



Exercise Science

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 Exercise Science program prepares students for graduate work in exercise science–related areas, as well as in areas such as physical therapy, occupational therapy, medicine, chiropractic, and other allied health fields. Students entering the job market with an undergraduate degree in exercise science generally work with corporate and community fitness programs, health clubs, and similar fitness-related industries. The program may also be chosen by students who are interested in coaching but do not wish to teach in public elementary or secondary schools.

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 health clubs, coach teams, or teach special needs students. Also, in addition to offering a variety of activities classes that enhance students’ core education, the department works with Campus Recreation and Athletics to offer a broad range of learning experiences.

Programs

- Exercise Science, B.S. (Medical Fitness Emphasis) *major*
- Exercise Science, B.S. (Fitness Leadership and Promotion Emphasis) *major*
- Human Performance *minor*

Career Directions

Aquatic Specialist
 Athletic Coaching
 Industrial Fitness
 Personal Trainer
 Strength and Conditioning Specialist
 Also: Graduate Study and Professional Programs

Preparation

Recommended High School Courses

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

Exercise Science, B.S. *major* Medical Fitness Emphasis

A total of 120 semester credits are needed for the **Exercise Science, Medical Fitness emphasis B.S.** degree and include the following:

- 40 upper division credits (level 3000/4000)
- 67 required major core credits
- Completion of Core Curriculum credits (Minnesota Transfer Curriculum [MnTC] Goal Areas 1-10) - 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: 67

Required GPA: 2.25

I REQUIRED COURSES

Complete the following courses:

- BIOL 1400 Cellular Principles (4 credits)
- BIOL 3250 Human Anatomy (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3300 Nutrition (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (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 and Exercise (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise (3 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 DGS: (1 credit)

Select 1 course:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 Principles of Chemistry I (4 credits)

Select 1 course:

- PHYS 1101 General Physics I (4 credits)
- PHYS 2101 University Physics I (4 credits)

II REQUIRED EMPHASIS

A. Medical Fitness Emphasis

- BIOL 3260 Human Physiology (4 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- PSYC 3401 Basic Statistics for Research (4 credits)
or PSY 3401
or STAT 3660 Statistics for the Health Sciences (3 credits)

III EMPHASIS ELECTIVES

Select 3 courses (7-15 credits) from the following with consultation with your advisor:

Note: BIOL 3260 and HLTH 3710 may not be used as an elective with the Medical Fitness emphasis.

- BIOL 1300 Medical Terminology (2 credits)
- BIOL 1500 Diversity of Life (4 credits)
- CHEM 1112 General Chemistry II (4 credits)
or CHEM 2212 Principles of Chemistry II (4 credits)
- HLTH 3500 Personal and Community Health (3 credits)
- PHYS 1102 General Physics II (4 credits)
or PHYS 2102 University Physics II (4 credits)
- PSYC 1100 Introductory Psychology (4 credits)
- PSYC 2217 Psychopathology and Wellness (4 credits)
- PSYC 3237 Lifespan Development (4 credits)

Nursing 3000 or higher (2-6 credits):

IV REQUIRED PRACTICAL EXPERIENCE

Complete 2-6 credits of the following course:

- PHED 4972 Internship: Exercise Science (2-6 credits)

Program Learning Outcomes | Exercise Science, B.S.

1. Demonstrates Scientific Knowledge:

Students will demonstrate a basic knowledge of:

1. human anatomy and physiology
2. exercise physiology
3. biomechanics
4. nutrition
5. motor learning and development
6. injury care and prevention
7. first aid and emergency procedures

2. Demonstrate ability to prescribe exercise:

Students will demonstrate:

1. skills for physiological testing including evaluation and interpretation of results
2. the ability to prescribe individual exercise programs with modifications in type, intensity, duration, frequency, and progression for special populations
3. the ability to lead exercises in aerobic exercise, strength conditioning and joint flexibility

3. Demonstrate knowledge of behavior modification/change, educational resources, and healthy lifestyle behaviors:

Students will demonstrate knowledge of:

1. counseling techniques to facilitate behavior change and motivation
2. mental health's role in exercise and rehabilitation
3. client/patient/athlete education

4. Demonstrate Knowledge of Administrative Tasks:

Students will demonstrate:

1. knowledge of trends in fitness programming and health promotion
2. the ability to use common fitness assessment equipment and demonstrate knowledge of risk management
3. knowledge of how to organize records and provide a safe environment for exercise

5. Demonstrate Professional Working Skills:

Students will demonstrate:

1. the ability to communicate in writing and speaking
2. knowledge of techniques for motivating, improving program adherence and retention
3. the ability to understand and conduct scientific research

6. Identifies Professional Development:

Students will:

1. demonstrate knowledge of leading professional organizations in exercise science, wellness, sport and sports medicine and relevant publications and continuing education opportunities
2. identify a professional development strategy, including certifications to improve employability
3. have at least 60 hours of practical experience in research or at a worksite

Exercise Science, B.S. *major*

Fitness Leadership and Promotion Emphasis

A total of 120 semester credits are needed for the **Exercise Science, Fitness Leadership and Promotion emphasis B.S.** degree and include the following:

- 40 upper division credits (level 3000/4000)
- 67 required major core credits
- Completion of Core Curriculum credits (Minnesota Transfer Curriculum [MnTC] Goal Areas 1-10) - 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: 67

Required GPA: 2.25

I REQUIRED COURSES

Complete the following courses:

- BIOL 1400 Cellular Principles (4 credits)
- BIOL 3250 Human Anatomy (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3300 Nutrition (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (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 and Exercise (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise (3 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 DGS: (1 credit)

Select 1 course:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 Principles of Chemistry I (4 credits)

Select 1 course:

- PHYS 1101 General Physics I (4 credits)
- PHYS 2101 University Physics I (4 credits)

II REQUIRED EMPHASIS

B. Fitness Leadership and Promotion Emphasis

- BUSN 3361 Marketing (3 credits)
or BUAD3361
- PHED 3600 Sport Marketing (3 credits)
- HLTH 3400 Drug Education, Stress and the Mind (2 credits)
- HLTH 4410 Health Programming (3 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)

Select 1 course:

- PHED 4409 Sport Business Management (3 credits)
- PHED 3509 Sport Event Management (2 credits)
- PHED 3519 Sport Facility Management (2 credits)

III EMPHASIS ELECTIVES

Select 2 courses (4-10 credits) from the following with consultation with your advisor.

- BIOL 1300 Medical Terminology (2 credits)
- BIOL 1500 Diversity of Life (4 credits)
- BIOL 3260 Human Physiology (4 credits)
- CHEM 1112 General Chemistry II (4 credits)
or CHEM 2212 Principles of Chemistry II (4 credits)
- HLTH 3500 Personal and Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- PHYS 1102 General Physics II (4 credits)
or PHYS 2102 University Physics II (4 credits)
- PSYC 1100 Introductory Psychology (4 credits)
- PSYC 2217 Psychopathology and Wellness (4 credits)
- PSYC 3237 Lifespan Development (4 credits)

NRSG 3000 or higher (2-6 credits):

IV REQUIRED PRACTICAL EXPERIENCE

Complete 2-6 credits of the following course:

- PHED 4972 Internship: Exercise Science (2-6 credits)

Program Learning Outcomes | Exercise Science, B.S.

1. Demonstrates Scientific Knowledge:

Students will demonstrate a basic knowledge of:

1. human anatomy and physiology
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3. biomechanics
4. nutrition
5. motor learning and development
6. injury care and prevention
7. first aid and emergency procedures

2. Demonstrate ability to prescribe exercise:

Students will demonstrate:

1. skills for physiological testing including evaluation and interpretation

of results

2. the ability to prescribe individual exercise programs with modifications in type, intensity, duration, frequency, and progression for special populations

3. the ability to lead exercises in aerobic exercise, strength conditioning and joint flexibility

3. Demonstrate knowledge of behavior modification/change, educational resources, and healthy lifestyle behaviors:

Students will demonstrate knowledge of:

1. counseling techniques to facilitate behavior change and motivation
2. mental health's role in exercise and rehabilitation
3. client/patient/athlete education

4. Demonstrate Knowledge of Administrative Tasks:

Students will demonstrate:

1. knowledge of trends in fitness programming and health promotion
2. the ability to use common fitness assessment equipment and demonstrate knowledge of risk management
3. knowledge of how to organize records and provide a safe environment for exercise

5. Demonstrate Professional Working Skills:

Students will demonstrate:

1. the ability to communicate in writing and speaking
2. knowledge of techniques for motivating, improving program adherence and retention
3. the ability to understand and conduct scientific research

6. Identifies Professional Development:

Students will:

1. demonstrate knowledge of leading professional organizations in exercise science, wellness, sport and sports medicine and relevant publications and continuing education opportunities
2. identify a professional development strategy, including certifications to improve employability
3. have at least 60 hours of practical experience in research or at a worksite

(or COMM 1100 Public Speaking).

Freshman

- BIOL 1400 Cellular Principles (4 credits)
- CHEM 1111 General Chemistry I (4 credits)
or CHEM 2211 Principles of Chemistry I (4 credits)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PSYC 1100 Introductory Psychology (4 credits)
- SOCI 1104 Introduction to Sociology (3 credits)
- COMM 1090 Interpersonal Communication (3 credits)
or COMM 1100 Public Speaking (3 credits)
- Core Curriculum requirements

Sophomore

- BIOL 3250 Human Anatomy (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHYS 1101 General Physics I (4 credits)
or PHYS 2101 University Physics I (4 credits)
- Core Curriculum requirements

Junior

- HLTH 3300 Nutrition (3 credits)
- PHED 3120 Psychology of Sport and Exercise (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise (3 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- Exercise Science Courses in Emphasis
- Exercise Science Electives

Senior

- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 DGS: (1 credit)
- PHED 4972 Internship: Exercise Science (2-6 credits)
- Exercise Science Courses in Emphasis
- Exercise Science Electives

Human Performance *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

Suggested Semester Schedule | Exercise Science, B.S.

Students are encouraged to take the required Exercise Science, 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.

The following Core Curriculum courses are recommended for students majoring in Exercise Science: PSY 1100 Introductory Psychology, SOC 1104 Introduction to Sociology, and COMM 1090 Interpersonal Communication

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 (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 Fundamentals of Rhythms and Dance (2 credits)
- PHED 3505 Teaching Elementary Physical Education (2 credits)
- PHED 3604 Teaching Games, Sports and Skills-Based Activities (2 credits)
- PHED 3605 Teaching Individual Sports and Dual Activities (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 Fundamentals of 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)

Health Courses

HLTH 2100 First Aid and CPR/AED (1 credit)

An introduction to emergency action principles, first aid, and CPR/AED (automated external defibrillation) for lay responders. American Red Cross Adult and Pediatric First Aid/CPR/AED (valid 2-years) certificate may be earned. Recommended as a basic course for professional educators.

HLTH 2200 First Aid and CPR/AED Instructor (1 credit)

Designed to prepare First Aid and CPR/AED students to become instructors for Lay Responder First Aid and CPR/AED. American Red Cross Instructors Certificate may be earned. Recommended as an advanced course for professional educators. Law enforcement personnel are also encouraged to consider the course. Prerequisite: HLTH 2100 or equivalent.

HLTH 2800 Multicultural Health in America (2 credits)

An examination of the health issues and problems that ethnic minority populations in America face; specifically, those faced by African Americans, Indian Americans, Hispanic Americans and Americans of Asian-Pacific Island descent, etc. Since a disproportionate number of health problems face these minority groups, this course attempts to: a) examine specific problems facing these minority population groups b) evaluate what is known and unknown about these specific problems and c) a re-evaluation and reorganization of the current health care system in America to resolve these special problems in health care delivery d) lastly, this course will explore cultural health attitudes, issues and beliefs of different population groups (elderly, adolescence, men/women, etc). Besides the health major, this course can apply to [Core Curriculum Category 7A].

HLTH 2925 People of the Environment: A Health Perspective (3 credits)

This course builds upon the principles discussed in the large group, focusing greater attention on health issues related to the environment, including the food supply, water quality, air quality, and other environmental health risks. These are discussed in the context of common diseases such as cancers, asthma, communicable diseases, and other health problems associated with the environment. [Core Curriculum Goal Area 10]

HLTH 3150 Principles of Public Health and Health Promotion (3 credits)

This course is designed to provide entry-level health education and community health students with the historical and ethical foundations, concepts, models, theories, strategies, and applications to promote individual, family, and community well-being. Prerequisite(s): None.

HLTH 3200 Personal and Consumer Health (3 credits)

A comprehensive study of personal health identifying ill-advised health behaviors and recommending strategies for positive behavioral change. From an opportunity cost perspective, personal health care options, products and services in the marketplace will be examined. Opportunities to network with local, state and federal consumer health agencies will be provided. Prerequisite or Co-requisite: For Community Health and Health Education majors and Health Promotion and Education minors: HLTH 3150; Non-majors/minor may select this class with consent of instructor.

HLTH 3300 Nutrition (3 credits)

Fundamentals of food utilization in the body and diet planning including discussion of the relationship between dietary habits and disease. Also included are discussions of current trends in nutrition, dietary changes for special conditions such as pregnancy, infancy, teenagers, aging, athletes, and cultural differences in dietary practices.

HLTH 3400 Drug Education, Stress and the Mind (2 credits)

This course examines the physiological, psychological, social, and cultural dimensions of drug use, abuse, and dependency in relation to personal and community health. Emphasis is placed on the interconnectedness between substance use, stress, mental health, and overall well-being. Students explore prevention and intervention strategies that promote resilience, positive decision-making, and healthy coping behaviors. The course integrates national and Minnesota laws, policies, and school-based approaches to substance use prevention, stress management, and mental health promotion. Prerequisite(s): None

HLTH 3500 Personal and Community Health (3 credits)

This course provides a comprehensive study of personal and community health with an emphasis on the knowledge, skills, and dispositions expected of community and health education professionals. Students will examine the factors that influence individual health behaviors, explore consumer health issues, and evaluate strategies for improving personal well-being through prevention, decision-making, and behavior change. At the community level, students will analyze public health data, identify determinants of health, examine the role of government and organizations in promoting wellness, and evaluate programs that address health disparities. Students will develop skills in accessing valid information, advocating for health, and creating environments that support healthy behaviors in schools, families, and communities. Prerequisite(s): None.

HLTH 3600 Emergency Response (3 credits)

Designed to provide advanced students the knowledge, skills and training to administer initial first aid in emergencies. American Red Cross advanced certificate may be earned. Ideal course for law enforcement personnel, athletic trainers, and juvenile officers. Prerequisite: HLTH 2100 or equivalent.

HLTH 3710 Disease Prevention and Epidemiology (3 credits)

An introduction to disease prevention, pathophysiology, and treatment of the most common communicable and chronic diseases in human populations. Focuses on the history and principles of disease occurrence in the context of environment and lifestyle choice. Students specifically examine risk factor management and the epidemiological data supporting the influence of physical activity in chronic disease prevention and management. Additionally, learners gain an introductory knowledge of epidemiology and biostatistics enabling them to successfully critique the scientific and educational literature. Prerequisites: For Community Health and Health Education majors: BIOL 1110, HLTH 3150, HLTH 3200, and HLTH 3500; For non-majors and the Health Promotion and Education minor: Consent of instructor.

HLTH 3970 Internship: Field Experience in Community Health (1-3 credits)

When taken as Field Experience in Community Health the following description applies: Community health majors will gain a 30-90-hour experience in a local health facility in preparation for the application of previous course work. Prerequisites: HLTH 3150 and HLTH 3200.

HLTH 4100 Teaching Elementary School Health (2 credits)

An integrated approach to the organization, content, goals, objectives, curriculum, methods and techniques of teaching health at the elementary level. Coordinating services and establishing collaboration will be incorporated. Elementary school state and national guidelines and mandates will be discussed. Teaching opportunities will be provided. Prerequisite: entrance into the teacher education program.

HLTH 4206 Teaching Secondary School Health (3 credits)

This course prepares health educators to design, deliver, and assess effective secondary school health instruction aligned with state and national standards. Students will develop developmentally appropriate units and lessons, apply skills-based health education practices and design equitable and engaging learning experiences that supports the needs of the learners. Emphasis is on curriculum planning, instruction, assessment and creating physically and emotionally safe learning environments. Recommendation: This course should be taken with HLTH 4870.

HLTH 4410 Health Programming (3 credits)

This course offers a comprehensive study of the process of identifying health problems, establishing health programming, promoting, implementing and evaluating the program. Vision and mission statements along with goals, objectives, timetables, interpretation of results will also be examined. The course parallels CHES criteria and utilizes a local community health organization to integrate student involvement. Recommendations include completion of: HLTH 3150, 3500, 3710, and 4206 for health majors. Non-majors may select this course at any time. NOTE: Health Education Majors, refer to the syllabus for the Professional Educator Licensing and Standards Board (PELSB) requirements.

HLTH 4870 Field Experience in Health Teaching (1 credit)

A supervised experience in 5-12 Health Education settings designed to prepare teacher candidates for professional practice. Student candidates will observe, assist and teach under the guidance of a licensed Health Education teacher while demonstrating competencies aligned with Minnesota Professional Educator Licensing and Standards Board (PELSB) and National/State Health standards. Emphasis is placed on lesson planning, classroom management, inclusion, professional collaboration, and reflective practice. Required: A minimum of 30 field experience hours per credit for undergraduates; 40 hours for Health add-on licensure candidates. Recommendation to complete before enrollment: HLTH 4410, HLTH 4206, HLTH 3400

HLTH 4917 DIS Tchg Assoc | (1-2 credits)

Directed Independent Study | Teaching Associate

HLTH 4920 Directed Group Study: Health Seminar (1 credit)

When taken as Health Seminar the following description applies: Intended as a capstone course to prepare the health 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.

HLTH 4970 Internship (1-12 credits)

When taken for the Community Health major the following description applies: Students will gain field experience in a health-related facility relevant to specific career goals. Opportunities will exist for the student to apply the different concepts and theories from course work directly in the work setting through observation, planning, decision-making, committee participation, leadership, operation management, and individual and group projects. Required: A minimum of 30 practicum hours per credit. Prerequisite: completion of all health course work and degree requirements.

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

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)

This course offers a foundational exploration of the historical, philosophical, and scientific roots of physical education, fitness, exercise science and sport throughout the world and in the United States. Students critically examine the evolution of the field, the interrelationship between its sub-disciplines, the professional pathways that shape careers in health, sport, fitness and education. Emphasis is placed on understanding the role of physical activity in society, professional ethics, cultural and social influences and emerging trends in career roles and preparation for professional service in all areas of physical education, exercise science, health, sport, and fitness. Prerequisite(s): None

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 and Exercise (2 credits)

This course explores the psychological principles that influence participation, performance, motivation and well-being in sport and exercise contexts. Students examine the cognitive, emotional, and social factors that shape behavior in athletes, exercisers, and teams. Emphasis is placed on applying psychological theories and evidence-based strategies to enhance motivation, performance, group dynamics, and lifelong engagement in physical activity. Practical application is made to teaching, coaching, and exercise leadership in educational, athletic and exercise settings. Prerequisite(s): None.

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 (3 credits)

This course introduces the physiological principles underlying human movement and physical activity. Students will explore how the body's systems respond and adapt to acute and chronic exercise, with an emphasis on energy systems, cardiovascular and respiratory function, neuromuscular adaptation, and metabolic processes. The course will also examine the role of physical activity in health and disease prevention, and methods of physiological testing, including weekly labs. This course will provide a basic overview of nutrition for both active and sedentary populations and examine Federal physical activity and dietary guidelines. This course aims to prepare students for practical application knowledge, skills and abilities learned in educational, fitness, wellness, or clinical settings. 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 Fundamentals of Rhythms and Dance (2 credits)

This course will include fundamentals and materials for teaching various forms of rhythms and dance. Components include effective individual and group instruction, cultural and historical implications, dance steps, foundations, and a variety of traditional, creative and contemporary rhythm and dance forms applicable to the PK-12 setting. Prerequisite(s): None.

PHED 3505 Teaching Elementary Physical Education (2 credits)

This course prepares students to plan, teach, and assess developmentally appropriate physical education programming for students in grades PreK-5. Emphasis is placed on understanding learner characteristics, fostering fundamental motor skill development (locomotor, nonlocomotor, and manipulative), and creating engaging, inclusive, and safe learning environments. Students will develop and implement elementary-level lessons that incorporate effective instructional strategies, skill progressions, demonstrations, feedback, and class management techniques. Through peer teaching and reflective practice, students will demonstrate competency in movement fundamentals and instructional methods aligned with state and national physical education standards. Prerequisite(s): None.

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 Games, Sports and Skills-Based Activities (2 credits)

This course prepares students to design, implement, and assess developmentally appropriate instruction in games, sports, and skill-based activities for grades 6-12. Emphasis is placed on effective planning, management, and instructional strategies that foster skill development, tactical understanding, and positive engagement in physical activity. Students will learn to integrate movement concepts, skill progressions, demonstrations, instructional cues, feedback, and strategies for promoting safe, inclusive, and supportive learning environments. Through micro-teaching, peer feedback, and observation experiences, candidates apply physical education standards in planning, teaching, and assessing student learning in team and skill-based activities. Prerequisite(s): None.

PHED 3605 Teaching Individual Sports and Dual Activities (2 credits)

This course provides students with the knowledge and practical experience in planning, instructing, and assessing individual and dual sport and activities. Emphasis is placed on skill development, instructional strategies, safety and effective management of learning environments that promote lifelong engagement in physical activity. Focus is placed on developing competency in a variety of target and net/wall games and outdoor activities such as golf, pickleball, tennis, archery, bowling, badminton, frisbee, and hiking. Prerequisite(s): None.

PHED 3607 Teaching Fitness (2 credits)

Methods of teaching and practice in the development of physical fitness, including the development of the health-related fitness components of strength, cardiovascular endurance, muscular endurance, and flexibility through activities such as cross-country skiing, exercise walking, orienteering, geo-caching, cycling, Frisbee golf, Ultimate Frisbee, rock climbing, yoga, and weight training. Prerequisite(s): None.

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 (3 credits)

An online methods course designed specifically for physical education teacher licensure candidates in the FasTrack/MAT program. Students utilize national physical education standards, appropriate management protocols and pedagogical best practice to design and deliver physical education lessons for students in grades 6-12. Students design learning and assessment activities that align with current national/state standards and learning outcomes. Prerequisite(s): None

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 Design and Assessment in Physical Education (3 credits)

This course prepares teacher candidates to design, implement, and evaluate PreK-12 Physical Education curricula that meet the needs of diverse learners and align with standards and various curricular models. Emphasis is placed on developing progressive units, selection and implementation of assessments, analyzing student performance data, and using reflection to guide instructional decisions. Candidates will also explore program organization, administration, advocacy and professional growth opportunities within the field of physical education. Recommended Course Completion: PHED 3505, PHED 3604, PHED 3605, PHED 3607. Prerequisite(s): None.

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. Prerequisite(s): None.

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 Field Experience in Physical Education (1 credit)

A supervised experience in PreK-12 Physical Education settings designed to prepare teacher candidates for professional practice. Student candidates will observe, assist and teach under the guidance of a licensed Physical Education teacher while demonstrating competencies aligned with Minnesota Professional Educator Licensing and Standards Board (PELSB) and National/State PE standards. Emphasis is placed on lesson planning, classroom management, inclusion, professional collaboration, and reflective practice. Required: A minimum of 30 field experience hours per credit. Recommendation to complete before enrollment: PHED 3505, PHED 3604, PHED 3605.

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.

PHED 4980 Research (3 credits)

Research carried out by the student that is based on appropriate methodology and scholarship.

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