
Department of Health, Physical Education, and Recreation

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The Department of Health, Physical Education, and Recreation strives to engage all students in programs that target health and physical fitness. The department offers a Bachelor of Science Degree in Physical Education and Recreation Sport Management. These programs of study offer students wide-ranging intramural experiences; a planned sequence of exercises and sports activities that develop strong, active bodies; and coursework that prepares students in the disciplines of physical education and recreation sport management.

Students may satisfy general education requirements in category five by taking PED101, Fitness and Wellness, and one activity course. The Fitness and Wellness course acquaints students with basic knowledge, understanding, and importance of lifelong physical activity and fitness. Students with disabilities that restrict them from the regular activity program may enroll in PED110 Adaptive Activities as often as needed. Repeating in this course will satisfy the general education activity requirement.

The department offers a Bachelor of Science Degree with a major in Physical Education. The two concentrations available are Health and Exercise Science and Physical Education General. The Health and Exercise Science concentration provides career opportunities in private fitness specialization, corporate wellness programming, health clubs, spas, and hospital-based cardiac and pulmonary rehabilitation. The Physical Education General concentration provides career opportunities in coaching and serving as sports specialists in a variety of settings. The Physical Education General concentration also offers a teacher education track that prepares students to earn the education certificate necessary to teach Physical Education in schools. In addition the department offers courses toward securing Health Certification. A minor in Coaching is offered by this department for students, in any discipline, interested in coaching.

The Bachelor of Science in Recreation Sport Management has two concentration areas: Recreation Management and Sport Management. Career opportunities in Recreation Management include intramural recreation, YMCA/YWCA, community recreation centers, youth sports, public recreation, and aquatic recreation. The Sport Management emphasis provides career opportunities such as a sports information director, athletic director, health fitness club manager, adventure travel and tourism, hotel/resort management, promotion of professional sports teams, sport facility management, sporting goods marketing, sports journalism and golf course management. A minor in Recreation Sport Management is available.

The department has a supplemental preparation requirement prior to graduation based on the premise that not all instruction takes place in the classroom and that experiential opportunities are a valuable part of a well-rounded education. Student majors should contact their advisors for the specific requirements for their degree.

Attention Physical Therapist Assistants

Students who have completed the PTA degree are encouraged to complete a Bachelor of Science in Physical Education, Health and Exercise Science concentration.

ADMISSION REQUIREMENTS

Students desiring to pursue the Health and Exercise Science concentration of the Physical Education major should apply to the HPER Department. Applicants must have an overall GPA of 2.5 in PED191 or PTA100, BIO250, and PED101 for admission to the program.

Recreation Management major's application process is dependent upon successful progress toward degree, completion of Category One of General Studies with C or better in all courses, an ACT score of 18 or the equivalent, and a minimum of 2.2 GPA. Once the student has met the requirements, the Major Declaration Form will be processed and they may enroll in the appropriate courses. Students must fulfill 50 clock hours of approved supplemental preparation prior to enrolling in RSM430.

GRADUATION REQUIREMENTS

Students with a Health and Exercise Science concentration must have current CPR Certification at graduation. Graduating students are strongly encouraged to have one of the following: certification or application for certification as a Health Fitness Instructor or higher from ACSM, Athletic Trainer from the NATA; Personal Trainer or higher from the NSCA, Club Coach or higher from the USWF, or other certifications cleared by the Department via petition or acceptance into an accredited graduate program at graduation. In addition, students are required to take and pass the HPER exit exam their last semester before they graduate.

Students with the Teacher Education in Physical Education concentration must meet all requirements to student teach and pass student teaching with a grade of C or better.

Students with the General Concentration must take and pass the HPER department exit exam their last semester before graduation.

Recreation Management majors must complete all course work with a C or better and meet all exit requirements for the major as required in RSM420 and RSM430.

BACHELOR OF SCIENCE DEGREE REQUIREMENTS

The Bachelor of Science in Physical Education requires both the core classes as well as a concentration.

Core Requirements

		<i>Credits</i>
BIO	250 Anatomy and Physiology	5
PED	191 Foundations of Physical Education (students who have completed the PTA degree may substitute 3 hrs. of PTA 100)	2
PED	303 Kinesiology	3
PED	304 Physiology of Exercise	3
PED	305 First Aid: Responding to Emergencies	OR
PED	306 Sport Safety Training	2
PED	317 Principles of Strength Training & Conditioning	OR
PED	318 Principles of Aerobic Training	2
PED	374 Psychology of Sport	2
PED	385 Athletic Training	2
PED	391 Personal and Environmental Health	3
PED	393 Measurement in Physical Education	3
PED	480 Practicum in Physical Education	OR
PED	481 Children's Lifetime Sports Academy Practicum	<u>2</u>
	TOTAL	29

Major in Physical Education - Health and Exercise Science Concentration

Students with a concentration in Exercise Science are preparing for private, industrial and commercial fields as exercise specialists. Students are required to take the 29 credit core requirements and an additional 23-24 credits in the Health and Exercise Science concentration for a total of 52-53 credits with C or better in all courses in the major.

Core courses plus:			<i>Credits</i>
ALH 106	Medical Terminology		2
ALH 352	Applied Nutrition		2
PED 401	Graded Exercise Testing		3
PED 430	Field Experience in Health and Exercise Science (students who have completed the PTA degree may substitute 10 hrs. of PTA 285 and 290)		9
PED 451	Research in Health and Exercise Science		3
A minimum of 4 credit hours from:			4
PED 388	Community Health (2)		
PED 294	Drug Education (3)		
PSY 220	Health Psychology/Stress Management (3)		
RSM 325	Recreation Law for the Practitioner (2)		
TOTAL CONCENTRATION			23/24
CORE			29
TOTAL			52/53

Major in Physical Education - General Concentration

All students must take the 29 credits in degree requirements. For the Physical Education General Concentration an additional 22 credits in Physical Education course work are required for a total of 51 hours with a C or better in all courses. Students not wishing to teach are encouraged to select a minor in a related discipline to maximize career opportunities upon graduation. Suggested areas include Criminal Justice, Military Science, Journalism, or Business.

Core courses plus:			<i>Credits</i>
PED 240	Methods and Techniques of Lifetime Activities		3
PED 241	Methods and Techniques of Sports		3
PED 246	Methods and Techniques of Dance & Gymnastics		2
PED 380	Rhythms & Creative Movement for Elementary School		3
PED 382	Elementary School Physical Education		3
PED 383	Adapted Physical Education		2
PED 392	Child Growth and Motor Development		3
PED 375	Sociocultural Aspects of Sport and Physical Activity		3
TOTAL OPTION			22
CORE			29
TOTAL			51

Major in Physical Education - General Concentration

Students interested in coaching or teaching physical education at the elementary or secondary level are required to complete the 29 credits in physical education core, plus the 22 credits in physical education general concentration with a C or better in all courses. Students must also complete the professional education sequence of 27 credits required for teacher certification with a C or better in all courses. For teacher certification in Missouri, students must have PSC101, PSY101, HIS140 or HIS150, and BIO101 in general studies and are required to maintain a 2.5 GPA minimum in major courses and 2.5 GPA minimum overall. The student must be accepted into the education department before taking courses higher than EDU203. To be accepted in the education department the student must have a 2.5 GPA, pass the CBASE with a 235 in each area and a 22 ACT. The student may waiver the ACT requirement if he/she scores a 265 in each area of the CBASE. Prior to a student enrolling in EDU409 he/she must complete in order the following: 1) pass the PRAXIS, 2) complete and turn in to HPER faculty advisor 10 experiences of supplemental preparation (the experiences are outlined by the Health, Physical Education and Recreation Department), and lastly successfully complete the student interview process.

Core courses plus:		<i>Credits</i>
EDU 202	Intro. to Education	3
EDU 203	Participation in Teaching I	1
EDU 225	Educational Psychology	2
EDU 303	Experience in Teaching II	2
EDU 304	Applied Methods and Management	3
EDU 311	Secondary Teaching Techniques	2
EDU 315	Psych. & Ed. of the Excep. Student	2
EDU 404	Seminar in Sec. Ed.: Human Relations	3
EDU 409	Student Teaching III	9
	TOTAL	<u>27</u>
	CORE	29
	GENERAL OPTION	<u>22</u>
	TOTAL	78

Major in Recreation Sport Management

Courses for this major must total 61 credits, including the 31 core credits and additional 30 credits in the concentration area with a C or better in all classes. Classes must be approved by the advisor based on the individual's career opportunity area of interest. The concentration areas are Recreation Management and Sport Management. Students are encouraged to complete a minor in a field that would make them more marketable. Examples would be business, criminal justice, sociology, psychology, natural sciences, biology or journalism. Students seeking a Recreation Sport Management major must submit an application to their advisor for approval prior to enrolling in RSM323, RSM330, RSM343, RSM420, RSM424, and RSM430.

Core:		<i>Credits</i>
RSM 220	Introduction to Recreation	3
RSM 230	Recreation: Field Experience I	2
RSM 300	Philosophy & Leadership in Recreation Administration	3
RSM 323	Program Planning in Recreation	3
RSM 325	Recreation Law for the Practitioner	2
RSM 330	Recreation: Field Experience II	3
RSM 420	Seminar in Recreation	1
RSM 424	Organization & Administration of Leisure Agencies	3
PED 305	First Aid: Responding to Emergencies	OR
PED 306	Sport Safety Training	2
RSM 430	Recreation: Field Experience III	9
	TOTAL CORE	<u>31</u>

Recreation Management Concentration

Core courses 30 hours selected from the courses listed below:

Credits

- CSC 201 Microcomputer Applications (3)
- LAW 110 Juvenile Delinquency (3)
- PED 144 Beginning Recreational Games (1)
- PED 310 Principles & Administration of Coaching (2)
- PED 374 Psychology of Sport (2)
- PED 481 Children's Lifetime Sports Academy (2)
- RSM 322 Social Recreation (2)
- RSM 335 Instructor of Initiatives (2)
- RSM 342 Parks & Recreation Areas & Facilities (3)
- RSM 343 Promotion of Sport and Recreation Agencies (3)
- RSM 344 Adventure Travel and Tourism Development (3)
- RSM 365 Introduction to Special Populations (3)

Two of the following (2 credits each):

- PED 311 Coaching & Officiating of Football
- PED 312 Coaching & Officiating of Basketball
- PED 313 Coaching & Officiating of Baseball & Softball
- PED 314 Coaching & Officiating of Track & Field
- PED 315 Coaching & Officiating of Volleyball
- PED 316 Coaching & Officiating of Wrestling
- PED 317 Principles of Strength Training & Conditioning
- PED 319 Coaching & Officiating of Soccer

TOTAL CONCENTRATION	30
CORE	31
TOTAL	61

Sport Management Concentration

Core courses plus 30 hours selected from the courses listed below:

Credits

- ACC 201 Introductory Financial Accounting (3)
- CSC 201 Microcomputer Applications (3)
- ECO 260 Principles of Macroeconomics (3)
- GBA 220 Business Communications (3)
- JOU 200 Principles & Theory of Mass Media & Journalism (3)
- MGT 301 Management of Organizations (3)
- PED 374 Psychology of Sport (2)
- PED 375 Sociocultural Aspects of Sport and Physical Activity (3)
- PED 481 Children's Lifetime Sports Academy (2)
- RSM 335 Instructor of Initiatives (2)
- RSM 342 Resorts, Parks, Recreation Areas & Facilities (3)
- RSM 343 Promotion of Sport and Recreation Agencies (3)
- RSM 344 Adventure Travel & Tourism Development (3)
- RSM 360 Commercial Recreation (3)
- RSM 365 Introduction to Special Populations (3)

TOTAL CONCENTRATION	30
CORE	31
TOTAL	61

MINOR REQUIREMENTS

Minor in Recreation Sport Management

The student must successfully complete 21 credits of C or better in all courses.

Required CORE Courses:

		<i>Credits</i>
RSM 220	Introduction to Recreation	3
RSM 323	Program Planning in Recreation	3
RSM 325	Recreation Law for the Practitioner	2
RSM 424	Organ. & Admin. of Leisure Agencies	3
RSM 480	Practicum in Recreation	2
PED 305	First Aid: Responding to Emergencies	OR
PED 306	Sport Safety Training	<u>2</u>
	SUBTOTAL	15

Plus 6 hours of the following:

RSM 300	Philosophy and Leadership in Rec. Adm. (3)	
RSM 335	Instructor of Initiatives (2)	
RSM 342	Resorts, Parks, Recreation Areas & Facilities (3)	
RSM 343	Promotion of Sport and Recreation Agencies (3)	
RSM 344	Adventure Travel and Tourism Development (3)	
RSM 360	Commercial Recreation (3)	
	SUBTOTAL	<u>6-8</u>
	TOTAL FOR THE MINOR	21-23

Minor in Athletic Coaching

Majors in or outside the field of education may also receive a minor in Athletic Coaching.

The student must successfully complete 21 credits of C or better in all courses:

PED 240	Methods and Techniques of Lifetime Activities	3
PED 241	Methods & Techniques of Sports	3
PED 304	Physiology of Exercise	3
PED 305	First Aid: Responding to Emergencies	OR
PED 306	Sport Safety Training	2
PED 310	Principles & Administration of Coaching	2
PED 374	Psychology of Sport	2
PED 385	Athletic Training	2
	6 credits from the following (2 credits each):	6

PED 311	Coaching & Officiating of Football Field	
PED 312	Coaching & Officiating of Basketball	
PED 313	Coaching & Officiating of Baseball & Softball	
PED 314	Coaching & Officiating in Track & Field	
PED 315	Coaching & Officiating of Volleyball	
PED 316	Coaching & Officiating of Wrestling	
PED 319	Coaching & Officiating of Soccer	
	TOTAL FOR THE MINOR	<u>21</u>

Minor in Wellness

MWSU students not majoring in the field of Physical Education may minor in Wellness. With renewed interest in the health of the nation, burgeoning health costs, and recent developments in preventative and remedial strategies for a variety of lifestyle-related diseases (heart disease, obesity, cancer, osteoporosis, and sexually transmitted diseases), there is a growing need for individuals trained in the field of wellness. A minor in Wellness could be especially helpful for students majoring in nursing, recreation sport management, psychology, biology (pre-medicine or pre-physical therapy), or management, or for students who wish to self-implement a wellness program.

Students seeking this minor must complete at least 23 credits from the following classes with a C or better in all courses:

	<i>Credits</i>
ALH 352 Applied Nutrition	2
PED 303 Kinesiology*	3
PED 304 Physiology of Exercise*	3
PED 305 First Aid: Responding to Emergencies	2
PED 317 Strength and Conditioning Principles	2
PED 318 Aerobic Training Principles	2
PED 391 Personal and Environmental Health	3
SUBTOTAL	17

(*Prerequisite: BIO 250 or permission of instructor.)

In addition to the previous courses listed, the student must choose a minimum of 5 credit hours from the following courses:

PSY 220 Health Psychology / Stress Management (3)	
PED 374 Psychology of Sport (2)	
PED 480 Practicum in Physical Education (2)	
PED 401 Graded Exercise Testing (3)	
SUBTOTAL	5
TOTAL REQUIREMENT FOR MINOR	22-23

Minor in Childhood Studies

Missouri Western State University offers an interdisciplinary minor in Childhood Studies. This minor is intended for those students who have child-related emphases in their major disciplines, such as juvenile delinquency, child psychology, or pediatrics or for those who simply wish to learn more about the subject of childhood. The minor will also provide a foundation of study for those students who intend to go on to professional or graduate school in order to study in child-related areas. This minor does not provide students with certification to teach in the state of Missouri.

Students must successfully complete at least eighteen hours from the following list of classes. To insure that the minor is a truly interdisciplinary experience, **at least three disciplines must be represented with no more than nine hours coming from any one discipline:**

	<i>Credits</i>
EDU 315 Psychology and Education of the Exceptional Child (Declared Childhood Studies minors are exempt from EDU303 and EDU304 as prerequisites for this course.)	2
EDU 420 Counseling Techniques/Parents	2
EDU 421 Family, Community and Schools-Partnering for Young Children (Declared Childhood Studies minors are exempt from EDU358 as a prerequisite for this course.)	3
ENG 300 Literature for Children	3
ENG 400 Literature for Adolescents	3
LAT 370 Domestic Relations	3
LAW 110 Juvenile Delinquency	3
LAW 440 Juvenile Law and Procedures	3
NUR 433 Health Alterations: Maternal Child	6
PED 392 Child Growth and Motor Development	3
PSY 240 Life-span Developmental Psychology	OR
PSY 319 Child/ Adolescent Psychology (Prerequisite: PSY101. Declared Childhood Studies minors are exempt from PSY200 as a prerequisite for this course.)	3
PSY 470 Child Psychopathology and Exceptionalities (Prerequisite: PSY101 and either PSY240 or PSY319. Declared Childhood Studies minors are exempt from PSY200 as a prerequisite for this course.)	3

SOC 330	The Family	3
SWK 325	Family and Child Welfare	3
*Internship:	Relevant field experience/practicum/internship through any academic department. May be repeated for credit.	1-3
*Relevant Special Topics Course	offered through any academic department. May be repeated for credit.	1-3
*Relevant Independent Study	arranged with any full-time faculty member. May be repeated for credit.	

*Only three credit hours of any one internship (including student teaching), special topics course, or independent study maybe applied to the minor.

Each student interested in this minor should discuss with his or her major academic advisor which courses best fit that student's discipline and concentration area as well as which general studies courses need to be chosen to satisfy prerequisites. Students enrolled in the Minor in Childhood Studies will also be assigned an advisor from the Childhood Studies Committee. Programs of study shall be kept on file by the Director of Childhood Studies.

CERTIFICATION IN HEALTH EDUCATION

Teachers holding valid elementary or secondary teaching certificates may be granted additional certification in health upon successful completion of the following course-work. Transfer hours are subject to review. A grade-point average of 2.5 in the subject area is required.

	<i>Credits</i>
ALH 352 Applied Nutrition	2
BIO 250 Anatomy and Physiology	5
PED 222 Human Sexuality	3
PED 305 First Aid: Responding to Emergencies	2
PED 370 Methods in Teaching Health and Physical Education	3
PED 388 Principles and Issues in Community Health	2
PED 391 Personal and Environmental Health	3
PED 294 Drug Education	3
PSY 220 Health Psychology/Stress Management	3
PED 392 Child Growth & Development	3
ALH 106 Medical Terminology	2
TOTAL	31

FACILITY AND SPECIAL FEES FOR ALL COURSES

A facility fee of \$10 is required for all courses in the department. Special fees are charged for some courses which require special equipment and/or facilities.

Semester Designation

- F -- the course is offered in the fall semester
- Sp -- the course is offered in the spring semester
- Su -- the course is offered in the summer semester
- DD -- the course is offered at the discretion of the department

PHYSICAL EDUCATION THEORY COURSES

Waiving of any course prerequisites requires prior departmental authorization.

PED 100 Introduction to Health, Physical Education and Recreation (3) F, Sp. Introduction to fields of study in Health and Exercise, Physical Education and Recreation Sport Management. Basic information about the different possible career opportunities as well as professional organization affiliations.

PED 101 Fitness and Wellness (3) F, Sp, Su. Develops knowledge and skill in obtaining optimal health fitness through nutrition, stress management, cardiorespiratory endurance, recognition of risk factors for heart disease, and musculoskeletal development. Two hours lecture, two hours lab. Students must enroll in the lecture and one of the following seven PED101 labs:

PED 101 Fitness & Wellness Laboratory: Aquatic Conditioning. Designed to instruct students in a variety of aquatic exercises to develop overall muscular strength, muscular endurance, flexibility, and cardiovascular fitness. Swimming skills not needed.

PED 101 Fitness & Wellness Laboratory: General Physical Conditioning. Designed to instruct students in a variety of physical exercise activities to develop overall muscular strength, muscular endurance, flexibility and cardiovascular fitness.

PED 101 Fitness & Wellness Laboratory: Fitness Swimming. Designed to instruct students in a swimming program to develop overall muscular strength and muscular endurance, flexibility and cardiovascular fitness. Prerequisite: Intermediate swimming level and above.

PED 101 Fitness & Wellness Laboratory: Jogging. Designed to instruct students in a jogging program to develop overall muscular strength, muscular endurance, flexibility and cardiovascular fitness.

PED 101 Fitness & Wellness Laboratory: Rhythmic Aerobics. Designed to instruct students in a variety of choreographed exercise routines to music to develop overall muscular strength, muscular endurance, flexibility and cardiovascular fitness.

PED 101 Fitness & Wellness Laboratory: Strength Training. Designed to instruct students in weight resistant activities to develop overall muscular strength, muscular endurance, and flexibility.

PED 101 Fitness & Wellness Laboratory: Walking for Fitness and Weight Control. Designed to instruct students in a walking exercise program to develop overall muscular strength, muscular endurance, flexibility and cardiovascular fitness.

PED 191 Foundations of Physical Education (2) F. Historic and philosophic analysis of physical education emphasizing physical education as an academic discipline, professional opportunities, and associated fields. Recommended for freshmen.

PED 222 Human Sexuality (3) F. Physiological, Psychological, sociological, behavioral, and clinical aspects of sexuality. Topics will be addressed over the life span and will include controversial issues.

PED 240 Methods and Techniques of Lifetime Activities (3) F, Sp. Presents Teaching Methodology - develops knowledge and skills in the lifelrime activities. Two hour lecture and two hours lab. May require additional off campus meetings for applied teaching experiences.

PED 241 Methods and Techniques of Sports (3) F, Sp. Presents Teaching Methodology - develops knowledge and skills in the team sports of basketball, flag football, soccer, and volleyball. Two hour lecture and two hours lab. May require additional off campus meetings for applied teaching experiences.

PED 246 Methods and Techniques of Dance and Gymnastics (2) Sp. Presents teaching methodology and develops knowledge and skills in social, folk, and square dance, stunts and tumbling, and apparatus gymnastics. One hour lecture, two hours lab. May require additional off-campus meetings.

PED 283 Introduction to Research Methods in Physical Education (1-2) DD. Introduction to basic research in physical education. Individual and team projects involving methods for solving physical education-related research problems. Prerequisite: Consent of the department.

PED 294 Drug Education (3) Sp. This course addresses the concepts of drug use, drug misuse and drug abuse as they pertain to prescribed medications as well as illicit substances. Over the counter preparations are included, as well as the more commonly encountered drugs in the school setting.

PED 303 Kinesiology (3) F, Sp. Analyzes movement from the study of anatomical structures and mechanical principles of the human body; applicable to elementary, secondary, and adult populations. Prerequisite: BIO250 with C or better.

PED 304 Physiology of Exercise (3) F, Sp. Basic physiology applied to physical education and the training of athletes; applicable to elementary, secondary, and adult populations. Three hours lecture, one hour lab. Prerequisite: BIO250 with a C or better.

PED 305 First Aid: Responding to Emergencies (2) F, Sp, Su-Intersession (odd-numbered years). Designed to provide the knowledge and skills necessary to help sustain life and minimize the consequences of injury or sudden illness until advanced medical care arrives. Participants will be able to identify and eliminate potentially hazardous conditions, recognize emergencies and make appropriate decision for first aid care. Certification concentrations are: 1) First Aid: Responding to Emergencies which is valid for three years, 2) Adult/Child/Infant CPR which is valid for one year, and 3) AED Essentials which is valid for one year. One hour lecture, two hours lab.

PED 306 Sport Safety Training (2) F, Sp, Su-Intersession (even-numbered years). Designed to provide the knowledge and skills necessary to help provide a safe environment for athletes while participating in sports and, in an emergency, to help sustain life and minimize the consequences of injury or sudden illness until advanced medical care arrives. Participants will be able to identify and eliminate potentially hazardous conditions, recognize emergencies and make appropriate decision for first aid care. Certification concentrations are: 1) Sport Safety Training which is valid for three years, 2) Adult and Child CPR which is valid for one year, and 3) AED Essentials which is valid for one year. One hour lecture, two hours lab.

PED 310 Principles and Administration of Coaching (2) DD. Provides insight into the coaching profession; includes developing a professional approach to coaching ethics, psychology of athletics, staff selection, public relations, administration of duties (scheduling, eligibility, reports, purchasing, care of facilities), and appreciation for non-technical aspects of the total job. Prerequisite: Junior standing.

PED 311 Coaching and Officiating of Football (2) F (odd-numbered years). Theory, fundamentals, and officiating of football; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. Prerequisite: Sophomore standing. May require additional off-campus meetings.

PED 312 Coaching and Officiating of Basketball (2) F. Theory, fundamentals, and officiating of basketball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. Prerequisite: Sophomore standing.

PED 313 Coaching and Officiating of Baseball and Softball (2) Sp (odd-numbered years). Theory, fundamentals, and officiating of baseball and softball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. Prerequisite: Sophomore standing. May require additional off-campus meetings.

PED 314 Coaching and Officiating in Track and Field (2) Sp (even-numbered years). Theory, fundamentals, and officiating of track and field; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. Prerequisite: Sophomore standing. May require additional off-campus meetings.

PED 315 Coaching and Officiating of Volleyball (2) F. Theory, fundamentals, and officiating of volleyball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. Prerequisite: Sophomore standing. May require additional off-campus meetings.

PED 316 Coaching and Officiating of Wrestling (2) Sp (even-numbered years). Theory, fundamentals, and officiating in wrestling; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in Intramurals may be required. Two hours lecture, one hour lab. Prerequisite: Sophomore standing. May require additional off-campus meetings.

PED 317 Principles of Strength Training and Conditioning (2) Sp. Fundamentals in the development of strength and conditioning programs for a variety of populations. Includes the physiological bases of strength development, identification of specific exercises to develop strength, proper technique, and periodized programming for maximal development. One hour lecture, two hours lab. May require additional off-campus meetings.

PED 318 Principles of Aerobic Training (2) F. Fundamentals in the development of aerobic programs for a variety of populations: includes the physiological bases of aerobic development, identification of specific exercises and dance movements to develop aerobic power, proper technique, contraindicated exercises, and periodized programming for maximal development of aerobic power. One hour lecture, two hours lab. May require additional off-campus meetings.

PED 319 Coaching and Officiating of Soccer (2) Sp. Theory, fundamentals, and officiating of soccer includes FIFA laws of the Game, skill development, conditioning, strategies, and basic organizational techniques to coach and referee soccer. Two hours lecture, one hour lab. Prerequisites: Sophomore standing. May require additional off-campus meetings.

PED 370 Methods in Teaching Health and Physical Education (3) F, Sp. Includes health/physical education content at the collegiate level, as well as methods and materials for the school settings. The physical education major will receive health methods K-12 and the elementary classroom majors will receive health and physical education methods K-6. Prerequisite: PED101 and official admittance to the teacher education program.

PED 374 Psychology of Sport (2) F, Sp. Emphasizes the psychology and sociology of the sports participant from the standpoint of participant's behavior toward other individuals and groups. Prerequisite: PSY101 and Junior standing.

PED 375 Sociocultural Aspects of Sport and Physical Activity (3) Sp. To develop an understanding of sport not only from a sociological perspective but also from a social creation standpoint. This course will examine the socially created realities of sport and will provide a critical analysis of sport at all levels (informal and organized youth, interscholastic, intercollegiate, and professional). Emphasis is placed on gender, race, economic, media, and political issues in sport.

PED 380 Rhythms and Creative Movement for Elementary School (3) F, Sp. Designed to teach elementary teachers how to approach the use of rhythms as a means for developing neuromuscular growth and body space awareness; uses a variety of musical styles and rhythmic devices to develop a knowledge in movement exploration including body awareness, space utilization, time, and energy change. Two hour lecture, two hours lab. Prerequisite: Sophomore standing. Elementary education majors may not take the course until officially admitted to teacher education. Students will be required to meet off-campus for teaching experience.

PED 381 Outdoor Education (3) DD. A methodology course with an emphasis on establishing learning experiences in natural environments through varied disciplines of study. Two hours lecture, two hours lab.

PED 382 Elementary School Physical Education (3) F, Sp. Fundamental skills, sports, and games for the elementary school physical education program. Two hours lecture, two hours lab. Prerequisite: Sophomore standing. May meet off-campus for micro teaching experiences in an elementary school; may have one teaching experience at night.

PED 383 Adapted Physical Education (2) Sp. Theory and methods of programming activities for handicapped students; recognition of, prevention of, and practical experience with structural deviations from normal body mechanics.

PED 385 Athletic Training (2) F, Sp. Prevention and care of common athletic injuries, protective equipment, and training methods. One hour lecture, two hours lab. Prerequisite: BIO250.

PED 386 Prevention, Intervention and Treatment of Sexually Transmitted Diseases. (3) Sp (even-numbered years). This course examines the evolution of AIDS and STD's as well as modes of transmission, disease progression, and the risk factors involved in pathogenic exposure. In addition, screening procedures and treatments are addressed. Prerequisite: BIO101 or BIO105 and Junior standing.

PED 387 Current Issues in Health Education (3) F (odd-numbered years). This course is designed to critically analyze research and literature in health education. The range of topics for discussion will include literature from popular readings to scientific reports from refereed journals. Prerequisite: Junior standing.

PED 388 Community Health (2) F. This course examines the issues and problems that exist within the political, social, cultural and economic dimensions of community health. Prerequisite: Junior standing.

PED 391 Personal and Environmental Health (3) F, Sp. This course addresses personal and environmental health issues and concerns as they relate to physiological and psychological well being. Responsibility and decision making skills pertinent to health behaviors are also included. Prerequisites: A grade of C or better in PED101 and BIO101.

PED 392 Child Growth and Motor Development (3) F, Sp. The study of humans from conception to maturation dealing with the pattern of growth involved in the physical and mental process. This course will focus on the four domains of growth (Physical (Motor), Cognitive, Social and Emotional) with a specific emphasis on Motor Development / Motor Learning. The main purpose is to develop understanding of experimental and experiential factors concerning developmental factors that affect a person's skills and abilities in all four domains across the lifespan.

PED 393 Measurement in Physical Education (3) F, Sp. Methods in evaluation of the product and process; special emphasis on physical fitness, motor ability, posture, and specific sports skills; applicable to elementary, secondary, and adult populations.

PED 395 Intramural Management (2) F. Organization and administration of intramural and extramural activities. Assistance in the intramural program is required. One hour lecture, two hours lab.

PED 401 Graded Exercise Testing (3) Sp. Examines the principles of exercise testing, the methods of conducting a graded exercise test, collection and calculation of test data in a sequential manner and interpretation of information so obtained. Offers a basic understanding of the normal physiological adaptations to chronic exercise and the electrophysiology of electrocardiography. Three hours lecture, one hour lab. Prerequisite: A grade of C or better in PED304.

PED 430 Field Experience in Health and Exercise Science (9) F, Sp, Su. A 400 hour internship with an agency related to Health and Exercise Science to develop and utilize skills learned in the classroom. Prerequisite: senior status; a grade C or above in all PED courses; completion of all departmental application requirements; and agency acceptance of the intern.

PED 450 Independent Research/Project (1-5) F, Sp, Su. Investigation of a research problem, project, or topic on an individual conference basis. Prerequisite: Completion of the major-minor declaration in physical education, a minimum of a 2.5 GPA in the major field, and/or departmental approval.

PED 451 Research in Health and Exercise Science (3) F. Original research in areas related to Health or Exercise Science. Students will be guided in the development of research ideas and problem statements, literature reviews, testing methodology, data collection, and interpretation of results. Prerequisites: Junior or Senior standing; a grade of C or better in PED303, PED304, and PED393.

PED 480 Practicum in Physical Education (2) F, Sp, Su. Individualized in-depth study of a subject in which the student is particularly interested. Prerequisite: Junior or Senior standing and consent of department chairperson and offered only to HPER majors.

PED 481 Children's Lifetime Sports Academy Practicum (2) Su. Practical teaching experience of children aged eight to twelve in lifetime sports and adventure activities. Can be repeated for credit. Students cannot repeat the same sports camp for credit.

PED 485 Athletic Training II (2) F (odd-numbered years). Methods of athletic injury mechanisms and evaluative techniques of athletic injuries. Knowledge and understanding of modalities, therapeutic techniques, and rehabilitation programs of athletic injuries. One hour lecture, two hours lab. Prerequisite: A grade of C or better in PED385.

LIFETIME SPORTS PHYSICAL EDUCATION

ACTIVITY COURSES

All activities designated in this category meet the general studies requirement. No activity course can be repeated for credit except PED110, PED158, PED159, and PED160. Lifetime sport physical education activities will be offered during semesters when staff and facilities are available.

All sports activities are designed for the development of techniques, knowledge, appreciation, and skills used during the individual's lifetime for recreation and fitness, and serve as excellent stress diversion activities.

PED 110 Adaptive Activities (1) DD. A program of activities adapted to the needs of the handicapped and physically restricted student. This class may be repeated for credit with permission of the Coordinator of Adaptive Activities.

PED 112 Beginning Racquetball (1) DD. A beginner's course of instruction in the basic skills of racquetball, including the techniques of singles and doubles play. Student must furnish racquet and a new can of racquetballs.

PED 116 Beginning Bait and Fly Casting (1) DD. Introduction to sport fishing. Emphasizes casting skills, methods of fishing, fish habitat, conservation practices, and lure making. Field trip may be required.

PED 117 Beginning Riflery and Trap Shooting (1) DD. Instruction in recreational shooting. Emphasizes firearms safety; rifle and shotgun trap marksmanship, particular stress on range practice; methods and techniques of reloading ammunition and cleaning firearms. Students must provide own ammunition.

PED 118 Beginning Bowling (1) DD. House fee required.

PED 119 Beginning Golf (1) DD. Students must furnish four new golf balls.

PED 120 Beginning Tennis (1) DD. Students must furnish racquet and one can of new tennis balls.

PED 121 Beginning Badminton (1) DD. Students must furnish three new shuttlecocks.

PED 122 Beginning Orienteering: Map and Compass (1) DD. An exciting new recreational sport which combines use of map and compass with physical activity; combines several styles of orienteering with practice on actual courses.

PED 123 Beginning Judo (1) DD. Student must furnish gi.

PED 124 Beginning Survival and Primitive Living (1) DD. Instruction in preparing for environmental emergencies with emphasis on the psychological aspect of survival situations and establishment of priorities for sustaining life in an environmental emergency. An overnight experience is required.

PED 127 Beginning Archery (1) DD. Introduction to target and field archery. Emphasizes shooting technique and various types of archery games and competition. Students must furnish a matched set of six arrows.

PED 128 Beginning Backpacking (1) DD. Instruction in backpacking. Emphasizes equipment orientation, personal conduct within the natural environment, clothing and shelter, preservation of wilderness area integrity, safety, foods, and cooking. Course includes on-the-trail instruction and practicum. All equipment furnished by the department.

PED 130 Beginning Swimming (1) DD. Basic skills in swimming. Swim suit required. Non-swimmers only.

PED 131 Lifeguard Training (1) DD. Provides minimum skills training for a person to qualify to serve as a lifeguard. Prerequisite: Be at least 15 years old, able to swim 500 yards continuously using side stroke, front crawl, and breast stroke. Each stroke demonstrated a minimum of 100 yards. Surface dive to 8 - 12 feet and recover a 10-pound brick. Tread water for 2 minutes with arms across chest (legs only).

PED 132 Intermediate Swimming (1) DD. Development of swimming strokes. Swim suit required. Prerequisite: Ability to swim.

PED 135 Skin and Scuba Diving (1) DD. Techniques and safety for skin and scuba diving. Swim suit and special fee required. Prerequisite: Above-average ability to swim.

PED 137 Water Safety Instructor (1) DD. Water safety techniques as prescribed by the American Red Cross; W.S.I. Certification for those who qualify. Swim suit required. Prerequisite: Be at least 17 years of age at the end of the course, able to pass the pre-course written test and skills test. The written test is taken from the Community Water Safety and/or Swimming and Diving Text (Chapters 2 and 13). The skills test involves rescue skills and stroke evaluation.

PED 138 Beginning Canoeing (1) DD. Practical instruction in canoeing. Emphasizes safety and techniques. On-the-water experiences are integral with instruction. Students must be able to swim.

PED 139 Beginning Skiing (1) DD. Development of basic skills in downhill (Alpine) and/or cross country skiing. Special fee required.

PED 140 Beginning Ice Skating (1) DD. Special fee required.

PED 141 Beginning Karate (1) DD. Students must furnish gi.

PED 142 Hap Ki Do (1) DD. A martial art activity with emphasis on self-defense. Students must furnish gi.

PED 144 Beginning Recreational Games (1) DD. Shuffleboard, table tennis, horseshoes, croquet, and others.

PED 145 Aerobic Dance (1) DD. An activity course in which students' cardiovascular endurance is developed through continuous rhythmic exercise and dance set to music.

PED 146 Beginning Social Dance (1) DD.

PED 147 Beginning Ballet (1) DD. Introduction to ballet with emphasis on developing style, the basics of body alignment, arm placement, footwork and expressiveness. Students must furnish ballet shoes.

PED 153 Beginning Modern Dance (1) DD. Students must furnish leotard.

PED 156 Beginning Tap Dance (1) DD. Students must furnish tap shoes.

PED 157 Dance Choreography (1) DD. Designed to teach principles and fundamental dance skills for use in choreography assignments relating to time, space, energy, group relationships, and performance techniques. The choreography is especially relevant to vocal music, musical theatre, and concert dance. Two hours lab.

PED 158 Intercollegiate Sports I (1) DD. Intercollegiate athletic team members who are on the men's football, men's basketball, women's volleyball, women's golf, women's soccer or women's basketball teams only. May be taken up to four times for credit.

PED 159 Intercollegiate Sports II (1) DD. Intercollegiate athletic team members who are on the men's baseball, men's golf, women's tennis, or women's softball teams only. May be taken up to four times for credit.

PED 160 Dance Participation (1) DD. Open to any individual interested in developing higher level skills in dance performance through participation in the Missouri Western State University Dance Company. May be taken up to four times for credit. Prerequisite: Consent of Dance Company Sponsor.

PED 171 Beginning Cave Exploring (1) DD. Introduction to the sport of spelunking. Emphasizes safety aspects and appreciation of cave ecology. Course includes caving trips. Equipment furnished by the department.

PED 172 Intermediate Cave Exploring (1) DD. Continuation of PED171. Involves intermediate activities in spelunking: reading cave maps, basic vertical techniques, basic rescue techniques, and discussions in cave geology. Course includes caving trips. Most equipment furnished by the department. Special fee required. Prerequisite: PED171.

PED 175 Beginning Volleyball (1) DD.

PED 180 Pilates (1) DD. A progressive activity where students learn proper body alignment and techniques for integration into movement with emphasis on lower back and abdominal strength.

PED 185 Beginning Weight Training and Conditioning (1) DD.

PED 186 Aerobics Fitness (1) DD.

PED 187 Beginning Cycling (1) DD. Students must furnish bicycle.

PED 188 Wilderness Canoeing (1) DD. Comprehensive course in flatwater and river canoeing; emphasizes whitewater paddling technique and personal conduct in wilderness environments; includes wilderness camping skills and expedition dynamics. Class is usually held in Minnesota, South Missouri, or Arkansas.

PED 189 Beginning Pistol and Skeet (1) DD. Pistol and skeet marksmanship, emphasizing range practice; methods and techniques of reloading ammunition and cleaning firearms. Students must provide own ammunition.

PED 190 Adult Physical Fitness (1) F, Sp. An activity course in which student's knowledge of high level wellness is developed through participation in discussion and physical activity programs. Designed as a class for returning students to be taught concurrently with the adult physical fitness class in Continuing Education.

PED 193 Special Weight Training Class for Athletes Only (1) DD. Limited to members of MWSU Intercollegiate Athletic Teams only. May be taken one time only for credit.

PED 219 Intermediate Golf (1) DD. Students must furnish four new golf balls. Prerequisite: PED119.

PED 250 Intermediate Ice Skating (1) DD. Continuation of PED140. Emphasizes ice skating as a leisure activity for a lifetime. Special fee required.

PED 253 Intermediate Modern Dance (1) DD. Students must furnish leotard. Prerequisite: PED153.

RECREATION SPORT MANAGEMENT COURSES

Waiving of any course prerequisites requires prior departmental authorization.

RSM 220 Introduction to Recreation (3) F, Sp. History and foundations of organized recreation including objectives, responsibilities, scope, and economic and social aspects; tours of specific recreation agencies. Two hours lecture, two hours lab.

RSM 230 Recreation: Field Experience I (2) F, Sp. Practical, exploratory view of three recreation agencies from an on-the-job perspective. One hour lecture, five hours lab. Prerequisite: RSM220 with a grade of C or better.

RSM 283 Introduction to Research Methods in Recreation/Sport Management (1-2) DD. Introduction to basic research in recreation or sport management. Individual and team projects involving methods for solving recreation or sport management-related research problems. Prerequisite: Consent of the department.

RSM 300 Philosophy and Leadership in Recreation Administration (3) F, Sp. Analyzes fundamental philosophical concepts and the influence on personal leadership and management techniques as they relate to working with people and leisure organizations.

RSM 322 Social Recreation (2) DD. Principles and techniques of administering and conducting social events; emphasizes planning, discussion, demonstration, and participation.

RSM 323 Program Planning in Recreation (3) F, Sp. Basic principles and practices in planning recreation programs in a variety of settings. Prerequisite: A grade of C or better in both RSM220 and RSM300.

RSM 325 Recreation Law for the Practitioner (2) F, Sp. This course is designed to assist individuals in developing a "safety conscious" attitude toward leisure programming and to learn procedures that will aid them in risk management -- planning to reduce the incidence of injuries/lawsuits.

RSM 326 Recreational Arts, Crafts, and Music (2) DD. Surveys various arts, crafts, and music involved in recreation settings. Students must furnish their own supplies. One hour lecture, two hours lab.

RSM 330 Recreation: Field Experience II (3) F, Sp, Su. Supervised leadership assignment in a leisure agency leading to a deeper conceptual view of intended professional aspirations. One hour lecture, eight hours lab. Prerequisites: Completed major-minor declaration in Recreation Sport Management program, a grade of C or better in RSM230, minimum overall GPA or 2.2, and 20 supplemental preparation hours.

RSM 335 Instructor of Initiatives (2) F. This course is designed to provide the student with the many aspects of being an instructor of initiative activities. The course will also provide the student with knowledge of how to build and construct different types of initiative and safety concerns.

RSM 340 Interpretive Services in Parks and Recreation (3) Sp (even-numbered years). Designed to apply a comprehensive interpretive program in parks and recreation. Development of an understanding of the principles and practices of stewardship and use of natural resources and the ability to interpret them to the general public, particularly as related to the public's role in stewardship. Application of the principles and practices basic to the effective management of recreation users in natural resources settings will be stressed.

RSM 342 Resorts, Parks, Recreation Areas and Facilities (3) Sp. Designed to provide a variety of theoretical and applied learning experiences to develop an understanding of the principles and procedures for planning, designing, developing and evaluating parks and recreation services, resources, areas and facilities. Understanding the ability to promote, advocate, interpret, and articulate the concerns of parks and recreation service systems for all populations and services. Prerequisites: A grade of C or better in RSM220.

RSM 343 Promotion of Sport and Recreation Agencies (3) F, Sp. Defines and analyzes the fundamentals of marketing in the sport and recreation fields. Emphasis is placed on the development of a marketing plan and a sponsorship proposal.

RSM 344 Adventure Travel and Tourism Development (3) F. Understanding the role of adventure travel and tourism and the economic importance it plays in American Society. Implication for adventure travel and tourism programming and entrepreneurship. Course emphasis will be placed on the development of economics through adventure travel tourism development for the preservation of natural and cultural resources. Prerequisites: A grade of C or better in RSM220 and RSM300 or permission of instructor.

RSM 360 Commercial Recreation (3) F. Basic steps of initiating and conducting a commercial recreation enterprise; designed to offer students practical experience in starting a business. Two hours lecture, two hours lab.

RSM 365 Introduction to Special Populations (3) DD. Leisure needs and methods of serving various groups in a society; populations include the aged, the ill, the disabled, the disadvantaged, and those in penal institutions.

RSM 420 Seminar in Recreation (1) F, Sp. Practical preparation for the profession including job-finding skills, interview techniques, values of recreation association, and visits from field professionals. Prerequisites: Completed major-minor declaration in Recreation Sport Management program, senior standing, and a grade of C or better in all RSM core courses (except RSM430).

RSM 424 Organization and Administration of Leisure Agencies (3) F, Sp. The internal operation of leisure organizations including staffing, finance, public relations, areas and facilities, decision making, and problem solving. Prerequisites: Completed major-minor declaration in Recreation Sport Management program, senior standing, and a grade of C or better in RSM220, RSM300, RSM323, and RSM325.

RSM 430 Recreation: Field Experience III (9) F, Sp, Su. Full-time internship with a leisure agency to develop and utilize skills learned in the classroom. Prerequisite: Completed major-minor declaration in Recreation Sport Management; complete 31 hour core with C or better in all core courses; complete 50 hour supplemental preparation hours; fulfilled the application requirements with the department for the course to be submitted the semester prior to enrolling; and earned a minimum 2.5 GPA in the major.

RSM 450 Independent Research/Project (1-5) F, Sp, Su. Investigation of a research problem, project, or topic on an individual conference basis. Prerequisites: Completion of the major-minor declaration in recreation, a minimum of a 2.5 GPA in the major field, and/or department approval.

RSM 480 Practicum in Recreation (2) F, Sp, Su. An individualized in-depth study of a subject in which the student is particularly interested. Prerequisite: Junior or senior standing and consent of department chairperson and offered only to HPER majors.