

# PHYSICAL EDUCATION

The Physical Education program offers degrees in health, physical education, sports management, recreation, and individually designed interdisciplinary programs. Teaching certification is available in physical education with minors in coaching and adapted physical education. Students gain a broad knowledge of the physiological and mechanical functions of the human body. Students become aware of their personal performance abilities through experiences in a variety of physical activity courses, and become aware of the many fitness and leisure time activities for wellness available to them and others throughout their lives.

**Note: Students must complete a minimum of 120 credits in order to graduate with a Bachelor's degree.**

## Programs Bachelors

- Health Education, BS (<http://catalog.smsu.edu/academic-programs-degrees/physical-education/health-education-bs/>)
- Physical Education, BS (<http://catalog.smsu.edu/academic-programs-degrees/physical-education/physical-education-bs-recreation-emphasis/>)
- Physical Education, BS - Teaching (<http://catalog.smsu.edu/academic-programs-degrees/physical-education/physical-education-bs-teaching/>)

## Minors

- Adapted Physical Activity, Minor (<http://catalog.smsu.edu/academic-programs-degrees/physical-education/adapted-physical-activity-minor/>)
- Adapted Physical Education/DAPE, Minor (<http://catalog.smsu.edu/academic-programs-degrees/physical-education/adapted-physical-education-dape-minor/>)
- Coaching, Minor (<http://catalog.smsu.edu/academic-programs-degrees/physical-education/coaching-minor/>)

## Undergraduate Certificate

- Coaching, Certificate (<http://catalog.smsu.edu/academic-programs-degrees/physical-education/coaching-certificate/>)

## Faculty

Frankie Albitz (<https://www.smsu.edu/directory/?d=employee&name=00111356#individualTables>)  
 Paul Blanchard (<https://www.smsu.edu/directory/?d=employee&name=00000923#individualTables>)  
 Terry Culhane (<https://www.smsu.edu/directory/?d=employee&name=00003059#individualTables>)  
 Cory Sauter (<https://www.smsu.edu/directory/?d=employee&name=10066890#individualTables>)  
 Marilyn Strate (<https://www.smsu.edu/directory/?d=employee&name=00000725#individualTables>)

## Undergraduate Courses Health

### HLTH 100 Personal Health & Wellness Credits: 2

This course is designed to provide students with the knowledge, tools, and motivation to take charge of their wellness-related behavior. The presentation of a multidimensional concept of wellness provides the student with the knowledge necessary for a lifestyle based on good choices and healthy behaviors which maximize the quality of life.

**Fall:** Department Discretion **Spring:** All Years **Summer** Department Discretion

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000827/>)

### HLTH 110 First Aid and Safety/CPR Credits: 2

Trauma prevention study and medically approved application techniques of administering emergency care in case of trauma due to accidents or sudden illness.

**Fall:** All Years **Spring:** All Years **Summer** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000828/>)

### HLTH 225 Alcohol, Narcotics, & Tobacco Credits: 2

This course is designed to introduce the student to pertinent topics associated with the area of drug use and abuse. The discussion and materials presented will focus on the physical, psychological, and sociological aspects of the subject.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000833/>)

### HLTH 290 Wellness, Safety, & Nutrition from Birth to Grade 3 Credits: 3

This course is designed to provide the student with an overview of health, safety, and nutritional issues of the child from birth to grade three in preparation for a profession of working with children. The prenatal environment and its impact on the health of the individual will be given great emphasis.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00001493/>)

### HLTH 292 Honors Credit in Health Credits: 1-4

An independent study course designed primarily for Honors Program students. This course allows more in-depth or comprehensive study or research by honors students.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000837/>)

### HLTH 340 School Health and Human Sexuality Credits: 3

This course provides the student with an overview of the health educators role in the healthy development of youth and the Comprehensive School Health Program. Included is an examination of how to promote healthy choices to enhance health, safety, prevent injuries, and prevent alcohol/drug abuse. This course also provides an overview of the biological, sociological, environmental, and psychological issues related to the science of human sexuality. Addressed are principles for teaching sex education in this controversial area. Instructional goals, objectives, and strategies that are age appropriate for K-12 students of health education curriculum are included. Students plan health education lessons for use with a specific grade level.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00182839/>)

**HLTH 370 Community Health and Health Promotion Credits: 3**

This course introduces the student to the concepts of community health and health promotion. Public health principles are applied to health promotion, risk reduction, and disease prevention needs of learners, families, and communities. Epidemiology, health promotion, health agencies/organizations, organizing the community, populations, and the School Health Program are key areas of focus.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00182840/>)

**HLTH 491 Elementary School Health Education Credits: 2**

The Elementary School Health Education course explores the science of health and art of teaching health. The course will focus on health content, with a special emphasis on drug education. The course will also focus on the development of social skills in the context of health education. Students will gain knowledge and understanding to formulate appropriate teaching strategies in order to promote healthy behavior and reduce risky behaviors of the elementary school student.

**Pre-Requisite :** ED 101 OR EDFN 201 and sophomore status.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002277/>)

**HLTH 492 Organization and Application of Health Education: 5-12 Credits: 3**

This course explores the science of health and the application of the science in the classroom. The student will acquire knowledge in health content and social skills (goal setting, decision making, and interpersonal skills) in order to promote positive healthy behaviors in students of 5-12 level. Admission to Teacher Education program required.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002276/>)

**HLTH 494 Independent Study Credits: 1-4**

Independent study and research within the health and wellness area.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000843/>)

**HLTH 496 Workshop in Health Credits: 1-4**

To provide health credit for workshops in area.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000844/>)

## Physical Education

**PE 101 Introduction to Health and Physical Education Credits: 2**

Concepts and theories that define the breadth of the field and the interdisciplinary relationship of Health and Physical Education as a profession. Introductory topics include: pedagogy, exercise physiology, biomechanics, recreation, sports management, allied health, athletic training, physical therapy and sports related professions.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002077/>)

**PE 105 Camping and Canoeing Credits: 2**

This class is designed for students to develop skills, awareness, and knowledge in racquet activities, volleyball, canoeing, and outdoor activities.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002534/>)

**PE 106 Winter Ice and Snow Sports Credits: 2**

This course is designed to develop knowledge of and fundamental motor skills in activities such as Cross Country Skiing, Snow Shoeing, Hockey, and Curling. Such content as the history, rules, strategies, etiquette, and basic motor skills will be included.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00200535/>)

**PE 107 Walking for Wellness Credits: 1**

This course will provide students with a moderate level of the physical exercise - walking - which can make a positive contribution to their aerobic fitness goals. The course is designed to assist the walker in acquiring the knowledge, attitudes and skills necessary for participation in a lifelong walking for wellness program and the application of walking in their lives in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000858/>)

**PE 108 Technology in Physical Education Credits: 2**

This course will cover basic technology skills specific to the field of physical education. Technology covered will include such software programs as the Adobe Suite, heart rate monitors, video editing, and web page development as applied to the field.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002692/>)

**PE 110 Intercollegiate Baseball Credits: 1**

The purpose of intercollegiate baseball is to give the highly skilled student the opportunity to learn advanced skills, techniques and strategies by competing against those of similar ability.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000861/>)

**PE 111 Intercollegiate Basketball Credits: 1**

The purpose of intercollegiate basketball is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000862/>)

**PE 112 Cheerleading Credits: 1**

The purpose of intercollegiate cheerleading is to give the highly-skilled student the opportunity to learn and perform skills and techniques of cheerleading.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000863/>)

**PE 113 Intercollegiate Cross Country Credits: 1**

This is an intercollegiate sport designed to provide student-athletes with a very high level of physical exercise, competitive distance running, which can make a positive contribution to their aerobic fitness, body composition, self-image, self-confidence, stress reduction, and overall maturation as a person. The course is designed to assist the student-athlete in acquiring the knowledge, attitudes, and skills necessary for collegiate competition in addition to developing a love for running and a lifelong enjoyment of fitness.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00160446/>)

**PE 114 Intercollegiate Football Credits: 1**

The purpose of intercollegiate football is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000864/>)

**PE 115 Intercollegiate Soccer Credits: 1**

The purpose of intercollegiate soccer is to give the highly-skilled student the opportunity to learn advanced techniques, and strategies by competing against those of similar ability.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000865/>)

**PE 116 Intercollegiate Fast Pitch Softball Credits: 1**

The purpose of intercollegiate fast pitch softball is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000866/>)

**PE 117 Intercollegiate Track and Field Credits: 1**

This is an intercollegiate sport designed to provide student-athletes with a very high level of physical exercise which is based on the primary goals of each individual. The process of accomplishing these goals can make a positive contribution to their aerobic fitness, running speed, physical power, body composition, self-image, self-confidence, stress reduction, and overall maturation as a person. The course is designed to assist the student-athlete in acquiring the knowledge, attitudes, and skills necessary for collegiate competition in addition to developing a love for the sport of track and field and a lifelong enjoyment of fitness.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00160428/>)

**PE 118 Intercollegiate Tennis Credits: 1**

The purpose of intercollegiate tennis is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000867/>)

**PE 119 Intercollegiate Golf Credits: 1**

The purpose of intercollegiate golf is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000868/>)

**PE 120 Intercollegiate Volleyball Credits: 1**

The purpose of intercollegiate volleyball is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000869/>)

**PE 121 Intercollegiate Wrestling Credits: 1**

The purpose of intercollegiate wrestling is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000870/>)

**PE 122 Lifetime Activities I Credits: 3**

This course is designed to develop knowledge of and fundamental motor skills in such sports and activities as tennis, badminton, and bowling.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002685/>)

**PE 123 Lifetime Activities II Credits: 3**

This course is designed to develop knowledge of and fundamental motor skills in such sports and activities as aquatics, stunts & tumbling, and dance.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002686/>)

**PE 124 Intercollegiate Swimming and Diving Credits: 1**

The purpose of intercollegiate swimming and diving is to give the highly-skilled student the opportunity to learn advanced skills, techniques, and strategies by competing against those of similar ability.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00200540/>)

**PE 135 Dance for Fitness: Zumba Credits: 1**

This course is designed to provide the student a cardiovascular fitness experience through a wide variety of dance and rhythmic activities. An emphasis on the application of dance to wellness, flexibility, stress reduction and lifetime fitness will be incorporated into the class.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00149178/>)

**PE 144 Golf Credits: 1**

This course is designed to develop knowledge of and fundamental motor skills in the game of golf. Such content as the history, rules, strategies, etiquette, and basic motor skills of golf will be included.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002687/>)

**PE 149 Weight Training & Conditioning Credits: 1**

This course will provide basic knowledge and techniques of fitness and conditioning through weight training and the application of weight training in daily lives in relation to wellness, cardiovascular fitness, strength, muscular endurance, flexibility and stress reduction.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000885/>)

**PE 152 Basic Self Defense Credits: 1**

To provide students with a foundation in basic self-defense. This foundation will involve sweeps, arm locks, kicks, and strikes which can be used against an attacker.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000888/>)

**PE 154 Adapted Physical Education Activities Credits: 1-4**

This is an activity course designed for students with disabilities to provide mild to moderate physical activities in their daily lives.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000890/>)

**PE 155 Learn to Swim Credits: 1**

This course is designed for the student who is a non-swimmer or does not demonstrate proficiency in the water. It will include instruction in basic areas of water safety and basic swimming strokes. The general Red Cross swimming program will be followed.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00184386/>)

**PE 156 Adventure Ropes Credits: 1**

This course is designed to develop knowledge of and fundamental motor skills in the activity of an adventure high ropes element. Content such as the safety, equipment, belaying, rappelling, and climbing will be included.

**Fall:** Department Discretion **Spring:** Department Discretion

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002691/>)

**PE 160 Flexibility/Yoga Credits: 1**

This course will introduce the student to the history of flexibility in society, the current uses of flexibility in our society, and the application of flexibility in their daily lives in relation to wellness, cardiovascular fitness, strength, and stress reduction.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000895/>)

**PE 172 Intramural Activities Credits: 1**

Intramurals are a combination of the elements of physical education and the modern concept of recreation. The student may receive credit for participating in a sport or activity offered in the intramural setting with emphasis given to sportsmanship and social opportunity in an activity.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000903/>)

**PE 173 Outdoor Activities Credits: 1**

An introduction to the skills and awareness for outdoor recreation including outdoor cooking, gear and shelter, first aid, health and safety, orienteering, nature interpretation, bicycling, hiking, environmental ethics, canoeing and rock climbing (if possible). An American Camping Association Campcraft or Advanced Campcraft Certification is optional depending upon the students motivation. A weekend trip is required.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000904/>)

**PE 200 Recreational Sports & Games Credits: 3**

This course is designed for recreation majors to learn the basic rules, terminology, equipment and strategies for many popular recreational sports and games offered through parks, recreation, and community education programs.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002039/>)

**PE 210 Introduction to Adapted Physical Education & LAB Credits: 3**

This course covers the major concepts of the IDEA law and Developmental Adapted Physical Education (DAPE). Content such as the IDEA law, adapted assessment tests, writing the physical education components of an IEP, the impact of a disability on an individuals life, and hands-on experience working with individuals with disabilities is included.

**Fall:** Odd Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00218239/>)

**PE 220 Curriculum and Instruction in Physical Education Credits: 3**

This course will cover content such as curriculum development, writing unit plans, writing student-centered lesson plans, teaching skills, fitness, grading, promoting physical education and fitness, organization and administration of events/programs, and a basic understanding of the research process.

**Spring:** Odd Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002693/>)

**PE 249 Physical Fitness Concept Credits: 2**

An introductory course to provide the student with the knowledge to achieve a high degree of physical fitness and wellness. The focus of the course will be on the scientific based aspects of fitness. The students will be able to objectively assess their own fitness as well as understand the myths associated with exercise, weight loss, and wellness.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000914/>)

**PE 257 PADI Open Water Scuba Credits: 1**

Learning is divided between classroom and pool. All necessary equipment is provided. Upon successful completion of this portion of the courses, learners are qualified to complete the four open water dives to become certified as a PADI Open Water Diver. These dives are offered over a two day period approximately every weekend over the summer from the beginning of May to the beginning of October. Additional cost applies. The student also has the option of completing these dives literally anywhere in the world using the PADI Open Water Referral Form. These dives need to be completed within 12 months from the completion of the course or a refresher is required.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00171128/>)



**PE 286 Special Topics Credits: 1-4**

This course is designed to provide lower-division students an opportunity to experience a special or experimental curriculum enrichment course.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00001317/>)

**PE 300 Recreation Diversity & Leadership Credits: 3**

This course covers the contemporary, theoretical, and practical information necessary for developing effective leadership with a focus on diversity and special needs for recreational groups such as at-risk youth, senior citizens, and individuals with disabilities.

**Fall:** Odd Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002040/>)

**PE 301 Theory of Coaching Credits: 3**

This course is designed to provide the student with a functional understanding of sport and management skills necessary in becoming a successful coach. Students will compare and contrast a variety of objectives used to define success and then examine and redefine their individual philosophies.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00170580/>)

**PE 301L Theory of Coaching Lab Credits: 2**

This lab will take an in-depth look at why we provide opportunities for students to participate in athletic programs as part of the educational process. Focusing on the WHY of participation requires a shift in mindset and will challenge coaches to become aware of, and intentional about focusing on the values that can be learned through process-based instead of outcome-based experiences.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00202201/>)

**PE 330 Theory of Coaching of Baseball Credits: 2**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of baseball.

**Fall:** Odd Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00170508/>)

**PE 331 Theory of Coaching of Basketball Credits: 2**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of basketball.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00170509/>)

**PE 333 Theory of Coaching Swimming & Diving Credits: 2**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods and techniques of coaching swimming and diving.

**Fall:** Even Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00207561/>)

**PE 334 Theory of Coaching of Football Credits: 2**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of football.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00170560/>)

**PE 335 Theory of Coaching/Teaching Strength and Conditioning; Credits: 2**

This course introduces students to the field of Athletic enhancement, human performance, and leadership skills involved in individual and group training. The class will cover specifics including: speed, agility, power, proper development of exercise programming in the athletic/human performance arena, and proper development and leadership of exercise instruction with individual training and group training programming. Students completing this class will be more prepared to sit for the National Strength and Conditioning Certified Personal Trainer Certification with additional review of prior coursework.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00216711/>)

**PE 336 Theory of Coaching of Softball Credits: 2**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of softball.

**Fall:** Even Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00170510/>)

**PE 337 Theory of Coaching of Volleyball Credits: 2**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of volleyball.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00170511/>)

**PE 338 Theory of Coaching of Soccer Credits: 2**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of soccer.

**Spring:** Even Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00170578/>)

**PE 348 Theory of Coaching of Track & Field Credits: 2**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of track and field.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00170550/>)

**PE 350 Theory of Coaching of Wrestling Credits: 2**

This course is available to students interested in developing a better understanding of different philosophies, theories, methods, and techniques of coaching and officiating of wrestling. The student will take a comprehensive look at current wrestling styles and develop a background of core moves which are necessary for coaching and officiating this sport.

**Fall:** Odd Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00170579/>)

**PE 360 Introduction to Recreation, Parks, and Community Education Credits: 3**

This course includes a brief review of the cause and effect of development of community organizations. It focuses on the components that are important in being responsive to the recreation and lifetime leisure needs of our population as well as the land, financial, and organizational responsibilities and opportunities.

**Fall:** Even Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000936/>)

**PE 362 Recreational Aquatics Credits: 3**

The student will learn skills in coordinating, scheduling, supervising and implementing aquatic programs found in many recreational settings. The student will gain basic knowledge of pool maintenance, required aquatic certification procedures, and aquatic staffing practices necessary for recreational aquatic programs. A practical experience in an aquatic setting will be included in the course requirements.

**Spring:** Odd Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002041/>)

**PE 381 Elementary School Physical Education Credits: 2**

This course is designed for elementary education majors. The student will understand and apply movement concepts and principles to the learning and development of motor skills. They will also learn skills and strategies for incorporating games and activities into the elementary curriculum.

**Pre-Requisite :** ED 101 OR EDFN 201

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000941/>)

**PE 387 Rhythm and Dance Fundamentals Credits: 2**

This course is designed to give students the skills and knowledge to deliver a progressive sequence of rhythm activities for developmentally appropriate age groups.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002272/>)

**PE 390 Organization & Administration of Athletics & Physical Education Credits: 2**

Principles and techniques of planning and organizing the functions, services, equipment and facilities utilized in athletics, physical education programs and public and private sector programs.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000945/>)

**PE 392 Prevention & Care of Athletic Injuries Credits: 2**

This course will provide the theories and practices of athletic injury assessment, care prevention, and rehabilitation used by an athletic coach or physical educator.

**Pre-Requisite :** EXSC 100 OR PE 285

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000947/>)

**PE 393 Adapted Practicum I Credits: 1**

This course is designed to allow students to develop skills in providing direct service for individuals with disabilities in an adapted physical education or activity setting. This practicum is intended to permit the student to engage in supervised professional activities in selected cooperating agencies or organizations.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00001952/>)

**PE 400 Recreation Program Planning Credits: 3**

This course focuses on the program planning process used in the community recreation setting. The student will learn methods and guidelines for the development, organization, and implementation of recreational programs and activities. Emphasis given to student design, implementation, and evaluation activities through the theoretical model: The Program Development Cycle.

**Spring:** Even Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002044/>)

**PE 401 K-12 Physical Education Methods & Lab Credits: 3**

This course explores in detail the basic principles of Physical Education and skills and methods of teaching physical education to K-12 students. The course includes a 30-hours field experience.

**Pre-Requisite :** PE 220

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00173857/>)

**PE 478 Recreation & Sports Mgmt Credits: 3**

This course examines the history, philosophies and theories of management in recreation and sports. The student will learn the management policies and procedures used in recreational, fitness and sports setting.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002118/>)

**PE 481 Adapted Physical Education Methods & LAB Credits: 3**

Activities and sports such as wheelchair basketball, sit volleyball, beep baseball, bowling, and aquatics for individuals with disabilities will be presented. Knowledge of these activities such as the history, rules, strategies, etiquette, and motor skills will be included.

**Spring:** Odd Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00218275/>)

**PE 482 Practicum in Coaching Credits: 1-4**

The application of techniques and coaching in a clinical situation.

**Fall:** All Years **Spring:** All Years **Summer:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000955/>)

**PE 484 Planning Facilities for Physical Activities Credits: 3**

The students will gain an understanding of facility development and maintenance. They will learn about the different exterior and interior elements that are needed when developing a facility in the sport, physical education and recreational industries.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002134/>)

**PE 486 Special Topics Credits: 1-4**

This course is designed to provide upper-division students an opportunity to experience a special or experimental curriculum enrichment course.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00001318/>)

**PE 488 Legal Aspects of Recreation & Sport Credits: 3**

This course will develop the students awareness and knowledge of legal liability relating to recreation and sport. The student will be introduced to tort liability, negligence and risk management principles. A practical approach to topics such as waivers, standard of care, safety, security, right to participate, sexual harassment and abuse, and other legal aspects of recreation and sport.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002037/>)

**PE 489 Sports Marketing, Sales, and Promotions Credits: 3**

This course will focus on a comprehensive examination of the sport industry with an emphasis on marketing sport. The course will investigate common management and marketing science, the nature of sport as a consumer product and market, sponsorship relationships and consumer behavior.

**Spring:** Odd Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000959/>)

**PE 490 Field Practicum Credits: 2**

This course will enable students to apply knowledge and principals of fitness, exercise science and/or sports management in a practicum experience. Senior standing required.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002117/>)

**PE 494 Independent Studies Credits: 1-4**

Independent study and research within the physical education and human performance area.

**Fall:** All Years **Spring:** All Years **Summer:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000964/>)

**PE 496 Workshop in Physical Ed Credits: 1-4**

To provide physical education credit for workshops in the area.

**Fall:** All Years **Spring:** All Years **Summer:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000966/>)

**PE 497 Senior Seminar Credits: 3**

This course is a culminating experience designed to encompass the breadth of the Health, Physical Education and Recreation fields. Professionalism is the theme throughout the course. Students will be expected to draw upon their resources and acquired knowledge to formulate solutions and/or opinions on selected topics. This course fulfills Southwest Minnesota State University's capstone requirement for graduation.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00184661/>)

**PE 498 Adapted Practicum II Credits: 3**

This course is designed to allow students to develop skills in providing direct service in an adapted physical education setting within the K-12 public education curriculum.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00164104/>)

**PE 499 Professional Practicum Credits: 3-12**

To provide an opportunity for a student who works in the area of physical education or human performance in an internship program.

**Fall:** All Years **Spring:** All Years **Summer:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002678/>)

## Graduate Courses

**PE 550 Practicum in Teaching Credits: 3**

This course is designed to provide graduate students the opportunity to apply knowledge, theory, and methods of teaching in a post-secondary educational setting. The course is designed to establish a practicum in teaching opportunity for the graduate student with a faculty member in the Wellness & Human Performance Department providing mentorship.

**Fall:** All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002111/>)

**PE 578 Recreation and Sport Management Credits: 3**

This course examines the history, philosophies, and the theories of management in recreation and sports. The student will learn the management policies and procedures used in recreational, fitness and sports settings. The student enrolled in PE 578 will research the complexities of the sport industry, demonstrate application of sports management principles and present two graduate level projects in the areas of human resource management and financing the sport enterprise.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002110/>)

**PE 584 Planning Facilities for Physical Activities Credits: 3**

The students will gain an understanding of facility development and maintenance. They will learn about the different exterior and interior elements that are needed when developing a facility in the sport, physical education and recreational industries. The students enrolled in PE 584 will research a specialized sport facility, demonstrate application of sports management principles, and present two graduate level projects in the areas of facilities design and facilities operations/management.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002113/>)

**PE 588 Legal Aspects in Recreation & Sport Credits: 3**

This course will develop the students awareness and knowledge of legal liability relating to recreation and sport. The student will be introduced to tort liability, negligence and risk management principles. A practical approach to topics such as waivers, standard of care, safety, security, right to participate, sexual harassment and abuse, and other legal aspects of recreation and sport.

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002112/>)

**PE 589 Sports Marketing, Promotion, and Consumer Behavior Credits: 3**

This course will focus on a comprehensive examination of the sport industry with an emphasis on marketing sport. The course will investigate common management and marketing science, the nature of sport as a consumer product and market, sponsorship relationships and consumer behavior. The student enrolled in PE 589 will research the sports marketing elements in the national sports scene. Using the framework of strategic sports marketing the student will design two graduate level projects in this area.

**Spring:** Odd Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002114/>)

**PE 601 Philosophy & Ethics in Coaching Credits: 3**

This course includes the development of a personal coaching philosophy regarding social responsibility with an emphasis on ethical conduct, values and sport involvement, and the personal growth of the athlete. Admission to Graduate Education program required.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150674/>)

**PE 602 Research Foundation in Sport: Methods, Statistics, and Analysis Credits: 3**

This course includes the study of research to develop an understanding of the principles and the essential skills needed to engage in research. Admission to Graduate Education program is required.

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150675/>)

**PE 603 Sports Skills, Tactics, and Evaluation in Coaching Credits: 3**

This course includes the study of the skills, tactics, and strategies used to develop a competitive sport program with an emphasis on practice planning, game preparation, and evaluation. Admission to Graduate Education program required.

**Pre-Requisite :** PE 602 OR ED 622

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150676/>)

**PE 604 Educational Principles in Coaching Credits: 3**

This course includes the study of methods of implementing educational principles in the daily operation of a sport program with an emphasis on organization, communication, and instructional strategies. Admission to Graduate Education program required.

**Pre-Requisite :** PE 602 OR ED 622

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150677/>)

**PE 605 Physical Preparation and Conditioning Credits: 3**

This course includes the study of scientifically sound conditioning programs and the effects of various training programs and nutrition on the physical and mental performance of the athlete. Admission to the Graduate Education program is required.

**Pre-Requisite :** PE 602 OR ED 622

**Summer** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150678/>)

**PE 606 Sport Safety and Injury Prevention Credits: 3**

This course includes the study of methods of injury prevention, injury management, and risk management, and the legal responsibilities of the coach. Admission to the Graduate Education program is required.

**Pre-Requisite :** PE 602 OR ED 622

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150680/>)

**PE 607 Advanced Practicum in Coaching I Credits: 1-2**

This course includes an in-depth coaching experience applying a sports coach's knowledge and skills in a hands-on environment. Admission to the Graduate Education program is required.

**Pre-Requisite :** PE 602 OR ED 622

**Fall:** All Years **Spring:** All Years **Summer** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150682/>)

**PE 608 Organization, Administration and Marketing of Sport Credits: 3**

This course includes the study of administrative duties and procedures of a sport program with an emphasis on budgeting, marketing, event management, and facility operations. Admission to the Graduate Education program is required.

**Pre-Requisite :** PE 602 OR ED 622

**Fall:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150683/>)

**PE 609 Psychology of Athletic Performance Credits: 3**

This course includes the study of effective methods of teaching and motivation to enhance sport performance and the athletes overall experience. Admission to the Graduate Education program required.

**Pre-Requisite :** PE 602 OR ED 622

**Summer** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150684/>)

**PE 610 Legal Aspects of Sport for Coaches Credits: 3**

This course includes the development of a deeper understanding of negligence, legal challenges, operational risks, and methods of documentation in sport. Admission to Graduate Education program required.

**Pre-Requisite :** PE 602 OR ED 622

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150685/>)

**PE 611 Portfolio Capstone Credits: 3**

This course includes a student-lead capstone project, along with the development of an electronic portfolio of the Coaching Program reflecting the associated National Association of Sport and Physical Education (NASPE) standards. Admission to the Graduate Education program required.

**Pre-Requisite :** PE 602 OR ED 622

**Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150686/>)



**PE 612 Advanced Practicum in Coaching II Credits: 1-2**

This course includes an in-depth coaching experience applying a sport coach's knowledge and skills in a hands-on environment in a setting beyond that of the Advanced Practicum in Coaching I course and the student's current experience level. Admission to Graduate Education program required.

**Pre-Requisite :** PE 602 AND PE 607 OR ED 622 AND PE 607

**Fall:** All Years **Spring:** All Years **Summer** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00150687/>)

**PE 613 Graduate Workshop Credits: 1-3**

This course is available, with instructor approval, to students qualified to complete graduate level projects.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00177201/>)