Physical Education


ACTIVITY COURSES

Note: PEB 105, 106, 107, and 108 may be repeated for cr if the student engages in a different activity or level of the same activity. Practical tests may be given at the beginning of the semester to determine the student's level of ability.

PEB 105 (s) Dance (1 cr, max arr). See Dan 105.

PEB 106 (s) Individual and Dual Sports (1 cr, max arr). Bowling, racket sports, fencing, golf, gymnastics, conditioning, backpacking, cycling, cross-country skiing, etc. Two days of field trips may be a part of the course requirements for such activities as backpacking, cycling, etc. Two hrs a wk. Graded P/F.

PEB 107 (s) Team Sports (1 cr, max arr). Field sports, volleyball, basketball, and softball. Two hrs a wk. Graded P/F.

PEB 108 (s) Swimming (1 cr, max arr). All levels of proficiency, including WSI, lifeguarding, diving, and scuba. Two hrs a wk. Graded P/F.

PROFESSIONAL COURSES

PEP 100 Introduction to Sport Sciences (1 cr). Introduction to career opportunities within the field of sport science; topics on professional development, advising issues, and guest lectures from professionals practicing in related fields. (Fall only)

PEP 101 Introduction to Athletic Training (1 cr). Introduction to career opportunities within the field of athletic training; topics on professional duties and activities performed by an athletic trainer, advising issues, and guest lectures. (Fall only)

PEP 107 Movement Fundamentals (1 cr). Skill development and teaching knowledge of the fundamentals and concepts of movement. Two lec-labs a wk. (Fall, alt/2 yrs only)

PEP 132 Skill and Analysis of Tennis, Pickleball, and Badminton (1 cr). Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in tennis, pickleball, and badminton. Two lec-labs a wk.

PEP 133 Skill and Analysis of Golf and Archery (1 cr). Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in golf and archery. Two lec-labs a wk.

PEP 134 Skill and Analysis of Track and Field (1 cr). Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in track and field. Two lec-labs a wk.

PEP 135 Skill and Analysis of Basketball and Volleyball (1 cr). Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in basketball and volleyball. Two lec-labs a wk.

PEP 136 Skill and Analysis of Soccer and Speedball (1 cr). Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in soccer and speedball. Two lec-labs a wk.

PEP 137 Skill and Analysis of Softball and Field Sports (1 cr). Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in softball and field sports. Two lec-labs a wk.

PEP 138 Skill and Analysis of Outdoor Activities I (1 cr). Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in orienteering, hiking, camping, biking, and blading. 8 week course. Meets once a week for two lec-lab hours, one or two field trips, and one weekend camping trip. Prereq: PE major or minor or perm.

PEP 139 Skill and Analysis of Outdoor Activities II (1 cr). Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in cross-country skiing, ropes and wall climbing, and fishing. 8 week course. Meets once a week for two lec-lab hours, two field trips required, and one weekend camping trip. Prereq: PE major or minor or perm.

PEP 161 Introduction to Physical Education (1 cr). Introduction to the field of physical education teaching and coaching, professional and portfolio development, and national and state standards. (Fall only)

PEP 171 Athletic Training Clinical Experience I – Observation (1 cr). Introductory clinical experience and insight into the profession of Athletic Training. Students will receive supervised clinical education experience in UI's Athletic Training Room. Students will complete the application process into the clinical experience portion of the Athletic Training major in this course. 40 hours/clinical observation. Graded P/F. Prereq: perm. (Spring only)
PEP 200 (s) Seminar (cr arr). Prereq: perm.

PEP 201 Fitness Activities and Concepts (2 cr). May be used as core credit in J-3-d. Topics related to individual fitness development; focus on development of personal skills in presenting and teaching fitness activities for public and private sector programs. Two lec and 1 hr of lab a wk.

PEP 202 Skill and Analysis: Stunts and Tumbling (1 cr). Skill analysis, skill development, spotting, and teaching techniques in tumbling. Two lec-labs a wk. (Spring only)

PEP 203 (s) Workshop (cr arr). Prereq: perm.

PEP 204 (s) Special Topics (cr arr). Prereq: perm.

PEP 220 Coaching Youth Sports (1 cr). Practical, hands-on introduction to basics of youth sports coaching; basics of developing appropriate coaching philosophy; how such sports sciences as sport psychology, sport pedagogy, sport physiology, sport medicine, sport law, and sport management help to effectively implement athlete-centered approach to coaching; students participate in six-week practicum and receive feedback on how to improve their coaching. Two lec a wk.

PEP 243 Recreation Activities (2 cr). Experience in planning, organizing, leading, and evaluating a broad range of games, social recreation, music, drama, arts and crafts, and special events activities.

PEP 244 Lifeguarding (2 cr). Trains individuals to lifeguard at swimming pools and nonsurf, open water beaches; Standard First Aid and CPR Certification reqd to receive Red Cross Lifeguarding Certification. One field trip. Recommended Preparation: intermediate swimming.

PEP 250 Elementary Physical and Health Education (3 cr). Content, methods, and materials in elementary school education and health for classroom teachers. Four hrs of lec-lab a wk.

PEP 266 Aquatic Instructor's Course (2 cr). Methods. Students passing Red Cross standards will receive instructor's certificate. Recommended Preparation: certificate in lifeguarding or emergency water safety and pass swimming skills pre-test.

PEP 272 Athletic Training Clinical Experience II (1 cr). Students participate in supervised clinical education experience in UI's Athletic Training Room applying athletic training knowledge and skills learned in previous course work. Prereq: perm.

PEP 273 Athletic Training Clinical Experience III (1 cr). Students participate in supervised clinical education experience in UI's Athletic Training Room applying athletic training knowledge and skills learned in previous course work. Prereq: PEP 171, 272, and perm.

PEP J275/J475 Moral Reasoning in Sport (2 cr). PEP 275: May be used as core credit in J-3-d. Current ethical issues in sport, such as performance-enhancing drugs, mechanization, cheating, eligibility; challenges students to creatively examine their beliefs. Additional projects/assignments reqd for cr in PEP 475.

PEP 299 (s) Directed Study (cr arr). Prereq: perm.

PEP 300 Applied Human Anatomy and Biomechanics (2-3 cr). This course is designed to provide the student with the anatomical and biomechanical knowledge essential to conduct a systematic qualitative analysis of human movement in clinical, educational, performance, and wellness settings. Two hrs of lec, two hrs of lab per wk. Prereq: Biol 120, PEP 201 or perm.

PEP 305 Applied Sports Psychology (3 cr). Overview of key psychological issues in physical education and sport including competition, personality, anxiety, motivation, self-confidence, imagery, and stress management; practical applications of psychological concepts of youth sports and development of key psychological skills for competition.

PEP 310 Cultural and Philosophical Aspects of Sport (2 cr). May be used as core credit in J-3-d. Analysis of philosophical and sociological phenomenon in sport. (Fall only)

PEP 322 Skills and Analysis of Individual Activities (2 cr). Skill development and knowledge of teaching progressions, techniques, and analysis of a variety of individual sports and activities. Three hrs of lec/labs a wk.

PEP 350 Elementary Health and Physical Education (3 cr). Specific methods, research, curricula, and media in teaching elementary health and physical education. Coreq: courses in the math/science/physical education block.

PEP 360 Motor Behavior (3 cr). Overview of development, control, and learning throughout the lifespan. Four hrs of lec-lab a wk. Prereq or coreq: Biol 120.

PEP 371 Athletic Training Clinical Experience IV (1 cr). Students participate in supervised clinical education experience in UI's Athletic Training Room applying athletic training knowledge and skills learned in previous course work. Prereq: PEP 273 and perm.

PEP 372 Athletic Training Clinical Experience V (1 cr). Students participate in supervised clinical education experience in UI's Athletic Training Room applying athletic training knowledge and skills learned in previous course work. Prereq: PEP 371 and perm.
PEP 380 Measurement and Evaluation (2 cr). Construction, evaluation, and interpretation of tests used in evaluating physical and cognitive performance in physical education and sport science settings; basic statistical analysis. Accelerated class; three hrs of lec-lab a wk. Prereq: PEP 201.

PEP 400 (s) Seminar (cr arr). Prereq: perm.

PEP 403 (s) Workshop (cr arr). Prereq: perm.

PEP 404 (s) Special Topics (cr arr). Prereq: perm.

PEP J405/J505 (s) Professional Development (cr arr). Credits earned may not be applied toward grad degree programs but may be accepted for fifth-yr certification. Professional development in physical education and sport professional personnel. Additional projects/assignments reqd for grad cr.

PEP 412 Elementary Physical Education Methods (2 cr). Study and application of teaching methods and teaching behavior; structuring learning outcomes through performance objectives and lesson and unit planning. Includes a 16-hr required practicum at the elementary level. Prereq: acceptance into pedagogy sequence. Prereq: or coreq: ED 302.

PEP J414/J514 Proseminar in Physical Education (1 cr). Course content and materials designed to prepare students for entry into the physical education teaching internship, the physical education teaching profession, and for continuing professional development; should be taken the semester before the teaching internship. Additional items including grant writing, writing for publication, and research review on professional and career development will be required for those registered for graduate credit.

PEP J417/J517 Advanced Human Biomechanics (3 cr). This course is designed to provide the student with an in-depth understanding of the fundamental aspects of biomechanical analyses, including kinematic, kinetic, energetic, and neuromuscular considerations. The student will become familiar with quantitative analysis procedures used to analyze human movement activities in clinical, educational, performance, and wellness settings. Independent quantitative research project reqd for grad cr. Prereq: Math 143, Phys 111, and PEP 300.

PEP 418 Physiology of Exercise (3 cr). Effects of physical activity on the circulatory, respiratory, and other systems. Two lec and one 2-hr lab a wk. Prereq: Biol 120 and 121, PEP 201 or perm.

PEP 421 Secondary Physical Education Methods (2 cr). Study and application of teaching methods and teaching behavior; structuring learning outcomes through performance objectives and lesson and unit planning. Includes a 16-hr required practicum at the secondary level. Prereq: acceptance into pedagogy sequence. Prereq: or coreq: ED 302.

PEP 424 Physical Education for Special Populations (2 cr). Adapting physical education programs to meet individual needs. Lec and lab. 8-hour school practicum required. Prereq: PEP 360. Prereq: or coreq: ED 302. (Spring only)

PEP 431 Practicum: Elementary and Secondary Student Teaching (7 or 14 cr). Cr earned in this course may not be applied to total cr needed for a PE teaching major. Supervised student teaching at elementary and secondary levels. Double majors select the 7-cr option; all other students select 14 cr divided between elementary and secondary level. Graded P/F. Prereq: admission to teacher education, PEP 420, ED 302, cumulative GPA of 2.5, and perm of dept. (Submit application to director of clinical experiences in the College of Education by December 1 of school year before enrolling.)

PEP 434 Professional Role and Development (2 cr). May be used as core credit in J-3-d. Professional role and development during the internship, into the physical education teaching profession, and for continuing professional development. Two lec and 1 hr of lab a wk. Coreq: PEP 412 or 421, or perm.

PEP 440 Physical Education and Sport Management (2 cr). Curriculum, programming, organization, and administration of school physical education and intramurals; field experience. Prereq: or coreq: ED 302.

PEP 455 Design & Analysis of Research in HPERD (3 cr). Same as H&S 455 and Rec 455. This course is designed to survey the basic types of research methods often found in health, physical education, sport science, and recreation. A variety of research designs and computerized statistical analyses are studied to help students understand the systematic nature of problem solving. Various research problems as they relate to health, physical education, recreation, and human performance are discussed for the purpose of identifying the broad and diverse nature of research in the movement, leisure, and health professions. Prereq: Jr or Sr standing. (Spring only)

PEP 460 Competition and Social Values (3 cr). Competition as it is presently perceived in America today; what it should be and could be in the ethical domain.

PEP 471 Athletic Training Clinical Experience VI (2 cr). Students participate in supervised clinical education experience in UI’s Athletic Training Room applying athletic training knowledge and skills learned in previous course work. Prereq: PEP 372 and perm.

PEP 472 Athletic Training Clinical Experience VII (2 cr). Students participate in supervised clinical education experience in UI’s Athletic Training Room applying athletic training knowledge and skills learned in previous course work. Prereq: PEP 471 and perm.

PEP 480 Seminar in Sportsmanship: Moral Development (3 cr). Philosophic and psychological study of moral development and resultant effect on moral value education in sport.

PEP 484 (s) Internship in Physical Education Teaching (1-15 cr). Guided observation, supervised instruction, and comprehensive team and independent teaching in school settings. Students will be following the school district full semester calendar. Graded P/F. Prereq: ED 302 and division approval. Coreq: ED 401.

PEP J493/ID-J593 Fitness Assessment and Prescription (3 cr). WSU Kin 568. Development of skills in exercise testing, data interpretation, and prescription for health related fitness. Cr earned in PEP 593 by completion of additional projects/assignments. Two lec and 2 hrs of lab a wk. Prereq: PEP 418 or perm. (Spring only)

PEP 495 (s) Practicum in Tutoring (1 cr, max arr). Tutorial services performed by advanced students under faculty supervision. Graded P/F. Prereq: perm.

PEP 498 (s) Internship in Physical Education (cr arr). Supervised field work. Prereq: Jr standing and Rec 445.

PEP 499 (s) Directed Study (cr arr). Prereq: perm.


PEP 501 (s) Seminar (cr arr). Prereq: perm.

PEP 502 (s) Directed Study (cr arr). Prereq: perm.

PEP 503 (s) Workshop (cr arr). Prereq: perm.

PEP 504 (s) Special Topics (cr arr). Prereq: perm.

PEP 505 Professional Development (cr arr). Study of changes in human movement associated with aging across the lifespan. Two lec and 2 hrs of lab a wk.

PEP 508 Motor Development (3 cr). Principles and methods essential to the experimental approach to physiological performance problems. Two lec and one lab a wk.

PEP 514 Proseminar in Physical Education (1 cr). See PEP J414/J514.

PEP 517 Advanced Human Biomechanics (3 cr). See PEP J417/J517.

PEP 519 Biomechanics of Sport (3 cr). Quantitative study of human movement examining internal and external forces acting on the body and the resultant limitations to motor behavior.


PEP 544 Program Development (3 cr). Developing programs associated with physical education and sport science using current conceptual frameworks and models. Field-testing of programs may be required.

PEP 560 Sport Psychology (3 cr). Provides an understanding of how psychological factors influence performance and how simple and easy-to-use mental training techniques may be employed to enhance performance and enjoyment; using the Coaches' Guide to Sport Psychology and accompanying workbook, teachers/coaches will address such important psychological topics as peak performance, motivation, communication, leadership, self-confidence, concentration, stress management, imagery, goal setting, arousal control, and mental plans/performance routines; workbook exercises, case studies, and hands-on projects will teach mental training principles and help practitioners develop skills that they can successfully use to enhance performance with their students/athletes. (Fall only)

PEP 561 Motivation in Sport and Recreation (3 cr). Practical, hands-on course designed to teach basics of motivation to physical educators, coaches, and recreation professionals; major achievement motivation theories and primary antecedents and consequences of motivated behavior; five major motivational enhancement strategies including goal setting, personal science, competition, feedback, and reinforcement; guidelines for maximizing effectiveness; analysis of applied motivation questions such as dropouts/burnouts, peak performance, exercise adherence, injury rehabilitation, increasing enjoyment, designing reward systems, and positive parental involvement. (Spring only)


PEP 570 Ethics in Physical Education and Sport (3 cr). Problem solving approach to current ethical problems in leisure, physical education, and sport. (Alt/yrs)
PEP 591 Philosophy Influences in Sport (3 cr). Use of the philosophical process in analyzing problems and issues in leisure and sport. (Alt/yr)

PEP 593 Fitness Assessment and Prescription (3 cr). See PEP J493/J593.


PEP 598 (s) Internship (cr arr). Supervised field experience in an appropriate public or private agency. Graded P/F. Prereq: perm.

PEP 599 (s) Non-thesis Master’s Research (cr arr). Research not directly related to a thesis or dissertation. Prereq: perm.

PEP 600 Doctoral Research and Dissertation (cr arr).