



## College of Education Offerings

### *HEALTH, PHYSICAL EDUCATION, RECREATION & COACHING COURSES (442, 444, 446, 448)*

#### ***PHYSICAL EDUCATION (442)***

##### **442-514 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.

##### **442-524 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.

##### **442-525 Physical Education For The Kindergarten-Primary (K-3) Classroom Teacher -- 2 cr**

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.

##### **442-526 Physical Education For The Elementary (4-8) Classroom Teacher -- 2 cr**

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.

##### **442-527 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.

**442-530 Techniques Of Teaching Movement Activities In Elementary School -- 3 cr**

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.

**442-540 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.

**442-571 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.

**442-580 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.

**442-615 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.

**442-616 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.

**442-671 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: 442-271.

**442-672 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: 442-471/671.

**442-675 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.

**442-678 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.

**442-680 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.

**442-690 Workshop -- .5-6 cr**

**442-694 Seminar -- 1-3 cr**

**442-696 Special Studies -- .5-3 cr**

**442-710 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.

**442-712 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.

**442-725 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: 442-472/672 or consent of instructor.

**442-752 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.

**442-772 Construction Of Motor Performance Assessment Instruments -- 3 cr**

A study of the theory underlying motor performance assessment, and practice in constructing, administering and validating assessment instruments for motor performance.

**442-790 Workshop -- 1-3 cr**

**442-793 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.)

**442-794 Seminar -- 1-3 cr**

**442-796 Special Studies -- 1-3 cr**

**442-798 Individual Studies -- 1-3 cr**

**442-799 Thesis Research -- 1-6 cr**

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

***HEALTH (444)***

**444-540 Introduction To Health Issues & 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.

**444-541 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.

**444-560 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.

**444-562 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.

**444-582 Elementary Health Education -- 2 cr**

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

**444-591 Nutrition And Weight Control -- 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.

**444-645 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: 444-340/540.

**444-665 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.

**444-690 Workshop In Health -- 1-6 cr**

**444-694 Seminar -- 1-3 cr**

**444-696 Special Studies -- 1-3 cr**

**444-710 Trends In Developing Wellness For Children And Adolescents -- 3 cr**

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.

**444-725 Health Education Issues And Curriculum -- 3 cr**

A course designed primarily for health educators in schools, the workplace, the community, or health-care agencies at all levels, and for those concerned with public health policy and/or its formation.

**444-735 Effective Teaching For Changing Health Behavior -- 3 cr**

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.

**444-745 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.

**444-790 Workshop -- 1-3 cr**

**444-793 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.)

**444-794 Seminar -- 1-3 cr**

**444-796 Special Studies -- 1-3 cr**

**444-798 Individual Studies -- 1-3 cr**

**444-799 Thesis Research -- 1-6 cr**

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

***RECREATION (446)***

**446-534 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.

**446-560 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.

**446-591 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.

**446-689 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.

**446-690 Workshop In Recreation/Leisure Studies -- 1-3 cr**

**446-694 Seminar In Reception/Leisure Studies -- 1-3 cr**

**446-696 Special Studie -- 1-3 cr**

**446-790 Workshop -- 1-3 cr**

**446-793 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.)

**446-794 Seminar -- 1-3 cr**

**446-796 Special Studies -- 1-3 cr**

**446-798 Individual Studies -- 1-3 cr**

**446-799 Thesis Research -- 1-6 cr**

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

***COACHING (448)***

**448-660 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: 448-240, 448-250, 448-255, 448-256, and two credits of Coaching/Coaching of course: 448-350, 448-351, 448-352, 448-355, 448-356, 448-359, 448-360, and 448-361.

**448-661 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: 448-250

**448-663 Children and Sports -- 3 cr**

Explores the the historical perspective and the present controversy surrounding children in competitive sports. Future directions of competitive sport for children will be a major focus.

**448-665 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: 411-461/661 and 442-271.

**448-690 Workshop In Intercollegiate Or Interscholastic Athletics -- 3 cr**

**448-696 Special Studies -- 1-4 cr**

**448-790 Workshop -- 1-4 cr**

**448-794 Seminar -- 1-3 cr**

**448-798 Individual Studies -- 1-3 cr**