of PE, SMGT, Exer.Sci 3 Credit Hour(s)****PHED 405 Administration and Organization of Physical Education, Exercise and Fitness 3 Credit Hour(s)**

A study of the problems and considerations involved in the successful management of physical education programs. Areas considered include program planning, budgeting, facility design and organization, and current organizational trends. (Formerly KINE 404)

Registration Restrictions: Junior status.

Offered: Resident

PHED 435 Seminar for Student Teachers 2 Credit Hour(s)

Prerequisite: EDUC 475 (may be taken concurrently) and EDUC 476 (may be taken concurrently)

Seminar sessions will involve discussion of topics relevant to health and physical education instruction. Students will share experiences from student teaching and gain insights from readings and professionals in the field of education. (Formerly KINE 435)

Registration Restrictions: Admission to Student Teaching

Offered: Resident

PHED 450 Elementary Physical Education Methods & Behavior Management 3 Credit Hour(s)

Prerequisite: PHED 207 and PHED 208 and Undergraduate Initial Gate 2 with a score of 5

This course is designed to provide instruction in the physical education curriculum for elementary school settings. Areas of emphasis include class management, curriculum development, skill progressions, teaching methods and movement activities for grades K-6. (Formerly KINE 450)

Registration Restrictions: Junior status

Note: Offered spring semester

Offered: Resident

PHED 451 Secondary Physical Education Methods 3 Credit Hour(s)

Prerequisite: PHED 207 and PHED 208 and Undergraduate Initial Gate 2 with a score of 5

The course is designed to provide the student with a thorough understanding of the teaching-learning process in middle and high school settings. The student will learn how to plan and present progressive learning tasks, develop effective teaching skills, analyze and evaluate the instructional process, and design curricular materials. (Formerly KINE 451)

Registration Restrictions: Junior status

Note: Offered fall semester

Offered: Resident

PHED 460 Exercise Test/Eval/Prescriptio 3 Credit Hour(s)

PHED 461 Exercise Leadership 3 Credit Hour(s)

PHED 495 Independent Study 1-3 Credit Hour(s)

PHED 496 Directed Research in Kinesiology 1-3 Credit Hour(s)

A research-oriented project in an approved topical area or an independently-completed course of study in a specially designed area. Generally available only for Physical Education majors who have unusual and specific program needs. (Formerly KINE 495)

Registration Restrictions: Permission of the Department Chairman, Junior status and a minimum cumulative GPA of 2.50

Offered: Resident

PHED 497 Special Topics in Kinesiology 1-3 Credit Hour(s)

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PHED 499 Professional Practicum in PE 3 Credit Hour(s)