



*College of Education*

**HEALTH, PHYSICAL EDUCATION, RECREATION &  
COACHING COURSES**  
*(PEPROF, HEALTHED, RECREATN, COACHING, PEGNRL)*

**GENERL (PEGNRL)**

**PEGNRL-675 (CIGENRL-675) (SPECED 675)**

**Licensure Portfolio Review .5 cr**

A course to assist students removes deficiencies in their portfolio in order to make the portfolio acceptable for student continuation in teacher education programs.

**PHYSICAL EDUCATION (PEPROF)**

**PEPROF-514**

**Techniques Of Teaching Dance 3 cr**

A course designed to emphasize techniques of teaching dance and the organization of rhythms and dance programs for the elementary and secondary levels.

**PEPROF-524**

**Techniques Of Teaching Gymnastics 3 cr**

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.

**PEPROF-525**

**Physical Education For The 2 cr**

Kindergarten-Primary (K-3) Classroom Teacher

Required of students in elementary education who intend to teach children in the kindergarten through third grade levels. Emphasis is placed upon the preparation of the classroom teacher to meet the developmental needs of children in grades K-3 through the medium of motor activities.

**PEPROF-526**

**Physical Education For The 2 cr**

Elementary (4-8) Classroom Teacher

Required of students enrolled in the elementary education curriculum. Specific emphasis is placed upon preparing the classroom teacher to meet the needs of children in grades 4-8 in the area of physical education.

**PEPROF-527**

**Motor Programming For Early Childhood 2 cr**

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.

**PEPROF-530**

**Techniques Of Teaching Movement Activities 3 cr**

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.

**PEPROF-540**

**Team And Individual Sports 3 cr**

An integration of organizational procedures, lesson planning, program planning progression and teaching techniques related to team and individual sports.

**PEPROF-571**

**Kinesiology 3 cr**

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.

**PEPROF-580**

**Perceptual Motor Activities For Young Children 3 cr**

A study of motor maturation, developmental variances affecting motor efficiency, gross motor assessment instruments, and prescriptive techniques involving perceptual motor activities.

**PEPROF-600**

**Methods of Teaching Physical Education 3 cr**

Techniques of teaching physical education including selection of content, methods of presentation, class management, supervision, community influences, curriculum planning and professional responsibilities.

**PEPROF-615**

**Corporate And Community Fitness 3 cr**

Theoretical considerations and practical applications of health appraisal and exercise testing. Includes the use of written health appraisal instruments, tests of muscular

strength, endurance and flexibility, tests of aerobic capacity, pulmonary function testing, electrocardiography and graded exercise testing. Applications for healthy populations, medical populations and special populations.

### **PEPROF-616**

#### **Exercise Prescription And Leadership 3 cr**

Theoretical considerations and practical applications of exercise prescription and leadership. Includes risk stratification, prescription techniques, program progression, exercise leadership, health counseling and program administration. Applications for healthy populations, medical populations and special populations.

### **PEPROF-660**

#### **Alcohol, Drugs and Sports 3 cr**

Explore the use and abuse of alcohol and drugs within the athletic environment. Explore the educational and prevention programming that is successful in realm of athletics.

### **PEPROF-671**

#### **Physiology Of Exercise 3 cr**

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.

### **PEPROF-672**

#### **Advanced Physiology Of Exercise 3 cr**

Theoretical considerations and laboratory experiences in physiology of exercise at an advanced level. Includes exercise biochemistry, biochemical analysis, environmental considerations, exercise histochemistry, cardiorespiratory considerations, animal experimentation, electromyography and aids to performance.

Prereq: PEPROF-471/671.

### **PEPROF-675**

#### **Adapted Physical Education 3 cr**

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.

### **PEPROF-678**

#### **Physical Education For The Exceptional Child 3 cr**

The course emphasis is on exploring physical education programs for the self-contained classroom teacher and for recreational leaders in institutional settings and day care centers who deal with exceptional children who are handicapped in physical activities.

**PEPROF-680****Fitness Program Operations 3 cr**

Theoretical considerations and practical applications of management, operations and programs for health and fitness organizations. Begins with the planning, design, financing and construction of health and fitness facilities. Includes the hiring and organization of staff members, the development and marketing of special programs and the administration and finance of fitness organizations.

**PEPROF-690****Workshop .5-6 cr****PEPROF-694****Seminar 1-3 cr****PEPROF-696****Special Studies .5-3 cr****PEPROF-710****Trends In Physical Education 3 cr**

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.

**PEPROF-712****Curriculum In Physical Education 3 cr**

This course will assist the teacher with the process of curriculum development through an analysis of influences that effect curriculum change. Identification of aims, objectives, methods, materials and evaluation which are instrumental in development of efficient and effective programs in physical education.

**PEPROF-714****Best Practices for Teaching Physical Education 3 cr**

Designed to improve teaching skills and instruction through an analysis of current effective teaching literature, including the knowledge base for becoming an effective physical education teacher, concepts of preventable management behaviors and discipline strategies, curriculum, assessment, and planning for effective instruction, and skills and strategies for delivering effective physical education programs.

Prereq: Students will have an undergraduate degree.

**PEPROF-725****Cardiorespiratory Physiology 3 cr**

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.

Prereq: PEPROF-472/672 or consent of instructor.

**PEPROF-752****New Dimensions In Teaching Lifetime Sports 3 cr**

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.

**PEPROF-790****Workshop 1-3 cr****PEPROF-793****Practicum 1-6 cr**

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.)

**PEPROF-794****Seminar 1-3 cr****PEPROF-796****Special Studies 1-3 cr****PEPROF-798****Individual Studies 1-3 cr****PEPROF-799****Thesis Research 1-6 cr**

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

**HEALTH (HEALTHED)****HEALTHED-540****Secondary Health Education 3 cr**

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 2 cr**

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

**HEALTHED-560****High Level Wellness 3 cr**

A sensitization to, interpretation and evaluation of wellness as it relates to self, others and the environment with opportunities for personal wellness advancement. Areas include

stress and relaxation training, health hazards that exist in behavior that tends to shorten life expectancy, nutrition and physical fitness.

**HEALTHED-562**

**Stress Management 3 cr**

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.

**HEALTHED-582**

**Elementary Health Education 2 cr**

Teaching and learning experiences in selected content areas of health education. Designed for the elementary teacher.

**HEALTHED-591**

**Nutrition For Health 3 cr**

The course is designed to help students plan, evaluate, and analyze weight control programs. Attention will also be given to nutrients, exercise, sport, and behavior modification techniques that promote holistic health relationships.

**HEALTHED-645**

**Teaching Health Education 3 cr**

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-340/540.

**HEALTHED-665**

**Health Promotion Strategies 3 cr**

This course will focus on: 1) the development, implementation and evaluation of worksite health promotion programs, and 2) examination of the relationship of these programs to the organization as a whole and to the benefits for both the employee and employer.

**HEALTHED-670**

**HEALTHED-690**

**Workshop In Health 1-6 cr**

**HEALTHED-694**

**Seminar 1-3 cr**

**HEALTHED-696**

**Special Studies 1-3 cr**

**HEALTHED-710****Trends In Developing Wellness For 3 cr**

Children And Adolescents

This course prepares students to support the development and maintenance of wellness in children and adolescents within the context of their individual contact with youth. It is suitable for educators, “helping” professionals, health care providers, and parents. Individualized and participatory activities characterize the delivery system.

**HEALTHED-735****Effective Teaching For Changing 3 cr**

Health Behavior

This course is designed to acquaint the student with an overview of health behavior by examining numerous theories related to behavior change. Emphasis is on the application of theory to facilitate behavior change in a positive direction.

**HEALTHED-745****Exercise And Health 3 cr**

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.

**HEALTHED-790****Workshop 1-3 cr****HEALTHED-793****Practicum 1-6 cr**

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.)

**HEALTHED-794****Seminar 1-3 cr****HEALTHED-796****Special Studies 1-3 cr****HEALTHED-798****Individual Studies 1-3 cr****HEALTHED-799****Thesis Research 1-6 cr**

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

## **RECREATION (RECREATN)**

### **RECREATN-534**

#### **Recreation Programming And Leadership 3 cr**

Students learn processes involved in assessing recreation participants' needs, program development, goal setting, program implementation, and evaluation. Leadership theories are studied, and skills are enhanced through group process experiences and in-class activity leadership.

### **RECREATN-560**

#### **Aging And Leisure 3 cr**

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.

### **RECREATN-591**

#### **Outdoor Recreation Leadership 3 cr**

This course provides the fundamental knowledge, skills, and experience necessary to lead people in outdoor recreational activities. The course includes topics on trip planning, safety procedures, equipment and food logistics, leadership methods and expedition behavior for a variety of outdoor trip activities. The course also includes a 3 day outdoor trip experience.

### **RECREATN-689**

#### **Recreation Administration 3 cr**

A study of recreational management concepts in the areas of personnel management and facility operations, budgetary preparations, marketing concepts, public relation procedures, management policies development, and program services design.

### **RECREATN-690**

#### **Workshop In Recreation/Leisure Studies 1-3 cr**

### **RECREATN-694**

#### **Seminar In Recreation/Leisure Studies 1-3 cr**

### **RECREATN-696**

#### **Special Studies 1-3 cr**

### **RECREATN-790 Workshop 1-3 cr**

### **RECREATN-793**

#### **Practicum 1-6 cr**

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.)

**RECREATN-794****Seminar 1-3 cr****RECREATN-796****Special Studies 1-3 cr****RECREATN-798****Individual Studies 1-3 cr****RECREATN-799****Thesis Research 1-6 cr**

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

**COACHING (COACHING)****COACHING-660****Organization & Administration Of Interscholastic Athletics 2 cr**

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.

Prereq: COACHING-240, COACHING-250, COACHING-255, COACHING-256, and two credits: COACHING-350, COACHING-351, COACHING-352, COACHING-355, COACHING-356, COACHING-359, COACHING-360, and COACHING-361.

**COACHING-661****Prevention And Care Of Athletic Injuries 2 cr**

Principles governing the prevention and treatment of common athletic injuries. A research paper dealing with a mutually agreed upon topic will be required.

Prereq: COACHING-250

**COACHING-663****Children and Sports 3 cr**

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.

**COACHING-665****Advanced Athletic Training 4 cr**

This course is designed for students seeking professional preparation in the areas of Athletic Training, Physical Therapy, and associated medical and/or allied health fields. This course fulfills the NATA mandate for advanced study in Athletic Training education. This course will deal with the pathophysiology of sports-related injuries, manual muscle testing and joint evaluation techniques, the role of physical fitness assessment, conditioning, and testing protocols, and the indications and contraindications

of therapeutic modality use. Also considered will be the nutritional aspects of sports activities, the effects of alcohol/drugs on athletic performance, and injury risks to special athletic groups.

Prereq: COACHING-461/661 and PEPROF-271.

### **COACHING-690**

#### **Workshop In Intercollegiate Or 3 cr**

Interscholastic Athletics

### **COACHING-696**

#### **Special Studies 1-4 cr**

### **COACHING-705**

#### **Principles of Psychology Applied to Coaching 3 cr**

The course will include an in-depth examination of the psychological factors that impact individuals and their performance in the athletic setting. Theoretical and applied parameters will be extensively studied from a coaching perspective. The coach will develop intervention strategies, techniques and skills to enhance their psychological effectiveness in the athletic domain.

Prereq: 3 credits of psychology as an undergraduate student and at least one-year of coaching experience or consent of the instructor.

### **COACHING-706**

#### **Sports and Society 3 cr**

This course provides students with an in-depth study of the social dimensions of sport in a modern industrialized society, 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: 3 credits of sociology as an undergraduate student or consent of the instructor.

### **COACHING-710**

#### **Current Trends and Issues in Athletics 3 cr**

This course will examine the current trends and issues in athletics. The concepts will be explored from a theoretical and applied perspective.

Prereq: At least one year of coaching experience or consent of instructor.

### **COACHING-790**

#### **Workshop 1-4 cr**

### **COACHING-794**

#### **Seminar 1-3 cr**

### **COACHING-798**

#### **Individual Studies 1-3 cr**