Physical Education

The vision of the Department of Human Performance, Sport, and Health is "preparing and empowering future professionals to promote physical activity, health, and sport."

The mission of the Department of Human Performance, Sport, and Health is "to provide students with opportunities to excel through purposeful experiences resulting in skills, including leadership, communication, use of technology, and appreciation of individual differences. Through our programs, students develop an appreciation of the contributions of physical activity, wellness, and sport to society."

The Physical Education teacher licensure program, Minnesota Board of Teaching approved, leads to licensure for teaching physical education in K-12 schools. It also prepares students for graduate school. The curriculum includes studies in the basic and exercise sciences, methods and activities, curricular development, and assessment as well as professional education. Hands-on learning is emphasized in laboratory and methods classes and includes teaching experiences in the field.

The Department of Human Performance, Sport, and Health offers minors and a coaching specialist program that provide students with the skills and expertise to work in physical activity settings, coach teams, or teach special needs students. Also, in addition to offering a variety of activities classes that enhance students' liberal education, the department works with Campus Recreation and Athletics to offer a broad range of learning experiences.

Programs

- Physical Education, B.S. ((Teacher Licensure)) *major*
- Developmental/ Adapted Physical Education ((Teacher Licensure)) *minor*
- Human Performance Minor *minor*
- Coaching *cert*
- Outdoor Leadership *cert*

Career Directions

Athletic Coaching

Developmental Adapted Physical Education Teacher
Physical Education Teaching
Teaching physical activities in a variety of settings
Also: Graduate Study and Professioal Programs

Preparation

Recommended High School Courses

Biology
Chemistry
Coaching
Exercise Science
Health
Life Sciences
Physical Education
Sports
Wellness

Physical Education, B.S. *major* (Teacher Licensure)

A total of 120 semester credits are needed for the **Physical Education (Teacher Licensure) B.S.** degree and include the following:

- Completion of a minimum of 40 upper division credits (level 3000/4000)
- Completion of all required major credits
- Completion of Core Curriculum credits (Minnesota Transfer Curriculum [MnTC] Goal Areas 1-10 with a minimum of 40 credits) required for all baccalaureate degrees
- Completion of BSU Focus and Nisidotaading Course Requirements

Dual Degrees
Students wishing to complete two degrees concurrently, (example: Bachelor of Science and Bachelor of Arts) must complete a minimum of an additional 30 credits above the required 120 credits.

Multiple Credentials
Any additional major, minor or certificate in a degree must have at least 6 credits of course work not used to meet the requirements of another major, minor or certificate in the degree.

Required Credits: 79

Required GPA: 2.50

I REQUIRED COURSES

Select 1 of the following courses:

- BIOL 1110 Human Biology (4 credits)
- BIOL 1400 Cellular Principles (4 credits)

Complete the following courses:

- BIOL 1111 Anatomy and Physiology for Allied Health I (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3120 Psychology of Sport (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)
- PHED 3504 Teaching Rhythms and Dance (2 credits)
- PHED 3505 Teaching Elementary Physical Education (2 credits)
- PHED 3604 Teaching Team Sports (2 credits)
- PHED 3605 Teaching Individual Sports (2 credits)
- PHED 3607 Teaching Fitness (2 credits)

- PHED 4400 Curriculum and Assessment in Physical Education (3 credits)
- PHED 4500 Inclusive Physical Education (3 credits)

Complete the following course:

- PHED 4920 DGS: (1 credit)

Complete the following course:

- PHED 4870 Practicum in Physical Education Teaching (1 credit)

II REQUIRED AQUATICS ELECTIVES

Select 1 of the following courses:

- PHED 1116 Advanced Swimming (1 credit)
- PHED 2630 Lifeguard Training (3 credits)
- PHED 2640 Water Safety Instructor (3 credits)

REQUIRED PROFESSIONAL EDUCATION COURSES

Complete the following courses with a minimum 2.50 GPA:

- ED 3100 Introduction to the Foundations of Public School Education (3 credits)
- ED 3110 Educational Psychology (3 credits)
- ED 3140 Human Diversity and Educational Equity (3 credits)
- ED 3350 Principles and Strategies of Teaching (3 credits)
- ED 3780 Inclusive Teaching and Classrooms (3 credits)
- ED 4737 Content Area Reading (3 credits)
- ED 4799 The Professional Teacher (1 credit)

Complete the following course:

- HLTH 3400 Health and Drugs in Society (2 credits)

Complete 12 credits of student teaching:

- ED 4830 Student Teaching - Secondary (1-12 credits)

Program Learning Outcomes | Physical Education, B.S. (Teacher Licensure)

1. Collaboration: Identifies strategies to become an advocate in the school & community to promote a variety of physical activity opportunities (C6) 2. Identifies & actively seeks community resources to enhance physical activity opportunities (B7).

2. Growth & Development: Designs safe instruction that meets student developmental needs in the physical, cognitive, and social/emotional domains (B7, B8) 2. Understands the biological, psychological, sociological, experiential, & environmental factors that influence developmental readiness to learn & refine movement skills (A4) 3. Identifies, selects, implements appropriate learning/practice opportunities based on understanding the student, learning environment, task (C1).

3. Diverse Students: Identify, select, & implement appropriate instruction that is sensitive to students' strengths/weaknesses, multiple needs, learning styles, & prior experiences (B11).

4. Management & Motivation: Uses managerial routines that create smoothly functioning learning experiences & environments (C2) 2. Uses a variety of developmentally appropriate practices to motivate students to participate in physical activity in and out of school (C3) 3. Uses strategies to help students demonstrate responsible & social behaviors that promote positive relationships & a productive learning envirionment (B6).

5. Communication: Demonstrates effective communication skills (e.g. use of language, clarity, conciseness, pacing, giving & receiving feedback, age appropriate language, non-verbal communication (D2) 2. Communicates managerial & instructional information in a variety of ways (e.g. bulletin boards, music, task cards, posters, Internet, video) 3. Communicates in ways that demonstrate sensitivity to all students (e.g. ethnic, cultural, socio-economic, ability, gender differences) (D3).

6. Planning & Instruction: Identifies, develops, & implements appropriate program & instructional goals (B4, B5) 2. Develops plans linked to program & instructional goals, & student needs (B4, B5) 3. Uses instructional strategies, based on content, student needs, & safety issues, to facilitate learning (C1, C9) 4. Designs & implements learning experiences that are safe, appropriate, relevant, and based on principles of effective instruction (C2, C9) 5. Applies disciplinary & pedagogical knowledge in developing & implementing effective learning environments & experiences (C2, C9) 6. Provides learning experiences that allow students to integrate knowledge & skills from multiple subject areas (B4) 7. Selects & implements appropriate teaching resources & curriculum materials (B5) 8. Uses effective demonstrations & explanations to link physical activity concepts to learning experiences. 9. Develops & uses appropriate instructional cues & prompts to facilitate competent motor skill performance (A3)

7. Student Assessment: Uses a variety of appropriate authentic & traditional assessment techniques to assess student understanding & performance, provide feedback, & communicate student progress (C2) 2. Involves students in self & peer assessment 3. Interprets & uses learning & performance data to make informed curricular and/or instructional decisions (C2, C4).

8. Reflection: Uses a reflective cycle that describes teaching, justification of teaching performance, critique of teaching performance, setting of teaching goals, & implementation of change.

9. Technology: Demonstrates knowledge of current technologies & their application in physical education.

SUGGESTED SEMESTER SCHEDULE FOR PHYSICAL EDUCATION MAJOR, B.S. (TEACHER LICENSURE)

Students are encouraged to take the required Physical Education, B.S. courses in approximate numerical order. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions. Students are encouraged to consult the course descriptions for prerequisites.

Freshman

- BIOL1110
  or BIOL1400
- PHED2100
- Liberal Education requirements

Sophomore

- BIOL1111
- HLTH2100
- PHED3100
- PHED3110
- PHED3120
- PHED3200
- PHED3300
- Required Electives in Major
- Liberal Education requirements

- Take the Pre-professional Skills Test

Junior

- Begin Professional Education Courses
- PHED3449
- PHED3504
- PHED3505
- PHED3604
- PHED3605
- PHED3607
- Required Electives in Major
- Liberal Education requirements

Senior

- PHED4400
- PHED4500
- PHED4870
- PHED4920
- Complete Professional Education Courses including student teaching

Developmental/ Adapted Physical Education *minor* (Teacher Licensure)

Multiple Credentials
Any additional major, minor or certificate in a degree must have at least 6 credits of course work not used to meet the requirements of another major, minor or certificate in the degree.

Required Credits: 15
Required GPA: 2.50

I REQUIRED PHYSICAL EDUCATION COURSES

COMPLETE THE FOLLOWING COURSES:

- PHED 4501 Orientation to the Online DAPE Program (0 credit)
- PHED 4510 DAPE Introduction to Professional Communities of Practice (3 credits)
- PHED 4520 DAPE Foundations of Due Process, Assessment, and Evaluation (3 credits)
- PHED 4530 DAPE Community Transition (3 credits)
- PHED 4540 DAPE Teaching Strategies I (3 credits)
- PHED 4550 DAPE Teaching Strategies II (3 credits)

Human Performance Minor *minor*

Multiple Credentials
Any additional major, minor or certificate in a degree must have at least 6 credits of course work not used to meet the requirements of another major, minor or certificate in the degree.

Required Credits: 21
Required GPA: 2.00

I REQUIRED COURSES

Complete the following courses:

- BIOL 1110 Human Biology (4 credits)
  or BIOL 1400 Cellular Principles (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)

Complete 1-3 credits of the following course:

- PHED 4975 Internship: Human Performance (1-3 credits)

REQUIRED OPTION

Select one of the following options (Physical Education and Exercise Science majors may not double count courses in either option.)

II REQUIRED OPTION

Option A. Pedagogy

Select 3 of the following courses:

- PHED 2640 Water Safety Instructor (3 credits)
- PHED 3100 Motor Development (2 credits)
  or PHED 3110 Motor Learning (2 credits)
- PHED 3504 Teaching Rhythms and Dance (2 credits)
- PHED 3505 Teaching Elementary Physical Education (2 credits)
- PHED 3604 Teaching Team Sports (2 credits)
- PHED 3605 Teaching Individual Sports (2 credits)
- PHED 3607 Teaching Fitness (2 credits)

Option B. Fitness and Training

Select 1 of the following:

- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)

Select an additional 2 of the following courses:

Note: PHED 4160 and PHED 4170 cannot be double counted under Option B.

- HLTH 3300 Nutrition (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 3100 Motor Development (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3504 Teaching Rhythms and Dance (2 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)

Coaching *cert*

Multiple Credentials
Any additional major, minor or certificate in a degree must have at least 6 credits of course work not used to meet the requirements of another major, minor or certificate in the degree.

Required Credits: 12
Required GPA: 2.00

I REQUIRED THEORY COURSES

Complete the following courses:

- HLTH 2100 First Aid and CPR/AED (1 credit)
- PHED 3090 Sport Physiology (2 credits)
- PHED 3120 Psychology of Sport (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3690 Coaching Principles (2 credits)

II REQUIRED ELECTIVE COURSES

Select 1 of the following courses:

- PHED 3710 Basketball Coaching (2 credits)
- PHED 3720 Football Coaching (2 credits)
- PHED 3740 Ice Hockey Coaching (2 credits)
- PHED 3750 Soccer Coaching (2 credits)
- PHED 3770 Swimming Coaching (2 credits)
- PHED 3790 Track and Field Coaching (2 credits)
- PHED 3800 Volleyball Coaching (2 credits)

III REQUIRED PRACTICUM

Complete the following course:

- PHED 4879 Athletic Coaching Practicum (1 credit)

Outdoor Leadership *cert*

Multiple Credentials
Any additional major, minor or certificate in a degree must have at least 6 credits of course work not used to meet the requirements of another major, minor or certificate in the degree.

Required Credits: 16
Required GPA: 2.25

I REQUIRED COURSES

Complete the following courses:

- ENVR 3150 Outdoor Field Skills (2 credits)
- ENVR 3710 Indigenous Environmental Knowledge: Global Perspective (3 credits)
- GEOG 1224 Introduction to Map Use (3 credits)
- GEOG 3700 Wilderness First Aid (1 credit)
- GEOG 3750 Wilderness First Responder (2 credits)
- GEOG 4360 Adventure Programming (3 credits)
  or PHED 4360 Adventure Programming (3 credits)

II SKILLS ELECTIVE

Select 2 credits from the following:

- PHED 1100 Skills for Life: [Activity] (1 credit)
- PHED 1114 Skills For Life: Beginning Swimming (1 credit)
- PHED 1115 Skills for Life: Intermediate Swimming (1 credit)
- PHED 1116 Advanced Swimming (1 credit)
- PHED 1120 Skills for Life: Introduction to Sea Kayaking (1 credit)
- PHED 1139 Skills for Life: Beginning Scuba Diving (1 credit)
- PHED 1180 Skills for Life: Canoeing (1 credit)
- PHED 1190 Skills for Life: Sailing (1 credit)
- PHED 1200 Skills for Life: Introduction To Rock Climbing (1 credit)
- PHED 1230 Skills for Life: Yoga (1 credit)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 1260 Skills for Life: Cycling (1 credit)
- PHED 1430 Skills for Life: Archery (1 credit)
- PHED 1520 Skills for Life: Downhill Skiing (1 credit)
- PHED 1530 Skills for Life: Snowboarding (1 credit)
- PHED 1554 Skills for Life: Cross Country Skiing (1 credit)
- PHED 2630 Lifeguard Training (3 credits)
- PHED 2640 Water Safety Instructor (3 credits)

Program Learning Outcomes | Outdoor Leadership

1. complete the Wilderness First Responder certification.

2. acquire the fundamental skills needed for different outdoor recreation disciplines, including proper equipment use and basic techniques.

3. develop essential camping skills, including campsite selection, tent setup, fire building, cooking outdoors, and Leave No Trace principles. They will demonstrate the ability to plan and execute safe and environmentally responsible camping trips.

4. learn and practice safety procedures, risk assessment, and emergency response protocols for all covered activities. They will be capable of planning and executing outdoor adventures with a focus on safety and preparedness, including navigation and first aid skills.

5. develop a deep understanding of Leave No Trace (LNT) principles and ethics. They will be able to apply these principles to minimize their environmental impact while camping, hiking, and engaging in other outdoor activities.

Physical Education Courses

PHED 1100 Skills for Life: [Activity] (1 credit)
An activity course that introduces the fundamental skills of a selected lifetime physical activity, including but not limited to development of skills, knowledge of safety and nomenclature, handling and maintenance of equipment (if applicable). [BSU Focus: Performance and Participation]

PHED 1114 Skills For Life: Beginning Swimming (1 credit)
An activity course for non-swimmers. Emphasis will be on personal adjustment to the water, basic strokes, and fundamentals of water safety. [BSU Focus: Performance and Participation.]

PHED 1115 Skills for Life: Intermediate Swimming (1 credit)
An activity course for swimmers who have the ability to jump into deep water, swim a front stroke 25 yards, and swim on the back 25 yards. Emphasis will be on seven basic strokes, elementary diving, and related aquatic skills. Prerequisite(s): Being able to jump into deep water, swim a front stroke 25 yards, and swim on the back 25 yards. [BSU Focus: Performance and Participation.]

PHED 1116 Advanced Swimming (1 credit)
An activity course for swimmers who can swim in satisfactory form 25 yards of each of the five basic strokes (back crawl, breaststroke, front crawl, elementary backstroke, sidestroke). Emphasis will be on developing and refining thirteen strokes, diving and other advanced aquatic skills. Course leads to American Red Cross Learn to Swim Certification Level 6 - Fitness Swimmer. This course is preparatory for the Water Safety Instructor course.

PHED 1120 Skills for Life: Introduction to Sea Kayaking (1 credit)
An activity course that introduces the basics of kayak history, design, skills, and equipment. Taught through lecture, demonstration, and both on- and off-the-water skills practice. [BSU Focus: Performance and Participation]

PHED 1139 Skills for Life: Beginning Scuba Diving (1 credit)
Upon completion of this course, students will understand and be able to demonstrate the safe scuba diving practices of the Professional Association of Dive Instructors (PADI) curriculum. Focuses on classroom knowledge development and confined-water skill development. Equipment and supplies are provided. This course is phase 1 of the PADI certification course. Students wishing to complete the certification as an Open Water Diver will need to take additional instruction. [BSU Focus: Performance and Participation]

PHED 1180 Skills for Life: Canoeing (1 credit)
An activity course that introduces the fundamental skills of canoeing. Emphasis is on safety and on tandem and solo paddling techniques. Prerequisite: swimming test or consent of instructor. [BSU Focus: Performance and Participation]

PHED 1190 Skills for Life: Sailing (1 credit)
An activity course that introduces the fundamental skills of sailing. Development of skills and knowledge of safety, nomenclature, designs, rigging, handling, maintaining, and racing for sailboats. Prerequisite: swimming test or consent of instructor. [BSU Focus: Performance and Participation]

PHED 1200 Skills for Life: Introduction To Rock Climbing (1 credit)
Introduction to the basics of Top Rope Rock Climbing and Rappelling through practice at the BSU Climbing Wall and/or other sites. Also includes climbing communication, "leave no trace" climbing techniques, techniques for setting anchors, and discussion of environmental values. [BSU Focus: Performance and Participation]

PHED 1230 Skills for Life: Yoga (1 credit)
This course introduces students to basic yoga techniques and allows practice and development of the physical skills needed to perform approximately 40 basic exercises and postures. [BSU Focus: Performance and Participation]

PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
An introduction to skill development in Jacobson's techniques to improve awareness of muscular tension and procedures for enhanced neuromuscular relaxation. Origins of stress and the body's responses to stress and stress management techniques will be included. [BSU Focus: Performance and Participation]

PHED 1260 Skills for Life: Cycling (1 credit)
Introduction to and practice in bicycling either off-road or road riding. Basic maintenance skills such as adjusting derailleurs, brakes and changing tires will be presented. Information on cycling for fitness, racing and bicycle touring will be presented. [BSU Focus: Performance and Participation]

PHED 1300 Skills for Life: Weight Training (1 credit)
An activity course that consists of an individualized or group weight program dealing with the fundamentals and practice of resistance exercise techniques for the development of the human body. [BSU Focus: Performance and Participation]

PHED 1380 Skills for Life: Self Defense (1 credit)
An activity course that examines and applies preventative and precautionary measures, assault awareness information, and most commonly needed personal self-defense skills and techniques. [BSU Focus: Performance and Participation]

PHED 1430 Skills for Life: Archery (1 credit)
An activity course that examines and applies the fundamentals and skills of archery. Selection and care of equipment, instruction and practice of shooting skills and scoring in target archery will be included. [BSU Focus: Performance and Participation]

PHED 1454 Skills for Life: Golf (1 credit)
An activity course that examines and applies the fundamentals and skills of golf. Selection and care of equipment, history and rules of the game, safety, etiquette, instruction and practice will be included. [BSU Focus: Performance and Participation]

PHED 1474 Skills for Life: Bowling (1 credit)
An activity course that examines and applies the fundamentals and skills of bowling. Students will demonstrate a knowledge of bowling history, scoring, handicapping and skills in bowling and etiquette. [BSU Focus: Performance and Participation]

PHED 1490 Skills for Life: Badminton (1 credit)
An activity course that examines and applies the fundamentals and skills of badminton. Students will demonstrate a knowledge of badminton history, scoring, and rules and regulations in singles and doubles play. Racket grips, strokes, footwork and tactics will be discussed and practiced. [BSU Focus: Performance and Participation]

PHED 1500 Skills for Life: Ice Skating (1 credit)
An activity course that examines and applies the fundamentals and skills of ice skating. Forward and backward stroking, crossovers and stops will be part of the evaluation. [BSU Focus: Performance and Participation]

PHED 1520 Skills for Life: Downhill Skiing (1 credit)
An activity course that introduces the basic skills of beginning downhill skiing. Technique and skill development in traversing, turning, speed control and stopping will be included. The language of ski safety will also be discussed. (May not be offered every year.)[BSU Focus: Performance and Participation]

PHED 1530 Skills for Life: Snowboarding (1 credit)
An activity course that introduces the basic skills of snowboarding, including toe turns, heel turns, carving, skating, stopping, and various forms of "riding." Includes an overview of snowboard equipment and how to select appropriate equipment. [BSU Focus: Performance and Participation]

PHED 1540 Skills for Life: Curling (1 credit)
An activity course that introduces the skills of curling, including techniques of throwing rocks and sweeping as well as strategies, rules, and scoring. (May not be offered every year) [BSU Focus: Performance and Participation]

PHED 1554 Skills for Life: Cross Country Skiing (1 credit)
An activity course that introduces the basic skills of cross country skiing including downhill turns and stopping. The student may choose to learn either skate skiing skills or the traditional skills of diagonal stride skiing. Some trail skiing will be included. [BSU Focus: Performance and Participation]

PHED 1574 Skills for Life: Tennis (1 credit)
An activity course that introduces the basic skills of tennis including techniques of basic grips, strokes and footwork. Entry level strategies for singles and doubles, history and rules of the game, etiquette, and scoring will be taught. [BSU Focus: Performance and Participation]

PHED 1604 Skills for Life: Social Dance I (1 credit)
This beginner-level activity course examines and applies the fundamentals and skills of contemporary, popular, and club style partner dances not typically included in a classic ballroom syllabus. [BSU Focus: Performance and Participation]

PHED 1605 Social Dance II (1 credit)
This intermediate- to advanced-level activity course examines and applies the fundamentals and skills of contemporary, popular, and club style partner dances not typically included in a classic ballroom syllabus. Prerequisite: PHED 1604 or consent of instructor. (Might not be offered every year.)

PHED 1606 Skills for Life: American Style Ballroom Dance I (1 credit)
An activity course that examines and applies the fundamentals and skills of classic ballroom dance. The steps taught are from the Dance Vision International Dance Association (DVIDA) American Bronze syllabus. [BSU Focus: Performance and Participation]

PHED 1607 Skills for Life: American Style Ballroom Dance II (1 credit)
An activity course that examines and applies the fundamentals and skills of classic ballroom dance at an intermediate to advanced level. The steps taught are from the Dance Vision International Dance Association (DVIDA) American Bronze syllabus. Prerequisite: PHED 1606 or consent of instructor.

PHED 1608 Skills for Life: International Style Ballroom Dance (1 credit)
An activity course that examines and applies the fundamentals and skills of classic international style ballroom dance. The steps taught are from the Dance Vision International Dance Association (DVIDA) International Bronze syllabus. [BSU Focus: Performance and Participation]

PHED 1764 Skills for Life: Basketball (1 credit)
An activity course that examines and applies the fundamentals and skills of basketball. History and rules of the game, safety, drills, entry level strategies, conditioning, individual and group instruction and practice will be included. [BSU Focus: Performance and Participation]

PHED 1784 Skills for Life: Volleyball (1 credit)
An activity course that examines and applies the fundamentals and skills of volleyball. History and development, basic team systems, rules and strategies of the game will be included. [BSU Focus: Performance and Participation]

PHED 1814 Skills for Life: Softball (1 credit)
An activity course that examines and applies the fundamentals and skills of slow and fast pitch softball. History and rules of the game, terminology, score keeping, safety, field playing areas, drills, and entry level game strategies will be included. [BSU Focus: Performance and Participation]

PHED 1840 Skills for Life: Racquetball (1 credit)
An activity course that examines and applies the fundamentals and skills of racquetball. Components such as safety, serving and volleying will be emphasized. Singles, cutthroat, and doubles play will be introduced. [BSU Focus: Performance and Participation]

PHED 1854 Skills for Life: Soccer (1 credit)
An activity course that examines and applies the fundamentals and skills of soccer. The history of the game, rules and regulations and entry level drill and game strategies will be examined. [BSU Focus: Performance and Participation]

PHED 1880 Traditions in Motion: North American Indian Activities & Games (3 credits)
An activity course that examines and applies the indigeneity of traditional movement skills and cultural connections of North American Indian activities and games through local and regional oral stories as they relate to the land and students at Bemidji State University. Students will demonstrate knowledge of history, skills, and teachings of Indigenous Ways of Knowing while performing individual, dual, and group activities. Inuit games, sticks, balls, fields, projections, court games, amusements, and running activities will be discussed and practiced. Students will present an activity to their peers as a practical learning project. [BSU Focus: Performance and Participation] [Nisidotaading Course Requirement]

PHED 1890 Lifetime Fitness (2 credits)
This personal fitness class allows students to develop their own aerobic and possibly strengthening program. Students receive instruction in the development of fitness and the use of equipment; but the focus will be active participation in walking, jogging, rowing, stepping and/or biking. Students focus on their regular participation in physical activity as outlined in their personal fitness plan. [BSU Focus: Performance and Participation]

PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
A critical examination of the history, people, events, programs and philosophical positions that have led to the current status of physical education, fitness and sport in the United States. Students will be provided with up-to-date information about physical education and its diverse sub-fields as well as an introduction to career roles and preparation for professional service in all areas of physical education, kinesiology and exercise science.

PHED 2109 Introduction to Sport Management (3 credits)
This course will help and assist the prospective sport management major to discover specialized training personnel positions in the rapidly growing sport management field. Concentration will be on the duties and tasks performed, and the competencies needed for a career in sport management.

PHED 2200 A Lifestyle for Wellness (2 credits)
An examination of the social, emotional, mental, spiritual and physical dimensions of wellness. Students will examine their own lifestyles and learn how to make behavioral changes. Emphasis on self-esteem, nutritional habits, exercise habits and the importance of self-responsibility. [Core Curriculum Goal Area 9]

PHED 2630 Lifeguard Training (3 credits)
A lecture course with laboratory activity that examines and applies the fundamentals and skills of supervising swimming pool and water front activities. American Red Cross Certification may be earned for: Lifeguard Training and First Aid, CPR/AED for the Professional Rescuer, and Waterfront Lifeguarding. Good swimming skills are needed to succeed in this course.

PHED 2640 Water Safety Instructor (3 credits)
A lecture course with laboratory activity that constitutes all the aspects for the training of American Red Cross Water Safety Instructors. American Red Cross Water Safety Instructor Certification may be earned. Contact professor for further details. (May not be offered every year.)

PHED 2925 People of the Environment: Outdoor Ethics/Recreational Activity Perspective (3 credits)
This class will explore the concepts of wilderness and recreation and how these relate to practices that protect or enhance the environment. May not be offered every year. [Core Curriculum Goal Area 10.]

PHED 2970 Internship: Sport Management Practicum (2 credits)
When taken as Sport Management Practices, the following description applies: A study of various skills, roles, and functions of sport managers in managing people, the workplace, and day-to-day operations. Topics include definitions; management theories; functions of management; time management skills; effective decision making and problem solving; motivational theories, morale, and strategies; leadership theories; personal styles of leadership; and skills and competencies of sport leaders. Also includes practical experience in the organization and administration of sporting events or related areas. Prerequisite: PHED 2109 or consent of instructor.

PHED 3090 Sport Physiology (2 credits)
Emphasis on conditioning athletes including body composition, nutrition, cardiovascular fitness, flexibility, strength and other conditioning issues as related to sport training and participation. This course is designed primarily for non-PE majors who are interested in the coaching specialist program.

PHED 3100 Motor Development (2 credits)
An introduction to motor development and related motor theories. Application of these basic motor principles to the teaching of physical education and activity at all levels.

PHED 3110 Motor Learning (2 credits)
An introductory class in motor control and learning that gives an overview of the processes and mechanisms involved in generating, acquiring, and refining motor skills and of factors that foster or hinder the acquisition and refinement of these skills.

PHED 3120 Psychology of Sport (2 credits)
Study of the general relationship between individuals and sports behavior. Covers competitiveness, goal setting, peak performance, psychosocial influences, and rehabilitation. Also includes guides to show how teaching and learning may be applied to the coaching of sport and to bring out the relationship of meaningful learning to successful athletic coaching.

PHED 3190 Athletic Training (2 credits)
A lecture course with laboratory activity introducing the five practice domains of athletic training that include: prevention, recognition and evaluation, rehabilitation, reconditioning of athletic injuries, administration and professional development. Other topics include the theory and practice of athletic taping and risk management.

PHED 3200 Introduction to Sport Biomechanics (3 credits)
Introduction to biomechanical concepts and principles. Application of these principles to evaluating and improving performance in physical activities. Introduction to methods for qualitative movement analysis. Prerequisite(s): BIOL 1111 (or BIOL 3250) and PHED 3100 or consent of instructor.

PHED 3219 Sport Economics (2 credits)
This course will provide the student an understanding of theories and concepts related to economics of sport. Topics covered: economic growth of the sport industry, concepts of competitive strategy, economic impact principles, economic theory applied to various levels of sport, labor relations, stadium and arenas, venues and events, manufacturing, and service industries. Prerequisite: ECON 2000 or consent of instructor.

PHED 3300 Physiology of Exercise and Nutrition (3 credits)
An examination of the effects of exercise on the systems of the body as they relate to health and performance. Nutritional concepts of weight control, ergogenic aids and fluid replacement will be discussed. Techniques for developing, prescribing, and assessing fitness components will be presented. Prerequisite(s): BIOL 1111 or BIOL 3250 or consent of instructor.

PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)
Study of the general relationship between individuals and sport, and sport and society. Examine the ways sport is linked to other spheres of social life, the organization and behavior patterns of both individuals and groups within sport settings, and the cultural, structural, and situational factors affecting sport and sport experiences.

PHED 3504 Teaching Rhythms and Dance (2 credits)
Methods and materials for teaching various forms of rhythms and dance. Components include effective individual and group instruction; cultural and historical implications; dance steps, fundamentals, and a variety of traditional, creative and contemporary dance forms applicable to the K-12 setting. Prerequisite: entrance into the teacher education program or consent of instructor.

PHED 3505 Teaching Elementary Physical Education (2 credits)
An introduction to the developmental physical education program at the elementary school level. Components include learner characteristics, program content and organization and methods of teaching physical education. Prerequisite: PHED 3504 and entrance into the teacher education program or consent of instructor.

PHED 3509 Sport Event Management (2 credits)
This course will provide the student with an understanding of the responsibilities in managing sport facilities, administering, organizing and producing sporting events. The topics will range from personnel issues, facility protocol and procedures, and emergency plans. Prerequisite: BUAD 2280 or consent of instructor.

PHED 3519 Sport Facility Management (2 credits)
This course provides an understanding of sport facility management, facility planning, site and design development, systems and operations, and facility administration. Prerequisite: BUAD 2280 or consent of instructor.

PHED 3600 Sport Marketing (3 credits)
Study of fundamental marketing principles utilized in sport. Topics include definitions, marketing planning process, goals and objectives of marketing, marketing mix, target markets, consumer behavior, sponsorship, endorsement, merchandising, fundraising, and mass communication. Prerequisite(s): BUAD 2280 or consent of instructor.

PHED 3604 Teaching Team Sports (2 credits)
Activities and teaching methods for team sport activities included in current physical education programs at all levels. Prerequisite: entrance into the teacher education program or consent of instructor.

PHED 3605 Teaching Individual Sports (2 credits)
Methods of teaching and the practice of the skills such sports as tennis, golf, pickleball, archery, badminton, bowling, and racquetball are the focus. Development of lesson plan, unit plans and application of teaching methods is emphasized. Prerequisite: entrance into the teacher education program or consent of instructor.

PHED 3607 Teaching Fitness (2 credits)
Methods of teaching and the practice in the development of physical fitness, including development of the health related fitness components of strength, cardiovascular endurance, muscular endurance, and flexibility with activities such as cross country skiing, exercise walking, orienteering, cycling, yoga, and weight training. Prerequisite: Entrance into the Teacher Education program or consent of instructor.

PHED 3690 Coaching Principles (2 credits)
The fundamental concepts and basic trends in the field of coaching. The history, present philosophies, psychology, pedagogy, physiology, sports medicine and objectives will be analyzed and examined. Topics that are universal to all coaching disciplines like scheduling, risk management, sport law, dealing with media, parents, peer pressure, and academic requirements will be covered.

PHED 3710 Basketball Coaching (2 credits)
The study of the game of basketball and the instructional techniques of individual and team play. Organizational procedures, practice preparation, scouting, rules and regulations, skill sequence and development, offensive, defensive and transitional systems, coaching philosophies and public relations will be examined.

PHED 3720 Football Coaching (2 credits)
A comprehensive study of developing a successful football team with an emphasis on teaching appropriate techniques and skills of the game. Practice and game organization, delegation of staff responsibilities and public relations will also be examined.

PHED 3740 Ice Hockey Coaching (2 credits)
In depth lectures and discussion concerning offensive and defensive skills and tactics, power play and penalty killing. Skilled positional play of goalies, defensemen, centers, and wings (forwards). Coaching techniques, motivational and leadership development, theory, rules, and regulations. Additional assignments involve planning and evaluating practices, games and athletic talent. Rules, budgets, and equipment repair will be discussed. (May not be offered every year.)

PHED 3750 Soccer Coaching (2 credits)
Organization and preparation for interscholastic competition. Emphasis will be on teaching specific soccer skills, individual player structures, practice preparation, and management. Strategies, conditioning and psychology of coaching issues will be examined. (May not be offered every year.)

PHED 3770 Swimming Coaching (2 credits)
Emphasis will be on developing knowledge and understanding of the applications of various laws of motion, leverage and flotation in the teaching of advanced swimming and diving skills. Emphasis on pool operation, swimming meet organization and swimming meet rules is included. Class participation includes classroom and laboratory experiences. (May not be offered every year.)

PHED 3790 Track and Field Coaching (2 credits)
Discussion and application of fundamental concepts required for effective teaching of the events in track and field. Event enrollment and management along with the aspects of practice and event coaching will be discussed.

PHED 3800 Volleyball Coaching (2 credits)
Provides information and training for teaching and coaching volleyball with an emphasis on the high school level. Class lecture and application activities on the court included. (May not be offered every year.)

PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
Theory and practice of physical fitness assessment for the purpose of prescribing aerobic exercise to adults, both healthy populations and those with special conditions, such as obesity, diabetes, osteoporosis, asthma, hypertension, and heart disease. Prepares students for American College of Sports Medicine (ACSM) Health Fitness Specialist exam as well as other personal trainer certifications. Prerequisite: PHED 3300 or consent of instructor.

PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
Theory and practice of strength and speed training with emphasis on technique analysis and instructional methods for strength training. Includes facility design and equipment purchasing and maintenance. Prepares students for National Strength and Conditioning Association Certified Strength and Conditioning Specialist (CSCS). Prerequisite: PHED 3300 or consent of instructor.

PHED 4200 Methods of Teaching Elementary Physical Education to Classroom Teachers (1 credit)
Organization and conduct of the physical education program in the elementary school.

PHED 4209 Sport Finance (3 credits)
This course will provide the student an understanding of theories and concepts used in financial resource management for the operation of programs in both public and private sectors of sport. Topics include ethical concerns, decision making, principles of budgeting, budget development, financial statements, spread sheet utilization, and sources of revenue for financing sport. Prerequisites: ACCT 2101 or consent of instructor.

PHED 4250 Teaching Secondary Physical Education (2 credits)
An online methods course designed specifically for physical education teacher licensure candidates in the FasTrack program. Students utilize national physical education standards, appropriate management protocols and pedagogical best practice to plan and deliver physical education lessons for students in grades 6-12. Students design learning and assessment activities that align with current national standards and learning outcomes.

PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
An overview of the field of sports law, with applications to amateur sport, professional sport, recreation, health, healthcare, and fitness settings. Key areas of the law are identified, and applications within the sport, health and fitness industries are studied. Provides information about legal issues that may help professionals avoid litigation by foreseeing and preventing problems. Prerequisite: Junior or Senior status.

PHED 4360 Adventure Programming (3 credits)
Nuts and bolts of planning educational outdoor adventure experiences. Also reviews theory, literature, and program types. (Also offered as GEOG 4360.) Prerequisite(s): None [BSU Focus: Performance & Participation]

PHED 4400 Curriculum and Assessment in Physical Education (3 credits)
Focus on the curricular process and it's evaluation to determine if the curriculum is meeting community and individual student needs. A second focus will be on assessment goals, objectives and outcomes of the cognitive, affective and motor aspects of physical education. Prerequisites: PHED 2100, PHED 3200, and PHED 3300 or consent of instructor.

PHED 4409 Sport Business Management (3 credits)
Study of the structures and processes of sport organizations, as well as examine principles and concepts as they apply to sport businesses. Topics include definitions; and internal processes such as social responsibility and ethics, organizational behavior and structure, organizational philosophy, mission statements, goals and objectives, chain of command, strategic plans, adapting to change, and so on. Prerequisite(s): PHED 2970 or consent of instructor.

PHED 4500 Inclusive Physical Education (3 credits)
An introduction to the study and practice of teaching physical education to children with disabilities in the public schools. Prerequisites: PHED 3100, PHED 3110, PHED 3200, PHED 3504, PHED 3505, PHED 3604, PHED 3605, PHED 3607, or consent of instructor.

PHED 4501 Orientation to the Online DAPE Program (0 credit)
This course will prepare candidates to begin the online Developmental Adapted Physical Education as a pathway to an add-on licensure. Prerequisite(s): Admittance to DAPE program

PHED 4510 DAPE Introduction to Professional Communities of Practice (3 credits)
DAPE Introduction to Professional Communities of Practice provides candidates with experiences exploring and researching historical laws and professional organizations related to developmental adapted physical education while developing collaborative relationships with other professionals through presentations, research articles, and conference session content materials. Prerequisite(s): PHED 4501.

PHED 4520 DAPE Foundations of Due Process, Assessment, and Evaluation (3 credits)
DAPE Foundations of Due Process, Assessment, and Evaluation provides candidates with the knowledge necessary to develop, organize, and administer DAPE programs. The candidates will demonstrate competency in referral, assessment, and evaluation supported by DAPE' s historical and philosophical foundations, legal bases, the IEP process, technology resources, and an understanding of health-related physical and motor fitness, assistive technology, and adapted equipment. The theoretical research is grounded in Minnesota's K-12 Academic Standards in Physical Education and the Developmental Adapted Physical Education (DAPE) Core Skills and Standards. Students will gain knowledge to assess the fitness, motor, social and behavioral skills of three students, ages 3-22-year-old, with identified disabilities in a school setting to create a team evaluation plan and report. Students develop DAPE programs for elementary, middle, and secondary school levels using assessment information. Programs reflect individual student goals and objectives, as the MNDAPE Operational Guide (2023) outlines. Prerequisite(s): PHED 4510.

PHED 4530 DAPE Community Transition (3 credits)
DAPE Community Transition provides candidates with opportunities to combine content, theory, and research with practical experience in DAPE programming and teaching strategies in a community setting. This course allows students to cultivate and maintain positive, collaborative relationships with students, families, other professionals, and community partners to support student development and the educational process focused on students 18-22 years of age. Prerequisite(s): PHED 4501.

PHED 4540 DAPE Teaching Strategies I (3 credits)
DAPE Teaching Strategies I provide candidates with the knowledge and practical experiences necessary for future teachers to develop individual Education Plans based on typical and atypical motor development patterns and deliver lesson plan content using best-practice instructional strategies, behavioral interventions, safe learning environments, and communication methods with nonverbal students. Candidates will create an Individual Education (IEP) for two students ages 3 to 12th grade DAPE service settings. Prerequisite(s) PHED 4520.

PHED 4550 DAPE Teaching Strategies II (3 credits)
DAPE Teaching Strategies II provide candidates with the knowledge and practical experiences necessary for future teachers to develop individual DAPE lessons based on typical and atypical motor development patterns and deliver lesson plan content using best-practice instructional strategies, behavioral interventions, safe learning environments, and communication methods with nonverbal students. Candidates will create year, unit, and daily lesson plans and teach the lesson plans to students ages 3 to 12th grade in various DAPE service settings. Prerequisite(s): PHED 4540.

PHED 4870 Practicum in Physical Education Teaching (1 credit)
A supervised experience in teaching K-12 students in physical education. Emphasis is on meeting the requirements for physical education majors by the Minnesota Professional Education Licensing and Standards Board (PELSB). Required: A minimum of 30 practicum hours per credit. Prerequisite(s): PHED 3505 and PHED 3604.

PHED 4879 Athletic Coaching Practicum (1 credit)
Application of the principles and practices in athletic coaching. A 30-hour practical coaching experience under the guidance and supervision of a licensed coach. This practicum must be conducted at the high school level. Appropriate forms must be filed with the department chairperson. Prerequisite(s): Completion of at least 70 percent of Physical Education Major or Coaching Specialist Program or consent of instructor.

PHED 4917 DIS Tchg Assoc | (1-2 credits)
Directed Independent Study | Teaching Associate

PHED 4920 DGS: (1 credit)
When taken as Exercise Science Seminar the following description applies: Intended as a capstone course to prepare the Exercise Science major for employment, internship/job procurement, or continuing education in a graduate program. This course integrates discussion of strategies for professional development, as well as providing quality written composition on employment/graduate program goals and objectives. Prerequisite: Senior status or consent of instructor. When taken as Physical Education Seminar the following description applies: Intended as a capstone course to prepare the physical education major for employment, student teaching/job procurement, or continuing education in a graduate program. This course integrates discussion of strategies for professional development, as well as providing quality written composition on employment/graduate program goals and objectives. Prerequisite: Senior status or consent of instructor. When taken as Sport Management Seminar the following description applies: Intended as a capstone course to prepare the sport management major for employment; internship/job procurement, or continuing education in a graduate program. This course integrates discussion of strategies for professional development, as well as providing quality written composition on employment/graduate program goals and objectives. Prerequisite: Senior status or consent of instructor.

PHED 4921 Varsity Sport: (1 credit)
Varsity Sport - Participation credit, may be taken once per year of eligibility.

PHED 4970 Internship (1-12 credits)
Internship

PHED 4971 Internship: Sport Management (1-12 credits)
Sport management majors are required to complete a field experience that is relevant to their career goals. The internship needs to provide an opportunity for the student to apply the different theories and concepts learned from class in a practical setting through: observation, planning, decision-making, committee work, leadership, operation management, individual projects, and group projects. Required: 400 hours for 12-credit internship to meet accreditation guidelines. Prerequisite(s): consent of instructor

PHED 4972 Internship: Exercise Science (2-6 credits)
This course is for the purpose of providing a supervised field internship experience in an exercise, fitness, and/or wellness-related setting, including hospitals, corporations, private fitness-facilities, and governmental agencies. Or, the internship may take the form of a special project or research on a topic relevant to exercise science. Prior approval must be obtained from the student's internship advisor. A journal, written paper, and/or oral presentation is to be presented following the learning experience. The student is expected to complete 30 hours per credit. Prerequisite(s): PHED 4160 and PHED 4170 or consent of instructor.

PHED 4975 Internship: Human Performance (1-3 credits)
This course is for the purpose of providing a supervised field internship experience in an exercise, fitness, and/or wellness- related setting, including university or high school athletics, corporations, private fitness-facilities, governmental agencies. Internship setting is dependent on coursework taken within selected Required Option. Prior approval must be obtained from the student's internship advisor. A journal, written paper and/or oral presentation is to be presented following the learning experience. The student is expected to complete 30 hours per credit. Prerequisite(s): senior status or consent of instructor.

All-University Courses

The course numbers listed below, not always included in the semester class schedule, may be registered for by consent of the advisor, instructor, or department chair, or may be assigned by the department when warranted. Individual registration requires previous arrangement by the student and the completion of any required form or planning outline as well as any prerequisites.

1910, 2910, 3910, 4910 DIRECTED INDEPENDENT STUDY
1920, 2920, 3920, 4920 DIRECTED GROUP STUDY
1930, 2930, 3930, 4930 EXPERIMENTAL COURSE
1940, 2940, 3940, 4940 IN-SERVICE COURSE
1950, 2950, 3950, 4950 WORKSHOP, INSTITUTE, TOUR
1960, 2960, 3960, 4960 SPECIAL PURPOSE INSTRUCTION
1970, 2970, 3970, 4970 INTERNSHIP
1980, 2980, 3980, 4980 RESEARCH
1990, 2990, 3990, 4990 THESIS