

## PHYSICAL EDUCATION

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### THE MINOR

For students interested in a minor in physical education, the following required courses are designed to provide a foundation of study:

6 courses/ 24 credits

-- PE 110 Foundations of Physical Education and Sport (4)

-- PE 210 Social Sciences in Physical Education and Sport (4)

-- PE 310 Instructional Strategies for Physical Education (4)

-- PE 320 Scientific Concepts for Physical Education and Sport (4)

In order to satisfy the 6 additional credits of required physical education coursework, students may choose from a variety of other academic classes outlined in the Physical Education course descriptions. Activity classes do not fulfill the requirements for the 6 additional credits.

### ACTIVITIES PROGRAM

All University students are encouraged to participate in the Physical Education Activities Program. The courses are categorized according to the primary goal of the class: fitness activities, lifetime sports, martial arts, recreational sports, and intercollegiate athletics. Students are encouraged to select at least one from each category. All courses are designed to enhance physical fitness, improve skills, and develop an appreciation of the many benefits of developing and maintaining a healthy and active lifestyle. Activity courses are offered for 1 credit on a Credit/no credit basis.

### PHYSICAL EDUCATION CREDITS

Students may earn a maximum of 4 credits toward a degree. Physical Education activity credits are exempt from the excess credit fee.

### FITNESS ACTIVITIES--1 CREDIT

Designed to improve cardiovascular fitness, body composition, muscular endurance, strength, and flexibility.

PEAC OFA	Water Aerobics
PEAC OFD	Dynamic Fitness Speed and Agility
PEAC OFE	Dynamic Fitness Strength and Power
PEAC OFJ	Jogging
PEAC OFL	Boot Camp Aerobics
PEAC OFP	Personalized Fitness

PEAC OFS	Life Saving
PEAC OFW1	Weight Training—Beginning
PEAC OFW2	Weight Training—Intermediate
PEAC OFX	Flexibility
PEAC OFY	Yogalates
PEAC OFY1	Yoga—Beginning
PEAC OFY2	Yoga—Intermediate
PEAC OFZ	Topics in Fitness

#### LIFETIME SPORTS—1 CREDIT

Designed to improve the skill performance in the selected sport through instruction, drills, and competitive play.

PEAC OLB	Badminton
PEAC OLC	Soccer
PEAC OLF	Ultimate Frisbee
PEAC OLG	Golf
PEAC OLH	Cheerleading
PEAC OLK	Coed Basketball
PEAC OLL	Lacrosse
PEAC OLN	Sand Volleyball
PEAC OLR	Racquetball
PEAC OLS	Swimming
PEAC OLT1	Tennis—Beginning
PEAC OLT2	Tennis—Intermediate
PEAC OLT3	Tennis—Advanced
PEAC OLV	Volleyball
PEAC OLW	Wallyball
PEAC OLZ	Topics in Lifetime Sports

#### MARTIAL ARTS—1 CREDIT

Designed to train both the mind and body. Some may require additional fees and/or equipment.

PEAC OMA	Aikido
PEAC OMK1	Karate—Beginning
PEAC OMK2	Karate—Intermediate
PEAC OMS	Self Protection
PEAC OMZ	Topics in Martial Arts

## RECREATIONAL SPORTS—1 CREDIT

Designed to provide instruction in recreational activities. Each of these classes requires an additional fee and/or equipment, and many are conducted on weekends.

PEAC ORH	High Adventure Ropes
PEAC ORK	Kayaking
PEAC ORR	Rock Climbing
PEAC ORS	Scuba
PEAC ORW	Windsurfing
PEAC ORZ	Topics in Recreational Sports

## INTERCOLLEGIATE ATHLETICS

For students who excel in a particular sport or sports, the University offers an opportunity to compete in a comprehensive program of intercollegiate athletics. Men's teams are fielded in baseball, basketball, cross-country, football, golf, soccer, swimming and diving, tennis, track and field, and water polo. Women's teams are sponsored in basketball, cross-country, golf, lacrosse, soccer, softball, swimming and diving, tennis, track and field, volleyball, and water polo. The University of Redlands is associated with and competes nationally under the direction of Division III of the National Collegiate Athletic Association (NCAA), and is a member of the Southern California Intercollegiate Athletic Conference (SCIAC). For information on eligibility to participate in Intercollegiate Athletics, please refer to "Athletic Eligibility" on page 28 in the Academic Standards chapter of this Catalog.

## INTERCOLLEGIATE SPORTS—1 CREDIT

Students who participate on an intercollegiate team may earn 1 activity credit in Physical Education. This activity credit does not fulfill any requirements for the Physical Education minor.

PEAC BB—M	Baseball: Men
PEAC BK—M	Basketball: Men
PEAC BK—W	Basketball: Women
PEAC CC—M	Cross-Country: Men
PEAC CC—W	Cross-Country: Women
PEAC FB—M	Football: Men
PEAC GF—M	Golf: Men
PEAC GF—W	Golf: Women
PEAC LA—W	Lacrosse: Women
PEAC SB—W	Softball: Women
PEAC SC—M	Soccer: Men
PEAC SC—W	Soccer: Women
PEAC SW—M	Swimming and Diving: Men
PEAC SW—W	Swimming and Diving: Women
PEAC TF—M	Track and Field: Men
PEAC TF—W	Track and Field: Women
PEAC TN—M	Tennis: Men
PEAC TN—W	Tennis: Women
PEAC VB—W	Volleyball: Women
PEAC WP—M	Water Polo: Men
PEAC WP—W	Water Polo: Women

## COURSE DESCRIPTIONS (PE)

### 110 Foundations of Physical Education and Sport.

Fall (4).

Introduction to the historical and philosophical foundations of physical education and sport. Includes an interpretive study and analysis of ethical decisions, current issues, organization, and administration of physical education and athletics. Career opportunities in the field are also discussed.

### 210 Social Sciences in Physical Education and Sport.

Spring (4).

Introduction to the investigation of the social and psychological dimensions of sport. Theoretical considerations are supplemented by current literature from sociology and psychology. Some topics discussed include: performance anxiety, sport socialization, minorities and gender in sport, and motivation.

### 220 First Aid and CPR.

Spring (3).

A hands on course teaching the best practices of basic first aid, CPR, and emergency care. Successful completion of the course allows students to be eligible for Heartsaver Certification by the American Heart Association. Class fee applies for CPR certification materials.

### 250 Methods of Teaching Team and Individual Sports.

Fall (3).

Designed to instruct students in the methods of teaching individual and team skills. This includes teaching progressions and drill development.

Prerequisite: PE 310 recommended.

### 260 Topics in Athletics and Physical Education.

Fall (4), Spring (4).

Topics of current interest in athletics and physical education. Focus could be on history, evolution, philosophy, or any other appropriate area. Individual topics are chosen to reflect student interest and instructor availability.

### 310 Instructional Strategies for Physical Education.

Spring (4).

Teaching strategies, techniques, and evaluation procedures in the field of physical education. Discussion focuses on lesson planning, unit planning, and class organization. Students then implement planning skills in a physical education setting.

### 320 Introductory Exercise Physiology.

Fall (4).

Examination of the biological, physiological, and mechanical principles that govern all movement in physical activity, as well as adjustments and acclimatizations that accrue as a result of training and skill development.

Prerequisite: BIOL 107 or by permission.

330 Enhancing Athletic Performance.

Spring (3).

Undergraduate-level, 3-credit course designed to provide a comprehensive overview of strength/conditioning. Emphasizes exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization, and administration, testing and evaluation. Prepares for CSCS and CPT certification examinations. By completing an additional internship, a 4<sup>th</sup> credit may be granted.

Prerequisite: PE 320.

340 Introduction to Sports Medicine.

Fall (3).

Designed to teach future healthcare providers, coaches, and educators the basics of prevention, recognition, and/or care of common athletic injuries. Topics include: roles of sports medicine team, protective techniques, and treatment options. Laboratory work with an athletic trainer is required.

Recommended: PE 320, BIOL 317.

Offered in alternate years.

350 Theories of Coaching.

Spring (3).

Designed to introduce students to a variety of coaching theories, methods and techniques. Coaching roles are discussed, along with administrative organizational responsibilities. Practice and game planning in addition to ethics and coaching philosophy are also studied.

381 Special Internship: Physical Education.

Fall (1–3), Spring (1–3).

Prerequisite: by permission. May be repeated for a maximum of 3 degree credits.

Credit/no credit only.

382 Special Internship: Coaching.

Fall (2–4), Spring (2–4).

Experience in working as a coach or a coaching assistant in an athletic program for the duration of a sport's season. May be repeated for a maximum of 4 degree credits.

Credit/no credit only.

Prerequisite: by permission.

383 Special Internship: Athletic

Training. Fall (2–3), Spring (2–3).

Prerequisite: by permission.

Credit/no credit and Evaluation grade only.