1. All students entering the pre-professional education pre-block courses, including undergraduates, transfer students, and baccalaureate degree holding students, must meet the following criteria:
   [a] Passing scores on at least two subtests of the Pre-Professional Skills Test PPST;
   [b] A 2.75 grade point average on a minimum of 12 credits.
2. Students seeking teacher licensure must be admitted to Professional Education in order to enroll in selected upper divisions courses (300-400) in Education. For information pertaining to admission to Professional Education, check at Winther Hall Information Desk.
3. The Wisconsin Department of Public Instruction licensure code requires all new graduates in Early Childhood and Elementary Education to complete the Environmental Education requirement. Either Biology 214, Ecology and Society, or Geography 252, Human Environmental Problems, will partially satisfy the requirement. Students should check with their advisers about the requirement.

PROFESSIONAL EDUCATION ADMISSION
For courses Restricted to Professional Education Admission: Practicing Teachers must have a copy of their teaching certificate and the application to Professional Education for Licensed Teachers on file with the College of Education (send to Winther Hall 2033, UW-W, Whitewater, WI 53190) prior to registering. Teachers seeking their first license must be admitted to Professional Education at UW-W. This is in addition to being admitted to, and enrolled in, a graduate program.

HEALTH, PHYSICAL EDUCATION, RECREATION AND COACHING

COACHING 240 INTRODUCTION TO COACHING ... A course designed to introduce undergraduate students to the profession of coaching. The nature of the profession, qualifications, skills and issues relative to the profession will be explored.

COACHING 250 APPLICATION OF MECHANICAL PRINCIPLES TO COACHING ... This course is designed as an introductory course to the fundamentals of movement.

PREREQ: PEPROF 271 OR BIOLOGY 120

COACHING 252 SPORTS PEDAGOGY: TEACHING AND COACHING SPORTS SKILLS ... This course introduces the student to motor learning/motor development, teaching styles, understanding and writing of teaching/coaching objectives, and the planning, teaching and organization of sports skills. It will also involve the student in a teaching practicum.

COACHING 255 CONDITIONING FOR INTERSCHOLASTIC SPORTS ... This course is designed to give the student the knowledge needed to develop an agility, endurance, and strength program for all sports.

PREREQ: COACHING 250

COACHING 256 PSYCHO-SOCIAL ASPECTS OF COACHING ... A study of the social and psychological factors that impact athletic performance. Theoretical and applied perspectives will be explored from a coaching framework.

COACHING 260 HISTORY AND SOCIAL ASPECTS OF ATHLETICS ... This course is designed to deal with the historical and sociological aspects of athletics as they pertain to every day living. Emphasis will be directed toward the social aspects and historical implications. Areas to be covered include those of socio-economic relationships, building athletics into an American heritage, industrial revolution, athletics and the school, and the future of athletics in our society.
#4439 Section 02 [units: 3]  
01/21-05/20 TR 11:00 AM - 12:15 PM SA0011 Andrew E Kotelnicki  

COACHING 265 COACHING OF COMMUNITY SPONSORED SPORTS ... Designed for men and women who wish to take part in the coaching of community sponsored sports. The role of community sponsored sports in the total picture of a young person's development, the organization and administration, and the actual coaching of community sponsored sports will be covered.

#4440 Section 01 [units: 3]  
01/21-05/20 TR 12:30 PM - 01:45 PM SA0010 Brian J Borland  

COACHING 350 COACHING OF FOOTBALL ... An in-depth study of the game of football, and the coaching techniques that lead to a successful program. Special emphasis in the areas of building offenses and defenses, with a good hard look at related areas.

#4441 Section 01 [units: 2]  
01/21-05/20 TR 09:30 AM - 10:20 AM SA0011 Andrew E Kotelnicki  

COACHING 351 COACHING OF BASKETBALL ... This course is designed for those men and women who wish to become basketball coaches. The administration, organization, and management principles, as well as rules, techniques of individual and team play, strategy, psychology, and problems of coaching are pursued through lectures, discussions, practices, and demonstrations.

#4443 Section 01 [units: 2]  
NOTE: This is a hybrid course using Desire2Learn and other technology for delivery of part of the course.  
03/17-05/20 M 06:15 PM - 08:45 PM WC0185 Patrick J Miller  

COACHING 353 COACHING OF TRACK AND FIELD/CROSS COUNTRY ... Primarily designed for men and women who wish to become track and field /cross country coaches. The organization, motivation, coaching techniques and training programs for each event /sport will be covered by lecture and demonstration.

#4444 Section 01 [units: 3]  
01/21-05/20 TR 11:00 AM - 12:15 PM WC0185 Michael J Johnson  

COACHING 360 COACHING OF SOCCER ... This course is designed to provide the knowledge and skills essential to the coaching of competitive soccer. Prereq: Consent of instructor or evidence of basic skills in soccer.

#4445 Section 01 [units: 2]  
01/21-05/20 TR 12:30 PM - 01:20 PM WC0184 Tony A Guinn  

COACHING 361 COACHING OF SOFTBALL ... This course will focus on building an understanding of the components necessary for successful coaching in the game of softball. Included will be the administration, development, evaluation and evaluation of a softball program. Priority will be placed on actual coaching techniques and strategies. The course will examine the relationship of the coach to the athlete, the team and the community emphasizing the potential benefits to all those involved.

#4446 Section 01 [units: 2]  
01/21-03/14 TR 08:25 AM - 09:15 AM WC0183A Beth Bonuso  
03/17-05/20 TR 08:25 AM - 09:15 AM SA0011 Beth Bonuso  

COACHING 460 ORGANIZATION AND ADMINISTRATION OF INTERSCHOLASTIC ATHLETICS ... This course is designed for those individuals who wish to become athletic coaches or administrators. The organization and administration of an athletic program will be covered.

PREREQ: COACHING 240, COACHING 250, COACHING 255, COACHING 256, COACHING 461 AND 2 CREDITS IN COACHING 350-COACHING 361  

#4447 Section 01 [units: 2]  
NOTE: This course is totally web-based and delivered through Desire2Learn. Access to the course will be given via e-mail once you have registered for the course. For information about the course contact Joe Carollo via e-mail at carolloj@uww.edu.  
Required additional course fee is $50.00 per unit.  
01/21-05/20 Arranged Arranged WEB BASED Joe Carollo  

COACHING 461 PREVENTION AND CARE OF ATHLETIC INJURIES ... This course is designed to give the student the knowledge needed to develop agility, endurance, and strength programs for all sports.

PREREQ: COACHING 250  
#4842 Section 01 [units: 2]  
01/21-05/20 M 07:45 AM - 08:35 AM WC0184 Chad Kelsey  
01/21-05/20 W 07:45 AM - 08:35 AM WC0183 Chad Kelsey  

#4843 Section 02 [units: 2]  
01/21-05/20 F 07:45 AM - 08:35 AM WC0184 Chad Kelsey  
01/21-05/20 W 07:45 AM - 08:35 AM WC0183 Chad Kelsey  

COACHING 463 CHILDREN AND SPORTS ... Explore the historical perspective and the present controversy surrounding the involvement of children in competitive sport. Future directions for competitive sport for children will be a major focus.

#4451 Section 01 [units: 3]  
NOTE: This course is totally web-based and delivered through Desire2Learn. Access to the course will be given via e-mail once you have registered for the course. For information about the course contact Dianne C. Jones via e-mail at jonesd@uww.edu.  
Required additional course fee is $50.00 per unit.  
01/21-05/20 Arranged Arranged WEB BASED Dianne C Jones  

COACHING 470 PRACTICUM IN ATHLETIC TRAINING ... A course designed to give the prospective student trainer actual experience in the training room, working with athletes.

PREREQ: COACHING 461 AND PEPROF 271 AND PEPROF 281  
#4453 Section 01 [units: 1-4]  
01/21-05/20 Arranged Arranged Chad Kelsey  

Dept. Consent
### Class Listing (Units) - General Education Designation (if any)

<table>
<thead>
<tr>
<th>Start/End Dates</th>
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<th>Meeting Times</th>
<th>Location</th>
<th>Instructor</th>
<th>Course Topic (if applicable)</th>
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<td></td>
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<td>07:45 AM - 08:35 AM</td>
<td>WC0184</td>
<td>Chad Kelsey</td>
<td>WEB BASED</td>
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</table>

**COACHING 492 FIELD STUDY IN COACHING**  
Field study in coaching provides undergraduate students with a supervised capstone experience in coaching. Students will be placed with department approved university/public/private/community teams/programs to obtain practical experience in the sport(s) of their choice. The site selection will be consistent with the professional objectives selected by the student. Prerequisites: Consent of department chair.

#4454 Section 01  
01/21-05/20  
Arranged  
Arranged  
Kelly S Witte  
NOTE: Consent of Department - Contact Dr. Kelly Witte at wittek@uww.edu for permission.  
Dept. Consent

**COACHING 498 INDEPENDENT STUDY**  
Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum of 4 credits in major. Prerequisites: Consent of advisor or department chair.

#4455 Section 01  
01/21-05/20  
Arranged  
Arranged  
Kelly S Witte  
Dept. Consent

**GRADUATE LEVEL COURSES**

**COACHING 660 ORGANIZATION AND ADMINISTRATION OF INTERSCHOLASTIC ATHLETICS**  
This course is designed for those individuals who wish to become athletic coaches or administrators. The place of athletics education and the organization and administration of an athletic program will be covered. A research paper dealing with an appropriate topic will be required.

#4448 Section 01  
01/21-05/20  
Arranged  
Arranged  
Kelly S Witte  
NOTE: This course is totally web-based and delivered through Desire2Learn. Access to the course will be given via e-mail once you have registered for the course. For information about the course contact Joe Carollo via e-mail at carolloj@uww.edu.  
Required additional course fee is $50.00 per unit.  
01/21-05/20  
Arranged  
Arranged  
Joe Carollo

**COACHING 661 PREVENTION AND CARE OF ATHLETIC INJURIES**  
Principles governing the prevention and treatment of common athletic injuries. A research paper dealing with a mutually agreed upon topic will be required.

#4845 Section 01  
01/21-05/20  
M  
07:45 AM - 08:35 AM  
WC0184  
Chad Kelsey

**COACHING 663 CHILDREN AND SPORTS**  
Explores the historical perspective and the present controversy surrounding children in competitive sports. Future directions of competitive sport for children will be a major focus.

#4452 Section 01  
01/21-05/20  
Arranged  
Arranged  
Dianne C Jones  
NOTE: This course is totally web-based and delivered through Desire2Learn. Access to the course will be given via e-mail once you have registered for the course. For information about the course contact Dianne C. Jones via e-mail at jonesd@uww.edu.  
Required additional course fee is $50.00 per unit.  
01/21-05/20  
Arranged  
Arranged  
Dianne C Jones

**COACHING 706 SPORT AND SOCIETY**  
This course provides students with an in-depth study of the social dimension of sport in a modern industrialized society. The course will allow students to engage in an in-depth study of social factors that impact sport from both a theoretical and applied perspective.  

**PREREQ: THREE UNITS IN SOCIOLOGY AS AN UNDERGRADUATE OR CONSENT OF INSTRUCTOR**

#4456 Section 01  
01/21-05/20  
Arranged  
Arranged  
Dianne C Jones  
NOTE: This course is totally web-based and delivered through Desire2Learn. Access to the course will be given via e-mail once you have registered for the course. For information about the course contact Dianne C. Jones via e-mail at jonesd@uww.edu.  
Required additional course fee is $50.00 per unit.  
01/21-05/20  
Arranged  
Arranged  
Dianne C Jones

**COACHING 710 CURRENT TRENDS AND ISSUES ATHLETICS**  
This course will examine the current trends and issues in athletics. The concepts will be explored from a theoretical and applied perspective. Prerequisites: At least one year of coaching experience or consent of instructor.

#4457 Section 01  
01/21-05/20  
M  
06:00 PM - 08:00 PM  
WC0106  
Kelly S Witte

**COACHING 793 PRACTICUM**  
Practicum

#4458 Section 01  
01/21-05/20  
Arranged  
Arranged  
Kelly S Witte  
Dept. Consent

**COACHING 796 SPECIAL STUDIES**  
Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings.

#4971 Section 01  
01/21-05/20  
M  
08:00 PM - 10:00 PM  
WC0106  
Kristina Navarro  
Org & Admin of Rec & Sports

**COACHING 798 INDIVIDUAL STUDIES**  
Study of a selected topic or topics under the direction of a faculty member.

#4459 Section 01  
01/21-05/20  
Arranged  
Arranged  
Kelly S Witte  
Dept. Consent

**COACHING 799 THESIS RESEARCH**  
Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course.

#4460 Section 01  
01/21-05/20  
Arranged  
Arranged  
Kelly S Witte  
P/F Grading Basis Only
<table>
<thead>
<tr>
<th>Health Education</th>
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HEALTHED 181 CONTEMPORARY HEALTH ... An investigation of health areas and behaviors as they relate to the college student.

PREREQ: PEGNRL 192

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<th>Section</th>
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<th>Meeting Times</th>
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<th>Instructor</th>
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<td>01</td>
<td>01/21-05/20</td>
<td>TR</td>
<td>09:30 AM - 10:20 AM</td>
<td>SA0010</td>
<td>Daryl K Agpalsa</td>
</tr>
</tbody>
</table>

HEALTHED 280 INTRODUCTION TO HEALTH EDUCATION AND PROMOTION ... This course is the designated gateway course required for students who choose to minor in health education or health promotion and should be taken within the first 6 units of declaring a health minor or pursuing health licensure requirements. It serves as an introduction to knowledge, research, and application of skills necessary for helping others with health behavior changes, while creating healthier environments in the home, workplace, and community.

#4461 Section 01 [units: 2]
01/21-05/20 TR 09:30 AM - 10:20 AM SA0010 Daryl K Agpalsa

HEALTHED 340 SECONDARY HEALTH EDUCATION ... An introduction to various health belief models and philosophies with particular emphasis on health education content at the secondary level.

#4462 Section 01 [units: 2]
01/21-05/20 TR 11:00 AM - 11:50 AM SA0010 Daryl K Agpalsa

HEALTHED 341 YOGA/STRESS REDUCTION ... A course designed to help students and professionals learn to effectively handle stress through specific Yoga training and mind/body connections.

PREREQ: JUNIOR/SENIOR STATUS

#4463 Section 01 [units: 3]
01/21-05/20 R 02:15 PM - 04:45 PM WC0183A Cristy A Jefson

HEALTHED 360 CURRENT TOPICS IN HEALTH AND WELLNESS ... The course examines, interprets, and evaluates wellness as it relates to current topics in health, disease prevention, health promotion, and health education. Topics included are cardiovascular health, alcohol and other drugs, nutrition concepts, health hazards, tobacco, and topics related to public health such as physical activity and behavior changes.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

#3261 Section 01 [units: 2]
01/21-05/20 TR 09:30 AM - 10:20 AM WH2001 Brandi Niemeier

HEALTHED 362 STRESS MANAGEMENT ... The course explains what stress is, its various causes, and its effects. It helps develop a personal "Stress Profile" which enables the participants to pinpoint the specific sources and manifestations of stress and tension. The course shows how to combine biofeedback, relaxation techniques, exercise, diet, and other skills into an individualized "Stress Management System" that will help individuals feel healthier and cope better with daily pressure.

PREREQ: SOPHOMORE/JUNIOR/SENIOR STATUS

#3262 Section 01 [units: 3]
01/21-05/20 MWF 11:00 AM - 11:50 AM WH1001 Ann W Garvin

HEALTHED 382 ELEMENTARY HEALTH EDUCATION ... Teaching and learning experiences in selected content areas of health education. Designed for the elementary teacher.

PREREQ: RESTRICTED TO STUDENTS WITH PROFESSIONAL EDUCATION ADMISSION

#4470 Section 01 [units: 2]
01/21-05/20 TR 11:00 AM - 11:50 AM WC0183A Cristy A Jefson

#4471 Section 02 [units: 2]
01/21-05/20 TR 12:30 PM - 01:20 PM WC0183A Cristy A Jefson

HEALTHED 391 NUTRITION FOR HEALTH ... The course helps students plan, evaluate, and analyze dietary intake based on sound nutritional guidelines, principles, and knowledge for the purpose of health enhancement, improved mental and physical performance, and decreasing risk of disease.

PREREQ: SOPHOMORE STATUS

#3320 Section 01 [units: 3]
01/21-05/20 MWF 08:50 AM - 09:40 AM WH1001 Ann W Garvin

HEALTHED 445 TEACHING HEALTH EDUCATION ... A study of philosophy, trends and teaching-learning strategies. Emphasis will be placed on developing and utilizing models and strategies in health education.

PREREQ: HEALTHED 340

#4475 Section 01 [units: 3]
01/21-05/20 M 05:00 PM - 07:30 PM WC0183A Cristy A Jefson

HEALTHED 470 FACILITATING HEALTH BEHAVIOR ... This course is designed as a capstone experience for non-teaching health minor students who have had at least 12 credits of work in the health minor. This course offers opportunities to gain the skills necessary for helping others with health behavior changes, while creating healthier environments in the home, workplace and community.

PREREQ: HEALTHED 360/HEALTHED 560 AND CONSENT OF INSTRUCTOR

#4477 Section 01 [units: 3]
01/21-05/20 TR 12:30 PM - 01:45 PM WC0185 Brandi Niemeier
<table>
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<th>Location</th>
<th>Instructor</th>
<th>Course Topic</th>
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<td>HEALTHED 492 FIELD STUDY: HEALTH ... Studies designed to increase the student's understanding of specific areas of health through involvement in off-campus experiences such as elementary or secondary schools, health volunteer agencies, or health maintenance organizations under the direction of department instructors. Repeatable.</td>
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<tr>
<td>#4479</td>
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<td>01/21-05/20</td>
<td>Arranged</td>
<td>02:15 PM - 03:30 PM</td>
<td>WC0185</td>
<td>Kimberly D Turner</td>
<td>COMMUNITY AND PUBLIC HEALTH</td>
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<tr>
<td></td>
<td>Section 02</td>
<td>01/21-05/20</td>
<td>Arranged</td>
<td>02:15 PM - 04:45 PM</td>
<td>WC0183A</td>
<td>Cristy A Jefson</td>
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<td></td>
<td>Section 03</td>
<td>01/21-05/20</td>
<td>Arranged</td>
<td>08:00 AM - 09:15 AM</td>
<td>WH1001</td>
<td>Ann W Garvin</td>
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- **HEALTHED 496 SPECIAL STUDIES** ... Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings. Repeatable.

- **HEALTHED 498 INDEPENDENT STUDY** ... Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum of 3 credits in major/degree.

- **HEALTHED 540 SECONDARY HEALTH EDUCATION** ... An introduction to various health belief models and philosophies with particular emphasis on health education content at the secondary level.

- **HEALTHED 541 YOGA/STRESS REDUCTION** ... A course designed to help students and professionals learn to effectively handle stress through specific Yoga training and mind/body connections.

- **HEALTHED 542 CURRENT TOPICS IN HEALTH AND WELLNESS** ... The course examines, interprets, and evaluates wellness as it relates to current topics in health, disease prevention, health promotion, and health education. Topics included are cardiovascular health, alcohol and other drugs, nutrition concepts, health hazards, tobacco, and topics related to public health such as physical activity and behavior changes.

- **HEALTHED 545 TEACHING HEALTH EDUCATION** ... A study of philosophy, trends and teaching-learning strategies. Emphasis will be placed on developing and utilizing models and strategies in health education.
HEALTHED 670 FACILITATING HEALTH BEHAVIOR ... This course is designed as a capstone experience for non-teaching health minor students who have had at least 12 credits of work in the health minor. This course offers opportunities to gain the skills necessary for helping others with health behavior changes, while creating healthier environments in the home, workplace and community.

PREREQ: HEALTHED 360/HEALTHED 560 AND CONSENT OF INSTRUCTOR

#4478 Section 01 [units: 3]  
01/21-05/20  
12:30 PM - 01:45 PM  WC0185  
Brandi Niemeier

HEALTHED 696 SPECIAL STUDIES ... Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings.

#4491 Section 01 [units: 3]  
01/21-05/20  
02:15 PM - 03:30 PM  WC0185  
Kimberly D Turner  
COMMUNITY AND PUBLIC HEALTH

HEALTHED 745 EXERCISE AND HEALTH ... A course designed to introduce how exercise relates to an individual’s health, specifically cardiovascular endurance, relaxation and nutrition. It will include background information regarding holistic health, exercise prescription, nutrition and relaxation. Application of this background information will also be a part of the course through evaluation of present levels and participation in individually designed programs.

#4495 Section 01 [units: 3]  
01/21-05/20  
06:15 PM - 08:45 PM  WC0106  
Brandi Niemeier

HEALTHED 793 PRACTICUM ... Prereq: Graduate status, application and interview, completion of 9 credits at UW-Whitewater and designated curriculum check sheet requirements. (Not to be used for first-time certification)

#4496 Section 01 [units: 1-12]  
01/21-05/20  
Arranged  
Arranged  
Dept. Consent

HEALTHED 798 INDIVIDUAL STUDIES ... Study of a selected topic or topics under the direction of a faculty member.

#4497 Section 01 [units: 1-3]  
01/21-05/20  
Arranged  
Ann W Garvin  
Dept. Consent

#4498 Section 02 [units: 1-3]  
01/21-05/20  
Arranged  
Cristy A Jefson  
Dept. Consent

#4499 Section 03 [units: 1-3]  
01/21-05/20  
Arranged  
Brandi Niemeier  
Dept. Consent

HEALTHED 799 THESIS RESEARCH ... Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course.

#4500 Section 01 [units: 1-6]  
01/21-05/20  
Arranged  
Ann W Garvin  
P/F Grading Basis Only

#4501 Section 02 [units: 1-6]  
01/21-05/20  
Arranged  
Cristy A Jefson  
P/F Grading Basis Only

#4502 Section 03 [units: 1-6]  
01/21-05/20  
Arranged  
Brandi Niemeier  
P/F Grading Basis Only

Physical Education Field

PEFIELD 411 DIRECTED TEACHING PHYSICAL EDUCATION-ELEMENTARY SCHOOL ... Directed Teaching - Physical Education - Elementary

PREREQ: PEPROF 330, PEPROF 340, PEPROF 380, PEPROF 400, PEPROF 492, S/NC, AND SUCCESSFUL COMPLETION OF ALL COURSES IN MAJOR

#5027 Section 01 [units: 1-12]  
01/21-05/20  
Arranged  
Nancy K Farmer  
S/NC Grading Basis Only

#5202 Section 02 [units: 1-12]  
01/21-05/20  
Arranged  
Kristin L Russell  
S/NC Grading Basis Only

#5203 Section 03 [units: 1-12]  
01/21-05/20  
Arranged  
Joy L Cameron  
S/NC Grading Basis Only

#5241 Section 04 [units: 1-12]  
01/21-05/20  
Arranged  
Penny Portman  
S/NC Grading Basis Only

PEFIELD 412 DIRECTED TEACHING PHYSICAL EDUCATION-MIDDLE SCHOOL ... Directed Teaching - Physical Education - Middle School

PREREQ: PEPROF 330, PEPROF 340, PEPROF 380, PEPROF 400, PEPROF 492, S/NC, AND SUCCESSFUL COMPLETION OF ALL COURSES IN MAJOR

#5028 Section 01 [units: 1-12]  
01/21-05/20  
Arranged  
Steven J Albrechtsen  
S/NC Grading Basis Only
PEGNRL 103 BEGINNING ARCHERY (GP) ... An activity course designed to teach the student the fundamental techniques of archery for use as a leisure-time activity.

#4504 Section 01 [units: 0.5] Gen Ed Physical Education (GP)
03/17-05/20 TR 11:00 AM - 11:50 AM WC0104B Timothy A Fader

PEGNRL 104 BEGINNING BADMINTON (GP) ... An activity course designed to teach the student the basic skills, knowledges, strategies, and understandings of badminton.

#4509 Section 01 [units: 0.5] Gen Ed Physical Education (GP)
01/21-03/14 MW 08:50 AM - 09:40 AM WC0201A Stacy Boudreau

PEGNRL 108 BEGINNING BOWLING (GP) ... An activity course designed to develop or improve the fundamental skills of bowling so that bowling can be utilized now, and later in life, as a recreational activity.

#4515 Section 01 [units: 0.5] Gen Ed Physical Education (GP) NOTE: For students with a bowling average below 130. Required course fee is $25.00.
01/21-03/14 TR 08:25 AM - 09:15 AM UC0045 Kara J Amundson

PEGNRL 120 BEGINNING GOLF (GP) ... To learn the basic skills, rules, and etiquette of golf for use as a leisure-time activity.

#4529 Section 01 [units: 0.5] Gen Ed Physical Education (GP)
03/17-05/20 TR 08:25 AM - 09:15 AM WC0104A Nicholas J Bennett

PEGNRL 121 INTERMEDIATE GOLF (GP) ... An activity course designed to give the student the opportunity to develop and utilize intermediate skills in golf. Students will practice their skills in an actual nine-hole course setting.

#4534 Section 01 [units: 0.5] Gen Ed Physical Education (GP)
03/17-05/20 MW 09:55 AM - 10:45 AM SA0011 Nicholas J Bennett

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<td>03/17-05/20</td>
<td>F</td>
<td>08:50 AM - 11:40 AM</td>
<td>WC0104A</td>
<td>Timothy A Fader</td>
<td>PEGNRL 135 BICYCLING ... This bicycling course is designed for both the beginner to the intermediate rider. A variety of topics will be included: safety, proper size and riding technique, equipment, repairs &amp; maintenance, basic physiological benefits, cycle touring and route development. Trips will be on low traveled roads and bike paths. Bikes and helmets are available.</td>
</tr>
<tr>
<td>01/21-03/14</td>
<td>TR</td>
<td>06:30 PM - 09:30 PM</td>
<td>WC0183B</td>
<td>Bill Krieger</td>
<td>PEGNRL 138 BEGINNING SKIN AND SCUBA DIVING (GP) ... An activity course emphasizing basic skin and scuba diving knowledges, skills, safety precautions, and recreational benefits through 22 hours of classroom and practical work. Successful completion of the course qualifies students for checkout dives and final scuba diver certification. The course is taught under the auspices of the Professional Association of Diving Instructors (PADI).</td>
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<tr>
<td>03/17-05/20</td>
<td>TR</td>
<td>09:30 AM - 10:40 AM</td>
<td>WC0174</td>
<td>Nancy K Farmer</td>
<td>PEGNRL 141 BEGINNING YOGA (GP) ... An activity course which introduces the techniques of performing basic asanas (exercises) and purposeful breathing. Extra emphasis is given to toning the body, using deep muscle isometrics, and concentration in relaxation and better mental attitudes.</td>
</tr>
<tr>
<td>01/21-03/14</td>
<td>TR</td>
<td>09:30 AM - 10:40 AM</td>
<td>WC0183B</td>
<td>Bill Krieger</td>
<td>PEGNRL 142 INTERMEDIATE YOGA (GP) ... An activity course designed which expands on the techniques of performing intermediate asanas and new methods for breathing, massage, and imagery. Special emphasis is given to limbering the body while using deep muscle isometrics, imagery in everyday life, stress reduction, and nutrition designed to improve lifelong health.</td>
</tr>
<tr>
<td>03/17-05/20</td>
<td>MW</td>
<td>07:45 AM - 08:35 AM</td>
<td>WC0182</td>
<td>Sam K Gnatzig</td>
<td>PEGNRL 143 PREREQ: ARC LEVEL IV OR ITS EQUIVALENT</td>
</tr>
<tr>
<td>03/17-05/20</td>
<td>MW</td>
<td>07:45 AM - 08:35 AM</td>
<td>WC0182</td>
<td>Sam K Gnatzig</td>
<td>PEGNRL 150 BEGINNING SWIMMING (ARC LEVELS III-IV) (GP) ... An activity class designed to help the student develop proficiency in the front crawl, back crawl, elementary backstroke, and treading water. The breaststroke and sidestroke are introduced. Prereq: Demonstrate all completion requirements in the American Red Cross Level II course.</td>
</tr>
<tr>
<td>03/17-05/20</td>
<td>MW</td>
<td>07:45 AM - 08:35 AM</td>
<td>WC0182</td>
<td>Sam K Gnatzig</td>
<td>PEGNRL 151 INTERMEDIATE SWIMMING (ARC LEVEL V-VI) (GP) ... An activity course designed to polish the students front crawl and back crawl, as well as develop proficiency in the breaststroke and sidestroke. The butterfly, approach stroke, turns, and surface dives are introduced.</td>
</tr>
<tr>
<td>01/21-03/14</td>
<td>R</td>
<td>06:30 PM - 09:30 PM</td>
<td>WC0183B</td>
<td>Bill Krieger</td>
<td>erek: PREREQ: ARC LEVEL IV OR ITS EQUIVALENT</td>
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<tr>
<td>03/17-05/20</td>
<td>R</td>
<td>06:30 PM - 09:30 PM</td>
<td>WC0183B</td>
<td>Bill Krieger</td>
<td>PEGNRL 160 BEGINNING TENNIS (GP) ... An activity course instructing students in the basic fundamentals of tennis. The course consists of learning and practicing six basic strokes. An attempt is made to develop an appreciation and love for the game so the student will participate in the activity after college.</td>
</tr>
<tr>
<td>03/17-05/20</td>
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<td>09:30 AM - 10:40 AM</td>
<td>WC0195</td>
<td>Joshua B Ireland</td>
<td>PEGNRL 161 BEGINNING WEIGHT TRAINING (GP) ... A course designed to develop a basic understanding of the use of weights as fundamental techniques and skills and to help the individual set up and understand a good program of training.</td>
</tr>
<tr>
<td>01/21-03/14</td>
<td>TR</td>
<td>09:30 AM - 10:40 AM</td>
<td>WC0195</td>
<td>Joshua B Ireland</td>
<td>PEGNRL 162 BEGINNING WEIGHT TRAINING (GP) ... A course designed to develop a basic understanding of the use of weights as fundamental techniques and skills and to help the individual set up and understand a good program of training.</td>
</tr>
<tr>
<td>03/17-05/20</td>
<td>M</td>
<td>06:15 PM - 07:55 PM</td>
<td>WC0202</td>
<td>Austin G Sams</td>
<td>PEGNRL 163 BEGINNING SELF DEFENSE (GP) ... An activity course designed to increase personal fitness, to develop skills in the defense of one's self, and to develop skills to identify crime situations and how to handle them.</td>
</tr>
<tr>
<td>01/21-03/14</td>
<td>M</td>
<td>06:15 PM - 07:55 PM</td>
<td>WC0202</td>
<td>Austin G Sams</td>
<td>PEGNRL 164 BEGINNING SELF DEFENSE (GP) ... An activity course designed to increase personal fitness, to develop skills in the defense of one's self, and to develop skills to identify crime situations and how to handle them.</td>
</tr>
<tr>
<td>01/21-03/14</td>
<td>W</td>
<td>06:15 PM - 07:55 PM</td>
<td>WC0203</td>
<td>Trent A Norrell</td>
<td>PEGNRL 165 BEGINNING SELF DEFENSE (GP) ... An activity course designed to increase personal fitness, to develop skills in the defense of one's self, and to develop skills to identify crime situations and how to handle them.</td>
</tr>
<tr>
<td>03/17-05/20</td>
<td>W</td>
<td>06:15 PM - 07:55 PM</td>
<td>WC0203</td>
<td>Trent A Norrell</td>
<td>PEGNRL 166 BEGINNING SELF DEFENSE (GP) ... An activity course designed to increase personal fitness, to develop skills in the defense of one's self, and to develop skills to identify crime situations and how to handle them.</td>
</tr>
<tr>
<td>03/17-05/20</td>
<td>M</td>
<td>06:15 PM - 07:55 PM</td>
<td>WC0203</td>
<td>Jan P Nagel</td>
<td>PEGNRL 167 BEGINNING SELF DEFENSE (GP) ... An activity course designed to increase personal fitness, to develop skills in the defense of one's self, and to develop skills to identify crime situations and how to handle them.</td>
</tr>
<tr>
<td>03/17-05/20</td>
<td>M</td>
<td>06:15 PM - 07:55 PM</td>
<td>WC0203</td>
<td>Jan P Nagel</td>
<td>PEGNRL 168 BEGINNING SELF DEFENSE (GP) ... An activity course designed to increase personal fitness, to develop skills in the defense of one's self, and to develop skills to identify crime situations and how to handle them.</td>
</tr>
</tbody>
</table>
### PEGNRL 175 BEGINNING TAE KWON DO: KARATE (GP)...

An activity course designed to teach the fundamental physical and mental skills of Tae Kwon Do, a Korean style of karate. The course will cover basic blocks, kicks, strikes, and forms, as well as proper breathing techniques and the theory of power. Emphasis will be placed on how karate can be used for self-defense.

**Coreq:** PEGNRL 175

<table>
<thead>
<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
<th>Title</th>
<th>Days</th>
<th>Times</th>
<th>Location</th>
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<td>Gen Ed Physical Education (GP)</td>
<td>M</td>
<td>06:15 - 07:55 PM</td>
<td>WC0203</td>
<td>Christopher R Wunsch</td>
</tr>
</tbody>
</table>

### PEGNRL 176 INTERMEDIATE TAE KWON DO: KARATE (GP)...

An activity course designed to teach the intermediate physical and mental skills of Tae Kwon Do, a Korean martial art. The course will review skills learned in Beginning Tae Kwon Do. Emphasis will be placed on forms and self-defense techniques.

**Coreq:** PEGNRL 175

<table>
<thead>
<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
<th>Title</th>
<th>Days</th>
<th>Times</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
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<td>01</td>
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<td>Gen Ed Physical Education (GP)</td>
<td>M</td>
<td>06:15 - 07:55 PM</td>
<td>WC0203</td>
<td>Christopher R Wunsch</td>
</tr>
</tbody>
</table>

### PEGNRL 178 ADVANCED TAE KWON DO (GP)...

The course is designed to enhance skills learned in the beginning and intermediate classes along with developing more advanced skills. Students will discuss and practice various advanced techniques, skills, strategies and philosophies in martial arts, along with a constant focus on sound structural basics.

**Prereq:** PEGNRL 175 AND PEGNRL 176

<table>
<thead>
<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
<th>Title</th>
<th>Days</th>
<th>Times</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
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<td>1</td>
<td>Gen Ed Physical Education (GP)</td>
<td>M</td>
<td>06:15 - 07:55 PM</td>
<td>WC0202</td>
<td>Trent A Norrell</td>
</tr>
</tbody>
</table>

### PEGNRL 179 MARTIAL ARTS SPARRING TECHNIQUES (GP)...

Course focuses on techniques, strategies, and skills to improve self-defense and martial arts competition.

**Prereq:** PEGNRL 175; **Coreq:** PEGNRL 176

<table>
<thead>
<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
<th>Title</th>
<th>Days</th>
<th>Times</th>
<th>Location</th>
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<tbody>
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<td>Gen Ed Physical Education (GP)</td>
<td>W</td>
<td>06:15 - 07:55 PM</td>
<td>WC0202</td>
<td>Trent A Norrell</td>
</tr>
</tbody>
</table>

### PEGNRL 180 EXERCISEWALKING (GP)...

An activity class to teach students a variety of walking styles and training routines. Students develop a program of exercise walking which best fits their lifestyle and physical fitness needs.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
<th>Title</th>
<th>Days</th>
<th>Times</th>
<th>Location</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
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<td>Gen Ed Physical Education (GP)</td>
<td>TR</td>
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<td>WC0104B</td>
<td>Stacy Boudreau</td>
</tr>
</tbody>
</table>

### PEGNRL 181 MILITARY CONDITIONING (GP)...

An activity course which is an introductory study for men and women of military calisthenics designed to develop both individual fitness and leadership skills essential to the management of an effective organizational physical fitness program.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
<th>Title</th>
<th>Days</th>
<th>Times</th>
<th>Location</th>
<th>Instructor</th>
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<td>Gen Ed Physical Education (GP)</td>
<td>M</td>
<td>06:30 AM - 07:20 AM</td>
<td>WC0201A</td>
<td>Matthew S Lane</td>
</tr>
</tbody>
</table>

### PEGNRL 182 KARATE: MARTIAL ARTS SPARRING TECHNIQUES (GP)...

Course focuses on techniques, strategies, and skills to improve self-defense and martial arts competition.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
<th>Title</th>
<th>Days</th>
<th>Times</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
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<td>M</td>
<td>06:30 AM - 07:20 AM</td>
<td>WC0201A</td>
<td>Matthew S Lane</td>
</tr>
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</table>

### PEGNRL 183 SWIM FOR FITNESS (GP)...

An activity course helping students utilize their swimming skills to develop and maintain fitness; distance, fartlek, interval techniques, and dry land exercises are taught. **Out-of-class activity is recommended.**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
<th>Title</th>
<th>Days</th>
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<th>Location</th>
<th>Instructor</th>
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<td>Gen Ed Physical Education (GP)</td>
<td>TR</td>
<td>11:00 AM - 11:50 AM</td>
<td>WC0104B</td>
<td>Stacy Boudreau</td>
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</tbody>
</table>

### PEGNRL 184 PERSONAL HEALTH AND FITNESS FOR LIFE (GP)...

An activity course which develops students understanding of the importance of a healthy lifestyle, while experiencing the choices available. Students will develop a basic understanding of creating and/or assessing healthy and safe exercise program(s) relative to their goals and needs.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
<th>Title</th>
<th>Days</th>
<th>Times</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>#3263</td>
<td>01</td>
<td>1</td>
<td>Gen Ed Physical Education (GP)</td>
<td>TR</td>
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<td>WH2001</td>
<td>Allison L Annala</td>
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<tr>
<th>CRN</th>
<th>Section</th>
<th>Units</th>
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<td>Gen Ed Physical Education (GP)</td>
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<td>A Ryan Bracius</td>
</tr>
<tr>
<td>Start/End Dates</td>
<td>Meeting Days</td>
<td>Meeting Times</td>
<td>Location</td>
<td>Instructor</td>
<td>Course Topic (if applicable)</td>
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<td>01/21-05/20</td>
<td>M</td>
<td>09:55 AM - 10:45 AM</td>
<td>WH2001</td>
<td>Joshua B Ireland</td>
<td>NOTE: This is a hybrid course using Desire2Learn (D2L) and other technology for delivery of part of the course.</td>
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<tr>
<td>01/21-05/20</td>
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<td>WH2001</td>
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<tr>
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<tr>
<td>01/21-05/20</td>
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<td>WH2001</td>
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<td>Jennifer R Regan</td>
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</table>

**Physical Education Professional**

**PEPROF 165 INTRODUCTION TO PHYSICAL EDUCATION**... This course is designed for the beginning student considering a career as a professional physical educator with a Physical Education Broadfield K-12 License or a Health, Human Performance, Recreation major. The class will focus on the development of a physical education philosophy, career orientation, the history of physical education and sport, and the various sub-disciplines related to the field of physical education.

**PEPROF 171 FUNDAMENTALS OF FLAG FOOTBALL AND TEAM HANDBALL**... A course designed to teach the physical education major/minor the basic skills, knowledge, strategies, and mechanical principles relative to flag football and team handball.

**PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS**

**PEPROF 172 FUNDAMENTALS OF BASKETBALL**... Designed to teach the physical education major/minor the basic skills, knowledge, strategies, and mechanical principles relative to basketball.

**PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS**

**PEPROF 173 FUNDAMENTALS OF TUMBLING**... An activity-centered course designed to provide the physical education major/minor with basic tumbling skills as well as an understanding of the mechanics of movement.

**PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS**
PEPROF 174 FUNDAMENTALS OF VOLLEYBALL ... Designed to teach physical education majors/minors the basic skills, knowledge, strategies and mechanical principles relative to volleyball.
PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS
#4590 Section 01 [units: 1]
03/17-05/20 TR 11:00 AM - 12:15 PM WC0191 Stacy Boudreau

PEPROF 175 FUNDAMENTALS OF BOWLING AND BADMINTON ... Designed to teach the physical education major/minor the basic skills, knowledge, strategies and mechanical principles relative to bowling and badminton.
PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS
#4592 Section 01 [units: 1] NOTE: Required additional fee is $13.00.
01/21-03/14 TR 11:00 AM - 12:15 PM WC0201A Tony A Guinn

PEPROF 176 FUNDAMENTALS OF ARCHERY AND GOLF ... Designed to teach the physical education major/minor the basic skills, knowledge, strategies and mechanical principles relative to golf and archery.
PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS
#4594 Section 01 [units: 1]
03/17-05/20 MWF 11:00 AM - 11:50 AM WC0104B Timothy A Fader

PEPROF 177 FUNDAMENTALS OF TRACK AND FIELD ... Designed to teach the physical education major/minor the basic skills, knowledge, strategies and mechanical principles relative to track and field.
PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS
#4596 Section 01 [units: 1]
01/21-03/14 MWF 08:50 AM - 09:40 AM WC0183A Michael J Johnson

PEPROF 178 FUNDAMENTALS OF SOCCER AND SPEEDBALL ... A course designed to teach the physical education major/minor the basic skills, knowledge, strategies and mechanical principles relative to soccer and speedball.
PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS
#4597 Section 01 [units: 1]
03/17-05/20 TR 11:00 AM - 12:15 PM WC0144 Tony A Guinn

PEPROF 200 FUNDAMENTALS OF RHYTHMS ... A course designed to teach movement patterns that will be used in the execution of basic dance steps and dances.
PREREQ: PHYSICAL EDUCATION MAJOR, RECREATION MINOR, DANCE EDUCATION MINOR, OR CONSENT OF INSTRUCTOR
#4598 Section 01 [units: 2]
01/21-05/20 TR 11:00 AM - 12:15 PM WC0182 Kathleen A Happel

PEPROF 209 INVESTIGATING COMMUNITY PROFESSIONS IN PHYSICAL EDUCATION ... This course prepare students majoring in Physical Education, who are not pursuing a teaching license, for the required Field Study course. This course provides resources and instruction for designing a plan for professional development and field study placement. Students will visit potential field study sites, interview professionals and develop a resume.
Satisfactory/No Credit grade basis only.
#4599 Section 01 [units: 1] NOTE: S/NC grade basis only.
01/21-05/20 W 12:05 PM - 12:55 PM WC0183B Karen L Barak
S/NC Grading Basis Only

PEPROF 212 FUNDAMENTALS OF APPARATUS ... An activity course designed to teach the physical education major/minor the skills necessary for performance on apparatus and an understanding of the mechanical principles involved.
PREREQ: PEPROF 173 AND PHYSICAL EDUCATION LICENSE MAJOR OR RECREATION MINOR
#4604 Section 01 [units: 1]
03/17-05/20 MWF 11:00 AM - 11:50 AM WC0203 Jennifer R Regan

PEPROF 213 FUNDAMENTALS OF TENNIS ... Designed to teach the physical education major/minor the basic skills, knowledge, strategies and mechanical principles relative to tennis.
PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS
#4605 Section 01 [units: 1]
03/17-05/20 MW 11:00 AM - 11:50 AM WC0104C Kara J Amundson

PEPROF 215 FUNDAMENTALS OF WEIGHT TRAINING & PHYSICAL FITNESS ... A course designed to develop a general understanding of physical fitness programs and the use of weights as a means of developing strength and physical fitness. The course involves surveying weight training and fitness programs and learning when and where each is used.
PREREQ: PHYSICAL EDUCATION MAJORS AND/OR RECREATION MINORS
#4610 Section 01 [units: 1]
01/21-03/14 MW 01:10 PM - 02:00 PM WC0195 A Ryan Bracius

PEPROF 240 THEORY OF TEAM AND INDIVIDUAL ACTIVITIES ... A course that bridges the gap between participation in and the teaching of team and individual activities.
PREREQ: PEPROF 165, 1 U OF INDIVIDUAL PEPROF CRSE (PEPROF 175, PEPROF 176 AND PEPROF 213) AND 1 U OF TEAM PEPROF CRSE (CHOOSE FROM PEPROF 171, PEPROF 172, PEPROF 174, PEPROF 178 AND PEPROF 210)
#4612 Section 01 [units: 3] NOTE: This is a hybrid course using Desire2Learn and other technology for delivery of part of the course.
01/21-05/20 MW 01:10 PM - 02:00 PM WC0184 Kristin L Russell
PEPROF 271 STRUCTURE AND FUNCTION OF THE HUMAN BODY ... Study of the basic structure and function of the human body. Emphasis will be placed on the interrelationships between the systems of the body and their application to human movement.

PREREQ: GENERAL STUDIES LAB SCIENCE OR CONSENT OF INSTRUCTOR

#3308 Section 01 [units: 4] NOTE: This is a hybrid course using Desire2Learn (D2L) and other technology for delivery of part of the course.
01/21-05/20 R 08:40 AM - 10:20 AM WC0186 William A Skelly
01/21-05/20 R 08:40 AM - 10:20 AM WC0186 Benjamin J Staupe
01/21-05/20 MWF 08:50 AM - 09:40 AM WH2001 William A Skelly

#3309 Section 02 [units: 4] NOTE: This is a hybrid course using Desire2Learn (D2L) and other technology for delivery of part of the course.
01/21-05/20 R 10:35 AM - 12:15 PM WC0186 William A Skelly
01/21-05/20 R 10:35 AM - 12:15 PM WC0186 Benjamin J Staupe
01/21-05/20 MWF 08:50 AM - 09:40 AM WH2001 William A Skelly

#3310 Section 03 [units: 4] NOTE: This is a hybrid course using Desire2Learn (D2L) and other technology for delivery of part of the course.
01/21-05/20 R 12:30 PM - 02:10 PM WC0186 William A Skelly
01/21-05/20 R 12:30 PM - 02:10 PM WC0186 Benjamin J Staupe
01/21-05/20 MWF 08:50 AM - 09:40 AM WH2001 William A Skelly

#3311 Section 04 [units: 4] NOTE: This is a hybrid course using Desire2Learn (D2L) and other technology for delivery of part of the course.
01/21-05/20 R 02:25 PM - 04:05 PM WC0186 William A Skelly
01/21-05/20 R 02:25 PM - 04:05 PM WC0186 Benjamin J Staupe
01/21-05/20 MWF 08:50 AM - 09:40 AM WH2001 William A Skelly

PEPROF 281 FIRST AID AND C.P.R. ... A study of the human body in relation to accidents and emergency care. A study of the methods of, and the importance of, immediate care of a person who has been injured or has been suddenly taken ill. It includes self-help and home care if medical assistance is not available or is delayed. It includes techniques of cardio-pulmonary resuscitation.

#4616 Section 01 [units: 2] NOTE: Required additional course fee is $27.00.
01/21-05/20 MWF 08:50 AM - 09:40 AM WC01838 Chad Kelsey

#4622 Section 02 [units: 2] NOTE: Required additional course fee is $27.00.
01/21-05/20 TR 08:00 AM - 09:15 AM WC01838 Joel M Rollings

PEPROF 291 LIFEGUARDING (GP) ... This course leads to a three-year certification as an American Red Cross Lifeguard, a Waterfront Lifeguard and a Head Lifeguard as well as certification in First Aid and Cardiopulmonary Resuscitation for the Professional Rescuer.

#4625 Section 01 [units: 3] Gen Ed Physical Education (GP) NOTE: This is a hybrid course using Desire2Learn (D2L) and other technology for delivery of part of the course. Required additional course fee is $83.00.
02/28 F 06:00 PM - 10:00 PM WC0174 Joel M Rollings
03/01-03/02 SU 08:00 AM - 05:00 PM WC0174 Joel M Rollings
03/07 F 06:00 PM - 10:00 PM WC0174 Joel M Rollings
03/08-03/09 SU 08:00 AM - 05:00 PM WC0174 Joel M Rollings
01/21-03/11 Arranged Arranged WEB BASED Joel M Rollings

PEPROF 314 TECHNIQUES OF TEACHING DANCE ... A course designed to emphasize techniques of teaching dance and the organization of rhythms and dance programs for the elementary and secondary levels.

PREREQ: PEPROF 200, JUNIOR STANDING, AND ADMISSION TO PROFESSIONAL EDUCATION, OR CONSENT OF INSTRUCTOR

#4632 Section 01 [units: 3]
01/21-05/20 MW 02:15 PM - 03:30 PM WC0182 Kathleen A Happel

PEPROF 315 PERSONAL TRAINER PROFESSIONAL PREPARATION ... This course is designed to provide theoretical knowledge and practical skills in personal training. Topics include guidelines for instructing safe, effective/purposeful exercise, essentials of client-trainer relationship, conducting health and fitness assessments, and designing/implementing appropriate exercise programming. This course will prepare persons to take the ACE National Certification test. Course fee for certification materials required.

#4633 Section 01 [units: 3] NOTE: Required additional course fee is $150.00.
01/21-05/20 TR 08:00 AM - 09:15 AM WC0185 Jen Kaina

PEPROF 324 TECHNIQUES OF TEACHING GYMNASTICS ... A course for physical education majors and minors designed to develop an understanding of progressions in and mechanical skill analysis of tumbling, apparatus, and floor exercise activities to be used in the teaching of gymnastics. It includes hands on teaching experiences.

PREREQ: PEPROF 173 AND PEPROF 212 OR EQUIVALENT

#4634 Section 01 [units: 3]
01/21-05/20 TR 11:00 AM - 12:15 PM WC0202 Nancy K Farmer

PEPROF 327 MOTOR PROGRAMMING FOR EARLY CHILDHOOD ... This course is designed for those who plan to work with children in any type of preschool program. Emphasis will be placed on providing ideas for developmental motor activities that will aid children with their 1) physical coordination, 2) emotional reactions to various experiences, 3) social interactions and, 4) mental development.

PREREQ: RESTRICTED TO STUDENTS WITH PROFESSIONAL EDUCATION ADMISSION

#4639 Section 01 [units: 2] NOTE: The first class meeting is 1/22 in R1042. All other class meetings held at Washington Elementary School.
01/21-05/20 T 02:15 PM - 03:55 PM OFF CAMPUS Kathleen A Happel
01/21 T 02:15 PM - 03:55 PM R1042 Kathleen A Happel
<table>
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<tr>
<th>Class#</th>
<th>Section (Units)</th>
<th>General Education Designation (if any)</th>
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### PEPROF 328 PHYSICAL EDUCATION FOR THE CLASSROOM TEACHER...
This course is designed for those who plan to work with children middle childhood/early adolescence. Emphasis will be placed on understanding, planning, and teaching a developmentally appropriate and integrative physical activity for children within these ages.

**PREREQ:** RESTRICTED TO STUDENTS WITH PROFESSIONAL EDUCATION ADMISSION

- **#4642 Section 01 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: TR
  - Meeting Times: 09:30 AM - 10:45 AM
  - Location: R1042
  - Instructor: Penny Portman

- **#4643 Section 02 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: TR
  - Meeting Times: 11:00 AM - 12:15 PM
  - Location: R1042
  - Instructor: Penny Portman

### PEPROF 330 TECHNIQUES OF TEACHING MOVEMENT ACTIVITIES IN ELEMENTARY SCHOOL...
A course which combines the theory of curriculum development with the planning and conducting of lessons suitable for both the K-3 grades and the upper elementary grades. Emphasis is on the planning for lessons suitable for the K-3 child including basic manipulative, non-manipulative and locomotor skills, activities of simple organization and lead-up activities in progression.

**COREQ:** PEPROF 340, PEPROF 380, PEPROF 492; **PREREQ:** ADMISSION TO PROFESSIONAL EDUCATION, PHYSICAL EDUCATION K-12 LICENSE MAJOR, EDFOUND 222, EDFOUND 212 OR 481, PEPROF 240.

- **#4644 Section 01 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: MWF
  - Meeting Times: 07:45 AM - 09:00 AM
  - Location: R1042
  - Instructor: Jay L Cameron

- **#4644 Section 02 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: MWF
  - Meeting Times: 07:45 AM - 09:00 AM
  - Location: WH1014
  - Instructor: Jay L Cameron

### PEPROF 340 TEACHING PHYSICAL EDUCATION IN SECONDARY SCHOOLS...
A course which combines the theory of curriculum development (games stages, cooperative/adventure, and fitness) with planning and conducting lessons and developing unit plans suitable for 5-12 grade students in physical education.

**COREQ:** PEPROF 330, PEPROF 380, PEPROF 492; **PREREQ:** ADMISSION TO PROFESSIONAL EDUCATION, PHYSICAL EDUCATION K-12 LICENSURE MAJOR, EDFOUND 222, EDFOUND 212 OR EDFOUND 481, PEPROF 240.

- **#4647 Section 01 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: MWF
  - Meeting Times: 09:15 AM - 10:30 AM
  - Location: R1042
  - Instructor: Kristin L Russell

- **#4647 Section 02 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: MWF
  - Meeting Times: 10:45 AM - 12:00 PM
  - Location: WH2015
  - Instructor: Kristin L Russell

### PEPROF 371 KINESIOLOGY...
The study of mechanical principles which are essential to the analysis of sport techniques as well as the performance of motor skills. The course includes a review of muscle-skeletal anatomy and the thorough study of human movement.

**PREREQ:** PEPROF 271

- **#4652 Section 01 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: MWF
  - Meeting Times: 11:00 AM - 11:50 AM
  - Location: WC0183
  - Instructor: William A Skelly

### PEPROF 380 PERCEPTUAL MOTOR ACTIVITIES FOR YOUNG CHILDREN...
A study of motor maturation, developmental variances affecting motor efficiency, gross motor assessment instruments, and prescriptive techniques involving perceptual motor activities.

**PREREQ:** ADMISSION TO PROFESSIONAL EDUCATION, PHYSICAL EDUCATION K-12 LICENSE MAJOR, EDFOUND 222, EDFOUND 212 OR EDFOUND 481, PEPROF 240

- **#4653 Section 01 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: MWF
  - Meeting Times: 10:45 AM - 12:00 PM
  - Location: R1042
  - Instructor: Penny Portman

### PEPROF 410 STUDENT TEACHING SEMINAR-PHYSICAL EDUCATION...
Restricted to students currently enrolled in Directed Teaching.

**COREQ:** RESTRICTED TO STUDENTS CURRENTLY ENROLLED IN DIRECTED TEACHING

- **#4655 Section 01 [units: 2]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: W
  - Meeting Times: 05:00 PM - 07:30 PM
  - Location: WC0183A
  - Instructor: Penny Portman

### PEPROF 471 PHYSIOLOGY OF EXERCISE...
A comprehensive study of physiological changes which occur during exercise and the adaptations which occur during exercise training. The student receives practical experience in the organization, interpretation and reporting of laboratory experiences relative to class discussion. A study of physiological adaptations of the human body during work and play while under stress. A study of nutritional and environmental aspects of exercise and the effect of conditioning on the body.

**PREREQ:** PEPROF 271

- **#3313 Section 01 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: TR
  - Meeting Times: 06:15 PM - 07:55 PM
  - Location: WC0186
  - Instructor: Michael D Stibor

- **#3314 Section 02 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: TR
  - Meeting Times: 06:15 PM - 08:05 PM
  - Location: WH2001
  - Instructor: Michael D Stibor

- **#3315 Section 03 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: T
  - Meeting Times: 08:40 AM - 10:20 AM
  - Location: WC0186
  - Instructor: Michael D Stibor

- **#3316 Section 04 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: T
  - Meeting Times: 06:15 PM - 08:05 PM
  - Location: WH2001
  - Instructor: Michael D Stibor

- **#3317 Section 05 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: T
  - Meeting Times: 12:30 PM - 02:10 PM
  - Location: WC0186
  - Instructor: Michael D Stibor

- **#3318 Section 06 [units: 3]**
  - Start/End Dates: 01/21-05/20
  - Meeting Days: T
  - Meeting Times: 06:15 PM - 08:05 PM
  - Location: WH2001
  - Instructor: Michael D Stibor
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<th>Start/End Dates</th>
<th>Meeting Days</th>
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<th>Course Topic (if applicable)</th>
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<td><strong>PEPROF 475 ADAPTED PHYSICAL EDUCATION</strong> ... A study of the problems of the atypical child in relation to the physical education activity program. Emphasis is placed on the atypical child in the public school. Areas studied include postural deviations, orthopedic and neurological disabilities, sensory handicaps, the mentally handicapped and the behaviorally deviant child.</td>
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<td>Michael K Laughlin</td>
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<td><strong>PEPROF 492 FIELD STUDY</strong> ... A course designed to increase the student’s understanding of a specific area of recreation through involvement in an off-campus internship at a recognized Physical Education agency or business which is suited to the student’s area of interest. Repeatable. Prereq: Junior status or consent of department chair.</td>
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<td><strong>PEPROF 493 HEALTH, HUMAN PERFORMANCE &amp; RECREATION INTERNSHIP</strong> ... The internship is a culminating learning experience for students studying in Health, Physical Education, and Recreation. This experience allows students the opportunity to practice the application of theory and apply the knowledge acquired through academic preparation. The internship is an in-depth supervised work and study experience, preferably at the supervisor or mid-management level, where the student has a degree of responsibility for planning, directing and supervising the work of others. A desired result of this course design is to stimulate good judgement and sound decisions while improving problem solving, communication, human development and relation building skills.</td>
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<td>Karen L Barak</td>
<td><strong>PREREQ: PEPROF 209, WITHIN 9 CREDITS OF COMPLETING MAJOR AND MINOR, APPLICATION MATERIALS FILED BY DUE DATES SEMESTER PRIOR TO PLACEMENT, AND CONSENT OF PROGRAM COORDINATOR</strong></td>
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<td><strong>PEPROF 497 EXCHANGE STUDY</strong> ... Variable Topics</td>
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<td>Brandi Niemeier</td>
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<td><strong>PEPROF 498 INDEPENDENT STUDY</strong> ... Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum of 3 credits in major/degree.</td>
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<td>Steven J Albrechtsen</td>
<td><strong>PREREQ: PHY ED MAJORS OR MINORS AND 2.75 GPA OR DEPARTMENT CONSENT</strong></td>
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<td>R1042</td>
<td>Kathleen A Happel</td>
<td><strong>PEPROF 527 MOTOR PROGRAMMING FOR EARLY CHILDHOOD</strong> ... This course is designed for those who plan to work with children in any type of preschool program. Emphasis will be placed on providing ideas for developmental motor activities that will aid children with their 1) physical coordination, 2) emotional reactions to various experiences, 3) social interactions, and 4) mental development.</td>
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<td>#4657 Section 01 [units: 3] NOTE: The first class meeting is 1/22 in R1042. All other class meetings held at Washington Elementary School.</td>
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<td>PEPROF 675</td>
<td>ADAPTED PHYSICAL EDUCATION ... A study of the problems of the atypical child in relation to the physical education activity program.</td>
<td>Emphasis is placed on the atypical child in the public school. Areas studied include postural deviations, orthopedic and neurological disabilities, sensory handicaps, the mentally handicapped and the behaviorally deviant child.</td>
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<td>WC01838</td>
<td>Michael K Laughlin</td>
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<td>PEPROF 710</td>
<td>TRENDS IN PHYSICAL EDUCATION ... Designed to improve instruction through an analysis of current objectives, new materials, revised curriculum and methods, current literature, current legislation, and organization of physical education within school and related learning laboratories.</td>
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<td>01/21-05/20</td>
<td>T</td>
<td>06:00 PM - 08:00 PM</td>
<td>WC0106</td>
<td>Michael K Laughlin</td>
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<td>PEPROF 725</td>
<td>CARDIORESPIRATORY PHYSIOLOGY ... An advanced course in the anatomy and physiology of the cardiac, vascular and pulmonary systems with an emphasis on the impact and adaptations during exercise to these systems.</td>
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<td>01/21-05/20</td>
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<td>Steven J Albrechtsen</td>
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<td>PEPROF 752</td>
<td>NEW DIMENSIONS IN TEACHING LIFETIME SPORTS ... The course is designed to explore new curriculum ideas, skills, and teaching techniques used in Lifetime Sports. Utilization will be made of lectures, field trips, and participation and discussion of new techniques and activities.</td>
<td></td>
<td>01/21-05/20</td>
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<td>08:00 PM - 10:00 PM</td>
<td>WC0106</td>
<td>Jay L Cameron</td>
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<td>PEPROF 793</td>
<td>PRACTICUM ... Prereq: Graduate status, application and interview, completion of 9 credits at UW-Whitewater, and designated curriculum check sheet requirements. (Not to be used for first-time certification)</td>
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<td>PEPROF 798</td>
<td>INDIVIDUAL STUDIES ... Study of selected topic or topics under the direction of a faculty member.</td>
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<td>PEPROF 799</td>
<td>THESIS RESEARCH ... Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course.</td>
<td></td>
<td>01/21-05/20</td>
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<td></td>
<td></td>
<td>Steven J Albrechtsen</td>
<td>Dept. Consent</td>
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<tr>
<td>RECREATN 232</td>
<td>INTRODUCTION TO RECREATION AND LEISURE ... An introduction to the field of recreation with class lecture and discussion on the historical, philosophical and theoretical aspects of leisure, recreation and play, as well as an overview of the recreation profession and its potential careers.</td>
<td></td>
<td>01/21-05/20</td>
<td>MW</td>
<td>09:55 AM - 10:45 AM</td>
<td>WC01838</td>
<td>Kristina Navarro</td>
<td></td>
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<tr>
<td>RECREATN 320</td>
<td>LEADERSHIP AND FACILITATION OF RECREATIONAL GAMES ... This course will assist students to develop their knowledge, skills, and abilities as facilitators and leaders of recreational activities. Readings, assignments, and lecture will focus on leadership and facilitation theories and techniques. A variety of recreational activities will be introduced in class.</td>
<td></td>
<td>01/21-05/20</td>
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<td></td>
<td>Kathleen A Happel</td>
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</table>
RECREATN 334 RECREATION PROGRAMMING ... Students learn processes involved in assessing recreation participants’ needs, program development, goal setting, program implementation, and evaluation. Skills are enhanced through group process experiences and on campus programming.

PREREQ: RECREATN 320 OR CONSENT OF INSTRUCTOR DUE TO PREVIOUS RECREATION LEADERSHIP EXPERIENCE (EX. YOUTH RESIDENT CAMP COUNSELOR OR RESIDENT ASSISTANT EXPERIENCE)

#4707 Section 01 [units: 3]
01/21-05/20 MWF 11:00 AM - 11:50 AM WC0185 Jan Bilgen

RECREATN 360 AGING AND LEISURE ... Examines conceptualizations of leisure and aging in the leisure and gerontological literature, examines the benefits of exercise for older persons, and the process of developing an exercise program for older persons as well as examining the benefits of other leisure areas such as the arts, education and outdoor recreation.

#4710 Section 01 [units: 3]
01/21-05/20 MWF 11:00 AM - 11:50 AM WC0185 Michael K Laughlin

RECREATN 361 RECREATION AND LEISURE FOR SPECIAL POPULATIONS ... This course introduces concepts of therapeutic recreation practice, including the history of the profession, current trends, and an overview of various disabilities and disorders across the lifespan. Students will have opportunities to develop the skills and abilities necessary to work with persons with disabilities through field-based activities.

#4712 Section 01 [units: 3]
01/21-05/20 TR 12:30 PM - 01:45 PM WC0183 Kathleen A Happel

RECREATN 423 RESEARCH AND EVALUATION IN RECREATION AND LEISURE STUDIES ... This course places emphasis on research involving recreation and leisure service provision, evaluation of leisure service programs, and research methodology. Topics will include: review of existing literature, research design, data collection, and data analysis.

PREREQ: JUNIOR/SENIOR STATUS

#4717 Section 01 [units: 3]
01/21-05/20 MWF 11:00 AM - 11:50 AM WC0183A Kristina Navarro

RECREATN 450 PLANNING, DESIGN, AND MANAGEMENT OF RECREATION FACILITIES ... This course will introduce management theories and provide practical experience in the design, development, operation, maintenance, and administration of various recreation facilities

#4724 Section 01 [units: 3]
01/21-05/20 MWF 01:10 PM - 02:00 PM WC0183A Kristina Navarro

RECREATN 489 MANAGING RECREATIONAL SPORT PROGRAMS ... A study of recreational management concepts in the areas of human resources, facility operations, budget development, marketing, public relations, policy development, and program service design.

PREREQ: JUNIOR STANDING OR ENROLLED IN THE RECREATION MINOR OR INSTRUCTOR CONSENT

#4735 Section 01 [units: 3] NOTE: First class meeting on 1/23 is in WC144. All other class meetings held at Cravath Lake Building.
01/21-05/20 MWF 11:00 AM - 11:50 AM WC0183A Therese K Kennedy
01/21-05/20 W 11:00 AM - 11:50 AM WC0144 Therese K Kennedy

RECREATN 492 FIELD STUDY: RECREATION ... A course designed to increase the student’s understanding of a specific area of recreation through involvement in an off-campus internship at a recognized recreational agency or business which is suited to the student’s area of interest. Repeatable for a maximum of 12 credits in major/degree. Prereq: Jr status or consent of department chair.

PREREQ: JUNIOR/SENIOR STATUS

#4745 Section 01 [units: 1-12] Dept. Consent
01/21-05/20 Arranged Arranged Karen L Barak

RECREATN 497 EXCHANGE STUDY ... Variable Topics

#5272 Section 01 [units: 1-12] Dept. Consent
01/21-05/20 Arranged Arranged INTRO TO SPORTS MANAGEMENT

RECREATN 498 INDEPENDENT STUDY IN RECREATION ... Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum 6 credits in major/degree.

PREREQ: REC/LEISR MINOR AND 2.75 GPA OR DEPARTMENT CONSENT

#4747 Section 01 [units: 1-3] Dept. Consent
01/21-05/20 Arranged Arranged Karen L Barak
#4749 Section 02 [units: 1-3] Dept. Consent
01/21-05/20 Arranged Arranged Kristina Navarro
#5174 Section 03 [units: 1-3] Dept. Consent
01/21-05/20 Arranged Arranged Michael K Laughlin

*** GRADUATE LEVEL COURSES ***

RECREATN 520 LEADERSHIP AND FACILITATION OF RECREATIONAL GAMES ... This course will assist students to develop their knowledge, skills, and abilities as facilitators and leaders of recreational activities. Readings, assignments, and lecture will focus on leadership and facilitation theories and techniques. A variety of recreational activities will be introduced in class.

#4703 Section 01 [units: 3]
01/21-05/20 MWF 01:10 PM - 02:00 PM WC0185 Kathleen A Happel

RECREATN 561 RECREATION AND LEISURE FOR SPECIAL POPULATIONS ... This course introduces concepts of therapeutic recreation practice, including the history of the profession, current trends, and an overview of various disabilities and disorders across the lifespan. Students will have opportunities to develop the skills and abilities necessary to work with persons with disabilities through field-based activities.

#4714 Section 01 [units: 3]
01/21-05/20 TR 12:30 PM - 01:45 PM WC0183 Kathleen A Happel
<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Description</th>
<th>Start/End Dates</th>
<th>Meeting Days</th>
<th>Meeting Times</th>
<th>Location</th>
<th>Instructor</th>
<th>Consent</th>
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<tr>
<td>RECREATN 623</td>
<td>RESEARCH AND EVALUATION IN RECREATION AND LEISURE SERVICES</td>
<td>This course places emphasis on research involving recreation and leisure service provision, evaluation of leisure service programs, and research methodology. Topics will include: review of existing literature, research design, data collection, and data analysis.</td>
<td>01/21-05/20</td>
<td>MWF</td>
<td>11:00 AM - 11:50 AM</td>
<td>WC0183A</td>
<td>Kristina Navarro</td>
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<tr>
<td>RECREATN 650</td>
<td>PLANNING, DESIGN, AND MANAGEMENT OF RECREATION FACILITIES</td>
<td>This course will introduce management theories and provide practical experience in the design, development, operation, maintenance, and administration of various recreation facilities</td>
<td>01/21-05/20</td>
<td>MWF</td>
<td>01:10 PM - 02:00 PM</td>
<td>WC0183A</td>
<td>Kristina Navarro</td>
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<tr>
<td>RECREATN 689</td>
<td>MANAGING RECREATIONAL SPORTS PROGRAMS</td>
<td>A study of recreational management concepts in the areas of human resources, facility operations, budget development, marketing, public relations, policy development, and program service design.</td>
<td>01/24-05/20</td>
<td>MWF</td>
<td>11:00 AM - 11:50 AM</td>
<td>OFF CAMPUS</td>
<td>Kristina Navarro</td>
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<td>PREREQ: JUNIOR STANDING OR ENROLLED IN THE RECREATION MINOR OR INSTRUCTOR CONSENT</td>
<td></td>
<td></td>
<td>W</td>
<td>11:00 AM - 11:50 AM</td>
<td>WC0144</td>
<td>Therese K Kennedy</td>
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<tr>
<td>RECREATN 793</td>
<td>PRACTICUM</td>
<td>Recreation Practicum.</td>
<td>01/23</td>
<td>W</td>
<td>11:00 AM - 11:50 AM</td>
<td>WC0144</td>
<td>Therese K Kennedy</td>
<td></td>
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<tr>
<td>RECREATN 796</td>
<td>SPECIAL STUDIES</td>
<td>Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings.</td>
<td>01/21-05/20</td>
<td>M</td>
<td>08:00 PM - 10:00 PM</td>
<td>WC0106</td>
<td>Kristina Navarro</td>
<td>ORG &amp; ADMIN OF REC &amp; SPORTS</td>
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<tr>
<td>RECREATN 798</td>
<td>INDIVIDUAL STUDIES</td>
<td>Study of a selected topic or topics under the direction of a faculty member.</td>
<td>01/21-05/20</td>
<td>Arranged</td>
<td>Arranged</td>
<td></td>
<td>Kristina Navarro</td>
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<tr>
<td>RECREATN 799</td>
<td>THESIS RESEARCH</td>
<td>Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course.</td>
<td>01/21-05/20</td>
<td>Arranged</td>
<td>Arranged</td>
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P/F Grading Basis Only