

DRIVER EDUCATION (Add-on Endorsement)

Students seeking an add-on endorsement in Driver Education shall have an endorsement in a secondary or NK-12 subject area (such as Physical Education) and shall take:

HLTH 143	Principles of Accident Causation and Prevention	3 hrs.
HLTH 445	Driver Education Instructional Principles	3 hrs.

HEALTH EDUCATION NK-12 (Add-on Endorsement)

Students seeking an add-on endorsement in Health Education shall have an endorsement in Physical Education and shall take:

HLTH 340	Community Health	3 hrs.
HLTH 342	Contemporary Health Issues	3 hrs.
HLTH 441	Strategies of Health Teaching	3 hrs.

COURSE DESCRIPTIONS

HEALTH

HLTH 143

PRINCIPLES OF ACCIDENT CAUSATION AND PREVENTION - 3 semester hours

Sp

AA course designed to present an overview of the dimensions of the accident problemA course designed to present an overview of the dimensions of the accident problem, prevention, concepts, and theories. Specific attention is directed to prevention, concepts, and theories. Specific attention is directed to transportation system.

HLTH 150, 151, 248, 249, 338, 339, 448

HEALTH EDUCATION LABORATORIES - 1 semester hour each

F, Sp

Courses Courses designed for the prospective health educator to establish life-career goals, identify program strengths and weaknesses and plan and implement necessary measures to complete successfully the prescribed program.

HLTH 210

FOUNDATIONS OF HEALTH SCIENCE - 2 semester hours

Sp

The historical and philosophical perspectives of the historical and philosophical perspectives of the historical and philosophical perspectives of the major concepts and theories of comparison will be made of the major concepts and theories of comparison in schools and communities. Career opportunities in health are reviewed; preparation in health professions.

HLTH 337

HEALTH PRACTICUM -3 semester hours

F,Sp

Provides various opportunities Provides various opportunities for Provides various opportunities for the professional student to work in health care settings. These opportunities shall include observation and/or participation in health care settings. These opportunities shall include observation and/or participation in health care community locations.

HLTH 340

COMMUNITY HEALTH -3 semester hours

F

Designed to cover community health issues relating to foundations and organizations of community health study of community health organizations and programs, epidemiology and disease control, occupational safety and health, the health care system, aging, and other community health issues.

HLTH 342

CONTEMPORARY HEALTH ISSUES -3 semester hours

Sp

Designed to meet the educational needs and interests of students. Topics relevant for today's society will be determined and covered including women's health, nutritional disorders, pre-menstrual syndrome, sexually transmitted diseases, domestic violence, cancer. Cardiovascular diseases and others may also be included.

HLTH 343

HEALTH COUNSELING -3 semester hours

Sp

A basic introductory course designed to assist prospective health care professionals in a school setting.

HLTH 346

SCHOOL AND COMMUNITY HEALTH PROGRAMS - 2 semester hours

F

A course that deals with the organization and administration of healthful school living, health services, health science instruction and organization of community health. An overview of health career possibilities is also provided.

HLTH 347

FIRST AID AND EMERGENCY MEDICAL CARE - 2 semester hours

F,Sp

A course designed to provide an understanding of the dynamics of accidents and the treatment of accident victims. Advanced Red Cross First Aid requirements are incorporated into this course.

HLTH 349

SCIENTIFIC READINGS IN HEALTH - 2 semester hours

F

A course that provides comprehensive knowledge, understanding, and application of health science. The content will be restricted.

HLTH 440

INTRODUCTION TO HUMAN REPRODUCTION AND SEXUAL DEVELOPMENT - 3 semester hours

Sp

Course intended for majors in Health and Physical Education. Course covered in their professional work. Anatomy and physiology of male and female reproductive system; prenatal development, labor and delivery; psychosocial development, sources among discussion topics.

HLTH 441

STRATEGIES OF HEALTH TEACHING - 3 semester hours

F

Fundamental methods of health teaching and research. Fundamental methods of health teaching and research in the field of health education are presented and/or researched.

HLTH 445

DRIVER EDUCATION INSTRUCTIONAL PRINCIPLES - 3 semester hours

Sp

Experiences in professional preparation for instruction and supervision in driver education. Experiences in professional preparation for giving driving instruction will be included.

Co-requisite: HLTH 143 PRINCIPLES OF ACCIDENT CAUSATION AND PREVENTION and valid operator's license issued by the Commonwealth of Virginia.

HLTH 447

FOUNDATIONS/PRINCIPLES OF HEALTH EDUCATION - 3 semester hours

F

A course designed for the prospective health educator to develop knowledge and understanding of the philosophical bases of health and health education, and to become aware of professional bases of health and health education.

and their functions. Emphasis will be placed on the relationship of the aforesaid to the total educational program.

HLTH 449

CARE AND PREVENTION OF ATHLETIC INJURIES - 3 semester hours

Sp

An introduction to the basic concepts and techniques of care and prevention of athletic injuries. The practical application for prevention of athletic injuries and the use of protective equipment are examined.

HLTH 450

SEMINAR IN HEALTH EDUCATION - 2 semester hours

Sp

An identification of major health problems in relation to self, family, and community. An identification of major health problems in relation to health education, political and social forces that affect health education, and implications for health education, political and social education are among the course's discussion topics.

HLTH 451

INDEPENDENT STUDY- 3 semester hours

F

Course designed to provide opportunities for the pursuit of in-depth knowledge and understanding of significant and emerging health problems and issues in the instructional program. Course designed to provide opportunities for the pursuit of in-depth knowledge and understanding of significant and emerging health problems and issues in the instructional program. Significant and emerging health problems and issues, as determined by the instructor, will be examined.

HLTH 452

INDEPENDENT STUDY II - 2 semester hours

Sp

Same course description as HLTH 451.

HLTH 453

PRE-HEALTH INTERNSHIP - 1 semester hour

F,Sp

Course designed to provide opportunities to systematically plan and prepare for placement agency for the following semester. Representatives from placement sites or facilitate student acquisition of needed information and experiences.

Prerequisite: Satisfactory completion of the course. **Prerequisite:** Satisfactory completion of the prerequisite course.

HLTH 454

HEALTH INTERNSHIP - 6 semester hours

F, Sp

An internship designed to afford the prospective health professional various opportunities to work with groups in a community health agency. It will encompass certain roles and responsibilities of exceptional individuals.

PHYSICAL EDUCATION

PHED 120

FOUNDATIONS OF PHYSICAL EDUCATION - 2 semester hours

F,Sp

An introduction to the personal and professional challenges and opportunities available to physical education majors. Its primary purpose is to help the student gain insight into the broad field of physical education, generally, with the organized body of knowledge embraced by physical education, generally, to show the proper relationship of physical education to the fields of health and recreation.

PHED 125

BODY MECHANICS - 1 semester hour

F

This course is a requirement for all physical education majors. The primary purpose of the course is to acquaint students with the basic knowledge, understanding, and value of physical activity as related to the basic knowledge, understanding, and value of physical activity as related to the performance of basic gross motor skills.

PHED 126

THEORY AND PRACTICE OF GYMNASTICS AND APPARATUS - 1 semester hour

Sp

This course is required for physical education majors and designed as an introduction to technical skills in gymnastics and apparatus.

tumbling and apparatus. Emphasis is placed on learning safety awareness and the use of correct progressions in teaching relevant activities.

PHED 127

BEGINNING SWIMMING - 1 semester hour

F,Sp

This course is designed to equip students with requisite basic water skills. This course is designed to equip students with reasonably safe while in, on, or about the water. Satisfactory completion of this course enables the student to meet the requirements for the American Red Cross Beginner Swimming Certificate.

PHED 128

INTERMEDIATE SWIMMING - 1 semester hour

F,Sp

Upon completion of this course, students should comprehend the elements of good swimming. Upon completion of this course, intermediate swimming is given to students who have taken and passed the beginner's swimming test and have never had swimming instruction but can pass the beginner's swimming test.

PHED 130

ELEMENTARY KARATE - 2 semester hours

F,Sp

Course designed to introduce the student to basic karate, one of the martial arts, and to broaden his or her horizons and views on oriental culture.

PHED 200

TEAM SPORTS I - 1 semester hour

F

The development of basic skills and the ability to perform a variety of sports, including flag or touch football.

PHED 201

TEAM SPORTS II - 1 semester hour

Sp

The development of basic skills and the ability to perform a variety of sports, including flag or soccer.

PHED 211

LIFETIME SPORTS I - 1 semester hour

F

Development of fundamental and advanced skills, knowledge of rules and the ability to perform sports, including archery, badminton, and bowling.

PHED 212

LIFETIME SPORTS II - 1 semester hour

Sp

Development of fundamental and advanced skills, knowledge of rules and the ability to perform sports, including golf, tennis, and track and field.

PHED 214

ADVANCED TENNIS - 1 semester hour

F,Sp

Development of advanced skills, such as lobs, smashes, drop shots, slice shots, and top spins.

PHED 217

LIFESAVING - 1 semester hour

F,Sp

Course designed to enable students to meet the requirements for the American Red Cross Lifesaving Certificate.

Prerequisites: **PHED 127 Beginning Swimming**
PHED 128 Intermediate Swimming

PHED 236

MODERN DANCE - 1 semester hour

F

An introduction to various modern dance techniques. An introduction to various modern dance techniques. This course also includes dance and the contributions of modern dance pioneers.

PHED 238

WATER SAFETY - 1 semester hour

Sp

Satisfactory completion of this course qualifies the student Satisfactory completion of this course

Prerequisite: PHED 217 Lifesaving

PHED 272

BASKETBALL OFFICIATING - 1 semester hour

F

The rules and mechanics of officiating basketball. Students will gain practicalThe rules and mechanics of officiating basketball. recreation league, or other organized games. This course prepares students for future careers in officiating.

PHED 273

FOOTBALL OFFICIATING - 1 semester hour

F

The rules and mechanics of officiating football. The rules and mechanics of officiating football. recreation league, or other organized games. This course also prepares students for future careers in officiating.

PHED 274

HISTORY, PRINCIPLES AND OBJECTIVES OF PHYSICAL EDUCATION - 3 semester hours

F

The study of the historical foundations of physical education from earlier times to the present and theirThe study of the history of physical education in society. Attention is given to understanding principles which have been developed in society. Attention is given to understanding principles and the place of the physical education program.

PHED 275

SOFTBALL OFFICIATING - 1 semester hour

Sp

The rules and mechanics of officiating softball. The rules and mechanics of officiating softball. Students will gain practicalThe rules and mechanics of officiating softball. recreation league, or other organized games. This course also prepares students for future careers in officiating.

PHED 327

ADVANCED DANCE SKILLS AND COMPOSITION - 2 semester hours

F,Sp

Guiding principles of this art form. Dance Guiding principles of this art form. Dance students will gain practicalGuiding principles of this art form. elements, and a structural approach to dance composition.

PHED 328

DANCE COMPOSITION AND PRODUCTION - 2 semester hours

F,Sp

A study of composition based on elements of modern dance A study of composition based on elements of modern dance back Laboratory problems with criticism, and preparation problems in staging dance for the theater.

Prerequisite: PHED 327 Advanced Dance Skills and Composition or by permission of Instructor

PHED 329

MOTOR LEARNING - 2 semester hours

Sp

Course designed to provide the student with an understanding of motor behavior. Course designed to provide the student with an understanding of motor behavior. efficacy of motor skill acquisition and motor skill performance.

PHED 300 (I, II, III)

PRACTICUM - 1 semester hour each

F, Sp

AA course involving field-based experiences as its primary focus. Activities in the course willA course involving field-based experiences students to observe, students to observe, plan, and participate in different roles as a teacher in a school setting prior to students to observe. Students in this course will be systematically assigned to experienced teachers to ensure proper orientation into Students in the profession of teaching. Students will profession of teaching. Students will also be profe profession of teaching. Student participation in microteaching, review participation in microteaching, review in participation in microteaching, reviewing students and teachers in public schools.

Each practicum must be taken as a corequisite with the following courses:

PHED 343 Elem. School Physical Education Methods and Activities (W/Practicum I)

PHED 344 Secondary School Physical Education Methods and Activities (W/Practicum II)

PHED 400 Adapted Physical Education (W/Practicum III)

PHED 330

SPORTS MARKETING - 3 semester hours

Sp

AA study andA study and critical examination ofA study and critical examination of the marketing mix (product, price, place and promotion). SpecialSpecial emphSpecial em phasisSpecial em phasis Special em phasis willSpecial em phasis will Special emphasis will beSpecial emphasis will be athletic programs and to amateur and professional sports.

PHED 332

COACHING AND OFFICIATING - 2 semester hours

F

ConceptsConcepts and competenciesConcepts and competencies applicable for the physicalConcepts and co mpeten cies applica ble for the coachingcoaching and officiating. Designedcoaching and officiating. Designed to prepare the student to understand the role of coaching in ways that complement his/her basic knowledge of each course activity and its skills.

PHED 335

RHYTHMIC FORMS - 1 semester hour

Sp

ThisThis course explores the historical perspective of American and International Folk,This course explores the historical perspective of American and their steps, patterns, and formations.

PHED 338

KINESIOLOGY - 3 semester hours

Sp

CourseCourse designed to provide the student with an understanding of theCourse designed to provide the student with an understanding of motion,motion, with applicationsmotion, with applications for motor skill acquisition, and developmental and rehabilitative exercise. m emphasizes the application of mechanical physics to body movement and sports medicine.

Prerequisites: GEBI 116 Biological Science

BIOL 315 Human Anatomy

BIOL 316 Human Physiology

Or by permission of instructor

PHED 339

MEASUREMENT AND EVALUATION IN HEALTH AND PHYSICAL EDUCATION - 3 semester hours

F

TheThe focus of this course is on the development of evaluationThe focus of this course is on the development of evaluation and measurement of physical education throughout the nation. Major emphasis is placed on interpreting descriptive st of physical education t developingdeveloping test construction techniques. Students are given many opp ortunities to administer developing test construction techniques and to acquire knowledge about different grading techniques.

PHED 343

ELEMENTARY SCHOOL PHYSICAL EDUCATION METHODS AND ACTIVITIES -

2 semester hours

F,Sp

This course is designed to provide student elementary physical education. Methods and materials for appropriate grade level to develop and implement an educationally sound program.

Corequisite: PHED 300, Practicum I

PHED 344

SECONDARY SCHOOL PHYSICAL EDUCATION METHODS AND ACTIVITIES -

3 semester hours

Sp

Methods and materials of teaching physical education in secondary schools. Methods and materials of teaching physical education, selection, organization, and guidance of learning experiences appropriate for desired out-comes. Provides basis for planning a curriculum for all area levels, suggested methods of teaching and techniques for developing independent and critical comprehension skills.

Corequisite: PHED 300, Practicum II

PHED/MKTG 372

MARKETING INTERNSHIP - 3 semester hours

F,Sp,Su

Practical work experiences obtained in management-oriented positions of business firms under supervised. The purpose is for the internees to improve their quantitative real business world.

PHED 400

ADAPTED PHYSICAL EDUCATION - 3 semester hours

F

This course is designed to provide the student implications as they relate to special education, adapted physical integration, and future trends. Emphasis is placed on integration, and laboratory for practical experiences.

**Prerequisites: BIOL 315 Human Anatomy
BIOL 316 Human Physiology
or by permission of Instructor**

Corequisite: PHED 300, Practicum III

PHED 401

ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION ORGANIZATION AND ADMINISTRATION - 3 semester hours

F, Sp, Su

This course is designed to enable students to gain a better understanding of and procedures that govern the operation of physical education and athletic programs for men and women and secondary schools, colleges and universities, as well as in recreational capstone course.

Pre-requisite: Completion of Junior Year or by Permission of Instructor

PHED 402

PHYSIOLOGY OF EXERCISE - 3 semester hours

F

This course is designed to provide the student with a better understanding of medical and physiological activity, relationships between motor activity and health, knowledge of activity, and apply exercise physiology, and guidelines and apply exercise physiology, and guidelines for individuals.

**Prerequisites: GEBI 116 Biological Science
BIOL 315 Human Anatomy
BIOL 316 Human Physiology
Or by permission of instructor**

PHED 478**STUDENT TEACHING - 8 semester hours****F, Sp**

Course designed to include application of skills required for conducting the teaching-learning practicum setting. Emphasis is on the ability to integrate various practicum settings. Instructional delivery system including, but not limited to instructional delivery systems, assessment of learning, and evaluation of instruction.

RECREATION**RECR 156****INTRODUCTION TO COMMUNITY RECREATION - 2 semester hours****Sp**

Community recreation programs, including camping, survey of agencies, activities as a profession, trends, and an introduction to the literature in the field.

RECR 351**ORGANIZATION AND ADMINISTRATION OF COMMUNITY RECREATION - 2 semester hours****Sp**

Problems commonly encountered in establishing community centers, campus and other areas and facilities.

RECR 352**CAMP COUNSELING/OUTDOOR LEISURE ACTIVITIES - 3 semester hours****F, Sp**

Knowledge and skills of contemporary, non-competitive activities suitable for participation in camping, hiking, walking, etc. Special emphasis is placed on the tenets of outdoor cooperative living.

RECR 353**METHODS AND MATERIALS IN SOCIAL RECREATION - 2 semester hours****Sp**

Principles of leading, planning, and supervising a wide range of social recreational activities such as picnics, special celebrations, and a variety of quiet games.

RECR 354**RECREATIONAL AREAS AND FACILITIES - 2 semester hours****F**

Study of planning and design concepts, standards and guidelines, use of grants, and planning of selected recreational facilities; parks, pools, centers, and recreation resource areas development. Major emphasis placed upon construction, planning, layout, and maintenance of recreation areas and facilities.

Prerequisite: Junior standing HPER major or consent of instructor

RECR 355, 356**PRE-FIELD WORK EXPERIENCES - 2 semester hours****F, Sp**

Observation and practice of leadership in supervised recreation programs. Meeting per week; other leadership periods by arrangement.

RECR 452**FIELD WORK--6 semester hours****F, Sp, Su**

Off-campus opportunity provided for the student leader to put into practice techniques involved in a total community organization for recreation.

RECR 453**THEORY AND PHILOSOPHY OF RECREATION - 3 semester hours****F**

An examination of philosophical concepts and issues of recreation and leisure with a focus upon current trends and issues in professional leisure service delivery. Play, games, issues in professional behavior affected by global, physical, societal, and personal concerns.

Prerequisite: Senior standing HPER major or consent of instructor