The Department of Health Sciences & Physical Education (HSPE) is located in the Physical Education Complex at the south end of the campus. Opened in January, 1988, this facility includes two gymnasia, a suspended jogging track, a climbing wall, one high ropes course, four racquetball courts, two mirrored fitness studios, a 25 yard swimming pool and diving well, a fitness center, four tennis courts, a baseball field, a softball field, a soccer field, classrooms, the Department of HSPE’s Human Performance Laboratory, and faculty/staff offices.

The goals of the Department are to provide students with:

1. An awareness of the role of health, physical education, athletics, and exercise sciences in schools and society;
2. The opportunity to acquire competencies that will enable them to be successful in varied educational and professional settings;
3. The opportunity to develop a satisfactory level of proficiency in many areas of the discipline; and
4. A basis and desire for continued professional growth following graduation.

The Department of Health Sciences and Physical Education offers a Bachelor of Arts in Physical Education K-12 Licensure (http://catalog.neiu.edu/education/health-physical-education-recreation-athletics/physical-education-k-12-licensure), Bachelor of Science in Community Health (http://catalog.neiu.edu/education/health-physical-education-recreation-athletics/community-health), and Master of Science in Exercise Science (http://catalog.neiu.edu/education/health-physical-education-recreation-athletics/master-science-exercise-science). Minor in Health Promotion (http://catalog.neiu.edu/education/health-physical-education-recreation-athletics/minor-health-promotion), and Minor in Exercise Science (http://catalog.neiu.edu/education/health-physical-education-recreation-athletics/minor-exercise-science).

Students considering a major or minor in the Department of Health Sciences and Physical Education must make an appointment with the program advisor and/or the Department Chair.

Students pursuing a degree in the Department of Health Sciences and Physical Education must meet all of the Goodwin College of Education requirements (http://www.neiu.edu/academics/college-of-education/admission-requirements) for admission and retention. In addition, the Department of Health Sciences and Physical Education requires the following before students will be allowed to participate in clinical, field, or internship experiences:

1. A 2.75 (on a 4.0 scale) grade point average in all major courses;
2. Removal of all incomplete grades in courses offered by the department;
3. Satisfactory completion of all required courses in both professional preparation and major core coursework, including a Writing Intensive designated (WIP) course;
4. Admission to the Goodwin College of Education.

NOTE: For all undergraduate programs, students must receive a grade of “C” or above in all major courses. Students with a grade below a “C” will have the opportunity to repeat the course only once.

The Department of HSPE Professional Standards Committee reviews faculty recommendations for students requiring special attention and meets with the student to discuss and remedy any weaknesses.

James Ball, Ph.D., Assistant Professor, Department Chair
Jennifer Banas, Ed.D., Associate Professor
Karen Hand, Ed.D., Associate Professor
Kim Maljak, Ph.D., Assistant Professor
Moira E. Stuart, Ph.D., Professor
Isidore Udoh, Ph.D., Assistant Professor
Julia Valley, Ph.D., Assistant Professor
Exercise Science

EXSC-403. Introductory Research Methods And Statistical Analysis. 3 Hours.
The course provides an introduction to a number of basic research designs and the appropriate parametric and/or non-parametric statistical tests for the analysis of data collected using these designs. Additionally, the students will be given an overview of the research process, the various types of research and the various avenues for research presentation.

EXSC-404. Exercise Testing And Prescription. 3 Hours.
The laboratory component of the course provides instruction and experience in the performance of laboratory and field tests for the measurement of variables needed to evaluate the health-related fitness components (i.e., cardiorespiratory endurance, muscular strength/endurance, muscular flexibility, and body composition). The lecture component of the course focuses on the physiological rationale for these tests and covers the procedures for utilizing the information collected in laboratory and field testing. Specifically, students will be instructed on the evaluation the health-related fitness status of tested individuals and on the prescription of exercise training regimens for health-related fitness status alteration and physical performance enhancement. An equipment fee of $125 is required.

EXSC-405. Applied Nutrition. 3 Hours.
The course provides instruction in macronutrient requirements at rest and during exercise, energy balance for body composition alteration or maintenance (i.e., obesity prevention), fluid and electrolyte balance during exercise, and the vitamin/mineral concerns associated with exercise and performance. Additionally, the course will consider the preventative role of nutrition in various disease states including cardiovascular disease, degenerative bone disease, and diabetes.

EXSC-413. Program Development And Management In The Fitness Industry. 3 Hours.
The course provides instruction in the area of organizational development and management in the corporate, commercial and institutional fitness industries. Specifically, an overview and the underlying principles of operating fitness facilities, sales/marketing strategies, member/staff recruitment/management practices, program/specialized program management, equipment purchase/maintenance, health/safety considerations, facility development/management, financial management, legal issues, and insurance considerations will be discussed.

EXSC-414. Program Development And Management In Health Promotion. 3 Hours.
The course provides instruction in the area of organizational development and management in the health promotion field. Specifically, the procedures for needs assessment, planning, implementation, resource identification/allocation, marketing and evaluation for health promotion programs will be discussed.

EXSC-415. Exercise Management In Chronic Diseases And Disabilities. 3 Hours.
The course expands on the exercise testing and prescription information covered in EXSC-404 to include special population with chronic disease and/or disabilities. The course provides a pathophysiological overview of various cardiovascular, pulmonary, metabolic, immunological/hematological, orthopedic, neuromuscular, cognitive, emotional and sensory disorders. A major portion of the course deals with exercise management in people with these disease/disabilities and, in particular, instruction on the special exercise testing and prescription considerations for these populations (e.g., abnormal exercise response potential, exercise interaction with commonly prescribed medication, etc.).
Prerequisite: EXSC-404 minimum grade of D.

EXSC-416. Practices In Cardiac Rehabilitation. 3 Hours.
The course provides the student with a concise and comprehensive overview of the research and currently accepted professional practice in the fields of heart disease primary prevention and cardiac rehabilitation. Specifically, the epidemiology, pathophysiology, diagnosis and treatment of heart disease will be discussed. Included in these discussions will be the diagnostic and prognostic use of exercise testing in cardiac patients. Additionally, a significant portion of the course will cover cardiovascular disease risk factor modification and the rehabilitation cardiac patients, including exercise prescription guidelines for this special population.
Prerequisite: EXSC-404 minimum grade of D.

EXSC-417. Human Sexuality. 3 Hours.
The course provides instruction in the anatomical, physiological, developmental, psychosocial, cultural and health-related aspects of human reproduction and sexuality. The primary goal of the course is to enhance student understanding and comfort with regard to these topics.

EXSC-418. Current Topics In Exercise Science. 3 Hours.
The course provides students with the opportunity to explore the current research in the various areas that encompass the Exercise Sciences. Additionally, students are provided with a venue in which to discuss, with their peers and their professors, these topics salient to their professional growth and development. Understanding of these current topics is evaluated through the students' written reviews, oral presentations, and participation in class discussions of the presented reviews.

EXSC-419. Psychology Of Exercise & Health Behaviors. 3 Hours.
The course provides instruction in the biopsychology and applied psychology of exercise and health behaviors. The neurological basis of learning as it is integrated into the learning of behaviors will be emphasized within the context of individual characteristics, motivation, psychological interventions, and social processes that influence exercise and health behaviors.

EXSC-420. Prevention Of Chronic Disease Through Diet & Exercise. 3 Hours.
The course covers the molecular and cellular basis of prevention of chronic diseases. The emphasis is on the biological mechanisms of the causes of chronic diseases and on how dietary components and repeated stressful exercise alter the mechanisms of cause to reduce risk for these diseases. The major topics include: inflammation, obesity, metabolic syndrome and diabetes, atherosclerosis, and cancer.
EXSC-421. Motor Control And Learning. 3 Hours.
The course provides instruction in how humans control locomotion and how they learn/re-learn motor skills. Specifically, the course emphasizes the observable behavioral aspects of motor control/learning while detailing the neurophysiological and biomechanical processes that result in the aforementioned motor behaviors.

EXSC-422. Biomechanics. 3 Hours.
The course provides instruction in how the interaction between anatomy, physiology, and the laws of physics affect and control human movement and performance. Specifically, the biomechanical of work and energy, balance and movement control, force load and force production, and fatigue during exercise and performance will be discussed.

EXSC-425. Exercise And Environmental Physiology. 3 Hours.
The course provides instruction on how the human body functions in stressful environments, and how these environments may alter human performance. Specifically, the effect of heat/humidity, cold/windchill, depth, altitude and air pollution on the physiology of the resting and exercising human body will be discussed.
Prerequisite: EXSC-402 minimum grade of D.

EXSC-426. Growth, Maturation, And Performance. 3 Hours.
The course provides instruction on the biological growth and maturation processes, the effects of physical activity on child and adolescent growth, and the physical performance ability variations seen throughout growth and maturation. Included will be discussions on the age-/gender- variations in growth and performance, the factors regulating/ influencing growth, maturation and performance, the chronic disease and injury risk factors in children, and other critical issues that must be considered when dealing with physical performance in children and adolescents.
Prerequisites: EXSC-402 minimum grade of D and EXSC-405 minimum grade of D and EXSC-421 minimum grade of D.

EXSC-427. Competitive Performance In The Disabled. 3 Hours.
The course provides instruction on the history, current status, and future directions of disability sport within our society. Specific discussions will include the psychosocial and medical issues that must be considered when working with the physically active disabled, and the existing sports, sport modifications, participation opportunities, and participation barriers for individuals with performance-altering impairments.

EXSC-428. Female-Specific Performance Issues. 3 Hours.
The course provides instruction on critical medical, physiological, psychosocial and behavioral issues for the physically active female from prepubesence through maturity. The female-specific topics to be discussed relative to exercise and performance include physiology, potential injury risks, physical and hormonal variations, health issues, activity and aging, exercise training prescription, substance abuse, eating disorders, and the psychosocial attitudes towards the athletic female.
Prerequisites: EXSC-402 minimum grade of D and EXSC-405 minimum grade of D.

EXSC-430. Internship. 3 Hours.
The course provides students the opportunity to gain practical exercise science (e.g., fitness, wellness, or human performance) career experience in corporate, commercial, institutional, community, educational, rehabilitative or research settings.

EXSC-431. Independent Study/Research. 3 Hours.
The course affords students the opportunity to conduct an independent experimental, descriptive, analytical or qualitative research project within the exercise sciences. The credit hours can also be used for faculty-monitored learning of advanced laboratory methodology not covered in the current curriculum. Planning of the proposed research project or independent study must be supervised and approved by an EXSC faculty member prior to course enrollment approval. Submission of a written report of the completed research project or independent study will be required for all students.
Prerequisite: EXSC-403 minimum grade of D.

EXSC-432. Thesis Research. 6 Hours.
For those students selecting the Thesis Option for the Master of Science in Exercise Science degree, the course provides faculty guidance in the areas of research question development, research design, data analyses, data interpretation, written research presentation and oral research presentation.
Prerequisite: EXSC-403 minimum grade of D.

EXSC-433. Performance-Related Injury Management. 3 Hours.
The course provides instruction in the prevention and management of injuries related to human performance. The topics discussed include an overview of the athletic training profession, techniques for injury risk management, the pathology of injury, various injury management skills (e.g., psychosocial intervention, injury evaluation/emergency care, therapeutic modalities, exercise rehabilitation and pharmacology), and an overview of the evaluation, care, and rehabilitation of various specific performance-related injuries.

EXSC-434. Physiology Of Aging And Physical Activity. 3 Hours.
The course provides instruction in the theories of the aging process and the age-related changes in the functioning of various physiological systems. Specifically, the age-related changes in bioenergetics, work capacity/ efficiency, cardiopulmonary function, muscular strength, endurance, motor control, motor performance, and psychosocial functioning, among other variables are discussed. Additionally, the potential role of physical activity and exercise in the alteration of these age-related changes, quality of life indices, functional capacity, and productivity in the elderly will be presented.
Prerequisite: EXSC-402 minimum grade of D.

EXSC-435. Theory & Methodology Of Coaching. 3 Hours.
The course provides instruction on the theories and methodologies of sport coaching. Specific emphasis will be placed on the planning, implementation and assessment aspects of coaching, including the philosophical foundations of coaching, technical and tactical coaching principles and player assessment strategies.
EXSC-442. Sports-Specific Exercise Training. 3 Hours.
This course integrates the cellular basis of performance enhancement with the components of fitness and of skill enhancement to develop an integrated and applied-science approach to exercise training for: the maximum-performance/moderate-skill sports of sprint & long-distance running, cycling, and swimming; the high-level fitness/high-skill sports of gymnastics, hockey, and soccer, and to the lower-level fitness/high-skill sports of basketball, football, and golf.

EXSC-444. Cellular Physiology Of Exercise. 3 Hours.
The course provides instruction in the bioenergetics of human movement. Specifically, cellular metabolism and its neuroendocrine control, at rest and in response to both acute and chronic exercise, will be discussed. Additionally, the processes and control of transcription, protein synthesis, and protein degradation will be covered.

EXSC-445. Cardiovascular & Respiratory Physiology Of Exercise. 3 Hours.
The course provides advanced instruction in the functioning of the respiratory, cardiovascular and skeletal muscular systems at rest and during exercise. Specifically, the course will provide instruction in pulmonary ventilation, myocardial functioning, circulatory response and skeletal muscle contraction, as well as neuroendocrine control of these processes, at rest and during exercise. Additionally, the exercise-specific application of these physiological processes will be discussed in reference to strength/endurance exercise training adaptations, neuro-muscular fatigue, ergogenic aids (i.e., human performance enhancement substances), gender-related performance differences, and youth exercise/performance.

Health Education
HLED-103. Community Health. 3 Hours.
This course is an introduction to community health, public health, and health education that includes health services, environmental health, behavioral health, public policy, healthcare systems, occupational health and other subfields. Students will explore the concepts of advocacy and health disparities on local and global levels in the context of historical and contemporary events. Students will locate and interpret valid health information, practice assessment skills, develop educational interventions for priority populations, act as a resource person, and advocate for the profession and health of others. This will be accomplished through course discussions, assignments, and presentations.

HLED-107. Health For Effective Living. 3 Hours.
Consideration of concepts related to the physical, mental and social dimensions underlying personal health. Emphasis upon motivation for intelligent self-direction of health behavior based upon current scientific facts.

HLED-210. Cancer Health Policy. 3 Hours.
This course on cancer-related policy cross-examines topics related to cancer as a chronic degenerative disease from diverse disciplinary lenses including public health, biology, economics, and social science. Students will be exposed to various cancer-related issues under the guidance of an instructor and experts in the oncological, social sciences and health policy fields. This course will also explore socio-political issues that influence cancer related policy in United States and other countries.

HLED-220. Health And Wellness Of The Emerging Adolescent. 3 Hours.
This course prepares future professionals who work with youth to apply concepts related to the dimensions of health and to understand the development of emerging adolescents. Emphasis is placed on creating a stimulating and supportive learning environment that motivates and enables learners to make health behavior choices based upon scientific facts. Students will reflect on contemporary literature about emerging adolescent health issues, conduct a community needs assessment, deconstruct the purpose behind the National Health Education Standards, develop instructional activities that foster healthy attitudes and behaviors, and advocate for school health efforts.

HLED-303. Sex Education. 3 Hours.
This course will cover the neurobiology of learning and behavior, sexual anatomy, theories of love and attraction, biology of sexual response, pregnancy and childbirth, sexual expression throughout life, sexually transmitted diseases, and social, cultural, and religious influences on sexual attitudes and behaviors. Students will locate and interpret valid health information, practice assessment skills, develop educational interventions for priority populations, act as a resource person, and advocate for the profession and health of others. This will be accomplished through course discussions, assignments, and presentations.

HLED-307. Human Diseases. 3 Hours.
This course uses a multidisciplinary approach to discuss the etiology, the major underlying determinants, transmission, prevention, control, and treatment of communicable, chronic, and degenerative diseases. It examines the relationship between disease and political, social and economic development. Drawing upon the sciences, social sciences and humanities, students are introduced to the nature and determinants of communicable, non-communicable, and neglected tropical diseases; and they explore the factors shaping the distribution of disease, as reflected in local, national, and international health goals and research. They will also examine modern approaches disease prevention and health promotion priorities.
Prerequisite: PEMT-305 minimum grade of D.

HLED-309. Nutrition And Health. 3 Hours.
This course provides a foundation in nutrition through the examination of the link between research, theory, and practice. It also discusses the settings, audiences, and scope of nutrition education, as well as the determinants of behavior change, including knowledge, self-efficacy, motivation, social support, and cultural context. Using social ecological, reasoned action, life course, social cognitive, self-regulation, self-determination, and trans-theoretical approaches, learners develop procedures for planning community- or school-based educational activities, taking into account environmental support and audience-specific characteristics. They also create plans for implementing and evaluating nutrition programs.
HLED-312. Current Health Concepts. 3 Hours.
This course examines contemporary themes and approaches in health promotion and disease prevention. Using a multidisciplinary approach, students examine the underlying determinants of health related to socio-demographic vulnerabilities. They are also introduced to current public health practice and policy, and examine their connections to issues of social, economic, and political development and their impact on the environment.

HLED-314. Principles Of Epidemiology In Higher Education. 3 Hours.
Presents principles and practices related to the cause, prevention and control of disease. Emphasis is placed on understanding the occurrence and distribution of disease, incidence and prevalence rates and descriptive and analytic epidemiologic studies. Additional emphasis is placed on the application of epidemiologic data to primary, secondary and tertiary prevention.

HLED-316. Health Disparities: Individual, Communities, And Systems. 3 Hours.
In this course, learners will examine how health disparities are defined and discuss the major underlying determinants of poor health and the relationship between health and key socio-demographic variables, including race, sex/gender, age, income, education, and immigrant status. It explores the factors shaping the distribution of poor health, locally and globally, and their connection with historical, social, environmental, economic, and political systems. It also considers the impact of global income inequality on health risks, availability and access to health resources. Learners will explore local and global efforts to narrow and eliminate inequalities via a variety of interventions.

HLED-317. Age, Death, And Dying. 3 Hours.
This course will provide students with an interdisciplinary understanding of the human experiences of aging, death and dying, focusing primarily on psychosocial, mental health, behavioral, and ethical issues. Students will examine the way individuals, communities, and societies perceive and manage the elderly and the issues surrounding the end of life. The causes and effects of attitudes towards these subjects will be explored as well as how these perceptions relate to health behavior.

HLED-318. Consumer Health. 3 Hours.
Prepares the student to make wise choices in the selection of health products and health services. Emphasis on proper utilization of the health care system and evaluation of products and services with regard to cost and impact on physical and mental health. Includes identification of reliable sources of health-related information, laws and agencies to protect the consumer.

HLED-319. Drug Education. 3 Hours.
This course will address how drugs interact with the brain and nervous system functions, neurophysiology of learned behavior, drug addiction, and biological and social health consequences of drug use and abuse. Mechanisms of drug actions and their physiological and toxic/biochemical effects are emphasized and how these responses interact to affect the health of the individual and of society. Students will locate and interpret valid health information, practice assessment skills, develop educational interventions for priority populations, and advocate for the profession and health of others.

HLED-340. Health Behavior Theory And Practice. 3 Hours.
This course is an introduction to the fundamental theories in behavior. Because theory and practice are driven by research, the course will also introduce students to examples of health promotion research. Students will analyze constructs that explain or predict behavior including intrapersonal capacity, interpersonal supports, and environmental contexts. They also will apply individual and community-based theories to the design of a community health intervention.

HLED-350. Health Program Needs Assessment, Planning, And Implementation. 3 Hours.
This course is part one of a two-part course series in which students plan an evidence-based, community health program that addresses population needs. In this course, students will evaluate primary and secondary data to identify population needs and capacity for health programming. They will also develop the mission statement, goals, and objectives for a health program that addresses identified needs for a selected population. Finally, they will design a theory-driven health education intervention and impact evaluation. Ethical use of technology to support learning, reflection, communication, and collaboration is foundational to this course.

HLED-355. The Organization And Administration Of The School Health Program. 3 Hours.
This course covers the components of a coordinated school health program, explores how those components contribute to a healthy school environment, and builds connections between the school environment and students’ motivation and ability to learn. Learners will locate, evaluate, and create school health communications; plan, prepare to implement, and evaluate professional development that advocates for school health; design, implement, and evaluate a needs assessment; and practice the administration skills to form a school health council. Additional content includes the ethical use of technology to support learning, reflection, communication, and collaboration is foundational to this course.

HLED-356. Health Disparities: Individual, Communities, And Systems. 3 Hours.
This course examines contemporary themes and approaches in health promotion and disease prevention. Using a multidisciplinary approach, students examine the underlying determinants of health related to socio-demographic vulnerabilities. They are also introduced to current public health practice and policy, and examine their connections to issues of social, economic, and political development and their impact on the environment.

HLED-357. Introduction To Health Care Management. 3 Hours.
This course is designed to provide a general introduction to management practices in the field of health care. Students will explore management concepts, processes, and theoretical content considered necessary for persons who intend to practice in a health care management position. Emphasis is placed on the differences in management of health care from other commodities and the importance of patient care and ethical issues. Tradeoffs between patient care issues and financial accountability are addressed. This will be accomplished via assigned readings, discussions, case studies, personal reflections, and a persuasive memo to an administrative board.

HLED-360. Health Program Administration, Marketing, And Evaluation. 3 Hours.
This course is part two of a two-part course series in which students plan an evidence-based, community health program that addresses population needs. In this course, students develop skills to manage a health program via fiscal, capital, and human resource planning. This includes identifying stakeholders and community partners. Also, students design a marketing plan to promote their program and advocate for a target audience. Additionally, they practice program evaluation and research design. Finally, students prepare a professional development plan. Ethical use of technology to support learning, reflection, communication, and collaboration is foundational to the course.

Prerequisite: HLED-350 minimum grade of C.
HLED-365. Health Education For The Middle And High School. 3 Hours.
This course provides future and practicing educators the functional knowledge and skills needed to teach middle and high school health education effectively. Developing a health education learning segment, that aligns with state and national standards, integrates technology to improve learning outcomes, and meets the needs of a diverse student population will form the focus of the course. Inquiry and theoretical approaches, collaboration, and reflective practice are employed.
Prerequisites: HLED-303 minimum grade of D and HLED-309 minimum grade of D and HLED-345 minimum grade of D.

HLED-370. Field Experience: Community Health. 9 Hours.
The 200-hour community health field experience affords students the opportunity to integrate concepts and skills, learned in the curriculum, while immersed in a community and public health setting. A weekly seminar provides interns a forum to debrief field experiences, learn about the profession, and prepare for a job search. Completion of performance-based assessments aligned with the CHES (Community Health Education Specialist) competencies support the development of a professional portfolio. Guided activities support those seeking to sit for the CHES exam.
Prerequisite: HLED-360 minimum grade of C.

HLED-375. Health Education Clinical Experience. 3 Hours.
This course provides the seminar component for the Health Education Clinical Observation. Students meet weekly to share and debrief their field experiences, collectively solve instructional and classroom management problems, revisit research and theory regarding addressing the needs of a diverse learning audience, and learn about the health education profession. Observation, reflection, teaching, and assessment are critical activities in this course.
Prerequisites: HLED-305 minimum grade of C and (SCED-301 minimum grade of C or SCED-311 minimum grade of C or ELED-311 minimum grade of C).

Physical Education
PEMA-152. Judo And Self-Defense. 1 Hour.
Examination and practical application of judo and self-defense techniques. Special emphasis on proper training methods, physical conditioning, teaching techniques, and rules and regulations in contests.

PEMA-153. Foil Fencing. 1 Hour.
Instruction and drills in basic skills: footwork, lunge, simple and compound attacks, various defensive maneuvers, offensive and defensive strategies. Rules, judging and directing, bouts and tournaments.

PEMA-161. Badminton. 1 Hour.
Introduction to basic skills: clear shots, serves, drop shots, smashes, offensive and defensive strategies. Rules, singles and doubles; tournaments.

PEMA-164. Archery. 1 Hour.
Instruction designed for beginning and experienced golfers in proper use of woods; long, middle, and short iron shots; putting, and specialty shots. Etiquette and rules of golf; visitation to driving range and golf course.

PEMA-165. Tennis. 1 Hour.
Instruction designed ofr the beginning player with major emphasis on the serve, forehand/backhand ground strokes. Additional instruction with the lob, volley and overhead. Singles/doubles play and strategies. Rules, tennis etiquette, and tournaments.

PEMA-166. Recreational Games. 1 Hour.
Choosing, teaching and organizing informal recreational activities, including non-traditional, creative activities, sedentary, competitive and cooperative play situations.

PEMA-167. Field Hockey. 1 Hour.
History, theory and practice, rules and regulations, skill practices, purchase and care of equipment, team organization, strategy, competition and safety measures.

PEMA-171. Softball. 1 Hour.
Emphasis on basic softball skills, team offensive and defensive strategies, rules, interpretations and umpiring mechanics with practical umpiring experience during games.

PEMA-172. Basketball. 1 Hour.
Review of skills with emphasis on team drills and team play. Thorough coverage of rules and mechanics of officiating. Practical use of officiating techniques during games. Team tournaments as well as a one-on-one tournament.

PEMA-173. Volleyball. 1 Hour.
Basic instruction in power volleyball skills; serving, passing, spiking. Offensive and defensive team play, rules strategies and tournaments.

PEMA-181. Advanced Swimming Techniques. 1 Hour.
Instruction in the basic strokes and in elementary diving front and back, safety skills in and near the water and activities to increase endurance and respond appropriately should injury occur.
Prerequisites: PESV-105 minimum grade of D.
PEMA-201. Racquetball. 2 Hours.
Introduction to basic and advanced skills: serves, kill shots, passing shots, ceiling shots; use of back wall and corners; offensive and defensive strategies; singles, doubles, cutthroat play; tournaments.

PEMA-203. Weight Training. 2 Hours.
Basic principles of weight training and its effects on the body; proper lifting and training technique, individualized programs for general fitness or athletics, isometrics and safety procedures.

PEMA-204. Weight Training - Variable Resistance Method. 2 Hours.
Variable resistance of weight training with instruction on structure and function of variable resistance machines. Training principles, safety procedures and techniques applied to individualized basic workout.

PEMA-205. High Intensity Weight Training. 2 Hours.

Practical application of various intermediate judo and self-defense techniques, mat holds, escaped and chokes. Continued emphasis on proper training methods, physical conditioning, teaching techniques, and rules and regulations in contests.
Prerequisite: PEMA-152 minimum grade of D.

PEMA-252. Folk, Round And Square Dance. 1 Hour.
Development of knowledge and skill in folk, national and square dances, experience in square dance calling and methods of class organization and teaching.

PEMA-253. Social Dance And Latin American Rhythms. 1 Hour.
Practice in basic patterns and routines of ballroom dances, developing a finer sense of rhythm, greater adeptness, comprehension, and opportunity to design routines.

PEMA-255. Intermediate Tennis. 2 Hours.
Review of the forehand and backhand ground strokes, the flat serve, basic strategy, rules and etiquette. Introduction to intermediate skills such as the volley, the lob, drop shots, passing shots and the overhead. Additional emphasis on topspin ground strokes, advanced singles and doubles strategies and tournament play.
Prerequisite: PEMA-165 minimum grade of D.

PEMA-271. Track And Field. 1 Hour.
Theory and practice: terminology and fundamental skills of track and field events and cross-country, techniques of physical conditioning; safety measures.

PEMA-272. Intermediate Volleyball. 2 Hours.
Review of basic fundamentals, introduction of intermediate skills and progressions, officiating and tournaments, offensive and defensive strategies.
Prerequisite: PEMA-173 minimum grade of D.

PEMA-273. Flag Football. 1 Hour.
This course provides basic instruction in flag football skills: passing, receiving, blocking, and punting. Offensive and defensive strategies, rules, and tournament play will also be addressed.

PEMA-277. Foundations Of Wrestling. 1 Hour.
History, skills, practice, strategy and safety practice; rules, regulations, contest, tournaments and safety measures will be covered.

PEMA-280. Basic Skin Diving. 1 Hour.
Introduction of the swimmer to underwater activity through the use of fins, mask and snorkel.
Prerequisite: PESV-105 minimum grade of D.

PEMA-332. Fundamentals Of Yoga Philosophy And Practice. 3 Hours.
Introduction to the philosophy and practice of yoga. The philosophical view will be based on Pantanjali's yoga system. In addition, proper breathing techniques, nutrition, positive thinking, relaxation, concentration and stress management will be covered.

PEMT-109. First Year Experience: Chicago Body Works. 3 Hours.
This course will give students a comprehensive and practical view of the importance of fitness and nutrition in their daily lives. Students will be engaged in activities that they can participate in for life. They will learn the underlying fundamentals of a fit for life attitude. Each student will be provided with the knowledge and understanding of how to assess their current level of fitness and how to make improvements in the five health-related fitness component areas (cardiovascular fitness, body composition, flexibility, muscular strength and muscular endurance) through various physical and skill related activities. Also emphasized will be the importance and application of proper nutrition. A strong focus will be the multifaceted and diverse challenges faced by individuals committed to pursuing wellness in Chicago.

PEMT-109B. First Year Experience: Adventure In Chicago. 3 Hours.
Through a context of Adventure, this course provides students with a diverse range of challenging cognitive and physical activities, both on campus and off, that highlight and enhance the personal and groups skills needed to move through the adventures that will be presented and the adventures that are inherent in a college program. Students will have the opportunity to participate in teambuilding activities, vertical ascents, community service adventures, and other Chicago area challenges. Some level of active participation will be a requirement to Adventure in Chicago.
PEMT-151. Fundamentals Of Rhythms. 3 Hours.
This course will cover basic locomotor movements, choreography skills (movements with music), and several genres of dance (i.e. ballet, jazz, and modern). Students will be introduced to a wide range of dance forms (social, cultural, and creative dance) and dance pedagogy. Students will achieve proficiency in a variety of fundamental dance skills and basic teaching strategies. Departmental Approval required.

PEMT-201. Introduction To Principles And Methods In Physical Education. 3 Hours.
Principles, methods, aims and objectives of physical education; the place of physical education in the school curriculum; general and specific objectives; general techniques in teaching; principles of selecting content; progressions, building curricula to fit varying schools; lesson planning leadership, and squad organizations; co-operation with teachers, supervisors and administrators.

PEMT-203. Fitness Education. 3 Hours.
This course will cover the development and implementation of numerous fitness-related activities and current trends in fitness for physical education. Students will be introduced to the components of health and skill related fitness, principles of training and fitness pedagogy through experiential activities. Students will achieve a thorough understanding of fitness.

PEMT-206. Socio-Cultural Influences On Physical Activity. 3 Hours.
This course will cover the contemporary and historical perspectives on social and cultural issues that influence youth in physical activity settings. Students will be introduced to issues including race, gender, sexuality, body image, and socioeconomic status and how they influence physical activity. Students will achieve a broader understanding of how these issues influence physical activity and strategies to encourage participation.

PEMT-213. Individual & Dual Sports. 3 Hours.
Analysis of sport skills used in common individual and dual activities. Organization and sequencing of skills, practice sessions, lead-up activities and drills as well as rules, strategies, tournaments, and safety concerns will be addressed.

PEMT-235. Teaching Physical And Health Education Concepts For Classroom Teachers. 3 Hours.
This course will cover the fundamental principles and basic methodology of teaching physical and health education concepts for elementary classroom teachers. Students will be introduced to fundamental content knowledge and introductory teaching methodology. Students will achieve a broad understanding of quality physical and health education concepts and a variety of strategies to successfully implement them into active, developmentally appropriate lessons.

PEMT-276. Team Sports. 3 Hours.
Theory, skill and practice in common sports with emphasis on lead-up games and drills. Skill analysis, lessons and focused practice as well as team play tournaments and safety measures will be covered.

PEMT-300. Adventure Education Programming. 3 Hours.
Course will focus on how to integrate an interdisciplinary adventure-based program into traditional school curricula. The following topics will be investigated: Philosophical knowledge of adventure education, liability and safety in program design and developing interdisciplinary education units.

PEMT-301. Physical Education Seminar. 2 Hours.
Discussion of student teacher’s problems; conferences and counseling with department staff members; physical education lesson planning and discussions; positive disciplinary control.

PEMT-302. Kinesiology. 3 Hours.
A systematic approach to the analysis of the responses of the human organism to both internal and external forces. The human body as an instrument for solving environmental challenges in movement will be investigated from both qualitative and quantitative perspectives. Lecture and laboratory. 
Prerequisite: PEMT-305 minimum grade of D.

PEMT-303. Adapted Physical Education And Recreation. 3 Hours.
Examines the physical education and recreation program for the handicapped and other atypical populations; history, scope, purpose and development of these programs. Field work and visits to various agencies included in these programs. 
Prerequisite: College of Education Admission YES.

PEMT-305. Functional And Structural Human Anatomy. 4 Hours.
This course will cover the fundamental functional and structural anatomical aspects of the human body. Students will be introduced to the skeletal, muscular, nervous, respiratory, cardiovascular, endocrine and reproductive systems. Students will achieve a broad understanding of the function and structure of these systems and how this knowledge can be applied in health and physical activity settings. 

PEMT-306. Exercise Physiology. 3 Hours.
This course will cover a broad understanding of the metabolic processes and various physiological systems that underlie human movement. Students will be introduced to the specific adaptations that occur within the body as a result of various types of physical activity. Students will achieve a strong understanding of how physiological concepts, related to human movement, explain the impact of exercise and physical activity on the body. Additionally, students will be able to apply their knowledge of these systems to provide more effective exercise, sport and physical activity programs. Departmental approval required. 
Prerequisite: PEMT-305 minimum grade of C.
PEMT-307. Assessment In Physical Education. 3 Hours.
This course will cover the role of assessment in k-12 physical education programs. Students will be introduced to the development of assessments in the psychomotor, cognitive and affective learning domains. In addition they will learn basic statistics, introductory data manipulation, presentation, and analysis. Students will achieve an understanding of the basic principles of assessment, creation of developmentally appropriate assessments, and achieve proficiency in the manipulation, presentation, and interpretation of assessment data.
Prerequisites: PEMT-201 minimum grade of C and College of Education Admission YES.

PEMT-308. Motor Skill Behavior. 3 Hours.
This course will cover the central theories and concepts of motor skill behavior and their practical application in instructional settings. Students will be introduced to motor skill learning theories and concepts explaining central and sensory control of movement, childhood motor development and factors influencing motor skill learning. Students will achieve a broad understanding of how to apply these theories and concepts in practitioner based settings such as teaching, coaching, clinical and therapeutic environments. Departmental Approval required.
Prerequisites: PEMT-307 minimum grade of C and College of Education Admission YES.

PEMT-309. Sport & Exercise Psychology. 3 Hours.
This course will cover the psychological theories and constructs that underlie performance in sport, exercise and physical activity settings. Students will be introduced to the foundational theories that explain individual and contextual factors that influence behavior in the physical realm. A theory to practice approach will be used to understand the psychology of sport and exercise behavior. Departmental approval required.
Prerequisites: PEMT-201 minimum grade of C and College of Education Admission YES.

PEMT-311. Introduction To The Theory And Methodology Of Coaching. 3 Hours.
This course will cover the basic theory, methodology, and principles of athletic coaching. Students will be introduced to sport and exercise science theory, instructional methodology, and pedagogical principles related to athletic coaching. Students will achieve a broad understanding of how theory and methodology underpin quality athletic coaching and the ability to apply these concepts in practice. Requires Departmental authorization/approval.

PEMT-316. Writing Intensive Program:Writing In Health, Physical Education, Recreation & Athletic Professions. 3 Hours.
This course is a writing intensive experience, offering students the opportunity to develop written communication skills in their profession. Topics include evaluating sources of information, conducting a annotated bibliography using library databases, citing references using APA format, ethical use of resources, utilizing a multi-step writing process, summarizing communications, building a persuasive argument, proposing a solution to a problem, and explaining a phenomenon. Exercises include developing press releases, memo, article critiques, newsletter articles, a grant application, resume, and cover letter in application for a job. Information sources include peer-reviewed and popular periodicals, videos, websites, textbook, and other appropriate media.

PEMT-341. Physical Education Curriculum Design. 3 Hours.
This course will cover the design and implementation of current physical education curricular models. Students will be introduced to developmentally appropriate methodologies for lessons, units, and semester planning for a variety of models. Students will achieve an understanding of how to develop and apply these models in k-12 physical education settings. Requires Departmental authorization/approval.
Prerequisites: PEMT-201 minimum grade of C and College of Education Admission YES.

PEMT-342T. Cooperative Learning In Adventure Education. 3 Hours.
This course is designed to provide theory and application of experiential learning, with application to the elementary and middle school classroom. The focus is on discovering self-knowledge, developing trust and promoting teamwork, establishing effective learning environments, learning principles of conflict resolution, and understanding and managing classroom group dynamics. There will be active hands-on participation in a variety of experiential activities, including the opportunity to co-facilitate learning experiences with peers and middle-school students, which will promote fuller understanding of the power and utility of experiential learning. There will be opportunities to work with students and teachers in elementary and middle schools.

PEMT-343. Foundations Of Physical Education For Elementary Schools. 3 Hours.
This course will cover the basic pedagogical principles and methodologies for the design and implementation of physical education in elementary schools. Students will be introduced to elementary planning, pedagogy, behavior management, and assessment and evaluation of student performance. Students will achieve the theoretical knowledge (classroom) and the practical experiences (field experience) required to fulfill the professional responsibilities of a successful elementary school physical educator. Additionally, students will be required to observe 20 hours in an elementary physical education setting.
Prerequisites: PEMT-201 minimum grade of C and College of Education Admission YES.

PEMT-344. Foundations Of Physical Education For Secondary & Middle Schools. 3 Hours.
This course will cover basic components of the edTPA portfolio, including a review of planning, implementation, and assessment in physical education. Students will be introduced to authentic physical education classroom settings and the planning, implementation and assessment processes that occur. Students will achieve a broad understanding of the edTPA process and the factors that influence quality physical education within the school setting. Students are required to complete a minimum of 100 hours of clinical observation (50 elementary, 50 secondary) during this course. Departmental Authorization/Approval required.
Prerequisites: PEMT-201 minimum grade of C and College of Education Admission YES.

PEMT-351. Independent Study In Physical Education. 1 Hour.
Special project of the student's choosing relating to some facet of physical education.

PEMT-352. Independent Study In Physical Education. 2 Hours.
(See PEMT-351 for description.).
PEMT-353. Independent Study In Physical Education. 3 Hours.
(See PEMT-351 for description.).

PEMT-355. Physical Education Clinical Experience. 3 Hours.
In this course students will be introduced to authentic physical education classroom settings and the planning, implementation, and assessment processes that occur. Students will be required to complete a minimum of 100 hours of clinical observation (50 elementary, 50 secondary) during this course. This course also will cover basic components of the edTPA portfolio, including a review of planning, implementation, and assessment in physical education. Students will achieve a broad understanding of the edTPA process and the factors that influence quality physical education within the school setting. Departmental Authorization/Approval required.