

Department of Physical Education

Department Chair: Craig Morrison
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Professors: Jean R. Lopour, Craig Morrison; *Associate Professors:* Benjamin Davidson, Joy Peterson; *Assistant Professor:* Rick Lambson; *Adjunct Instructors:* Christopher Mason, Ken Nielson
 Website: <http://www.suu.edu/ed/pe/>

Degrees Offered

Bachelor of Science

- Physical Education, Teaching Emphasis
- Physical Education, Coaching Emphasis
- Athletic Training (Commission on Accreditation of Allied Health Education Programs (CAAHEP) accreditation and first awards pending in 2005.)

Minor

- Physical Education
 - Teaching Emphasis
 - Coaching Emphasis
 - Athletic Training/Sports Medicine Emphasis
- Health Education
- Elementary Education Physical Education

Endorsement

- Health Education
- Coaching (Pending)
- Physical Education

Licensure

Department Statement

The mission of the physical education department is to provide students with the knowledge, skills and opportunity to be a physically educated person, not just for the present, but for a lifetime. The students will be able to demonstrate competence in many different forms of physical activity using concepts of body awareness, space awareness, effort and relationships. They will demonstrate proficiency in a few forms of physical activity and will learn how to learn new skills. The students will learn how to select and will be encouraged to participate in health enhancing lifetime physical activities at least three times a week.

The students will demonstrate knowledge of rules, strategies and appropriate behaviors for selected physical activities which includes coaching, athletic training/sports medicine, intramurals and health education. They will be able to identify the benefits; cost and obligations associated with regular participation in physical activity as well as recognize the risk and safety factors associated with participation. They will understand that wellness involves more than being physically fit and will understand that physical activity provides the opportunity for enjoyment, self expression and communication and that it can lead to multicultural and international understanding.

The students will cherish the feelings that result from regular participation in physical activity and will appreciate the relationships with others that result from participation. They will respect the role that regular physical activity plays in the pursuit of life-long health and well being.

Summary of Fields of Study

- Students majoring or minoring in Physical Education are advised by the department chair and students should consult with the chair as they prepare coursework plans.
- Physical Education majors and minors are required to obtain a "C-" or better grade in their major/minor coursework.
- "Fundamentals of sports" classes may be waived if the student takes and passes the proficiency skills and written tests when they are offered.
- Students who major in Physical Education may also be recommended for teaching licensure if they complete the prescribed course work for their major and for the teaching endorsement

1. THE MAJORS

- A. The department offers a choice of two emphases within the Physical Education degree:
- (a) Physical Education - emphasis in teaching,
 - (b) Physical Education - emphasis in coaching,
- B. The department offers an Athletic Training degree (Commission on Accreditation of Allied Health Education Programs (CAAHEP) accreditation and first awards pending in 2005.) The program is in the candidacy stage of accreditation

2. THE MINORS

The department offers minors in physical education, health education and elementary education physical education. Within the physical education minor, a choice of three emphases are offered:

- (a) teaching,
- (b) coaching,
- (c) athletic training/sports medicine,

3. ENDORSEMENT IN HEALTH EDUCATION

(An endorsement is available through SUU PE Dept. and State Office of Education.)

4. ENDORSEMENT IN COACHING (PENDING)

5. ENDORSEMENT IN PHYSICAL EDUCATION

Degree Requirements

Physical Education, Teaching Emphasis Bachelor of Science	
Course Number and Title	Credits
General Education Core (see page 105)	
Core Course Requirements	17-18
Knowledge Areas Requirements (must take BIOL 2210/2220 and BIOL 2010/2020)	19
University Requirements	
BA Degree – Foreign Language/ ASL Requirement (16 hours or proficiency test)	
BS Degree – Math or Science minimum requirement (12 hours)	
Physical Education Core (36-38 hours)	
PE 1560 Intermediate Swimming (Class or Card)**	0.5
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3
PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 2000 Health & Fitness Dynamics	1

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PE 2750 Adv. First Aid/CPR (Class or Card)**	2
PE 3050 Motor Learning	3
PE 3060 Kinesiology	3
<i>Pre-requisite BIOL 2210</i>	
PE 3070 Exercise Physiology	3
<i>Pre-requisite BIOL 2010</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Pre-requisite BIOL 2210</i>	
PE 3090 Adaptive Physical Education	3
PE 3310 Teaching Individual, Dual & Team Sports	3
<i>Pre-requisite PE 1830, 1870, 4900</i>	
PE 4740 Administration of Intramural/PE/Athletics	3
PE 4900 Methods of Teaching Secondary PE	2
PE 4910 Evaluation in Physical Education	3
Danc 3860 Social Square Dance Fundamentals/Methods	3
**Must either take the class or have current card of completion at graduation.	
Core Options: Select One Class (1-3 hours)	
PE 2520 Coaching Dance Teams & Drill Teams	1
PE 2600 Football Officiating	1
PE 2601 Basketball Officiating	1
PE 2610 Baseball Officiating	1
PE 2611 Soccer Officiating	1
PE 2620 Volleyball Officiating	1
PE 2621 Softball Officiating	1
PE 2740 Lifeguard Training	2
PE 3320 Water Safety Instructor Training	2
<i>Pre-requisite PE 1560 or permission</i>	
PE 4550 Physical Education Practicum	2
PE 4850 Psycho-Social Aspects in Athletics	3
Other Electives (includes completing minor, & B.A./B.S. requirement or licensure)	47-49
Total Credits, B.S. degree without licensure	120
Total Credits, B.S. degree with licensure	122

Physical Education, Coaching Emphasis Bachelor of Science	
Course Number and Title	Credits
General Education Core (see page 105)	
Core Course Requirements	17-18
Knowledge Areas Requirements (must take BIOL 2210/2220 and BIOL 2010/2020)	19
University Requirements	
BA Degree – Foreign Language/ASL Requirement (16 hours or proficiency test)	
BS Degree – Math or Science minimum requirement (12 hours)	
Physical Education Core (36-38 hours)	
PE 1560 Intermediate Swimming (Class or Card)**	0.5
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3

PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 2000 Health & Fitness Dynamics	1
PE 2750 Adv. First Aid/CPR (Class or Card)**	2
PE 3050 Motor Learning	3
PE 3060 Kinesiology	3
<i>Pre-requisite BIOL 2210</i>	
PE 3070 Exercise Physiology	3
<i>Pre-requisite BIOL 2010</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Pre-requisite BIOL 2210</i>	
PE 3090 Adaptive Physical Education	3
PE 3310 Teaching Individual, Dual & Team Sports	3
<i>Pre-requisite PE 1830, 1870, 4900</i>	
PE 4740 Administration of Intramural/PE/Athletics	3
PE 4850 Psycho-Social Aspects in Athletics	3
PE 4900 Methods of Teaching Secondary PE	2
PE 4910 Evaluation in Physical Education	3
**Must either take the class or have current card of completion at graduation.	
Core Options: Choose One Class (1-2 hours)	
PE 2520 Coaching Dance Teams & Drill Teams	1
PE 2600 Football Officiating	1
PE 2601 Basketball Officiating	1
PE 2610 Baseball Officiating	1
PE 2611 Soccer Officiating	1
PE 2620 Volleyball Officiating	1
PE 2621 Softball Officiating	1
PE 2740 Lifeguard Training	2
PE 3320 Water Safety Instructor Training	2
<i>Pre-requisite PE 1560 or permission</i>	
PE 4550 Physical Education Practicum	2
Take Two of The Following Classes: (2 hours)	
PE 4600 Coaching Softball	1
PE 4610 Coaching Volleyball	1
PE 4620 Coaching Track & Field	1
PE 4640 Coaching Soccer	1
PE 4660 Coaching Wrestling	1
PE 4670 Coaching Football	1
PE 4680 Coaching Basketball	1
PE 4690 Coaching Baseball	1
Recommended Electives:	
NFS 3020 Nutrition as Related to Fitness and Sports	(3)
Other Electives (includes completing minor, & B.A./B.S. requirement or licensure)	45-49
Total Credits, B.S. degree without licensure	120
Total Credits, B.S. degree with licensure	124

Professional Education Requirements for Secondary Licensure	
Course Title	Credits
Required Credits: 30-31 minimum in Education	
EDUC 2000 Exploring Education in Society*	3
EDUC 3170 Instructional Technology for Educators	3
SCED 3200 Secondary Educational Psychology	3
SPED 3030 Foundations of Special Education	2
4900 (methods of teaching course in the area(s) seeking licensure)	2-3
Secondary Block as noted below	
SCED 3570 Motivation and the Management of Diverse Instructional Environments for Secondary Teachers	3
SCED 3590 Instructional Planning, Delivery, and Assessment for Secondary Teachers	3
SCED 3720 Content Literacy	2
SCED 4520 Secondary Practicum/Seminar Clinical Practice (student teaching) is taken the semester prior to secondary block as noted below	3
SCED 4980 Clinical Practice	7
4980 Clinical Practice (student teaching in the content area(s) of licensure is taken the semester following the secondary block)	2
Total Credits	33-34
*Meets general education requirement in the interdisciplinary knowledge area	

ATHLETIC TRAINING DEGREE:

(Commission on Accreditation of Allied Health Education Programs (CAAHEP) accreditation and first awards pending in 2005.) The program is in the candidacy stage of accreditation.

The Athletic Training Major is designed to prepare those students seeking a career as a Certified Athletic Trainer. Completion of the Major will qualify students to take the certification exam administered by the National Athletic Trainers Association Board of Certification. Successful completion of the exam will result in Certification as an Athletic Trainer by the NATABOC. A student in athletic training will learn to apply knowledge of human anatomy, human physiology, exercise physiology, kinesiology, conditioning, strength training, nutrition, and therapy in the prevention, evaluation, recognition, immediate care, and rehabilitation of athletic injuries. Career opportunities include working with athletic teams at all levels of competition, in sports medicine clinical settings, or other allied health facilities and industry.

Students will be selected in the Athletic Training major in a three step process.

1. Completion of prerequisite classes.
 - A. Advanced First Aid/CPR or current cards
 - B. Human Physiology with lab (BIOL 2010 and 2020)
 - C. Human Anatomy with lab (BIOL 2210 and 2220)
 - D. Athletic Training/ Sports Medicine (PE 3080)
2. Complete application form and three letters of recommendation. Submit by February 15.
3. Complete an interview with the Athletic Training major selection committee. Submitting an application does not guarantee that applicant will be interviewed. A maximum of eight (8) students will be selected into the program each year.

Athletic Training Degree Bachelor of Science	
Course Number and Title	Credits
General Education Core (see page 105)	
Core Course Requirements	17-18
Knowledge Areas Requirements (must take PSY 1010, NFS 1020, BIOL 2010/2020, & BIOL 2210/2220)	19
University Requirements	
BA Degree – Foreign Language/ASL Requirement (16 hours or proficiency test)	
BS Degree – Math or Science minimum requirements (12 hours)	
Core Courses (48 hours)	
STIT 0680 Medical Terminology	2
STIT 0810 Pharmacology (Sec 35)	1
PE 1560 Intermediate Swimming (Class or Card) **	0.5
PE 2000 Health & Fitness Dynamics	1
PE 2750 Adv. First Aid/CPR (Class or Card)**	2
NFS 3020 Nutrition as Related to Fitness & Sport	3
<i>Pre-requisite NFS 1020</i>	
PE 3050 Motor Learning	3
PE 3060 Kinesiology	3
<i>Pre-requisite BIOL 2210</i>	
PE 3070 Exercise Physiology	3
<i>Pre-requisite BIOL 2010</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Pre-requisite BIOL 2210</i>	
PE 3400 Clinical Observation	1
<i>Pre-requisite PE 3080</i>	
PE 3410 Clinical Instruction I	2
<i>Pre-requisite PE 3080</i>	
PE 3420 Clinical Instruction II	2
<i>Pre-requisite PE 4420</i>	
PE 3430 Clinical Instruction III	2
<i>Pre-requisite PE 4410</i>	
PE 3440 Clinical Instruction IV	2
<i>Pre-requisite PE 4400</i>	
PE 3450 Clinical Instruction V	2
<i>Pre-requisite PE 4430</i>	
PE 4400 Evaluation of Lower Extremity & Trunk Injuries	3
<i>Pre-requisite PE 3080</i>	
PE 4410 Therapeutic Exercise and Rehabilitation	3
<i>Pre-requisite PE 3080</i>	
PE 4420 Therapeutic Modalities and AT Management	3
<i>Pre-requisite PE 3080</i>	
PE 4430 Evaluation of Upper Extremity & Trunk Injuries	3
<i>Pre-requisite PE 3080</i>	
PE 4850 Psycho-Social Aspects in Athletics	3
PE 4910 Evaluation in Physical Education	3

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**Must either take the class or have current card of completion at graduation.	
Other Electives (includes completing minor, & B.A./B.S. requirement)	36
Total Credits, B.S. degree	120

Physical Education Minor (Teaching Emphasis)	
Course Number and Title	Credits
Core Requirements	
PE 1560 Intermediate Swimming (Class or Card)**	0.5
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3
PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 2000 Health and Fitness Dynamics	1
PE 2750 Adv. First Aid/CPR (Class or Card) **	2
PE 3050 Motor Learning	3
PE 3070 Exercise Physiology	3
<i>Pre-requisite Biol 2010</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Pre-requisite Biol 2210</i>	
PE 3310 Teaching Individual, Dual & Team Sports	3
<i>Pre-requisite PE 1830, 1870, 4900</i>	
PE 4740 Administration of Intramural/PE/Athletics	3
PE 4900 Methods of Teaching Secondary PE	2
**(Must either take the class or have current card of completion of graduation)	
Electives:	
PE 2520 Coaching Dance Teams & Drill Teams	1
PE 2600 Football Officiating	1
PE 2601 Basketball Officiating	1
PE 2610 Baseball Officiating	1
PE 2611 Soccer Officiating	1
PE 2620 Volleyball Officiating	1
PE 2621 Softball Officiating	1
PE 2740 Lifeguard Training	2
<i>Pre-requisite PE 1560 or permission</i>	
PE 3320 Water Safety Instructor Training	2
<i>Pre-requisite PE 1560 or permission</i>	
PE 4550 Physical Education Practicum	2
NFS 3020 Nutrition as Related to Fitness & Sports	3
Total Credits	24

Physical Education Minor (Coaching Emphasis)	
Course Number and Title	Credits
Core Requirements	
PE 1560 Intermediate Swimming (Class or Card)**	0.5
PE 1830 Fundamentals of Individual/Dual/Team Sports I	3

PE 1870 Fundamentals of Individual/Dual/Team Sports II	3
PE 2000 Health and Fitness Dynamics	1
PE 2750 Adv. First Aid/CPR (Class or Card) **	2
PE 3060 Kinesiology	3
<i>Pre-requisite Biol 2210</i>	
PE 3070 Exercise Physiology	3
<i>Pre-requisite Biol 2010</i>	
PE 3080 Athletic Training/Sports Medicine	3
<i>Pre-requisite Biol 2210</i>	
PE 4740 Administration of Intramural/PE/Athletics	3
PE 4900 Methods of Teaching Secondary PE	2
**(Must either take the class or have current card of completion at graduation)	
Take Two of The Following Classes:	
PE 4600 Coaching Softball	1
PE 4610 Coaching Volleyball	1
PE 4620 Coaching Track & Field	1
PE 4640 Coaching Soccer	1
PE 4660 Coaching Wrestling	1
PE 4670 Coaching Football	1
PE 4680 Coaching Basketball	1
PE 4690 Coaching Baseball	1
PE 4850 Psycho-Social Aspects of Athletics	3
Electives:	
PE 2600 Football Officiating	1
PE 2601 Basketball Officiating	1
PE 2610 Baseball Officiating	1
PE 2611 Soccer Officiating	1
PE 2620 Volleyball Officiating	1
PE 2621 Softball Officiating	1
PE 2740 Lifeguard Training	2
PE 3320 Water Safety Instructor Training	2
<i>Pre-requisite PE 1560 or permission</i>	
PE 4550 Physical Education Practicum	2
NFS 3020 Nutrition as Related to Fitness & Sports	3
Total Credits (minimum)	23

Physical Education Minor (Athletic Training/Sports Medicine Emphasis)	
Course Number and Title	Credits
Core Requirements Credit	
PE 1560 Intermediate Swimming (Class or Card)**	0.5
PE 2000 Health and Fitness Dynamics	1
PE 2750 Adv. First Aid/CPR (Class or Card) **	2
PE 3060 Kinesiology	3
<i>Pre-requisite Biol 2210</i>	
PE 3070 Exercise Physiology	3
<i>Pre-requisite Biol 2010</i>	

PE 3080 Athletic Training/Sports Medicine	3
<i>Pre-requisite Biol 2210</i>	
PE 4400 Evaluation of Lower Extremity & Trunk Injuries	3
<i>Pre-requisite PE 3080</i>	
PE 4410 Therapeutic Exercise and Rehabilitation	3
<i>Pre-requisite PE 3080</i>	
PE 4420 Therapeutic Modalities and AT Management	3
<i>Pre-requisite PE 3080</i>	
PE 4430 Evaluation of Upper Extremity & Trunk Injuries	3
<i>Pre-requisite PE 3080</i>	
PE 4740 Administration of Intramural/PE/Athletics	3
**(Must either take the class or have current card of completion at graduation)	
Additional Classes to be taken as General Ed. Classes:	
NFS 1020 Scientific Foundations of Human Nutrition	3
BIOL 2010 Human Physiology with Lab	4
BIOL 2210 Human Anatomy with Lab	4
Recommended to Take:	
NFS 3020 Nutrition as Related to Fitness & Sports	3
PE 4550 Practicum	2
Total Credits	25
Cannot certify as an Athletic Trainer -- Is not certifiable for a teaching minor.	

Health Education Minor	
Course Number and Title	Credits
PE 2000 Health and Fitness Dynamics	1
PE 2100 Stress Management and Wellness Concepts	2
PE 2750 Adv. First Aid/CPR (Class or Card) **	2
PE 3120 Methods in Teaching Health Education	3
PE 3690 Substance Abuse/Drugs & Alcohol	3
PE 3750 Methods of Teaching Human Sexuality Ed.	2
BIOL 2010 Human Physiology with Lab	4
NFS 1020 Scientific Foundations of Human Nutrition	3
PSY 3220 Adolescent Development	3
**(Must either take the class or have current card of completion at graduation)	
HIV/AIDS Education class is taught by the State Office of Education after you have been hired to teach health.	
Total Credits	23

Elementary Education Physical Education Minor	
Course Number and Title	Credits
PE 1880 Physical Activities for Elementary Schools	3

PE 2000 Health and Fitness Dynamics	1
PE 2750 Adv. First Aid /CPR (Class or Card) **	2
PE 3040 Motor Development	3
PE 3050 Motor Learning	3
PE 3900 Methods of Teaching Elementary P.E.	3
PE 4850 Psycho-Social Aspects in Athletics	3
DANC 3860 Social Square Dance – Fundamentals & Methods	3
DANC 3900 Creative Movement for Children	2
**(Must either take the class or have current card of completion at graduation)	
Total Credits	23

HEALTH EDUCATION, PHYSICAL EDUCATION AND ATHLETIC COACHING ENDORSEMENTS

To teach subject matter in Utah schools, a teacher must have a major, a minor, or an endorsement inscribed on the Basic Professional License. A Health Education major is not available at SUU; but a Health Education minor and a Health Education endorsement are available. To attain this endorsement requires a minimum of 24 quarter credits or 16 semester credits, and is to be completed after receiving bachelor's degree.

These credits can be acquired through college course work or approved in-service classes in the following areas: Personal Health/Wellness; Methods of Teaching Health Education; Human Sexuality/Sex Education; Nutrition; Comprehensive School Health/School Health Program; Substance Abuse Prevention; Mental Health, Stress Management and/or Coping Skills; HIV Prevention/AIDS Education and First Aid.

A physical education and an athletic coaching emphasis major and minor is available at SUU; physical education and athletic coaching (pending) endorsements are also available. To attain endorsements requires a minimum of 24 quarter credits or 16 semester credits. These credits can be acquired through college coursework, approved in-service classes or demonstrated competency.

Core courses for physical education are: Administration of Intramural, Physical Education and Coaching, Exercise Physiology, Sports Medicine-including First Aid and CPR training, Motor Learning, Methods of Teaching Physical Education. To complete the Physical Education major at SUU, the following additional courses are: Kinesiology, Adaptive PE, Sports Officiating (limit one class), Fundamental Activities Class, Sport Psychology. Course requirements for athletic coaching endorsement are still being developed by the State Office of Education and the State Board of Education.

