

# WELLNESS & MOVEMENT SCIENCES (PHED)

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## PHED 120. PE ACTIVITIES. 1 Credit.

**Notes:** designed primarily for women.

Women's conditioning classes for varsity sports, volleyball, tennis, basketball, soccer, track, etc.

## PHED 125. PE ACTIVITIES. 1 Credit.

**Notes:** co-educational.

Aerobics, archery, aquacise, aquatic fitness, badminton, basketball, better back program, bicycling, corrective lab, country swing dance, frisbee, fun and fitness, golf, gymnastics, jogging, karate, military conditioning, personal defense, pickleball, progressive weight training, racquetball, running, self-defense, skiing, soccer, softball, social dance, swimming, tennis, trap shooting, triathlon training, volleyball, and walking. Corrective laboratory is offered for those unable to participate in regular activities because of disability.

## PHED 130. PE ACTIVITIES. 1 Credit.

**Notes:** designed primarily for men.

Men's conditioning classes for varsity sports: baseball, basketball, cross country, football, tennis and track.

## PHED 132. KINESIOLOGICAL APPLICATIONS OF HUMAN ANATOMY AND PHYSIOLOGY. 4 Credits.

Offered: Fall This course will provide students with an understanding of the physiological and anatomical basis of human movement. Students will be presented with examples from sports, physical activity, recreation and rehabilitation to enhance their understanding of anatomical structures, their origin, insertion and function.

## PHED 135. SPECIALIZED FITNESS ACTIVITIES. 2 Credits.

Includes a group of fitness-based activity classes designed to promote muscular strength and endurance, cardiovascular endurance and flexibility. Programs are developed to meet individual participants' interests and fitness levels, and activities are conducted at a variety of locations.

## PHED 150. FAST FITNESS. 2 Credits.

Comprehensive physical fitness course designed to develop strength, flexibility, and endurance (muscular and cardiovascular) in an effective and efficient manner through use of the EWU Fitness Center. Mandatory orientation and evaluation (pre-testing and post-testing) accompanies the program. Designed to develop baseline fitness levels for all persons with varying fitness levels. Lab.

## PHED 151. GROUP EXERCISE. 2 Credits.

Group Exercise involves fitness activities done with music using cardiovascular exercise, muscular strength endurance, and flexibility exercises are used to develop the health related components of physical fitness. Classes may include step training, aerobic kickboxing, yoga for fitness, stability ball training, and muscle pump classes. Emphasis will be placed on improving fitness, having fun, and learning about healthy living.

## PHED 152. STRENGTH/WEIGHT TRAINING. 2 Credits.

Strength/weight training provides students an opportunity to develop musculoskeletal fitness based on the scientific principles of resistance training. Assistance will be given to students in developing a program design to meet their fitness goals.

## PHED 193. STANDARD FIRST AID AND SAFETY. 2 Credits.

**Notes:** students will earn the American Heart Association Basic Life Support (BLS) certification and Heart-saver First Aid certifications, each good for two years from the course completion date.

The American Heart Association Basic Life Support (BLS) program will train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over.

## PHED 194. EMERGENCY RESPONSE. 3 Credits.

The course provides the participant with the knowledge and skills necessary to work as a first responder. In an emergency, first responders help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until more advanced medical practitioners can arrive.

The course content and activities will prepare participants to make appropriate decisions about the care to provide in an emergency. The course teaches the skills a first responder needs to act as a crucial link.

## PHED 196. EXPERIMENTAL COURSE. 1-5 Credits.

## PHED 197. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 2 Credits.

## PHED 199. DIRECTED STUDY. 1-15 Credits.

## PHED 200. ADMISSION TO HEALTH AND PHYSICAL EDUCATION. 2 Credits.

This course is designed to introduce potential majors to the Health and Physical Education profession as well as describe the major's expectations and requirements for being admitted into the program and becoming certified as a K-12 Health and Physical Education instructor.

## PHED 202. INTRODUCTION TO HEALTH, WELLNESS AND SUSTAINABLE LIVING. 4 Credits.

**Pre-requisites:** ENGL 101, may be taken concurrently or permission of the instructor.

**Satisfies:** a BACR for humanities and arts.

This course is design to be an introductory health, wellness, and sustainability living class that provides a broad overview of a number of topics that specifically focus on living a healthy physically active lifestyle connecting people, place and planet as well as increasing an individual's awareness of how to be a greener consumer.

## PHED 251. MOTOR CONTROL AND LEARNING. 3 Credits.

This course introduces students to the processes that underlie human movement through bridging the gap between research and practice. It provides the necessary tools to build a solid foundation for assessing performance, providing effective instruction, designing practices and training experiences to optimize skill acquisition and performance.

## PHED 256. MEDICAL TERMINOLOGY. 2 Credits.

This course examines the nature and function of the medical language, and the building of medical words from word roots, prefixes, suffixes, and combining forms. This course will prepare students who are entering into medical-related fields of interest.

## PHED 259. SPORTS FIRST AID AND INJURY PREVENTION. 3 Credits.

This course is designed for those seeking to become coaches in high school, college and university, Olympic and competitive club-sport programs for athletes 14 years of age and older. The primary objective of this course is to introduce the coach to the importance of safety and injury prevention in sport settings.

## PHED 260. SPORT SCIENCES FOR COACHING. 3 Credits.

**Notes:** Leader Level.

A professional preparation course for coaches designed to acquaint students with basic scientific information needed in coaching.

**PHED 261. COACHING SPORTS TECHNICAL AND TACTICAL SKILLS. 3 Credits.**

The course is designed for those seeking to become coaches in high school, college and university, Olympic, and competitive club-sport programs for athletes 14 years of age and older. Students will gain a solid understanding of sport-specific technical and tactical skills in order to teach these skills effectively. They will also gain valuable insight on developing practice and season plans and coaching on game day.

**PHED 265. INTRODUCTION TO COLLEGE LIFE. 3 Credits.**

**Notes:** only offered fall quarter.

This course is designed to assist EWU freshman and transfer student-athletes in transitioning to Eastern Washington University and to Eagle athletics, developing and improving essential academic, personal health and wellness, and social skills, making connections with the campus and local community as well as becoming oriented with campus resources and facilities and exploring career and academic goals.

**PHED 278. COACHING VOLLEYBALL. 3 Credits.**

Coaching techniques and strategies in volleyball.

**PHED 281. COACHING FOOTBALL. 3 Credits.**

Coaching techniques and strategies in football.

**PHED 282. COACHING BASKETBALL. 3 Credits.**

Coaching techniques and strategies in basketball.

**PHED 283. COACHING TRACK. 3 Credits.**

Coaching techniques and strategies in track.

**PHED 285. COACHING BASEBALL/SOFTBALL. 3 Credits.**

This course provides an introduction to coaching techniques and strategies in baseball and softball.

**PHED 293. CPR/AED REFRESHER COURSE. 1 Credit.**

The American Red Cross CPR/AED for Professional Rescuers and Health Care Providers program is to train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. Students will earn the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers certification good for two years from the course date.

**PHED 296. EXPERIMENTAL COURSE. 1-5 Credits.**

**Pre-requisites:** permission of the instructor and the department chair. Special studies in physical education. Selected topics vary according to student and faculty interest.

**PHED 299. INDIVIDUAL STUDIES. 1-5 Credits.**

**Pre-requisites:** permission of the instructor, department chair and college dean.

Study of selected problems in physical education.

**PHED 300. AFTER-SCHOOL PROGRAMMING. 3 Credits.**

This course engages students in how to successfully implement as well as physically be responsible for facilitating an After-School Garden-Based & Outdoor Educational program in collaboration with a local community member.

**PHED 301. PERFORMANCE ENHANCEMENT IN SPORT AND PHYSICAL ACTIVITY. 3 Credits.**

This course is designed to be a practical, hands-on approach to a broad range of interventions aimed at improving performance in sport and physical activity settings. The focus of the course is on key mental tools (e.g., imagery, goal-setting, relaxation techniques, self-talk) and how they can be applied to facilitate enhancement of the key mental skills such as self-confidence, concentration, controlling emotions and staying optimally motivated. The course material is designed to help all students who are interested in maximizing performance in sport or physical activity.

**PHED 333. GROUP EXERCISE INSTRUCTOR TRAINING. 2 Credits.**

This course educates potential group exercise instructors. The content includes practical experience in group fitness activities. Upon completion of this course, students will be better prepared to take the ACE national group fitness exam and design a safe and effective class.

**PHED 335. STRENGTH AND CONDITIONING PROLAB. 2 Credits.**

A professional laboratory course is designed to provide the knowledge and practical experiences necessary for becoming a certified strength and conditioning professional. The focus of the course is on athletic populations.

**PHED 336. TEACHING SPORTS. 2 Credits.**

**Pre-requisites:** PHED 375 with a grade  $\geq$ B- or permission of instructor.

This course is a physical education course designed to develop skills and progressive methods in teaching sports for effective K-12 instruction.

**PHED 340. RHYTHMS AND GAMES. 2 Credits.**

**Notes:** taught spring quarter.

**Pre-requisites:** PHED 375 with a grade  $\geq$ B- or permission of instructor.

This course is designed to develop skills and progressive methods in teaching games using rhythm for effective K-12 instruction. Activities could include dance, movement experiences and games that help develop motor skills.

**PHED 341. ELEMENTARY SCHOOL ACTIVITIES. 2 Credits.**

**Pre-requisites:** PHED 200 with a grade  $\geq$ B- and concurrent enrollment in PHED 365 or permission of instructor.

This course is designed to develop skills and progressive methods in teaching a wide range of activities appropriate for elementary physical education classes.

**PHED 342. 6-12 OUTDOOR EDUCATION BASICS. 2 Credits.**

**Pre-requisites:** PHED 375 with a grade  $\geq$ B- or permission of instructor.

This course is designed to develop skills and progressive methods in teaching lifelong leisure activities for effective K-12 instruction. Activities such as road and mountain bicycling, rock climbing, hiking-camping, canoeing, golf, cross-country skiing, orienteering and adventure ropes may be included.

**PHED 343. WELLNESS AND FITNESS. 2 Credits.**

A physical education course designed to develop skills and progressive methods in teaching wellness and fitness for effective K-12 instruction.

**PHED 348. ANATOMICAL/MECHANICAL KINESIOLOGY. 4 Credits.**

A study of the structural components of human movement, as well as the study of the laws of physics as they affect human movement. Special attention is given to the analysis of movement.

**PHED 349. FUNCTIONAL ANATOMY. 4 Credits.**

**Pre-requisites:** sophomore standing.

This course is the study of structural components of human movement.

**PHED 350. EXERCISE TESTING AND PRESCRIPTION. 4 Credits.****Cross-listed:** LMED 350.**Pre-requisites:** sophomore standing.

This course examines the health-related components of fitness with attention given to the physiological foundations, assessment techniques, and exercise prescription guidelines for each. A laboratory component includes hands-on experience conducting and interpreting a variety of fitness assessments for the general population. At the completion of this course, students are able to execute a comprehensive fitness evaluation.

**PHED 351. PROFESSIONAL DEVELOPMENT FIELD PRACTICUM. 1-5 Credits.****Pre-requisites:** by permission of instructor.

Involves the practical application of related Health and Fitness: coaching, leadership, and/or mentoring learned skills, knowledge, and abilities in either a formal or informal school setting or community agency. Students will document their work in accordance with the PEHR Department policies.

**PHED 352. BIOMECHANICS. 4 Credits.****Pre-requisites:** sophomore standing.

This course is concerned with the mechanical principles applied to athletic movements. The information provides a biomechanical basis for teaching and coaching physical activities. Sports skills are analyzed and the underlying mechanical principles governing these movements identified. A significant amount of mathematical and quantitative calculations are performed in this course. A final project is required.

**PHED 360. HEALTH FITNESS MANAGEMENT. 3 Credits.****Pre-requisites:** sophomore standing.

This course brings business management principles and operational guidelines to the health/fitness practitioner. Topics include facility management, operations management, human resources, member service/retention, health and facility safety standards, and risk management.

**PHED 364. TEACHING METHODS IN HEALTH. 4 Credits.****Pre-requisites:** PHED 365 and PHED 375.

Students will learn how to create unit and lesson plans for K-12 health education, and teaching strategies for optimal delivery of health content. Students will learn the WA state and National Health Education Standards and how to apply them in the classroom and to various grade levels. Emphasis will be placed on developing a comprehensive school education program. Course content will cover health topics, comprehensive school health programs, and current health issues.

**PHED 365. GENERAL METHODS AND PROCEDURES FOR PHYSICAL EDUCATION. 3 Credits.****Pre-requisites:** PHED 200 with a grade  $\geq$ B- and concurrent enrollment in PHED 341 or permission of instructor.

This course is designed to introduce Health and Fitness majors to the general methods and procedures related to conducting physical education classes in elementary and secondary schools.

**PHED 366. INTRODUCTION TO SERVICE, CITIZENSHIP AND COMMUNITY. 3 Credits.****Pre-requisites:** PHED 265 or permission of instructor.

This course is designed to build upon the activities completed in "Introduction to College Life" that make a successful college career while also thinking more deeply about career choices. Furthermore, this course is designed to provide students with an opportunity to engage in a 15-hour service-learning component working with a population or in a program of interest career wise that will assist them in examining their strengths through the lens on the project.

**PHED 367. ENGAGED LEADERSHIP. 3 Credits.****Notes:** this class will only be taught summer quarter.**Pre-requisites:** PHED 366 or permission of instructor.

This course is designed to assist students in developing their leadership skills. Students build upon the work they performed at their previous service-learning placement by creating a sustainable, capacity building legacy project with the organization. They develop skills for becoming leaders in their fields of study and in their communities.

**PHED 370. SPORT AND CULTURE. 3 Credits.**

This course is the study of the interrelationships between sport and culture, including religion, politics, economics, race, arts and science.

**PHED 372. APPLIED NUTRITION AND PHYSICAL FITNESS. 3 Credits.**

This course is an introduction to the field of applied nutrition. The course content brings together information from a variety of fields - biochemistry, exercise physiology, nutrition, medicine and physiology. The students apply that knowledge to understand how what we eat affects not only sport performance but also personal health.

**PHED 375. PE TEACHING STRATEGIES. 3 Credits.****Pre-requisites:** PHED 341 and PHED 365 with a grade  $\geq$ B-.

This course covers the knowledge of commonly used physical education strategies and assessments in order to analyze K-12 student learning and development, as well as teaching effectiveness.

**PHED 388. PERSONAL TRAINING PRACTICUM. 1-2 Credits.****Pre-requisites:** by permission of instructor.

This course is designed to provide students pursuing the Personal Training Minor an opportunity to observe/gain experience in a professional setting. Students are required to spend a minimum of 60 hours (2 credits). The practicum experience will be documented through record of hours, and a final reflection of the experience.

**PHED 390. HEALTH AND PHYSICAL EDUCATION IN THE ELEMENTARY SCHOOLS. 3 Credits.****Pre-requisites:** ENGL 201.

Analysis of educationally sound programs and of procedures and practices in the development of basic health and physical education principles in the elementary school.

**PHED 393. WATER SAFETY INSTRUCTOR'S COURSE. 3 Credits.**

This course is designed to train students to teach the American Red Cross Learn to Swim Program. Prospective students are advised to take Lifeguard Training (PHED 394). Course is conducted to meet the requirements of the American Red Cross Instructor's course. Certificates are awarded to those who qualify.

**PHED 394. LIFEGUARD TRAINING. 3 Credits.**

**Pre-requisites:** 1. Swim 500 yds. continuously, using each of the following strokes for 100 yds. each: front crawl, breaststroke and sidestroke; remaining 200 yds. student's choice. No time requirement for this skill; 2. Submerge to a minimum of 7 ft. and retrieve a 10 pound object and return with it to the surface. No time requirement for this skill; 3. Tread water for two minutes using legs only. These skills will be tested the first class session.

A nationally certified course for Eastern Washington University students designed to teach lifeguard candidates the skills and knowledge needed to prevent emergencies and respond to aquatic emergencies (Professionalism, Prevention, Aquatic Rescues, CPR for the Professional Rescuer, First-aid and Spinal Injury Management). This course certification (National American Red Cross Lifeguarding) will prepare and qualify students for aquatic employment throughout the United States.

**PHED 395. FIELD PRACTICUM. 2 Credits.**

**Pre-requisites:** permission of the instructor, department chair and college dean.

Course designed to provide a minimum of 20 hours of practicum school experience in teaching physical education or coaching. The student works in an assistant capacity under a master teacher or coach (Elementary or Secondary Level). Journal procedures are planned and evaluated with the university instructor. At least two on-site visits are made by the instructor.

**PHED 396. EXPERIMENTAL COURSE. 1-5 Credits.****PHED 399. DIRECTED STUDY. 1-5 Credits.****PHED 425. SPORT IN AMERICAN CULTURE. 4 Credits.**

**Pre-requisites:** junior or senior standing.

This course develops students understanding of the interrelationships between sports and culture in American society, particularly in collegiate and professional sport organizations. Upon completion of this course, the student should be able to identify and critically analyze issues and controversies in sport.

**PHED 452. ADAPTED PHYSICAL EDUCATION. 4 Credits.**

**Pre-requisites:** junior standing or permission of the instructor.

Laws and skills required of Physical Educators for the inclusion of all students with physical, mental, or social disabilities within a least restrictive environment.

**PHED 454. MEASUREMENT AND EVALUATION IN HEALTH AND FITNESS. 3 Credits.**

**Pre-requisites:** EDUC 303 or permission of the instructor.

This course assists in developing an understanding of assessment in health and fitness. The issues addressed include the importance of assessment for health and fitness, the components of assessment currently used in health and fitness, the development of personal beliefs about assessment, the matching of assessments to educational objectives, the evaluation of practice in relation to theory, and the need to reflect on actions to make necessary changes.

**PHED 461. SPORTS AND EXERCISE PSYCHOLOGY. 3 Credits.**

**Pre-requisites:** junior.

Designed to provide physical education teachers and coaches with information about motivation, communication, stress management, mental imagery and other topics for enhancing instructor-performance relationships and for stimulating improved sport performances.

**PHED 475. HUMAN SEXUALITY. 3 Credits.**

**Pre-requisites:** declared major in Health and Fitness or Public Health.

This course is an overview of the anatomical, physiological, psychological, behavioral and social/cultural aspects of human sexuality.

**PHED 490. CAPSTONE IN HEALTH AND PHYSICAL EDUCATION. 4 Credits.**

**Pre-requisites:** PHED 336 and PHED 365 or permission of the instructor.

**Satisfies:** a university graduation requirement—senior capstone.

This comprehensive course assists students in developing mastery in applying discipline-specific content to develop physically educated individuals; demonstrating competent movement and health enhancing fitness for teaching health/PE; and planning developmentally appropriate health/PE learning experiences. The main assessment is the Health and Physical Education (HPE) Final Portfolio.

**PHED 495. PROFESSIONAL INTERNSHIP. 1-15 Credits.**

**Pre-requisites:** Permission of the instructor, department chair and college dean. Learning Contract must be on file before the internship commences.

This course is a full-time working experience with youth in a health and/or fitness promotion program. The experience is under the direction of an health and fitness professional or a person of equivalent training. An approved CEL.

**PHED 496. EXPERIMENTAL COURSE. 1-10 Credits.**

A course in the developmental stages.

**PHED 497. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-5 Credits.**

Workshops dealing with specific aspects of physical education are conducted either during the summer or by extension.

**PHED 498. SEMINAR. 1-10 Credits.****PHED 499. DIRECTED STUDY. 1-15 Credits.**

**Pre-requisites:** permission of the instructor, department chair and college dean.

Study of selected problems in the field of physical education.

**PHED 500. INTRODUCTION TO GRADUATE STUDIES. 1 Credit.**

**Notes:** graded Pass/No Credit.

The purpose of this class is to introduce students to Eastern Washington University (EWU) and the Wellness and Movement Sciences (WAMS) graduate school program.

**PHED 505. CURRENT ISSUES AND ETHICS. 3 Credits.**

This course is designed to prepare graduate students to make decisions based on the professional ethics and standards of practice.

**PHED 506. SOCIO-CULTURAL STUDIES IN PHYSICAL ACTIVITY. 3 Credits.**

An examination of the nature and place of sport in American life and an analysis of the interrelationship between sport and institutions, social systems and culture.

**PHED 507. ADMINISTRATION AND MANAGEMENT IN HEALTH AND PHYSICAL EDUCATION. 3 Credits.**

Planning, financing, designing, managing, and administering health, physical education, recreation and athletic facilities and programs.

**PHED 508. PSYCHOLOGICAL BEHAVIOR IN SPORT. 3 Credits.**

**Pre-requisites:** general psychology course.

An examination of individuals participating in play, games, sports, and their competitive behavior.

**PHED 509. ADVANCED PEDAGOGY IN PHYSICAL EDUCATION. 3 Credits.**

**Pre-requisites:** graduate standing.

A course detailing methods and procedures to teaching Physical Education classes and coaching athletic teams at all educational levels. The strong focus on advanced technology and methodology emphasizes that proper teaching/coaching procedures and techniques be employed in the instructional process, while allowing varying and personal teaching styles and attitudes to surface.

**PHED 510. ADVANCED MOTOR CONTROL AND LEARNING. 3 Credits.**

Provides the student with a comprehensive understanding of how physical movements are controlled and learned. Such an understanding is of practical importance to teachers and coaches of physical performers.

**PHED 511. APPLIED SPORT PSYCHOLOGY. 3 Credits.****Pre-requisites:** PHED 508.

Provides comprehensive overview of applied educational strategies and techniques in sport and exercise psychology. Techniques such as imager, goal setting, self-talk, PRT and autogenies will be discussed as a means to achieve a prospective level of motivation, emotional control, self-confidence and concentration.

**PHED 512. MOTIVATION IN SPORT AND EXERCISE. 3 Credits.**

This class is designed to assist physical educators, coaches, recreation specialists, and others interested in sport motivation. Students will be introduced to a broad range of theoretical and applied motivational questions, including investigation of major motivational theories and paradigms, identification of primary motivational antecedents and consequences, as well as discussions on important measurement issues comparing the effectiveness of the most influential intervention strategies for enhancing motivation, and applying the motivational theory to answering critical applied motivational questions in sport and exercise.

**PHED 517. SURVEY RESEARCH. 3 Credits.**

The primary purpose of this course is to provide the student with a framework for the systematic evaluation of Physical Education, Exercise Science, and Recreation programs, services, facilities, and administrative functions as well as a basic understanding of the creation, implementation, and descriptive statistical analysis of survey research.

**PHED 518. REVIEW OF LITERATURE. 3 Credits.****Pre-requisites:** PHED 505 or permission of instructor.

Review of research literature to assist the student in identifying areas of research in their discipline.

**PHED 519. STATISTICS IN PHYSICAL EDUCATION. 3 Credits.****Pre-requisites:** grades  $\geq$ B in any of the following upper-division courses (or equivalent): BADM 503, CSBS 320, DSCI 346; DSCI 449 MATH 380, MATH 485, MATH 486, PSYC 522, PSYC 532.

Application, analysis and manipulation of datasets drawn from research in physical education using SPSS and SAS.

**PHED 520. RESEARCH METHODS IN PHYSICAL EDUCATION. 3 Credits.**

Study of the methods and techniques of research in physical education; practice in application to problems of current interest.

**PHED 521. HISTORY AND PHILOSOPHY IN SPORT AND PHYSICAL ACTIVITY. 3 Credits.**

This course is an examination of historical and philosophical issues pertaining to sport and physical activity as it relates to global culture. Topics will include ethics, sportsmanship, gamesmanship, play and cultural influences of sport and physical activity from a historical and philosophical framework.

**PHED 522. RISK MANAGEMENT: SPORT AND SCHOOL LAW. 3 Credits.**

This course is a study of legal issues as they relate to athletic administrators, coaches, teachers and sport management personnel in the sporting realm. Students will examine and discuss current legal standards, issues and risk management theories utilizing case law studies, which will provide an understanding of the responsibilities and working knowledge of the law.

**PHED 523. PROGRAM PROMOTION AND ADVOCACY. 3 Credits.**

This course is designed to assist students in developing or enhancing their promotional efforts in advocating for their selected program. If you are currently engaged in implementing promotional activities, this class will provide you with an opportunity to enhance your efforts. If you need to start a promotional project, this class will kick-start you.

**PHED 524. SPORTS MARKETING. 3 Credits.**

This course is a study of sports marketing theories from experience and research, which provides an examination of marketing strategies, plan development, sporting organizational needs and goals, in both the public and private sector of sports business. Students will also reflect upon the influence of licenses, sponsorships, promotions, advertising, broadcasting and sales in the sporting world.

**PHED 525. FACILITIES PLANNING, OPERATIONS AND MANAGEMENT. 3 Credits.**

This course is designed to provide students with a framework for understanding various aspects of facilities in sport and recreation including: planning, management, design, scheduling, and operations.

**PHED 550. ADVANCED BIOMECHANICS. 3 Credits.**

An examination of the mechanical aspects of human movement with an emphasis placed on descriptive and causal analysis. Students will perform laboratory projects using force plates, digitization of movement, and electromyography. Undergraduate experience in physics or biomechanics is expected to enroll in this course.

**PHED 554. BEHAVIOR CHANGE-THEORY AND PRACTICE. 3 Credits.**

This course will provide an overview of various models and theories of behavior change as they relate to wellness. Emphasis will be placed on applying theoretical concepts to facilitate the behavior change process among individuals and groups using a positive psychology approach.

**PHED 555. ADVANCED PHYSIOLOGY OF EXERCISE. 3 Credits.**

The physiological effects of muscular exercise, physical conditioning, and training along with the significance of these effects on health and physical performance will be discussed. Students are expected to possess a background in undergraduate anatomy and physiology as well as a course in exercise physiology to enroll in this course. Check with your advisor if you are unsure about your preparation for this course.

**PHED 556. ADVANCED CLINICAL EXERCISE PHYSIOLOGY. 3 Credits.**

The focus of this course will follow the requirements for the American College of Sports Medicine (ACSM) Registered Clinical Exercise Physiologist (RCEP) certification. The content will include how exercise impacts a variety of clinical conditions including cardiovascular, pulmonary, metabolic, orthopedic, musculoskeletal, neuromuscular and immunologic/hematologic systems.

**PHED 557. TRAINING, PLANNING AND PERIODIZATION. 3 Credits.**

The content of this course will cover classical and modern theories of periodization as a means of maximizing performance in sport. Planning sports training in terms of the physical, technical, tactical, psychological, and theoretical domains will be discussed in depth from the career level to the individual training lesson.

**PHED 595. GRADUATE INTERNSHIP. 1-15 Credits.****PHED 596. EXPERIMENTAL COURSE. 1-6 Credits.****PHED 597. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-6 Credits.****Notes:** only one workshop course for up to 3 credits may be used to fulfill graduate degree requirements.**PHED 598. SEMINAR. 1-10 Credits.**

Seminars dealing with special aspects of physical education.

**PHED 599. INDEPENDENT STUDY. 1-6 Credits.****Pre-requisites:** permission of the instructor, department chair and college dean.**PHED 600. THESIS. 1-9 Credits.****Pre-requisites:** permission of the instructor, department chair and college dean.

**PHED 601. RESEARCH REPORT. 1-6 Credits.**

**Pre-requisites:** permission of the instructor, department chair and college dean.

**PHED 602. COMPREHENSIVE PREPARATION. 2 Credits.**

Directed course of reading and study under the direction of a faculty member serving on the students comprehensive examination committee.

**PHED 695. INTERNSHIP. 1-15 Credits.**

**Pre-requisites:** permission of the instructor, department chair and college dean.

The purpose of this course is to gain professional experience in the student's chosen career path under the guidance of a professional currently employed in the field. A wide variety of internship experiences are available including teaching, administration, marketing, research and professional writing.

**PHED 696. COLLEGE TEACHING INTERNSHIP. 1-15 Credits.**

Teaching a lower-division college course under supervision of a regular faculty member. Includes course planning, arranging bibliographical and instructional aids, conferences with students, experience in classroom instruction, completion of a departmental project and student course evaluation.