**PHYSICAL EDUCATION (PE)**

**PE 100 – Principles of Physical Education** 2 credit hours  
Introductory course for students interested in careers in health, physical education, athletic training or coaching.

**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 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 – Sports Skills for Physical Education** 2 credit hours  
Understanding, analysis and performance of team, racquet and lifetime sports.

**PE 122 – Sports Skills for Life and Leisure** 2 credit hours  
The focus of this course is the understanding, performance and delivery of lifetime outdoor and team building activities. The course content is designed for individuals pursuing a career in either Physical Education or Recreation.

**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 160 – Healthful Living** 3 credit hours  
Personal health principles including study of life-style related ailments: cardiovascular diseases, stress, sexually transmitted diseases (emphasis on AIDS), and substance abuse. Death and dying and aging, aspects of wellness (especially proper exercise and fitness, diet and nutrition, weight management), human sexuality, family relationships are included in course content.
PE 174F – Athletic Training Clinical Level Three B  1 credit hour
Directs students through the clinical competencies designated for the clinical level in which they are assigned. Students will be responsible for achieving demonstration of competency in a specified number of psychomotor, cognitive, and affective activities. Many of the topics addressed will be expanded in the field experience portion of the clinical education aspect of the degree program.
Prerequisite: PE 174E
Additional Course Fee Required

PE 188 – GS Portal  3 credit hours
Students analyze critical issues confronting individuals and society in a global context as they pertain to the discipline in which the Portal course is taught. The Portal is intended to help students succeed in their university education by being mentored in process of thinking critically about important ideas and articulating their own conclusions. Students may take the Portal in any discipline, irrespective of their major or minor. Satisfies the General Studies Portal course requirement. Students may take their Portal course in any discipline. Students who transfer 24 or more hours of General Studies credit to UNK are exempt from taking a portal course.
Total Credits Allowed: 6.00
Prerequisite: First year freshman standing or sophomore standing only.

PE 200 – Teaching Sport Skills and Non-Rhythmic Activities  2-3 credit hours
The course will provide pre-service K-12 physical education teachers with theoretical knowledge and opportunities to apply content knowledge in the development of sport and non-rhythmic activities and lessons.
Prerequisite: PE 100 and PE 121

PE 211 – Advanced Sports  1 credit hour
Advanced instruction in Baseball, Life Guarding, Basketball, Football, Track.
Additional Course Fee Required

PE 220 – Teaching Aerobic and Anaerobic Activities  1-2 credit hours
Basic teaching techniques for a variety of activities which should be included in a secondary school physical education program or in a fitness management program.
Total Credits Allowed: 2.00

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 160 or 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 240 – Non-Rhythmic Activities for Elementary Schools  2 credit hours
Techniques of teaching perceptual-motor activities, fundamental movement skills, sports skills, low-organized and lead-up games, self-testing activities, story plays and mimetics.

PE 241 – Rhythmic Activities for Physical Education Teachers  2 credit hours
Techniques of teaching fundamental rhythms, creative dance, singing games, rhythm band, square and folk dance, social mixers and ballroom dance.

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 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  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 265 – First Aid: Responding to Emergencies  2 credit hours
American Red Cross Standard First Aid and Personal Safety. American Red Cross certificate may be earned.

PE 266 – 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 266L – Foundation of Athletic Training Lab  0 credit hours
Take concurrently with PE 266.
Corequisite: PE 264.

PE 268 – Advanced Sports  1 credit hour
Advanced instruction in Baseball, Life Guarding, Basketball, Football, Track.
Additional Course Fee Required

PE 269 – Emergencies in the Pool  1 credit hour
Methods of teaching emergencies in the pool.

PE 270 – Laboratory Experience in Intramurals  1-3 credit hours
Students will be assigned to officiate in the intramural program.
Department Consent Required
Total Credits Allowed: 3.00

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.
Additional Course Fee Required

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. Preerequisite: PE 150

PE 310 – Introduction to Human Physiology of Exercise 3 credit hours
Provides a foundation of scientific basics 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 311 – Psychology of Sport 3 credit hours
Study of psychological principles and theories of athletics. Prerequisite: Junior or senior level standing or within 6 hours of completing general studies requirements. Students may take their Capstone course in any discipline to integrate knowledge and synthesize their results. Satisfies General Studies capstone course requirement. Students employ methods and interpretive means of two or more disciplines in designing and completing an original project or paper. Department Consent 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. Additional Course Fee Required

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 Promotions 3 credit hours
Concepts of wellness/fitness with emphasis on stress management, smoking cessation, medical self-care, fitness programming for all ages.

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 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 350 – Therapeutic Modalities in Athletic Training 3 credit hours
Training in the practice and use of a variety of therapeutic modalities in the treatment of athletic injuries will be presented. Typical symptoms and common clinical signs associated with athletic injuries/conditions will be investigated as well as common contributing etiological factors. Prerequisite: PE 174A and PE 405

PE 350L – Modalities in Athletic Training Laboratory 0 credit hours

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. Prequisite: 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 370 – Administration of Intramurals 1-3 credit hours
Student will perform administrative responsibility for the intramural program. Department Consent Required

PE 374 – Field Experience in University Physical Education 1-3 credit hours
Student will perform administrative responsibility for the intramural program. Department Consent Required

PE 375 – Rehabilitation Techniques in Athletic Training 4 credit hours
An examination of the basic components of a comprehensive rehabilitation and reconditioning program. Subjects to be covered include: determining therapeutic goals and objectives, methods of evaluating and recording rehabilitation progress, creation and implementation of therapeutic exercise protocol for common athletic injuries and the development of criteria for progression and return to competition. Prerequisite: PE 174A and PE 174B and PE 405 and PE 406 and PE 264 and PE 350

PE 375L – Rehabilitation Techniques in Athletic Training Laboratory 0 credit hours
Take concurrently with PE 250. Corequisite: PE 375.

PE 380 – Diagnostic-Prescriptive Techniques for Adapted Physical Education 3 credit hours
Evaluation instruments utilized in adapted physical education will be described and critically analyzed. Students will acquire competencies related to administration of these instruments, interpretation of results, and prescription of remedial or developmental activities.

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. Prequisite: 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.
Prerequisite: PE 405
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 406
Corequisite: PE 310 or PE 360 or BIOL 226.

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 409 – 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 420 – Methods in Health and Physical Education 3 credit hours
Applies principles of teaching elementary and/or secondary school physical education and health.
Prerequisite: Admission to Teacher Education.

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.
Corequisite: PE 422L

PE 422L – Essentials of Strength and Conditioning Lab 0 credit hours
Lab for Essentials of Strength and Conditioning.
Prerequisite: PE 360.
Corequisite: PE 422.

PE 424 – 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 426 – Instructional Strategies in Adapted Physical Education 3 credit hours
Detailed study of effective strategies for integration of handicapped students into activities of the regular class, strategies for individualizing instruction and procedures for implementation of objective-based instruction.

PE 428 – Middle School and High School Physical Education Methods 3 credit hours
Program and techniques for teaching middle and secondary school physical education.
Prerequisite: PE 220

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 – Curriculum and Assessment for Physical Education 3 credit hours
Curriculum organization and administrative procedures for a secondary school physical education program. Student should have completed basic sports requirement prior to enrollment.  
Prerequisite: PE 100 or PE 221

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 and by permission only  
Additional Course Fee Required

PE 463 – Health Safety Elem School 3 credit hours
Curriculum development, teaching methods and selection of learning materials for health instruction in the elementary school.  
Prerequisite: PE 160 or PE 150

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 160 or 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 467 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 FAMS 110 or permission of instructor  
Additional Course Fee Required

PE 470 – General Medical Conditions and Pharmacological Application 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

PE 471 – Field Experience in Health & Physical Education 2 credit hours
Supervised practical experiences in elementary school physical education.  
Prerequisite: PE 420 or PE 441 or PE 464.  
Corequisite: TE 319.

PE 471A – Field Experience in Elementary Physical Education 2 credit hours
Supervised practical experiences in elementary school physical education.  
Prerequisite: PE 441 and Admission to Teacher Education Program or instructor permission

PE 471B – Field Experience in Middle School and Secondary PE 2 credit hours
Supervised practical experiences in middle and high school physical education.  
Prerequisite: PE 428 and Admission to Teacher Education Program or instructor permission

PE 471C – Field Experiences in 7-12 Health 2 credit hours
Supervised practical experiences in middle and high school health classes.  
Prerequisite: PE 464 and Admission to Teacher Education Program or instructor permission

PE 473 – 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 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 488 – Senior Seminar in Health & Physical Education  1 credit hour
Designed to provide the students in their final completion of the degree Option in Health and Physical Education with a review of all program studies to prepare for the PRAXIS II examination. Specific assigned readings and projects will be conducted in order to reach a level of pre-test readiness.
Department Consent Required
Prerequisite: Senior status and permission of instructor

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

PE 499 – Senior Seminar in Athletic Training  1 credit hour
Designed to provide the students in their final completion of the degree Option in Athletic Training with a review of all program studies to prepare for the NATABOC certification examination. Specific assigned readings and projects will be conducted in order to reach a level of pre-test readiness.
Prerequisite: PE 174E and PE 375