

# PHYSICAL EDUCATION (PE)

## **PE 100 – Principles of Physical Education and Health 3 credit hours**

This introductory course is geared towards students interested in pursuing a career in the teaching of Health, and/or Physical Education subject areas or within the extracurricular area of Coaching. The course includes a field experience in PK-12 school sites and explores teacher education through the lens of the Health and/or Physical Education teacher.

## **PE 107 – Introduction to Exercise Science 1 credit hour**

This course is designed to introduce students to the field of Exercise Science as an area of academic study and as a professional career. Students majoring in Exercise Science should take this course in their first year.

## **PE 108 – Introduction to Nutrition 3 credit hours**

Scientific basis of nutrition, nutrients and their functions, sources of deficiency diseases requirements and basic interrelationships of nutrients. Nutrition throughout the life cycle.

Additional Course Fee Required

## **PE 109 – Activity Class 1 credit hour**

Any full semester course or any combination of two eight-week courses below may be elected for one credit. Aerobic Dancing, Archery, Badminton, Ballroom Dancing, Basketball, Bowling, Cross Country Skiing, Diving, Golf, Gymnastics, Jogging, Orienteering, Personal Defense, Pickleball, Pocket Billiards, Racquetball, Skiing, Soccer, Softball, Swimming, Tennis, Track, Tumbling, Volleyball, Wrestling, Yoga for Exercise.

Total Credits Allowed: 18.00

## **PE 110 – Basic Sports Activities 0.5-1 credit hours**

Any full semester course or any combination of two eight-week courses below may be elected for one credit. Aerobic Dancing, Archery, Badminton, Ballroom Dancing, Basketball, Bowling, Cross Country Skiing, Diving, Golf, Gymnastics, Jogging, Orienteering, Personal Defense, Pickleball, Pocket Billiards, Racquetball, Skiing, Soccer, Softball, Swimming, Tennis, Track, Tumbling, Volleyball, Wrestling, Yoga for Exercise.

Total Credits Allowed: 18.00

## **PE 111 – Intercollegiate Sports 1 credit hour**

Participation as a member of one of UNK's varsity sports teams.

Total Credits Allowed: 18.00

## **PE 112 – Conditioning and Weight Training 1 credit hour**

Sports specific activities for physical conditioning.

Total Credits Allowed: 10.00

## **PE 121 – Foundations of Instructing Sport and Recreation Concepts 3 credit hours**

The focus of this course is to learn the basic foundations of sport and leisure activities, and introduce practical techniques for teaching to Preschool to adults.

## **PE 126 – First Year Seminar 1 credit hour**

The First-Year Seminar provides students with a multidisciplinary experience in which they approach an issue or problem from the perspective of three different academic differences. The First-Year Seminar will consist of three 1-credit hour courses taken as co-requisites in a single semester. The successful completion of all three courses satisfies the General Studies LOPER 1 course requirement. Students may take the First-Year Seminar in any discipline, irrespective of their major or minor. Students admitted as readmit students or transfer students who transfer 18 or more hours of General Studies credit to UNK are exempt from taking a LOPER 1 course.

## **PE 150 – Healthy Wealthy and Wise 3 credit hours**

This course focuses on increasing student's understanding of the relevance of the social, economic, and environmental conditions that affect their decisions to take personal responsibility for their health. Throughout this course, students will be asked to reflect on their own health behavior, the factors that influence their behavior and development of strategies to articulate and modify behavior and improve their overall health and well-being.

## **PE 200 – Physical Education and Health Methods I 3 credit hours**

The course will introduce pre-service students to the characteristics of developing a quality health and/or physical education program, and teacher by learning about health and/or physical education school policies/environment, curriculum planning, methods of instruction for teaching, and student assessment for the elementary and secondary level.

Prerequisite: PE 100 and PE 121

Additional Course Fee Required

## **PE 202 – Foundations of Advocacy and Leadership in Education 3 credit hours**

This course will focus on the examination of leadership and advocacy issues in the education field. Students will learn how to advocate for themselves, their students, and their profession. Specifically, students will analyze educational concerns; identify the key stakeholders/decision-makers in school districts, the state of Nebraska, and US legislative processes; and participate in civic engagement of those key stakeholders through preparatory advocacy activities (e.g. letter to a legislator, school board presentation, etc.).

## **PE 203 – Technology Literacy in Health and Physical Education 3 credit hours**

This course is designed to provide Health and Physical Education pre-professional educators the knowledge and skill set necessary to effectively use educational technology to enhance curriculum development, learning, and assessment in face to face or distance education environments. Students are encouraged to take PE 200 and PE 206 prior to this course.

Prerequisite: PE 100 and PE 121

## **PE 205 – Foundations of Health Education 3 credit hours**

This course will study the purpose, scope and nature of health education through consideration of the philosophical and behavioral perspectives of the field. A search for and development of principles guiding the operation of health education in the schools, the community, and in public health agencies. The collaboration of school members, communities, and families will be considered during an evaluation of the Whole School, Whole Community, Whole Child approach as part of the plan for comprehensive school health education.

Prerequisite: Completion of or concurrent enrollment in PE 200

**PE 210 – Scuba 2 credit hours**

Background, principles and techniques of scuba diving. Certification may be awarded at the discretion of instructor. A special fee will be assessed for the course.

**PE 211 – Advanced Sports 1 credit hour**

Advanced instruction in Baseball, Life Guarding, Basketball, Football, Track.

Additional Course Fee Required

**PE 221 – Teaching Sport and Leisure Activities 2 credit hours**

Basic teaching techniques for individual, dual, team, and racquet sports and rhythmic activities; these would include recreational activities for leisure and lifetime.

**PE 226 – Elementary School Health Teaching 1 credit hour**

Methods of teaching elementary school health.

Prerequisite: PE 150

**PE 230 – Sports Officiating 1-2 credit hours**

Sections in football, volleyball, basketball, wrestling, and track and field officiating will be offered.

Total Credits Allowed: 16.00

**PE 241 – Foundations of Fitness and Rhythm in Physical Education 3 credit hours**

This course focuses on teaching practical techniques of teaching to integrate fundamental movements, simple and complex rhythmic patterns, and fitness choreography into a PK-12 Physical Education program. Inclusive strategies, individual, group choreography, and creative movement patterns connecting cultural histories will also be explored. Students are encouraged to complete PE 200 prior to this course.

Prerequisite: PE 100 and PE 121

**PE 247 – Nutrition, Health and Safety for Young Children 1 credit hour**

This course is designed to provide students with a comprehensive understanding of the nutrition, health, and safety needs of young children from birth to eight years of age. This course will prepare students to address the well-being of diverse young children and their families in a variety of early childhood settings, including family childcare, childcare centers, preschools, and early elementary school settings.

**PE 256 – Our Unhealthy World: Who's to Blame? 3 credit hours**

This course is designed to emphasize critical thinking about the fads, trends, policies and products that are affecting the health of the human race. Nutrition, physical activity, lifestyle, and health information sources in America and the World will be discussed as they relate to health outcomes. Individual, social, organizational, community, physical environmental, economic, and political factors that influence individuals behaviors affecting their health will be examined. One of the overarching health goals for the nation is to eliminate health disparities, achieve health equity, and attain health literacy to improve health and well-being of all people. This course aims to increase students' awareness of how and why there are wide disparities in the health status of different social groups. The value of diversity to human health, global health, and their relationship also will be explored.

**PE 260 – First Aid: Responding to Emergencies 2 credit hours**

American Red Cross Standard First Aid and Personal Safety. American Red Cross certificate may be earned.

Additional Course Fee Required

**PE 261 – CPR/AED for the Professional Rescuer Instructor 2 credit hours**

Successful completion of course may qualify candidate to receive the American Red Cross Standard First Aid and Personal Safety Instructor Authorization.

Additional Course Fee Required

**PE 262 – CPR/AED for the Professional Rescuer 1 credit hour**

American Red Cross CPR and emergency techniques are taught.

Additional Course Fee Required

**PE 264 – Foundation of Athletic Training 2-4 credit hours**

American Red Cross designed course providing methods of providing emergency first aid care and injury prevention techniques. Geared mainly to sports and fitness populations.

Total Credits Allowed: 4.00

Additional Course Fee Required

**PE 265 – Emergency Medical Response 2 credit hours**

This course is designed to offer students information and skills that will prepare them for providing basic first aid and life support to individuals suffering from illness or injury. Successful completion of each aspect of the course will qualify each student to be certified by the American Red Cross in Automated External Defibrillator, Professional Rescuer CPR for the Child, Infant and Adult, Oxygen Administration, and Preventing Disease Transmission.

Additional Course Fee Required

**PE 280 – Introduction to Sport Management 2 credit hours**

This course is designed to give students an understanding and background in the various facets of the sport industry. Students will learn the relevance of sociological, cultural, historical, political, psychological, and legal concepts to the management of sport. This course will provide an overview of sport management by presenting extensive discussions of the foundational aspects of the profession and current topics from the field.

**PE 301 – School Connectedness & Emotional Health 2 credit hours**

School connectedness is an important protective factor. Young people who feel connected to their school/school personnel are less likely to engage in risky behaviors and have better academic achievement. Teachers, administrators, other school staff, and parents can help create an environment of school connectedness. This course will address factors to increase school connectedness and also provide an introduction to the emotional health aspects of school-aged children (5-17). \*Students will be certified in Youth and/or Adult Mental Health First Aid.

**PE 305 – Fitness Leadership 2-3 credit hours**

This course will prepare students to become leaders in the fitness industry while obtaining skills necessary to become certified as a personal trainer or group exercise instructor.

Prerequisite: PE 150

**PE 306 – Promoting Healthy Youth Behaviors 3 credit hours**

This course focuses on health issues of children/adolescents. Examination of health behaviors, how to prevent risky behaviors, and how to promote positive health behaviors will occur through the school teaching lens. Students will learn how to incorporate appropriate classroom strategies for the following health topics: Alcohol and Other Drugs, Healthy Eating, Mental/Emotional Health, Personal Health, Physical Activity, Safety, Sexual Health, Tobacco, and Violence.

Prerequisite: PE 108 and PE 150

**PE 310 – Introduction to Human Physiology of Exercise 3 credit hours**

Provides a foundation of scientific basis for understanding the body's anatomical structures and physiologic responses to acute exercise, as well as its adaptations to chronic exercise. Prior coursework in chemistry is recommended, but fundamentals in these areas will be reviewed when necessary. Lecture and lab format.

Additional Course Fee Required

**PE 325 – Motor Learning and Development 3 credit hours**

Course will address changes in motor behavior over life span with emphasis on childhood through adolescence. Learning of motor skills addressed with particular emphasis on factors of instruction that can be manipulated to ensure acquisition of motor skills.

**PE 328 – Water Safety Instructor 3 credit hours**

Preparation in management and maintenance of swimming pools and methods of swim instruction. Red Cross Water Safety Instructor Certificate may be awarded at the discretion of instructor.

Additional Course Fee Required

**PE 329 – Introduction to Health Promotion 3 credit hours**

This course is designed to provide students exposure to the process of planning, implementing, and evaluating health promotion strategies that enable individuals, groups, and communities to increase control over, and to improve, their health.

**PE 330 – Volleyball Theory 2 credit hours**

Individual and team play for prospective coaches.

**PE 331 – Football Theory 3 credit hours**

Offenses and defenses for a high school team. Administration of a complete season of practices and games.

**PE 333 – Basketball Theory 3 credit hours**

Individual and team play for prospective coaches.

**PE 334 – Track Theory 3 credit hours**

Techniques, form and training schedules for track and field events, including administration of track meets.

**PE 337 – Baseball/Softball Theory 3 credit hours**

Skills, strategies, and problems of coaching a high school team.

**PE 340 – Non-Rhythmic Physical Education 1 credit hour**

Techniques of teaching: Fundamental movement skills, sport skills, low organized games, physical fitness, rope jumping, creative movement.

**PE 345 – Nutrition Through the Lifecycle 3 credit hours**

The study and influence of normal physiological stress on nutritional requirements throughout the life cycle: pregnancy, lactation, growth and aging.

Prerequisite: PE 108

**PE 355 – Food Preparation for Optimal Health 3 credit hours**

This course will cover a variety of aspects associated with food preparation: the basic elements in food science and preparation, nutrition and food service. It covers the latest information on food, its science and its application in health and wellness. It provides students with a broad foundation in any of these food-related fields.

Prerequisite: PE 108

Additional Course Fee Required

**PE 360 – Introduction to Anatomical Biomechanics 4 credit hours**

Structure and function of the human skeleton, muscles and joints, analysis of human movement as applied to sports and physical education.

Prerequisite: PE 310 or BIOL 215 or BIOL 225 or permission of instructor

Additional Course Fee Required

**PE 361 – Integrating Movement and Dance 1 credit hour**

This course is about the integration of movement and dance across the pre-school through grade six curriculum.

**PE 369 – Remedial and Adaptive Physical Education 2-3 credit hours**

Study of physical, mental and emotional impairments which limit human performance. Treatment of injuries and disabilities through remedial exercises. Prior completion of PE 360 is recommended.

Total Credits Allowed: 3.00

**PE 372 – 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: PE 108

**PE 385 – Advanced Nutrition 3 credit hours**

The study of nutrition, nutritional principles and the application of those principles across the lifespan and in various disease processes, as well as the understanding of theories and the application of necessary skills for making changes in dietary and lifestyle behaviors.

Prerequisite: PE 108 and PE 345 or PE 355 or permission of the instructor

Additional Course Fee Required

**PE 388 – GS Capstone 3 credit hours**

An interdisciplinary experience where students apply the knowledge, cognitive abilities, and communication skills they have gained from General Studies in designing and completing an original project or paper. Students employ methods and interpretive means of two or more disciplines to integrate knowledge and synthesize their results. Satisfies the General Studies capstone course requirement. Students may take their Capstone course in any discipline

Prerequisite: Junior or senior level standing or within 6 hours of completing general studies requirements.

**PE 401 – Psychology of Sport 3 credit hours**

Study of psychological principles and theories of athletics.

**PE 402 – Sociology of Sport 3 credit hours**

Background in sport history/philosophy, sport sociology, sport in society, minorities and women in sport, as sport has evolved in American society.

**PE 403 – Sports Economics 3 credit hours**

In-depth examination of economic impact organized intercollegiate and professional athletics and sports play in lives of individuals communities, institutions and nations. Comprehensive investigation of financial inputs and values into nation's economy from sport and leisure industry and potential for growth.

**PE 405 – Athletic Injury Assessment I: Lower Extremities 3 credit hours**

A comprehensive study of the commonly accepted techniques used to clinically evaluate athletic injuries/conditions of the trunk and 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.

Corequisite: PE 310 or PE 360 or BIOL 226.

**PE 406 – Athletic Injury Assessment II: Upper Extremities 3 credit hours**

A comprehensive study of the commonly accepted techniques used to clinically evaluate athletic injuries/conditions of the head, spine and 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.

Prerequisite: PE 405

**PE 407 – Compliance and Governance in Sport 3 credit hours**

With the growing recognition and the critical roles of sport governing bodies, there is a significant need for properly trained sport administrators who wish to occupy leadership positions within the broad organizational setting of sport. This Compliance and Governance in Sport course is designed to provide current or future sport administrators with theoretical and practical knowledge in governance principle and organizational theory, structure, policy, function, and issue involving a wide spectrum of sport organizations today. The evolution of power and political activity engulfing sport organizations is also examined as well as concepts on leadership and management related to the sport administrative contexts. Furthermore, current policy areas facing different types of governing bodies are exposed to broaden the student's perspective on organizational leaders in the profession.

**PE 412 – Social Media Management in Sport 3 credit hours**

Social Media Management provides a thoroughly integrated overview of how sport teams, leagues, media, coaches and players disseminate information and manage their brand. Students will learn how sport organizations and individuals plan, implement, leverage, and evaluate their social media endeavors. Best practices will be shared and utilized as students will learn how to create and share multimedia information about sports to a variety of audiences. Social, ethical, and legal implications associated with digital and social media usage will be a point of emphasis for the students.

**PE 414 – Implementation of a Strength Program 2 credit hours**

This course is designed to provide knowledge on instructional techniques and skill development in progressive resistance strength training implementation. Necessary anatomical, physiological and biomechanical principles are reviewed and applied to evaluate and implement effective strength programs. Equipment considerations, maintenance, and safety are covered for use with free weights, resistance machines, and plyometric training methods. Students develop the skills to assess technique, evaluate needs, and administer muscular strength and endurance programs.

Corequisite: PE 360

**PE 419 – Pathology of Sport Injury 1 credit hour**

Provide and develop fundamental knowledge related to clinical pathology in sports. 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 BIOL 225 and BIOL 226

**PE 421 – Administration of High School Athletics 2 credit hours**

Administrative practices with which the high school coach needs to be familiar. Includes regulations of Nebraska School Activities Association.

**PE 422 – Essentials of Strength and Conditioning 2 credit hours**

This course is designed to provide a comprehensive overview of strength and conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. The class will be divided into two sections for lab to provide students with a greater opportunity for one-on-one instruction and critique. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam.

Prerequisite: PE 360 or permission of instructor.

**PE 425 – Legal Aspects of Sport and Recreation 3 credit hours**

Comprehensive examination of legal issues which influence formulation and modification of policies controlling operations of athletics/physical education programs at collegiate level recreation programs, and professional sports programs.

**PE 428 – Secondary Physical Education Methods 3 credit hours**

This course is designed to prepare physical education professionals in the teaching and organization of developmentally appropriate physical education lessons, and explores methods for reaching the secondary physical education student.

Prerequisite: PE 200

**PE 429 – Marketing in Sport, Recreation and Events 3 credit hours**

With the growing competitive and rapidly changing sport business marketplace, sport organization managers need for properly trained sport marketing professionals to attract and retain consumers, thereby better securing their revenue streams as well as shareholder value. This Marketing in Sport, Recreation and Events course is designed to provide future sport marketing professionals with theoretical and practical knowledge in marketing principles, management, and issues facing the sport industry managers and organizations today. This course will primarily focus on the application of several key marketing strategies and tactics utilized in the contemporary organizations to promote both sport as medium and sport as product. Overall, this course is intended to prepare students who can assume responsible marketing positions with skills of application and demonstration for the complex nature of today's sport business marketplace.

**PE 430 – Organization and Administration in Recreation, Sport and Events 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 event management. Topics to be covered will include management, leadership, organizational development, administration principles, policies and procedures, communication and legal aspects.

**PE 441 – Elementary Physical Education Methods 3 credit hours**

Teaching and organization activities and methods for elementary grades. Includes consideration of the exceptional child and early childhood education.

Prerequisite: PE 200



**PE 450 – Assessment and Evaluation in Health and Physical Education 3 credit hours**

This course focuses on developing the skills and knowledge necessary to effectively create, administer, and report various forms of authentic assessment and conduct evaluations allowing educators to assess standards-based practices in a PK-12 Physical Education and/or Health settings. Candidates will gain the knowledge of elementary statistical procedures, acquire the dispositions, knowledge, and performance competencies related to appropriate measurement and evaluation of school aged children.

Prerequisite: Admitted to the Teacher Education program and TE 306 or TE 318 or TE 319.

**PE 452 – 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. The course will also 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.

Prerequisite: Grade of C or better in PE 467 or instructor permission.

**PE 459 – Special Topics Gross Anatomy 3 credit hours**

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

Total Credits Allowed: 6.00

Prerequisite: PE 360 or BIOL 225 and BIOL 226

Additional Course Fee Required

**PE 460 – Gross Anatomy of Movement 3 credit hours**

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

Prerequisite: PE 360 or BIOL 225 and BIOL 226

Additional Course Fee Required

**PE 461 – Physiology of Exercise 4 credit hours**

Physiological processes of body as pertain to physical activity. How trained and untrained individuals differ, and importance of training.

Department Consent Required

Prerequisite: Grade of "C" or above in PE 310 or BIOL 215 or BIOL 226 or by permission

Additional Course Fee Required

**PE 464 – School Health Methods 3 credit hours**

This course provides the background information and skills teachers need to implement a comprehensive school health curriculum at the elementary and/or the secondary school level. The course includes information on the six categories of risk behavior, identified by the Centers for Disease Control and Prevention. The course examines educational reform focusing on improving the health of today's youth.

Prerequisite: PE 150

**PE 467 – Fitness Testing 4 credit hours**

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

Prerequisite: Grade of C or above in PE 461

Additional Course Fee Required

**PE 468 – Public Health Aspects of Physical Activity 3 credit hours**

Trends and situations in sport, fitness and wellness settings with practical applications from exercise physiology.

Department Consent Required

Prerequisite: A grade of "C" or above in PE 329 and PE 461 or permission of the instructor

**PE 469 – Sports Nutrition 3 credit hours**

Metabolism and metabolic regulation, the influence of dietary practices on human performance.

Prerequisite: Grade of C or above in PE 461 and PE 108 or permission of instructor

Additional Course Fee Required

**PE 471 – Field Experience in Health & Physical Education 3 credit hours**

This course is a supervised field-based experience to induct students into teaching Health and Physical Education and develop an awareness of the many roles of a professional educator. The course will emphasize, preparation for student teaching, teacher certification, and preparation for employment.

Prerequisite: Admitted to the Teacher Education program and PE 464 or PE 428 or PE 441

**PE 475 – Research Methods in Exercise Science 3 credit hours**

This course is designed to introduce advanced undergraduate students to the processes of research in the field of Exercise Science including the processes of finding, reading and understanding Exercise Science research; data collection; data analysis; and data interpretation.

Prerequisite: STAT 241 and a grade of "C" or above in PE 467

**PE 476 – Seminar and Practicum in Adapted Phys Ed 3 credit hours**

Culminating course in adapted physical education program providing program delivery methods and practicum experiences.

**PE 496 – Professional Readiness in Exercise Science 1 credit hour**

This course will focus on the evaluation of community programming while determining the student's preparedness to enter the field.

Prerequisite: Senior standing

**PE 498 – Special Topics 1-3 credit hours**

Topics are studied which are not assigned or covered in other courses in the department. The format of this course will vary depending on the topic, instructor, and the needs of the student.

Total Credits Allowed: 6.00