

PHYSICAL EDUCATION (PE)

PE 800 – Philosophy of PE, Sports, Recreation and Coaching 3 credit hours

Will look at the historical backgrounds and philosophic bases from which contemporary physical education, recreation, sports and coaching has evolved. Students will also explore current issues in the areas of physical education, recreation, sport and coaching.

PE 801 – Psychology of Sport 3 credit hours

Psychology of Sport and Exercise is the study of the interaction between psychological variables and performance. Psychological constructs and theories will be examined in a variety of contexts related to sport and physical activity. Practical skills and applications that are consistent with gold standards in the field will be utilized.

PE 802P – Sociology of Sports Activities 3 credit hours

The impact of sports and recreation on society, community and the individual, and the impact of these institutions on sports.

PE 803P – Financing Sport 3 credit hours

Techniques in the application of financing sport including budgeting and grantwriting.

PE 806 – Seminar: Physical Education 1-3 credit hours

Philosophies of physical education, current issues and trends, and methods of dealing with problems in the field. The course will deal with all levels from elementary school through college and graduate study. Total Credits Allowed: 3.00

PE 807 – Governance and Ethics in Sport 3 credit hours

This course is designed to give sports management students understanding and background in compliance and its relationship to amateurism, gender equity, fair competition, and the legislative process within the sport governance structure. This course will provide an understanding of the principles, applications and techniques of formulating policy, rules interpretations, and enforcement.

PE 808 – Therapeutic Modalities in Athletic Injury 3 credit hours

This course is a comprehensive study of therapeutic modalities used by certified athletic trainers for the care of common injuries sustained by athletes. The class includes the physical principles, physiological effects, indications, contraindications, safety precautions, standard operating procedures, as well as rationale for use of such modalities. Additional Course Fee Required

PE 809 – Rehabilitation Techniques in Athletic Training 4 credit hours

This course is designed to provide the student with an introduction to the theory and practice of a variety of rehabilitation techniques. The student will be provided a basis for understanding when to apply various techniques as they can be integrated into a variety of rehabilitation protocols. This course will provide a technique approach to the rehabilitation of athletes. The student will be taught to critically evaluate appropriate treatment for rehabilitation. The student will be expected to globally retain the subject matter in this course. The student should be able to integrate all of the information presented in this course in such a way that they can adapt the rehabilitation process and apply any of the techniques to wide variety of situations.

PE 810 – Sport Coaching Methods/Techniques 3 credit hours

This course is designed to assist the prospective coach with gaining competence in applying competitive tactics and strategies appropriate to the sport environment. Particular emphasis will be placed on developing effective scouting procedures, conducting efficient practice sessions, utilizing game management strategies and skill analysis.

PE 812P – Social Media Management in Sport 3 credit hours

This course provides a thoroughly integrated overview of how sport teams, leagues, media, coaches and players disseminate information and manage their brand. Student will learn how sport organizations and individuals plan, implement, leverage, and evaluate their social media endeavors. Social, ethical, and legal implications associated with digital and social media usage will be a point of emphasis for the students.

PE 815P – Athletic Orthopedic Assessment I -- LE 3 credit hours

A comprehensive study of the commonly accepted techniques used to clinically evaluate athletic injuries/conditions of the lower extremity, for the purpose of determining the type and severity so that appropriate injury management and referral may occur. Typical symptoms and common clinical signs associated with athletic injuries/conditions will be investigated as well as common contributing etiological factors. The injury assessment process will be presented as a science and an art, therefore, cognitive and psychomotor skills will be taught. The course is intended to allow the student to master the basic skills of a thoughtful, thorough, and relevant athletic injury evaluation necessary to function in the field of athletic training.

PE 816P – Athletic Orthopedic Assessment II -- UE 3 credit hours

A comprehensive study of the commonly accepted techniques used to clinically evaluate athletic injuries/conditions of the upper extremity, for the purpose of determining the type and severity so that appropriate injury management and referral may occur. Typical symptoms and common clinical signs associated with athletic injuries/conditions will be investigated as well as common contributing etiological factors. The injury assessment process will be presented as a science and an art, therefore, cognitive and psychomotor skills will be taught. The course is intended to allow the student to master the basic skills of a thoughtful, thorough, and relevant athletic injury evaluation necessary to function in the field of athletic training.

PE 819P – Pathology of Sports Injury 1 credit hour

This course is intended to provide and develop fundamental knowledge related to clinical pathology in sports related injury. Primary emphasis will be placed upon the orthopedic aspects of injury and/or pathology related to each tissue structure such as bone, ligament, tendon, muscle, and nerve. Various properties of tissue structures and tissue response will also be analyzed.

Prerequisite: PE 310 or equivalent courses

PE 820 – General Medical Conditions in Sport and Exercise 2 credit hours

This course will offer students an opportunity to learn about pathological factors that are involved in general medical conditions that affect athletes and performance. Use of prescription and over-the-counter medications by the sports medicine professionals in treating a wide variety of conditions will also be presented. This course is intended to build upon a sound knowledge of exercise physiology and injury/illness conditions.

Prerequisite: PE 461 and PE 467 or equivalent courses

PE 821 – Administrative Problems in Physical Education 3 credit hours

Study of organization and administration of physical education programs in secondary schools. This will help prepare students to organize and develop a program in public schools.

PE 822P – Facilities for Sports and Recreation 3 credit hours

Principles for planning indoor and outdoor facilities, materials, standards, programs, liability, and maintenance will be discussed. Visits to modern facilities will be arranged.

PE 825P – Sport and Recreation Law 3 credit hours

Survey course on the principles and application of legal issues in the areas of sport and recreation.

PE 828 – Secondary School Physical Education 3 credit hours

Curriculum organization and techniques of teaching physical education in the secondary school.

PE 829P – Marketing in Sport and Recreation 3 credit hours

Application and techniques of marketing and promotion in the sport and recreation setting.

PE 830 – Management and Leadership in Athletics and Coaching 3 credit hours

This course is designed to emphasize the desirable skills needed for an administrator in the areas of sport, athletic training, recreation, and coaching. Topics to be covered will include management, leadership, organizational development, administration principles, policies and procedures, communication and legal aspects.

PE 831 – Curriculum Design in Physical Education 3 credit hours

This course will focus on the critical study of the value orientations, principles, problems and procedures involved in the construction of a physical education program. Application of curriculum models will be practiced upon curricular materials as specific courses of study are constructed for instruction in teaching situations.

PE 832 – Applied Biomechanics of Sport Motion 3 credit hours

The course is designed to provide the student with an ability to subjectively evaluate human sport movement. Specific attention will be paid to the ability or lack of ability for a person to perform movement associated with common sport activities.

PE 835 – Program Design: Strength Training & Conditioning 3 credit hours

This course is designed to provide an advanced overview of programming for strength training and conditioning. Emphasis is placed on program development for collegiate level athletes with and emphasis on exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam. Prerequisite: PE 832 or PE 861 or permission of the instructor

PE 840 – Essentials of Sports Nutrition 3 credit hours

This course, designed primarily for those who do not have extensive background in nutrition and physiology, focuses on the basic dietary practices necessary to facilitate optimal exercise & sport performance.

PE 841 – Elementary School Physical Education 3 credit hours

Curriculum organization, methods and techniques for developing elementary school physical education curriculum.

PE 844 – Foundations of Injury Care and Prevention 3 credit hours

This course will provide basic and advanced information regarding prevention and management of injuries that typically occur in a physically active population. The course is intended for students are currently in or are going to enter the field of coaching, physical education, recreation and fitness management. For these students, some knowledge and understanding of the many aspects of health care for both recreational and competitive athletes is "essential" for them to effectively perform the associated responsibility of their job. The information gained in this course provides guidance, suggestions and recommendations for handling athletic health care situations when an athletic trainer or physician is not available.

PE 845 – Motor Development and Learning 3 credit hours

This course addresses the study of changes in motor behavior from infancy through adolescence influenced by physical growth, neurological maturation, and information processing on motor performance. In addition, the course will expand upon how various constraints impact motor performance. Students will demonstrate an understanding of the process of development, how motor skills are acquired, as well as, best instructional practice to facilitate correct movement patterns through a life span.

PE 850 – Research Method in Kinesiology & Sport Sciences 3 credit hours

Knowledge of research terminology, methodology and applications in research for the areas of Kinesiology and sport.

PE 852P – Exercise Prescription for Special Populations 3 credit hours

Advanced course in clinical exercise testing and prescription relative to disease of the cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic systems. The course is designed to provide students a basic understanding of the pathophysiology and exercise response in these populations while following the American College of Sports Medicine guidelines. Further, part of the course will focus on understanding diagnostic techniques and treatments practiced in each subcategory. Special attention will be given to applicable exercise assessment techniques used in exercise settings.

PE 854 – Leisure Behavior 3 credit hours

Overview of Social Science research and theories concerning behavior of leisure participants.

PE 858P – Recreation for the Aged 3 credit hours

Characteristics and needs, development of recreational programs and legislation for senior citizens.

PE 860P – Gross Anatomy of Movement 3 credit hours

Designed for in-depth understanding of anatomy as it relates to movement or work. Student will utilize human cadavers and assist with undergraduate laboratories.

Additional Course Fee Required

PE 861 – Applied Physiology of Exercise 3 credit hours

The overall objective of the course is to provide a scientific basis for understanding the body's response to acute exercise, as well as its adaptations to chronic exercise. Prior course work in human physiology and/or physiology, biology and chemistry is recommended, but fundamentals in these areas will be reviewed when necessary. The course format is lecture supplemented with virtual lab experiences. The lectures will provide you with an introduction to numerous topics such as energy transfer, organ system functions, and nutritional requirements of exercise.

PE 862P – Advanced Athletic Training 3 credit hours

Diagnostic, evaluative, and therapy techniques, therapeutic and rehabilitative exercises, legal aspects of sports medicine, professional procedures and ethics in sports training.

PE 863P – Health Safety Elementary School 3 credit hours

Curriculum development, teaching methods and selection of learning materials for health instruction in the elementary schools.

PE 864P – School Health Methods 3 credit hours

Developing a curriculum in secondary school health. Health services and environment for health in the secondary school are discussed.

PE 866P – Sports Nutrition 3 credit hours

Metabolism and metabolic regulation, the influence of dietary practices on health and human performance, and mechanisms and consequences of weight loss and gain.

PE 867P – Fitness Testing 3 credit hours

Techniques and theory of testing of personal fitness. Measures include vital capacity, body density, stress testing, aerobic and anaerobic fitness.

PE 868 – Advanced Testing in Exercise & Sport Science 3 credit hours

This course is designed to explore both laboratory and field tests for assessing and evaluating human movement, physical fitness and sport performance. Concepts of measurement and evaluation, and data management, data analysis, and data visualization are also considered throughout the course.

PE 870 – Advanced Exercise Physiology 3 credit hours

Course presumes a student has had a basic course in exercise physiology. The content of cardiorespiratory fitness, body composition, muscular strength/flexibility, body fluids and metabolism is presented beyond the introductory level.

PE 871 – Physical Education for Students with Disabilities 3 credit hours

Survey of prevalent disabilities which affect motor performance of school-age students. Special consideration is given to techniques accommodating students with disabilities in physical education classes.

PE 872 – Physical Education for Students with Developmental Disabilities 3 credit hours

Training is provided in the processes of motor development and motor learning of developmentally disabled school-age students. Course content will include implications of physical education for students who are mentally retarded, behavior disordered, learning disabled and cerebral palsied as well as relevant assessment procedures for these disabilities.

PE 873 – Physical Education for Persons with Severe Disabilities 3 credit hours

Training is provided in the etiology, pathology and characteristics of chronic and permanent disabilities. Course content includes implications of physical education for students who are sensory impaired, orthopedically handicapped, health impaired and severely/profoundly multi-handicapped as well as relevant assessment procedures for these disabilities.

PE 874 – Seminar and Practicum in Physical Education 3 credit hours

This course addresses physical education instruction. The role of the physical educator in planning and delivery of instruction.

PE 875 – Analysis of Physical Education Teaching 3 credit hours

Course will assist student in developing theoretical and practical understanding of the role of physical educator in an educational setting.

PE 876P – Special Topics in Exercise Nutrition 3 credit hours

The format of this course will vary depending on the topic and instructor, yet all courses will focus on the role of nutrition in health, wellness, or sports performance. (This course is repeatable for credit when a different topic is covered)

Total Credits Allowed: 6.00

Prerequisite: FAMS 110 and a grade of C or above in PE 461 or permission of instructor

PE 878 – Issues in PE Sports and Recreation 3 credit hours

Discussion of current issues in physical education, recreation, sports, leisure, and tourism and related fields. Current literature will serve as resource material.

PE 880 – Readings in PE Sports and Recreation 1-3 credit hours

Directed readings concerning a specific topic under direction of a member of the graduate faculty.

Total Credits Allowed: 6.00

PE 881 – Applied Project in PE Sports & Recreation 1-3 credit hours

Total Credits Allowed: 3.00

PE 885 – Clinical I 2 credit hours

This course will provide the athletic training student with a structured clinical learning experience. It is the intent of this course to bridge the gap between the didactic (lecture) material and the clinical field experiences. The course content is primarily organized toward attainment of clinical integration proficiencies (CIPs) and skill in the psychomotor domain as defined in the NATA Educational Competency Manual, 5th ed. Additional Course Fee Required

PE 886 – Clinical II 2 credit hours

This course will provide the athletic training student with a structured clinical learning experience. It is the intent of this course to bridge the gap between the didactic (lecture) material and the clinical field experiences. The course content is primarily organized toward attainment of proficiency in the psychomotor domain and teaching outcomes objectives as defined in the NATA Educational Competency Manual.

Prerequisite: PE 885

Additional Course Fee Required

PE 887 – Clinical III 3 credit hours

The student intern will be expected to complete a clinical internship assignment. The setting selected for enrollment for the athletic training intern is the clinical practice environment. Exposure to this area of the profession, provides the student within the field practice opportunities that extend beyond the experiences they had within the UNK athletic department. Also, gaining exposure to work within the professional clinic environment offers the student the experience of working in a variety of professional settings where certified and licensed athletic trainers are employed. Each student will be expected to enroll and complete an off-campus experience within the setting. The off-campus experience is the primary component of the student's clinical three clinical education experience and is subject to supervision by the student's clinical instructor.

Additional Course Fee Required

PE 888 – Clinical IV 4 credit hours

This course will provide the athletic training student with a structured clinical learning experience. It is the intent of this course to bridge the gap between the didactic (lecture) material and the clinical field experiences. The course content is primarily organized toward attainment of proficiency in the psychomotor domain and teaching outcomes objectives as defined in the NATA Educational Competency Manual 5th Edition. This practicum section is specifically designed to direct the learner through the clinical competencies designated for the University of Nebraska at Kearney (UNK) Athletic Training Education Program (ATEP) Clinical Level IV student. The course instructor will provide guidance and ensure that the material being taught and the clinical experiences provided relate to the student's level of competence and experience. Many of the topics addressed in the course will be expanded upon in the field experience portion of the degree program.

Additional Course Fee Required

PE 889 – Clinical V 3 credit hours

This course will provide the athletic training student with a structured clinical learning experience. It is the intent of this course to bridge the gap between the didactic (lecture) material and the clinical field experiences. The course content is primarily organized toward attainment of proficiency in the psychomotor domain and teaching outcomes objectives as defined in the NATA Educational Competency Manual 5th Edition. This practicum section is specifically designed to direct the learner through the clinical competencies designated for the University of Nebraska at Kearney (UNK) Athletic Training Education Program (ATEP) Clinical Level V student. The course instructor will provide guidance and ensure that the material being taught and the clinical experiences provided relate to the student's level of competence and experience. Many of the topics addressed in the course will be expanded upon in the field experience portion of the degree program.

Additional Course Fee Required

PE 890 – Clinical VI 3 credit hours

The off-campus component of the clinical education progression is designed to be the final culminating experience for preparing the student to enter the field of athletic training. The student intern will be expected to complete two separate internship assignments. The two settings selected for enrollment for the athletic training intern are; 1) the clinical practice environment, and 2) the high school interscholastic environment. Exposure to these two areas of the profession, provides the student with field practice opportunities that extend beyond the experiences they had within the UNK athletic department. Also, gaining exposure to work within the professional clinic and public school environment offers the student the experience of working in a variety of professional settings where certified and licensed athletic trainers are employed. Each student will be expected to enroll and complete an internship experience within each of the two settings. The internship is the primary component of the students level three clinical education experience and is subject to supervision by the student's clinical instructor.

Additional Course Fee Required

PE 895 – Internship 3-15 credit hours

Total Credits Allowed: 15.00

PE 896 – Thesis 3-6 credit hours

Total Credits Allowed: 6.00

PE 898 – Graduate Seminar 1 credit hour

This course is designed to provide the student, who is in their final completion of the professional program in Athletic Training, with a review of all program studies. The review will be guided toward rounding out the broad spectrum of completion for your professional preparation as well as preparing to challenge the BOC certification examination. Specific assigned readings and projects will be conducted in order to reach a level of pre-test readiness.

Prerequisite: PE 867P

PE 899P – Special Topics Courses 1-3 credit hours

Total Credits Allowed: 3.00