Program
BA in Physical Education
Options in:
  Movement Studies
  Teacher Education
BS in Exercise Physiology
  (Pre-Physical Therapy)
Minor in Physical Education
Minor in Coaching
Minor in Exercise Science
Certificate in Outdoor Education
Certificate in Sport and
  Human Performance
Certificate in Sports Injury Health Care
Specialist Credential in
  Adapted Physical Education
Single Subject Teaching Credential
  in Physical Education
MA in Physical Education
  Option in Athletic Training

Facilities
Chico offers a broad variety of activities for students interested in physical activity, regardless of whether or not they intend to major in physical education. The department is housed in the new 64,000 sq. ft. Yolo Hall located adjacent to the Shrum Acker Gym complex.
Facilities include: exercise physiology, biomechanics, pedagogy labs, dance studios, a climbing wall, ropes course, two gymnasia with four competition-size basketball courts, six handball/racquetball courts, swimming pools, all-weather track, soccer and multipurpose fields, putting green and sand traps, weight training/fitness rooms, and athletic training rooms.

Career Outlook
As society increasingly recognizes the wellness needs of its citizens, graduates of the Department of Physical Education and Exercise Science will be prepared to respond to these needs. Multi-competency programming provides versatility most attractive to employers. Student-centered instruction coupled with hands-on practical experience prepares students for future career success.

Mission Statement
The mission of the Department of Physical Education and Exercise Science is to communicate and create knowledge about sport, exercise, and physical activity. The department achieves its mission through innovative and engaging instruction, scholarship, and professional service. The uniqueness of our integrative discipline is that we work directly to promote lifelong learning and physical activity to enhance quality of life and health for all.
THE BACHELOR OF ARTS IN PHYSICAL EDUCATION

Total Course Requirements for the Bachelor's Degree: 120 units

See “requirements for the Bachelor's Degree” in The University Catalog for complete details on general degree requirements. A minimum of 40 units, including those required for the major, must be upper division.

Your major department has prepared a Four Year Advising Plan to help you meet all graduation requirements within four years. Please request a plan from your major adviser or view it and other current advising information on the CSU, Chico Web.

Total Course Requirements for the Bachelor's Degree with the Option in Physical Education Teacher Education: 146 units

Students graduating with the Option in Physical Education Teacher Education earn a Bachelor of Arts in Physical Education, physical education subject-matter competency, a single subject teaching credential, and Cross-Cultural Language and Academic Development (CLAD) certification that is required of all California credentialed secondary teachers (beginning July 2003). Students are advised to plan their General Education requirements carefully.

General Education Requirements: 48 units

See “General Education Requirements” in The University Catalog and The Class Schedule for the most current information on General Education Requirements and course offerings. The course requirements marked below with an asterisk (*) may also be applied toward General Education.

Option in Teacher Education

HIST 050 may be used to fulfill Breadth Area C1, C2, or C3 requirements; POLS 055 may be used to fulfill any one of the Breadth Area D1, D2, or D3 requirements; and HCSV 261 may be used to fulfill Area E requirements.

Cultural Diversity Course Requirements: 6 units

See “Cultural Diversity” in The University Catalog. Most courses used to satisfy these requirements may also apply to General Education.

American Institutions Requirement: 6 units

See the “American Institutions Requirement” under “Bachelor's Degree Requirements.” This requirement is normally fulfilled by completing HIST 050 and POLS 055. Courses used to satisfy this requirement do not apply to General Education.

Literacy Requirement:

See “Mathematics and Writing Requirements” in The University Catalog. Writing proficiency in the major is a graduation requirement and may be demonstrated through satisfactory completion of a course in your major which has been designated as the Writing Proficiency (WP) course for the semester in which you take the course. Students who earn below a C- are required to repeat the course and earn a C- or better to receive WP credit. See The Class Schedule for the designated WP courses for each semester. You must pass ENGL 001 (or its equivalent) with a C- or better before you may register for a WP course.

Course Requirements for the Major: 46-73 units

Course Requirements for the Major with the Option in Physical Education Teacher Education: 107 units

The following courses, or their approved transfer equivalents, are required of all candidates for this degree. Additional required courses dependent upon a selected option or advising pattern are outlined following the degree core program requirements.

DEGREE CORE PROGRAM: 20 units

Lower-Division Core: 6 units

2 courses required:

- BIO L 003 Human Anatomy 3.0 FS*
- BIO L 004 Human Physiology 3.0 FS*

Upper-Division Core: 14 units

4 courses required:

- PHED 114 Embodied Knowledge: Kinesiology 3.0 FS
- Prerequisites: ENGL 001 (or its equivalent) with a grade of C- or higher.
- PHED 144 Motor Development & Behavior 3.0 FS
- PHED 180A Physiology of Exercise 4.0 FS
- Prerequisites: BIOL 004
- PHED 185 Biomechanics 4.0 FS
- Prerequisites: BIOL 003 or faculty permission for non-majors, basic computer literacy skills.

Standard first aid and cardiopulmonary resuscitation (CPR) certification are also required. Basic computer literacy skills are required. The requirement may be met through select college courses (e.g., CSCI 010, PHED 100, or UNIV 001C) or through prior experience.

Major Option Course Requirements: 26-87 units

The following courses, or their approved transfer equivalents, are required dependent upon the option chosen. Students must select one of the following options for completion of the major course requirements.

THE OPTION IN MOVEMENT STUDIES: 26-53 units

OPTION CORE: 9-19 units

Lower-Division Activity Breadth Courses: 6-13 units

Complete six courses in at least five of the seven groups below:

Aquatics Group

- PHED 025 Beginning Scuba Diving 2.0 FS
- Prerequisites: Ability to swim in deep water.
- PHED 051 Aquatics for Adaptive Instructor 2.0 SP
- Prerequisites: First Aid and CPR or faculty permission; WSI recommended.
- PHED 054A Beginning Swimming 1.0 FS
- PHED 054B Intermediate Swimming 1.0 FS
- Prerequisites: Ability to swim in deep water; satisfactory performance of front crawl, sidestroke, and elementary backstroke.
- PHED 054C Advanced Swimming 1.0 FS
- Prerequisites: Ability to swim in deep water; satisfactory performance of front crawl, side stroke, and elementary back stroke.
- PHED 054E Swimming: Individualized Prog 1.0 FS
- PHED 064A Beginning Water Polo 1.0 FS
- PHED 064B Intermediate Water Polo 1.0 FS

Dance, Tumbling, or Gymnastics Group

- PHED 013I Beg Ballroom: Men 1.0 FS
- PHED 013V Beg Ballroom: Women 1.0 FS
- PHED 014J Int Ballroom: Men 1.0 FS
- Prerequisites: PHED 013I.
- PHED 014W Int Ballroom: Women 1.0 FS
- Prerequisites: PHED 013V.
- PHED 036I Beginning Gymnastics: Men 1.0 FS
- PHED 036J Intermediate Gymnastics: Men 1.0 FS
- PHED 036V Beginning Gymnastics: Women 1.0 FS
- PHED 036W Intermediate Gymnastics: Women 1.0 FS
- PHED 060A Beginning Tumbling 1.0 FS
- PHED 060B Intermediate Tumbling 1.0 FS
- PHED 152 Introduction to Dance 3.0 FS

Individual or Dual Group

- PHED 012A Beginning Badminton 1.0 FS
- PHED 012B Intermediate Badminton 1.0 FS
- PHED 020A Beginning Bowling 1.0 FS
- PHED 020B Intermediate Bowling 1.0 FS
- PHED 020C Advanced Bowling 1.0 FS
- PHED 034A Beginning Golf 1.0 FS
- PHED 034B Intermediate Golf 1.0 FS
- PHED 046A Beginning Skiing 1.0 FS
- Prerequisites: Faculty permission.
- PHED 046B Intermediate Skiing 1.0 SP
- Prerequisites: Faculty permission.
- PHED 056A Beginning Tennis 1.0 FS
- PHED 056B Intermediate Tennis 1.0 FS
- PHED 056C Advanced Tennis 1.0 FS
### Outdoor Education/Recreation Group

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 011A</td>
<td>Orienteering</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 017A</td>
<td>Bicycling</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 019A</td>
<td>Cross-Country Skiing</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 021A</td>
<td>Backpacking</td>
<td>2.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 023A</td>
<td>Rock Climbing</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 024</td>
<td>Methods of Teaching Rock Climbing</td>
<td>3.0</td>
<td>FA</td>
</tr>
</tbody>
</table>

Prerequisites: Wilderness 1st Responder or faculty permission.

### Personal Defense or Combatives Group

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 041A</td>
<td>Beginning Jujitsu/Self-Defense</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 041B</td>
<td>Intermediate Jujitsu/Self-Defense</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 043A</td>
<td>Beginning Karate</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 043B</td>
<td>Intermediate Karate</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 044A</td>
<td>Beginning TaekwonDo</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 042</td>
<td>Aikido</td>
<td>1.0</td>
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</table>

### Team Sports Group

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 018</td>
<td>Intermediate Basketball: Men</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 018V</td>
<td>Beginning Basketball: Women</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 018W</td>
<td>Intermediate Basketball: Women</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 029</td>
<td>Flag Football</td>
<td>1.0</td>
<td>FA</td>
</tr>
<tr>
<td>PHED 047I</td>
<td>Beginning Indoor Soccer: Men</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 047J</td>
<td>Intermediate Indoor Soccer: Men</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 047V</td>
<td>Beginning Indoor Soccer: Women</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 047W</td>
<td>Intermediate Indoor Soccer: Women</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 048I</td>
<td>Beginning Soccer: Men</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 048J</td>
<td>Intermediate Soccer: Men</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 048V</td>
<td>Beginning Soccer: Women</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 049W</td>
<td>Intermediate Soccer: Women</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 049A</td>
<td>Beginning Slow-Pitch Softball</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 050V</td>
<td>Beginning Softball: Women</td>
<td>1.0</td>
<td>SP</td>
</tr>
<tr>
<td>PHED 050W</td>
<td>Intermediate Softball: Women</td>
<td>1.0</td>
<td>SP</td>
</tr>
<tr>
<td>PHED 062A</td>
<td>Beginning Volleyball</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 062B</td>
<td>Intermediate Volleyball</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 062C</td>
<td>Advanced Volleyball</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 062K</td>
<td>Advanced Volleyball: Men</td>
<td>1.0</td>
<td>FS</td>
</tr>
</tbody>
</table>

### Weight Training or Fitness Group

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 016A</td>
<td>Beginning Aerobic Dance</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 059</td>
<td>Jogging</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 066A</td>
<td>Beginning Weight Training</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 066B</td>
<td>Intermediate Weight Training</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 066V</td>
<td>Begin Weight Training: Women</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 067A</td>
<td>Beginning Lifetime Fitness</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 067B</td>
<td>Intermediate Lifetime Fitness</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 067C</td>
<td>Advanced Lifetime Fitness</td>
<td>1.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 069</td>
<td>Yoga</td>
<td>1.0</td>
<td>Inq</td>
</tr>
</tbody>
</table>

### Upper-Division Courses: 3-6 units

2 courses required:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 173</td>
<td>Prin of Strength &amp; Conditioning</td>
<td>3.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 189</td>
<td>Internship Seminar</td>
<td>3.0</td>
<td>FS</td>
</tr>
</tbody>
</table>

Prerequisites: At least junior standing and faculty permission.

NOTE: PHED 189 is not required for students completing the Outdoor Education pattern.

### Advising Pattern Course Requirements: 18-34 units

The following courses, or their approved transfer equivalents, are required depending upon the advising pattern chosen. Students must select one of the following advising patterns for completion of the major course requirements.

### ADAPTIVE PHYSICAL ACTIVITY PATTERN: 20-21 units

5 courses required:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 051</td>
<td>Aquatics for Adaptive Instructor</td>
<td>2.0</td>
<td>SP</td>
</tr>
<tr>
<td>PHED 016</td>
<td>Prin Sp Inj Mgt</td>
<td>4.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 117</td>
<td>Advanced Athletic Training</td>
<td>3.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 188</td>
<td>Adv Fieldwork in Athl Training</td>
<td>3.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 199</td>
<td>Program Mgmt Special Populations</td>
<td>3.0</td>
<td>FA</td>
</tr>
</tbody>
</table>

### ATHLETIC TRAINING PATTERN: 19 units

3 courses required:

<table>
<thead>
<tr>
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<th>Course Name</th>
<th>Units</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 016</td>
<td>Prin Sp Inj Mgt</td>
<td>4.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 117</td>
<td>Advanced Athletic Training</td>
<td>3.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 188</td>
<td>Adv Fieldwork in Athl Training</td>
<td>3.0</td>
<td>FS</td>
</tr>
</tbody>
</table>

### COACHING AND ADMINISTRATION PATTERN: 24-25 units

Students wishing to pursue a career in coaching with any degree should consult a physical education adviser. The California Interscholastic Federation (CIF) requires individuals who are not physical education majors to acquire coaching certification. CIF has approved this pattern, and individuals who satisfactorily complete the program are automatically qualified to coach. See your adviser to discuss career plans and appropriate selection of courses.

4 courses required:

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Units</th>
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</tr>
</thead>
<tbody>
<tr>
<td>PHED 016</td>
<td>Prin Sp Inj Mgt</td>
<td>4.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 117</td>
<td>Advanced Athletic Training</td>
<td>3.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 188</td>
<td>Adv Fieldwork in Athl Training</td>
<td>3.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 199</td>
<td>Program Mgmt Special Populations</td>
<td>3.0</td>
<td>FA</td>
</tr>
</tbody>
</table>

2 courses required:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 016</td>
<td>Prin Sp Inj Mgt</td>
<td>4.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 117</td>
<td>Advanced Athletic Training</td>
<td>3.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 188</td>
<td>Adv Fieldwork in Athl Training</td>
<td>3.0</td>
<td>FS</td>
</tr>
<tr>
<td>PHED 199</td>
<td>Program Mgmt Special Populations</td>
<td>3.0</td>
<td>FA</td>
</tr>
</tbody>
</table>
**Physical Education & Exercise Physiology**

2 courses selected from:
- PHED 105 Analysis of Basic Movement 3.0 FS
- PHED 116 Principles of Sppt Injury Mgt 5.0 FS
  Prerequisites: Basic First Aid or equivalent course; faculty permission.
- PHED 146 Sport and Society 3.0 FS
  This course is the same as SOC 146 which may be substituted.
- PHED 147 Sports/Game/Play Non-West Cult 3.0 FS *NW
- PHED 208 Social Psych of Sport/Play/Games 3.0 FS
  This course is the same as PSY 208 which may be substituted.
- PHED 224 Biomechanical Analysis 3.0 FS
  Prerequisites: PHED 185 and basic computer literacy.
- PHED 254 Theory/Practice of Play & Games 3.0 SP

**FITTENESS AND WELLNESS PATTERN: 18-19 units**

3 courses required:
- PHED 145 Human Movement/Learn/Perform 3.0 FS
  Prerequisites: Basic computer skills or faculty permission.
- PHED 184 Assessment in Physical Education 3.0 FS
- PHED 280 Clinic in Exercise Physiology 3.0 FS
  Prerequisites: PHED 180; faculty permission.

3 courses selected from:
- PHED 105 Analysis of Basic Movement 3.0 FS
- PHED 116 Principles of Sppt Injury Mgt 4.0 FS
  Prerequisites: Basic First Aid or equivalent course; faculty permission.
- PHED 186 Sports Epidemiology 3.0 FS
  Prerequisites: Basic computer skills or faculty permission.
- PHED 208 Social Psych of Sport/Play/Games 3.0 FS
  This course is the same as PSY 208 which may be substituted.
- PHED 212 Intro to Adapted Phys Activities 3.0 FS
- PHED 282 Medical Topics in Exercise Phys 3.0 FS
- PHED 289 Bachelor's Degree in any discipline or PHED 180A, PHED 185, PHED 280 or faculty permission.

PHED 285 Seminar in Sports Medicine 3.0 FS
Prerequisites: BIOL 100, PHED 185, or faculty permission, PHED 180.
PHED 286 Anat/Patho Aspects of Sports Inj 3.0 FS
Prerequisites: BIOL 100, BIOL 104, PHED 185.
PHED 288 Sem Sports/Phys Act Health Care 3.0 FS
Prerequisites: PHED 117, PHED 185.

**OUTDOOR EDUCATION PATTERN: 28-34 units**

Students wishing to pursue a career in outdoor education with any degree should consult with the Coordinator of the Outdoor Education program in the Physical Education and Exercise Science Department. Wilderness 1st Responder certification is required for this pattern. It is granted and authorized through three different agencies: Wilderness Medicine Institute (WMI), Wilderness Medical Associates (WMA), and Stone Hearth Open Learning Opportunities (SOLO). These companies conduct courses throughout North America and each company recognizes the others' certifications. Wilderness 1st Responder certification is also included in the same pattern. Wilderness 1st Responder is offered on the CSU, Chico campus by WMI and is sponsored by the Associated Students, Adventure Outings. Wilderness 1st Responder certification also includes Standard First Aid and cardiopulmonary resuscitation (CPR) certification.

NOTE: Students completing this pattern may use two of the following required courses in the Outdoor Education/Recreation group lower-division activity course requirements: PHED 025, PHED 026, or PHED 028.

**8 courses required:**
- PHED 024 Methods of Teaching Rock Climb 3.0 FA
  Prerequisites: Wilderness 1st Responder or faculty permission.
- PHED 027 Winter and the Mountain 3.0 JA
  Prerequisites: Wilderness 1st Responder, PHED 026 or REC 115.
- PHED 028 Methods of Tch Canoeing/Kayaking 3.0 SP
  Prerequisites: Wilderness 1st Responder.
- PHED 260 Phil Found of Outdoor Education 3.0 FS
- PHED 262 Theory of Experiential Education 3.0 FS
  Prerequisites: PHED 260.
- PHED 264 Facilitating Adventure Exp 3.0 FS
  Prerequisites: PHED 260.
- PHED 270 Practicum in Outdoor Education 9.0 SM
  Prerequisites: Wilderness 1st Responder, PHED 024, PHED 026, PHED 027, PHED 028, PHED 260, PHED 264, REC 040.
- REC 040 Outdoor Recreation Systems 3.0 FS
  Prerequisites: Concurrent enrollment in or prior completion of REC 010; or faculty permission.

1 course selected from:
- PHED 026 Methods of Tch Wilderness Living 3.0 FA
  Prerequisites: Wilderness 1st Responder or faculty permission.
- PHED 085 Camp Mgmt & Outdoor Leadership 3.0 FS

**THE OPTION IN PHYSICAL EDUCATION TEACHER EDUCATION: 87 units**

This option satisfies all requirements for subject matter competency in physical education and the single subject teaching credential program. Additionally, by completing all the required courses, students will be granted the Cross-Cultural Language and Academic Development (CCLAIM) certification that is required of all California credentialed secondary teachers. Consult with a Physical Education Teacher Education (PETE) advisor early in order to determine your academic plan as courses follow a prescribed sequence.

**Lower-Division Courses: 3 units**

Select activity breadth courses with the prior approval of a PETE adviser.

3 courses selected from:
- PHED 012A Beginning Badminton 1.0 FS
- PHED 012B Intermediate Badminton 1.0 FS
- PHED 016A Beginning Aerobic Dance 1.0 FS
- PHED 016B Intermediate Aerobic Dance 1.0 FS
- PHED 016C Advanced Aerobic Dance 1.0 FS
- PHED 017A Bicycling 1.0 FS
- PHED 018J Intermediate Basketball: Men 1.0 FS
- PHED 018V Beginning Basketball: Women 1.0 FS
- PHED 018W Intermediate Basketball: Women 1.0 FS
- PHED 020A Beginning Bowling 1.0 FS
- PHED 020B Intermediate Bowling 1.0 FS
- PHED 020C Advanced Bowling 1.0 FS
- PHED 029 Flag Football 1.0 FA
- PHED 034A Beginning Golf 1.0 FS
- PHED 034B Intermediate Golf 1.0 FS
- PHED 036I Beginning Gymnastics: Men 1.0 FS
- PHED 036J Intermediate Gymnastics: Men 1.0 FS
- PHED 036V Beginning Gymnastics: Women 1.0 FS
- PHED 036W Intermediate Gymnastics: Women 1.0 FS
- PHED 041A Beginning Jujitsu/Self-Defense 1.0 FS
- PHED 041B Intermed Jujitsu/Self-Defense 1.0 FS
- PHED 042 Aikido 1.0 FS
- PHED 043A Beginning Karate 1.0 FS
- PHED 043B Intermediate Karate 1.0 FS
- PHED 043C Advanced Karate 1.0 FS
- PHED 044A Beginning TaekwonDo 1.0 FS
- PHED 044B Intermediate TaekwonDo 1.0 FS
- PHED 044C Advanced TaekwonDo 1.0 FS
- PHED 047I Beginning Indoor Soccer: Men 1.0 FS
- PHED 047J Intermediate Indoor Soccer: Men 1.0 FS
- PHED 047W Intermediate Indoor Soccer: Women 1.0 FS
- PHED 048V Beginning Soccer: Women 1.0 FS
- PHED 048W Intermediate Soccer: Women 1.0 FS
- PHED 049A Beginning Slow-Pitch Softball 1.0 FS
- PHED 050V Beginning Softball: Women 1.0 FS
- PHED 050W Intermediate Softball: Women 1.0 SP
- PHED 054A Beginning Swimming 1.0 FS
- PHED 054B Intermediate Swimming 1.0 FS
- PHED 056A Beginning Tennis 1.0 FS
- PHED 056B Intermediate Tennis 1.0 FS
- PHED 062A Beginning Volleyball 1.0 FS
- PHED 062B Intermediate Volleyball 1.0 FS
- PHED 064A Beginning Water Polo 1.0 FS
- PHED 064B Intermediate Water Polo 1.0 FS
- PHED 064K Advanced Water Polo: Men 1.0 FA
- PHED 066A Beginning Weight Training 1.0 FS
- PHED 066B Intermediate Weight Training 1.0 FS
- PHED 069 Yoga 1.0 Inq

**Upper-Division Courses: 63 units**

20 courses required:
- EDUC 100 Democracy & Pub Schl in America 2.0 SM F
- EDUC 102 Access & Equity in Education 3.0 FS
- EDTE 230A Fundamentals of Teaching Prac 3.0 SM F
- EDTE 230B Teaching with Technology 1.0 FS
- EDTE 230C Literacy Development 3.0 SM F
physical education & exercise physiology

EDTE 230F: Teaching Practicum I 3.0 FS
Prerequisites: Admission to the Department of Education Single Subject Program and completion of Block Two courses.
EDTE 230G: Subject Area Pedagogy II 3.0 FS
EDTE 230R: Apps for Democratic Education 3.0 FS
Prerequisites: Capstone course to be taken in the final semester of the program.
EDTE 230S: Teaching Practicum II 9.0 FS
Prerequisites: Successful completion of Practicum I (EDTE 230F).
ENGL 110: Adv. Comp. for Future Teachers 3.0 FS
Prerequisites: ENGL 001, ENGL 124 recommended.
HCSV 261: Hlth Ed for Secondary Sch Tchrs 3.0 FS
PHED 108: Dance/Rhythms/ Educ Gymnastics 3.0 FS
Prerequisites: Faculty permission.
PHED 109: Develop Approp PE for Children 3.0 FS
PHED 110: Develop Approp PE-Middle School 3.0 FS
PHED 111: Develop Approp PE-High School 3.0 FS
PHED 112: Outdoor Education & Aquatics 3.0 FS
Prerequisites: Faculty permission.
PHED 143: Philosophy of School Based PE 3.0 FS
PHED 144: Motor Development & Behavior 3.0 FS
PHED 184: Assessment in Physical Education 3.0 FS
Prerequisites: Faculty permission.
PHED 212: Intro to Adapted Phys Activities 3.0 FS
NOTE: PSY 202 may be substituted for PHED 144; EDTE 230D may be substituted for PHED 122. Adviser's permission is required for substitutions.

Additional Requirements:
FIELD EXPERIENCE: 45 hours aiding or observing in a classroom in the last four years and prior to student teaching is required by the California Commission on Teacher Credentialing. This experience is to be supervised by a credentialed teacher and verified in writing. The following conditions are necessary:
1. Single Subject Credential field experience must be in secondary (grades 7-12) classrooms;
2. CLAD Emphasis credential field experience must be in a classroom with a culturally and linguistically diverse student population.
See PETE adviser for assistance in determining field experience.
NOTE: By the beginning of the junior year, at the time of admission to the credential program, students must have a cumulative GPA of 2.67, or a GPA of 2.75 for the last 60 units. Candidates must maintain a 3.0 average or better in EDTE 230 courses. PHED courses listed must be completed with a C- or better.

Cross-Cultural Language and Academic Development (CLAD): 15 units
2 courses required:
ENGL 121: Principles of Language 3.0 FS
ENGL 232: Second Language Acquisition 3.0 FS
Prerequisites: ENGL 121.
1 course selected from:
ANTH 104: Language and Culture 3.0 FS
HIST 134: American Ethnic Origins 3.0 FS *Eth
This course is the same as MCGS 134 which may be substituted.
RS 185: Religion/Amer Ethnic Minorities 3.0 FS *Eth
This course is the same as MCGS 185 which may be substituted.
SOC 102: Temporal Concepts 3.0 FS *Eth
6 units selected from:
6 units of course work in any single non-English language. NOTE: This requirement may be waived for students with demonstrated competence in any non-English language or with three years of high school language courses in a single language with a B or higher average. See advisor for other alternatives.
NOTE: Students are also reminded that the following courses are required for the Option in Physical Education Teacher Education: CMST 011 or CMST 012; CSCI 010 (or equivalent); ENGL 110; POLS 055 or POLS 155. Students interested in earning subject matter competency in physical education with intentions of entering credential programs other than the Physical Education Teacher Education Option must take an alternate set of courses. See a PETE adviser as soon as possible to establish an academic contract.

Optional Adapted Physical Education Specialist Credential: 20 units
In order to complete the specialist credential in adapted physical education, students must obtain or be working toward a credential that authorizes them to teach physical education. This credential allows future physical education teachers to instruct individuals with disabilities in the public schools. These courses may be taken in addition to the Option in Teacher Education program, but are not required for that option or degree.
7 courses required:
PHED 051: Aquatics for Adaptive Instructor 2.0 SP
Prerequisites: First Aid and CPR/FI or permission; WI recommended.
PHED 212: Intro to Adapted Phys Activities 3.0 FS
PHED 213: Prog for Phys/Neuro Disabilities 3.0 SP
Prerequisites: PHED 212 or faculty permission.
PHED 214: Prog for Mental/Emot/Lrn Disabil 3.0 FA
Prerequisites: PHED 212 or faculty permission.
PHED 215: Collaboration in Adapted PE 3.0 SP
Prerequisites: PHED 212 or faculty permission.
PHED 216: Motor Assess Exceptional Child 3.0 FA
Prerequisites: PHED 212 or faculty permission.
PHED 217: Fieldwork Adapted Physical Educ 3.0 FS
Prerequisites: PHED 215; faculty permission.

Electives Requirement:
To complete the total units required for the bachelor's degree, select additional elective courses from the total university offerings. You should consult with an advisor regarding the selection of courses which will provide breadth to your university experience and apply to a supportive second major or minor.

Grading Requirement:
All courses taken to fulfill major course requirements must be taken for a letter grade, except those courses specified by the department as Credit/No Credit grading only.

Advising Requirement:
Advising is mandatory for all majors in this degree program. Consult your undergraduate adviser for specific information.

Honors in the Major
Honors in the Major is a program of independent work in your major. It involves 6 units of honors course work completed over two semesters. Your Honors work will be recognized at your graduation, on your permanent transcripts, and on your diploma. It is often accompanied by letters of commendation from your mentor in the department or the department chair. Most importantly, however, the Honors in the Major program allows you to work closely with a faculty mentor in your area of interest on an original performance or research project. This year-long collaboration allows you to work in your field at a professional level and culminates in a public presentation of your work. Students sometimes take their projects beyond the university for submission in professional journals, presentation at conferences, or competition in shows; such experience is valuable for graduate school and later professional life.

Some common features of Honors in the Major program are:
1. You must take 6 units of Honors in the Major course work. At least 3 of these 6 units are independent study (299H) as specified by your department. You must complete each class with a minimum grade of B.
2. You must have completed 9 units of upper-division course work or 21 overall units in your major before you can be admitted to Honors in the Major. Check the requirements carefully, as there may be specific courses that must be included in these units.
3. Your cumulative GPA should be at least 3.5 or within the top 5 percent of majors in your department.
4. Your GPA in your major should be at least 3.5 or within the top 5 percent of majors in your department.
5. Most students apply for or are invited to participate in Honors in the Major during the second semester of their junior year. Then they complete the 6 units of course work over the two semesters of their senior year.
6. Your honors work culminates with a public presentation of your Honors project.

While Honors in the Major is part of the Honors Program, each department administers its own program. Please contact your major department or major adviser for further information.
**The Bachelor of Science in Exercise Physiology**

**Total Course Requirements for the Bachelor's Degree: 120 units**

See “Requirements for the Bachelor’s Degree” in The University Catalog for complete details on general degree requirements. A minimum of 40 units, including those required for the major, must be upper division.

The department has prepared a suggested Four Year Advising Plan to help students meet all graduation requirements within four years. Please request a plan from your major adviser or view it and other current advising information on the CSU, Chico Web.

**General Education Requirements: 48 units**

See “General Education Requirements” in The University Catalog and The Class Schedule for the most current information on General Education Requirements and course offerings. The course requirements marked below with an asterisk (*) may also be applied toward General Education.

**Cultural Diversity Course Requirements: 6 units**

See “Cultural Diversity” in The University Catalog. Most courses used to satisfy these requirements may also apply to General Education.

**American Institutions Requirement: 6 units**

See the “American Institutions Requirement” under “Bachelor’s Degree Requirements.” This requirement is normally fulfilled by completing HIST 050 and POLS 055. Courses used to satisfy this requirement do not apply to General Education.

**Literacy Requirement:**

See “Mathematics and Writing Requirements” in The University Catalog. Writing proficiency in the major is a graduation requirement and may be demonstrated through satisfactory completion of a course in your major which has been designated as the Writing Proficiency (WP) course for the semester in which you take the course. Students who earn below a C- are required to repeat the course and earn a C- or better to receive WP credit. See The Class Schedule for the designated WP courses for each semester. You must pass ENGL 001 (or its equivalent) with a C- or better before you may register for a WP course.

**Course Requirements for the Major: 68-70 units**

The following courses, or their approved transfer equivalents, are required of all candidates for this degree.

**Lower-Division Requirements: 18 units**

5 courses required:

- BIO L 003 Human Anatomy 3.0 FS *
- BIO L 004 Human Physiology 3.0 FS *
- CHEM 027 Gen Chem for Applied Sciences 4.0 FS *
- CHEM 028 Organic Chem for Applied Science 4.0 FS
- PHYS 002A General Physics 4.0 FS
- PREREQUISITES: High school physics or faculty permission. High school trigonometry and second-year high school algebra or equivalent (MATH 003 and MATH 004 at CSU, Chico).

**Mathematics Requirement: 3 units**

1 course selected from:

- MATH 005 Statistics 3.0 FS *
- PREREQUISITES: Completion of ELM requirement.
- MATH 215 Biometrics 3.0 FA
- PREREQUISITES: Completion of ELM requirement.

**Upper-Division Requirements: 47-49 units**

1 course selected from:

- BIO L 102 Evolution 3.0 SP *
- PREREQUISITES: BIO L 001 or BIO L 008 or equivalent.
- BIO L 103 Human Genetics 3.0 FS *
- PREREQUISITES: One biological sciences course.
- BIO L 116 Science and Human Values 3.0 FS *
- PREREQUISITES: BIO L 001 or BIO L 008. This course is the same as PHIL 116 which may be substituted.
- BIO L 195 Biology of Cancer 3.0 FS *
- PREREQUISITES: BIO L 001 or BIO L 008.

11 courses required:

- CHEM 153 Introductory Biochemistry 3.0 FS
- CHEM 202 General Chemistry 3.0 FS
- NFS C 123 Nutrition/Physical Fitness 3.0 FS *
- PREREQUISITES: One lower-division course in biological sciences.

**Electives Requirement:**

To complete the total units required for the bachelor’s degree, select additional elective courses from the total university offerings. You should consult with an adviser regarding the selection of courses which will provide breadth to your university experience and apply to a supportive second major or minor.

**Grading Requirement:**

All courses taken to fulfill major course requirements must be taken for a letter grade, except those courses specified by the department as Credit/No Credit grading only.

**Advising Requirement:**

Advising is mandatory for all majors in this degree program. Consult your undergraduate adviser for specific information.

**The Minor in Exercise Science**

**Course Requirements for the Minor: 20-21 units**

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

Departmental approval is required before you begin course work for this minor. Approval can be obtained by providing written notice of your intention to declare this minor to the department office.

4 courses required:

- BIO L 003 Human Anatomy 3.0 FS *
- BIO L 004 Human Physiology 3.0 FS *
- PHED 180A Physiology of Exercise 4.0 FS
- PREREQUISITES: BIOL 004.
- PHED 185 Biomechanics 4.0 FS
- PREREQUISITES: BIOL 003 or faculty permission for non-majors, basic computer literacy skills.

1 course selected from:

- PHED 116 Prin Spt Injury Mgt 4.0 FS
- PREREQUISITES: Basic First Aid or equivalent course; faculty permission.
- PHED 203 Computer Appl Movement Design 3.0 FS
- PREREQUISITES: PHED 100.
- PHED 212 Intro to Adapted Phys Activities 3.0 FS
- PHYS 002B General Physics 4.0 FS
- PREREQUISITES: PHYS 002A.

For the most current information on General Education Requirements see The Class Schedule.
THE MINOR IN COACHING

Course Requirements for the Minor: 29-30 units

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

5 courses required:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 003</td>
<td>Human Anatomy</td>
<td>3.0 FS*</td>
<td></td>
</tr>
<tr>
<td>BIOL 004</td>
<td>Human Physiology</td>
<td>3.0 FS*</td>
<td></td>
</tr>
<tr>
<td>PHED 180A</td>
<td>Physiology of Exercise</td>
<td>4.0 FS</td>
<td></td>
</tr>
<tr>
<td>PHED 185</td>
<td>Biomechanics</td>
<td>4.0 FS</td>
<td></td>
</tr>
<tr>
<td>PHED 220</td>
<td>Principles of Individual Sports</td>
<td>3.0 FS</td>
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</table>

1 course selected from:

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<tr>
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<th>Hours</th>
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<tbody>
<tr>
<td>PHED 231</td>
<td>Principles of Team Sports</td>
<td>3.0 FS</td>
</tr>
<tr>
<td>PHED 144</td>
<td>Motor Development &amp; Behavior</td>
<td>3.0 FS</td>
</tr>
<tr>
<td>PHED 145</td>
<td>Human Movement/Learn/Perform</td>
<td>3.0 FS</td>
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</table>

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<tr>
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<tbody>
<tr>
<td>PHED 114</td>
<td>Embodied Knowledge: Kinesiology</td>
<td>3.0 FS</td>
</tr>
<tr>
<td>PHED 144</td>
<td>Motor Development &amp; Behavior</td>
<td>3.0 FS</td>
</tr>
<tr>
<td>PHED 145</td>
<td>Human Movement/Learn/Perform</td>
<td>3.0 FS</td>
</tr>
<tr>
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<td>Intro to Adapted Phys Activities</td>
<td>3.0 FS</td>
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2 courses selected from:

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<td>PHED 212</td>
<td>Intro to Adapted Phys Activities</td>
<td>3.0 FS</td>
</tr>
</tbody>
</table>

Written Notice

Departmental approval is required before you begin course work for this minor. Approval can be obtained by providing written notice of your intention to declare this minor to the department office.

THE CERTIFICATE IN OUTDOOR EDUCATION

Course Requirements for the Certificate: 27-36 units

The following courses, or their approved transfer equivalents, are required of all candidates for this certificate.

A grade point average of 2.5 or better must be earned for courses required for the certificate, with at least a C earned in each course.

Wilderness 1st Responder certification is required for this certificate. It is granted and authorized through three different agencies: Wilderness Medical Institute (WMI), Wilderness Medical Associates (WMA), and Stone Heath Open Learning Opportunities (SOLO). These companies conduct courses throughout North America and each company recognizes the others’ certification. Wilderness 1st Responder is offered on the CSU, Chico campus through WMI and is sponsored by the Associated Students, Adventure Outings. Wilderness 1st Responder certification also includes Standard First Aid and cardiopulmonary resuscitation (CPR) certification.

2 courses required:

<table>
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<tr>
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<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 260</td>
<td>Phil Found of Outdoor Education</td>
<td>3.0 FS</td>
</tr>
<tr>
<td>PHED 264</td>
<td>Facilitating Adventure Exp</td>
<td>3.0 FS</td>
</tr>
</tbody>
</table>

Written Notice

Departmental approval is required before you begin course work for this minor. Approval can be obtained by providing written notice of your intention to declare this minor to the department office.
PHYSICAL EDUCATION & EXERCISE PHYSIOLOGY

1 course selected from:
PHED 026 Methods of Teaching Rock Climbing 3.0 FA
Prerequisites: Wilderness 1st Responder or faculty permission.

PHED 027 Winter and the Mountain 3.0 JA
Prerequisites: Wilderness 1st Responder, PHED 026 or RECR 115.

PHED 028 Methods of Teaching Canoeing/Kayaking 3.0 SP
Prerequisites: Wilderness 1st Responder.

2 courses selected from:
GEO 001 General Geology 3.0 FS *
GEO 005 Introduction to Astronomy 3.0 FS *
GEO 020 Weather 3.0 FS *
GEO 030 Intro to Environmental Science 3.0 FS *
PHED 112 Outdoor Education & Aquatics 3.0 FS
Prerequisites: faculty permission.

PHED 143 Philosophy of School Based PE 3.0 FS
PHED 185 Biomechanics 4.0 FS
Prerequisites: BIOL 003 or faculty permission for non-majors, basic computer literacy skills.

PHED 262, Theory of Experiential Education 3.0 FS
PHED 270 Practicum in Outdoor Education 9.0 SM
Prerequisites: Wilderness 1st Responder, PHED 024, PHED 026, PHED 027.

PHED 028, PHED 260, PHED 264, RECR 040

RECR 010 Foundations Leisure/Recreation 3.0 FS
RECR 040 Outdoor Recreation Systems 3.0 FS
Prerequisites: Concurrent enrollment in or prior completion of RECR 010; or faculty permission.

RECR 110 Natural Resource/Inform Citizen 3.0 FS *
Prerequisites: Junior standing.

1 course selected from:
PHED 024 Methods of Teaching Rock Climbing 3.0 FA
Prerequisites: PHED 260.

PHED 270 Practicum in Outdoor Education 9.0 SM
Prerequisites: Wilderness 1st Responder, PHED 024, PHED 026, PHED 027.

PHED 028, PHED 260, PHED 264, RECR 040

RECR 010 Foundations Leisure/Recreation 3.0 FS
RECR 040 Outdoor Recreation Systems 3.0 FS
Prerequisites: Concurrent enrollment in or prior completion of RECR 010; or faculty permission.

RECR 110 Natural Resource/Inform Citizen 3.0 FS *
Prerequisites: Junior standing.

GEO 001 General Geology 3.0 FS *
GEO 005 Introduction to Astronomy 3.0 FS *
GEO 020 Weather 3.0 FS *
GEO 030 Intro to Environmental Science 3.0 FS *
PHED 112 Outdoor Education & Aquatics 3.0 FS
Prerequisites: faculty permission.

PHED 143 Philosophy of School Based PE 3.0 FS
PHED 185 Biomechanics 4.0 FS
Prerequisites: BIOL 003 or faculty permission for non-majors, basic computer literacy skills.

PHED 262, Theory of Experiential Education 3.0 FS
PHED 270 Practicum in Outdoor Education 9.0 SM
Prerequisites: Wilderness 1st Responder, PHED 024, PHED 026, PHED 027.

PHED 028, PHED 260, PHED 264, RECR 040

RECR 010 Foundations Leisure/Recreation 3.0 FS
RECR 040 Outdoor Recreation Systems 3.0 FS
Prerequisites: Concurrent enrollment in or prior completion of RECR 010; or faculty permission.

RECR 110 Natural Resource/Inform Citizen 3.0 FS *
Prerequisites: Junior standing.

THE CERTIFICATE IN SPORT AND HUMAN PERFORMANCE

Course Requirements for the Certificate: 35-38 units

The following courses, or their approved transfer equivalents, are required of all candidates for this certificate.

Candidates for the certificate must be accepted by the university, but it is not necessary to complete the requirements for a bachelor’s degree in order to receive the Certificate in Sport and Human Performance. An overall grade point average of 2.5 is required for the certificate.

7 courses required:
BIOL 003 Human Anatomy 3.0 FS *
BIOL 004 Human Physiology 3.0 FS *
PHED 173 Prin of Strength & Conditioning 3.0 FS
Prerequisites: PHED 180A, PHED 185, or faculty permission.

PHED 180A Physiology of Exercise 4.0 FS
Prerequisites: BIOL 004.

PHED 185 Biomechanics 4.0 FS
Prerequisites: BIOL 003 or faculty permission for non-majors, basic computer literacy skills.

PHED 224 Biomechanical Analysis 3.0 FS
Prerequisites: PHED 185 and basic computer literacy.

PHED 280 Clinic in Exercise Physiology 3.0 FS
Prerequisites: PHED 180; faculty permission.

1 course selected from:
MATH 005 Statistics 3.0 FS *
Prerequisites: Completion of ELM requirement.

PHED 184 Assessment in Physical Education 3.0 FS
Prerequisites: Faculty permission.

1 course selected from:
PHED 100 Computer Application Phys Educ 3.0 FS
PHED 203 Computer Appl Movement Design 3.0 FS
Prerequisites: PHED 100.

PHED 204 Technology Network PHED 3.0 FS
Prerequisites: faculty permission.

PHED 218 3D Desktop Video Applications 3.0 FS
PHED 226 Interactive Multimedia 3.0 FS

6-9 units selected from:
Any 200-level Physical Education (PHED) courses, selected in consultation with, and having the prior approval of, the certificate coordinator. One upper-division course from another department may be substituted with the coordinator’s approval.

THE CERTIFICATE IN SPORTS INJURY HEALTH CARE

Course Requirements for the Certificate: 30 units

The following courses, or their approved transfer equivalents, are required of all candidates for this certificate.

Candidates for the certificate must be accepted by the university, but it is not necessary to complete the requirements for a bachelor’s degree in order to receive the Certificate in Sports Injury Health Care. An overall grade point average of 2.5 and a minimum grade of C for each course are required for the certificate.

5 courses required:
BIOL 003 Human Anatomy 3.0 FS *
BIOL 004 Human Physiology 3.0 FS *
PHED 116 Prin Spt Injury Mgt 4.0 FS
Prerequisites: BIOL 003, BIOL 004, PHED 116.

PHED 180A Physiology of Exercise 4.0 FS
Prerequisites: BIOL 004.

PHED 262 Theory of Experiential Education 3.0 FS
PHED 270 Practicum in Outdoor Education 9.0 SM
Prerequisites: Wilderness 1st Responder, PHED 024, PHED 026, PHED 027.

PHED 028, PHED 260, PHED 264, RECR 040

RECR 010 Foundations Leisure/Recreation 3.0 FS
RECR 040 Outdoor Recreation Systems 3.0 FS
Prerequisites: Concurrent enrollment in or prior completion of RECR 010; or faculty permission.

RECR 110 Natural Resource/Inform Citizen 3.0 FS *
Prerequisites: Junior standing.

1 course selected from:
PHED 024 Methods of Teaching Rock Climbing 3.0 FA
Prerequisites: PHED 260.

PHED 270 Practicum in Outdoor Education 9.0 SM
Prerequisites: Wilderness 1st Responder, PHED 024, PHED 026, PHED 027.

PHED 028, PHED 260, PHED 264, RECR 040

RECR 010 Foundations Leisure/Recreation 3.0 FS
RECR 040 Outdoor Recreation Systems 3.0 FS
Prerequisites: Concurrent enrollment in or prior completion of RECR 010; or faculty permission.

RECR 110 Natural Resource/Inform Citizen 3.0 FS *
Prerequisites: Junior standing.

4 courses selected from:
PHED 117 Advanced Athletic Training 3.0 FS
Prerequisites: PHED 116.

PHED 181 Recondition Athletic Injuries 3.0 SP
Prerequisites: PHED 116; a course in anatomy is recommended.

PHED 186 Sports Epidemiology 3.0 FS
Prerequisites: Basic computer skills or faculty permission.

PHED 187 Intro Fieldwork Athl Training 3.0 FS
Prerequisites: BIOL 003; Basic First Aid; CPR; PHED 116.

PHED 188 Adv Fieldwork in Athl Training 3.0 FS
Prerequisites: PHED 117; PHED 181; PHED 187; Basic First Aid and CPR cards; faculty permission.

PHED 285 Seminar in Sports Medicine 3.0 FS
Prerequisites: BIOL 003, BIOL 004, PHED 100 or faculty permission, PHED 180.

PHED 286 Anat/Patho Aspects of Sports Inj 3.0 FS
Prerequisites: BIOL 003, BIOL 004, PHED 185.

PHED 288 Sem Sport/Phys Act Health Care 3.0 FS
Prerequisites: PHED 117, PHED 181.
THE SINGLE SUBJECT TEACHING CREDENTIAL IN PHYSICAL EDUCATION

Course Requirements for the Single Subject Teaching Credential: 107 units

The Option in Physical Education Teacher Education fulfills all requirements for the Single Subject Credential in Physical Education.

Your departmental credential advisor is responsible for verifying that the subject matter preparation program has been completed. If you are interested in obtaining a teaching credential, confer with the appropriate credential advisor early in your university career. Department credential advisors can assist you in planning an educational program that meets both major and credential requirements.

Subject matter preparation requirements are governed by legislative action and approval of the California Commission on Teacher Credentialing. Requirements may change between catalogs. Please consult with your departmental credential advisor for current information.

THE MASTER OF ARTS IN PHYSICAL EDUCATION

Objectives:
The Department of Physical Education and Exercise Science at CSU, Chico offers the Master of Arts degree in Physical Education. The objectives of our graduate program are to develop skills, knowledge, and research experience so that students can take their place in the community as leaders, teachers, and researchers.

Course Requirements for the Master’s Degree: 30 units

Continuous enrollment is required. A maximum of 9 semester units of transfer credit may be applied toward the degree.

Graduate Time Limit: All requirements for the degree are to be completed within five years of the end of the semester of enrollment in the oldest course applied toward the degree. See “Graduate Education” in The University Catalog for complete details on general degree requirements.

Prerequisites for Admission to Conditionally Classified Status:

1. Satisfactory grade point average as specified in “Admission to Master’s Degree Programs” in The University Catalog.
2. Approval by the department and the Office of Graduate Programs.
3. A major or minor in Physical Education/Kinesiology from an accredited institution, or an equivalent approved by the Office of Graduate Programs and the Graduate Coordinator or, in absence of a degree in Physical Education, completion of the following (or their equivalent): PHED 180A (Physiology of Exercise), PHED 185 (Kinesiology); and two additional courses to be determined by the Graduate Coordinator. These courses must be satisfactorily completed before enrollment in graduate-level courses.
4. A minimum grade point average of 3.0 in the last 60 units of undergraduate work.
5. A score of 1125 on the Graduate Record Examination, with no score below 375 for any section (verbal, quantitative, or analytical).
6. Evidence of computer literacy by completion of PHED 100 or an equivalent course or by examination.
7. Two letters of recommendation.

Prerequisites for Admission to Classified Status:

In addition to any requirements listed above:
A score of 1275 on the Graduate Record Examination, and no score on any section (verbal, quantitative, or analytical) below 425 (for direct admission to Classified Status).

Advancement to Candidacy:

In addition to any requirements listed above:
1. Completion at the university of the following 300-level courses:
   - PHED 300 Seminar in Physical Education 3.0 FS
   - PHED 301 Sem Phys Ed Research Statistics 3.0 FS
   - PHED 302 Sem Phys Educ Research Design 3.0 FS

   NOTE: PHED 300 should be taken in the first semester. PHED 301 should be taken before PHED 302.
2. Formation of the graduate advisory committee.
3. Development of an approved program of course work.
4. Approval of selection of a topic for the thesis or project proposal.

Requirements for the MA in Physical Education:

Completion of all requirements as established by the Department graduate committee, the graduate advisory committee, and the Office of Graduate Programs, to include:
1. Completion of an approved program consisting of 30 units of 200-300-level courses as follows:
   (a) At least 18 units must be in the discipline of Physical Education, including the following core courses for all students:
      - PHED 300 Seminar in Physical Education 3.0 FS
      - PHED 301 Sem Phys Ed Research Statistics 3.0 FS
      - Prerequisites: PHED 184 or faculty permission.
      - PHED 302 Sem Phys Educ Research Design 3.0 FS

   NOTE: PHED 300 should be taken in the first semester of enrollment. PHED 301 should be taken before PHED 302.
(b) At least 21 of the units required for the degree must be in 300-level courses.
(c) In addition to core courses required above, completion of requirements for one of the following courses (consult the Graduate Coordinator for specific courses required):
   (1) Adapted Physical Education
   (2) Athletic Training
   (3) Biomechanics
   (4) Exercise Physiology
   (5) Pedagogy
   (6) Sport and Exercise Psychology
   (7) Sports Studies
   (d) At least 8 units of the program must be completed after advancement to candidacy.
   (e) Not more than 9 semester units of transfer and/or extension credit (correspondence courses and U.C. extension course work are not acceptable). Open University units are part of the 9-unit maximum.
   (f) Not more than a total of 10 units of Independent Study (398) and Master’s Thesis (399) or Master’s Project (399); not more than 6 units of Master’s Thesis (399) or 3 units of Master’s Project (399).
2. Completion and final approval of one of the following plans:
   (a) Thesis or Project Plan:
      Students will select 6 units of Master’s Thesis (PHED 399) or 3 units of Master’s Project (PHED 399), and will complete a thesis or project as specified by the graduate advisory committee, the Graduate Coordinator, and the departmental graduate committee. An oral defense of the thesis or project is required.
   (b) Comprehensive Examination Plan:
      In place of PHED 399, students will substitute additional units of 200- or 300-level course work that fits the curriculum track they have chosen to bring the total units for the degree to 30. In addition, they will satisfactorily complete a written comprehensive examination on the program of study.
3. Approval by the departmental graduate committee, the Graduate Coordinator, and the Graduate Coordinators Committee on behalf of the faculty of the university.

Option in Athletic Training Education

In addition to the admission requirements above, applicants to the Athletic Training Education Option must meet the following prerequisites:

Eligibility for the NATABOC Certification Exam

Eligibility requires:
1. Completion of an undergraduate degree.
2. Completion of required course work, including
   (a) human anatomy (BIOL 003)
   (b) human physiology (BIOL 004)
   (c) beginning athletic training (PHED 116)
   (d) advanced athletic training (PHED 117)
   (e) human nutrition (NFSC 123 or NFSC 125)
   (f) biomechanics (PHED 185)
   (g) biomechanical analysis (PHED 224)
3. Clinical hours: (a) Curriculum candidates must have completed an entry-level program accredited by CAAHEP (Commission on Accreditation of Allied Health Education Programs) in no less than two calendar years. The program must include 800 hours of athletic training experience under the supervision of a NATABOC-certified athletic trainer. The athletic training experiences must be obtained from athletic training settings associated with the accredited curriculum.
   (b) Internship candidates must present documentation of having at least 1500 hours of athletic training experience under the supervision of a
NATA/BOC- C-certified athletic trainer. The applicant must show proof that the athletic training experience was gained over a period of at least two calendar years.

**Admission to the Athletic Training Education Option:**

Admission to this option will be limited. In addition to the requirements for all applicants to the MA in Physical Education, applicants to this option must:

1. Complete a supplemental application.
2. Submit three letters of recommendation.
3. Have a personal interview with the Athletic Training Option Selection Committee.

**7 courses required:**

PHED 285 Seminar in Sports Medicine 3.0 FS
Prequisites: BIO 203, BIO 204, PHED 100 or faculty permission, PHED 180.

PHED 286 Anat/Patho Aspects of Sports Inj 3.0 FS
Prequisites: BIO 203, BIO 204, PHED 185.

PHED 288 Sem Sport/Phys Act Health Care Prerequisites: PHED 117, PHED 181.

PHED 300 Seminar in Physical Education 3.0 FS

PHED 301 Sem Phys Ed Research Statistics 3.0 FS

PHED 302 Sem Phys Educ Research Design 3.0 FA

PHED 303 Sem Biological Found Phys Educ Prerequisites: PHED 302, faculty permission.

**9 units selected from:**

PHED 323 Biomechanics Sports Technique 3.0 SP

PHED 324 Biomechanical Analysis 3.0 FS

PHED 361 Current Trends/Problems Phys Ed 3.0 FS

PHED 378 Exercise and Aging 3.0 FS

PHED 380 Sem in Environmental Physiology 3.0 SP

PHED 381 Ex Mgmt-Chronic Disabilities 3.0 Inq

PHED 382 Exercise Cardiology 3.0 Inq

PHED 383 Sem in Environmental Physiology 3.0 SP

PHED 398 Independent Study 1.0-3.0 FS

Note: Supervised clinical assignments may be used as independent study credit, not to exceed 10 units.

PHED 399 Master’s Study 1.0-6.0 FS

OR any 200- or 300-level university course with the approval of the option adviser.

**Graduate Literacy Requirement:**

Writing proficiency is a graduation requirement.

Physical Education majors will demonstrate their writing competence through the successful completion (grade of B or better) of PHED 300 (Seminar in Physical Education).

**Graduate Grading Requirements:**

All courses in the major (with the exceptions of Independent Study-398 and Master’s Study-399) must be taken for a letter grade, except those courses specified by the department as ABC/No Credit (200-level courses), AB/No Credit (300-level courses), or Credit/No Credit grading only. A maximum of 10 units combined of ABC/No Credit, AB/No Credit, and Credit/No Credit grades may be used on the approved program (including 398, 399, and courses outside the major). While grading standards are determined by individual programs and instructors, it is also the policy of the university that unsatisfactory grades may be given when work fails to reflect achievement of the high standards, including high writing standards, expected of students pursuing graduate study.

Students must maintain a 3.0 grade point average in all course work on the approved master’s degree program as well as in all course work taken subsequent to admission to conditionally classified status.

**Graduate Advising Requirement:**

Students should consult the Graduate Coordinator for adviser assignment. No later than the end of the first semester of graduate study, students must identify a graduate faculty member who agrees to serve as their graduate adviser. This adviser must be in the student’s area of specialization.

**The Faculty**

**Jack Azevedo,** 1999, Assist Professor, PhD, UC Berkeley.
**Don W. Battle,** 1967, Professor, MS, U NM.
**Raymond M. Bright,** 1968, Professor Emeritus, MA, CSU Chico.
**Craig A. Buschner,** 1989, Professor, EdD, OSU State U.
**Don Chu,** 1988, Professor, PhD, Stanford U.
**Traci Ciapponi,** 1999, Assist Professor, EdD, U Virginia.
**William W. Colvin,** 1967, Professor Emeritus, EdD, BYU.
**Reid Cross,** 2001, Assist Professor, PhD, Univ of Northern Col.
**Thomas D. Fahey,** 1982, Professor, EdD, UC Berkeley.
**Steve Hannigan-Downs,** 2002, Assist Professor, PhD, Oregon State Univ.
**Catherine Himberg,** 1998, Assoc Professor, PhD, VA Tech.
**Jackie Hudson,** 1994, Professor, PhD, Temple U.
**Gayle E. Hutchinson,** 1990, Chair, Professor, EdD, U Mass.
**Duane Knudson,** 1997, Assoc Professor, PhD, U WI.
**Thomas R. Little,** 1968, Assoc Professor, MA, New Mex St.
**Donald E. Lytle,** 1968, Professor, PhD, U Int'l U.
**Rebecca Lytle,** 1999, Assist Professor, PhD, Oregon State Univ.
**Sharon Sue Porter,** 1968, Professor Emerita, MS, U Mass.
**Scott Roberts,** 2001, Assist Professor, PhD, U NM.
**Robert F. Russ,** 1969, Professor Emeritus, MA, New Mex St.
**Charles D. Scott,** 1972, Professor, EdD, Columbia U.
**Patricia A. Cardoza Smiley,** 1974, Professor, EdD, Nova.
**George David Swanson,** 1989, Professor, PhD, Stanford U.
**James R. Trimmer,** 1968, Professor Emeritus, PhD, U Utah.

**Physical Education Course Offerings**

Please see the section on “Course Description Symbols and Terms” in The University Catalog for an explanation of course description terminology and symbols, the course numbering system, and course credit units. All courses are lecture and discussion and employ letter grading unless otherwise stated. Some prerequisites may be waived with faculty permission. Many syllabi are available on the Chico Web.

All activity courses, except beginning, require permission of the instructor. Unless otherwise noted, beginning activity courses may be taken twice for credit; intermediate and advanced courses may each be taken up to four times for credit.

The following letter coding is used to differentiate activity courses.

Beginning: A (co-ed), I (men only), V (women only)
Intermediate: B (co-ed), J (men only), W (women only)
Advanced: C (co-ed), K (men only), X (women only)

**PHED 001** Safety Instruction in Physical Education 1.0 Fa/Spr
Red Cross multimedia certification and accident procedures for school settings.

**PHED 011A** Orienteering 1.0 Fa/Spr
Basic understanding of topographic maps and the compass, combined with orienteering races. 2.0 hours activity. ABC/no credit grading only. You may take this course more than once for a maximum of 4.0 units.

**PHED 012A** Beginning Badminton 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

**PHED 012B** Intermediate Badminton 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

**PHED 013I** Beginning Basketball 1.0 Fa/Spr
The ballroom-dance sequence covers the range of contemporary social or ballroom dancing in Western culture. Beginning ballroom introduces the basic techniques of Waltz, Fox trot, Swing, Samba, Rumba, and Tango. For men only. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

**PHED 013V** Beginning Ballroom 1.0 Fa/Spr
The ballroom-dance sequence covers the range of contemporary social or ballroom dancing in Western culture. Beginning ballroom introduces the basic techniques of Waltz, Fox trot, Swing, Samba, Rumba, and Tango. For women only. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.
PHED 014 Intermediate Ballroom 1.0 Fa/Spr
Prerequisites: PHED 013.
Intermediate ballroom builds upon the foundation of Beginning Ballroom. More sophisticated, modern, and complicated steps and dances are studied and mastered in a practical setting. For men only. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 014W Intermediate Ballroom 1.0 Fa/Spr
Prerequisites: PHED 013W.
Intermediate ballroom builds upon the foundation of Beginning Ballroom. More sophisticated, modern, and complicated steps and dances are studied and mastered in a practical setting. For women only. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 015A Bicycling 1.0 Fa/Spr
Techniques of bicycling. Knowledge and understanding of the methods related to repair and maintenance is a part of the in-class session in either the racing and/or touring bike combined with short touring trips. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 016A Beginning Aerobic Dance 1.0 Fa/Spr
Aerobic fitness through dance. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 016B Intermediate Aerobic Dance 1.0 Fa/Spr
Aerobic fitness through dance. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 016C Advanced Aerobic Dance 1.0 Fa/Spr
Aerobic fitness through dance. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 017A Bicycling 1.0 Fa/Spr
Intermediate level. In-class sessions will include video, pro-demonstrations, and hands-on experiences involving knots, systems, and advanced skill training. 2.0 hours activity. ABC/NO credit grading only. You may take this course more than once for a maximum of 6.0 units. Special fee required; see The Class Schedule.

PHED 017A Intermediate Rock Climbing 1.0 Fa/Spr
This class is designed to give the experienced rock climber the opportunity to develop, use, and perfect those skills learned at the beginning level and work with the skills and techniques essential to effective climbing at the intermediate level. In-class sessions will include video, pro-demonstrations, and hands-on experiences involving knots, systems, and advanced skill training. 2.0 hours activity. ABC/NO credit grading only. You may take this course more than once for a maximum of 6.0 units.

PHED 018Z Basketball: Movement Design 3.0 Fa/Spr
A movement design class applying basketball as both a medium and metaphoric for personal and cooperative learning strategies. Content encourages planning, action, and reflective thinking processes in a lifetime physical education activity. 1.0 hour lecture, 2.0 hours activity, 2.0 hours activity.

PHED 018A Intermediate Basketball: Men 1.0 Fa/Spr
Skills on parallel bars, side horse, horizontal bar, and still rings. You may take this course more than once for a maximum of 4.0 units.

PHED 018B Intermediate Basketball: Women 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 018V Beginning Basketball: Women 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 018W Beginning Basketball: Women 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 018Z Basketball: Movement Design 3.0 Fa/Spr
A movement design class applying basketball as both a medium and metaphor for personal and cooperative learning strategies. Content encourages planning, action, and reflective thinking processes in a lifetime physical education activity. 1.0 hour lecture, 2.0 hours activity, 2.0 hours activity.

PHED 019A Cross-Country Skiing 1.0 Fa/Spr
Cross-country skiing is a class designed for the person interested in exploring the back county of the High Sierra during the winter and spring months. The class is for the beginning cross-country skier. 2.0 hours activity. Credits for the course may be applied only. You may take this course more than once for a maximum of 4.0 units. Special fee required; see The Class Schedule.

PHED 020A Beginning Bowling 1.0 Fa/Spr
Special fee required; see The Class Schedule. Skills, rules, tournament play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 020B Intermediate Bowling 1.0 Fa/Spr
Special fee required; see The Class Schedule. Skills, rules, tournament play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 020C Advanced Bowling 1.0 Fa/Spr
Special fee required; see The Class Schedule. Skills, rules, tournament play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 021A Backpacking 2.0 Fa/Spr
The wilderness experience is a special retreat into a different way of living; a journey away from the paved-over world that brings us new perspectives of ourselves. The backpacking course is a random collection of information, news, and sources about the wilderness. Tips on hiking gear, eating for the trail, and other wilderness details, plus actual wilderness experiences will be offered. 4.0 hours activity. You may take this course more than once for a maximum of 6.0 units. Special fee required; see The Class Schedule.

PHED 021A Basic Rock Climbing 1.0 Fa/Spr
Basic Rock Climbing is designed to give the beginner climber a basic exposure to the thrill of rock climbing. The course will give the student the basic skills, techniques, and safety elements necessary to climb efficiently and safely. 2.0 hours activity. ABC/NO credit grading only. You may take this course more than once for a maximum of 6.0 units. Special fee required; see The Class Schedule.

PHED 022A Basic Rock Climbing 1.0 Fa/Spr
Basic Rock Climbing is designed to give the beginner climber a basic exposure to the thrill of rock climbing. The course will give the student the basic skills, techniques, and safety elements necessary to climb efficiently and safely. 2.0 hours activity. ABC/NO credit grading only. You may take this course more than once for a maximum of 6.0 units.

PHED 023A Basic Rock Climbing 1.0 Fa/Spr
Basic Rock Climbing is designed to give the beginner climber a basic exposure to the thrill of rock climbing. The course will give the student the basic skills, techniques, and safety elements necessary to climb efficiently and safely. 2.0 hours activity. ABC/NO credit grading only. You may take this course more than once for a maximum of 6.0 units.

PHED 024 Methods of Teaching Rock Climbing 3.0 Fall
Prerequisites: Wilderness 1st Responder or faculty permission. This course is for outdoor education and recreation leaders and is an introduction to the skills and safety systems associated with beginning rock climbing (e.g., top rope climbing, rappelling, belaying) and the management of rock climbing in outdoor programs. Additionally, teaching methods appropriate for rock climbing are discussed, demonstrated, and evaluated. 2.0 hours lecture, 2.0 hours activity.

PHED 025 Beginning Scuba Diving 2.0 Fa/Spr
Prerequisites: Ability to swim in deep water. This course is designed for students who have no previous experience scuba diving. Students will develop safe scuba diving practices through lecture, video, reading, and pool sessions. Upon successful completion of the course, the student will be able to participate in a PADI Scuba Diving Certification. 4.0 hours activity.

PHED 026 Methods of Teaching Wilderness Living 3.0 Fall
Prerequisites: Wilderness 1st Responder or faculty permission. This course builds upon the foundation of wilderness camping. Emphasis is on technical applications and the implementation of these skills in adventure programs. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule.

PHED 027 Winter and the Mountain 4.0 January
Prerequisites: Wilderness 1st Responder, PHED 026 or RECR 115. Introduction to winter wilderness living skills including nutrition, minimum impact camping, safety, beginning map and compass skills, leadership issues, and environmental ethics. Emphasis is on technical applications and the implementation of these skills in adventure programs. Successful completion of this class earns the student Level I avalanche certification. 2.0 hours lecture, 4.0 hours activity. ABC/NO credit grading only. Special fee required; see The Class Schedule. Formerly PHED 024.

PHED 028 Methods of Teaching Canoeing and Kayaking 3.0 Spring
Prerequisites: Wilderness 1st Responder or faculty permission. This course provides students with a basic introduction to whitewater canoeing and kayaking skills. Students gain a basic understanding of the equipment, techniques, and procedures to conduct kayaking activities in flat water, moving water, and whitewater environments. Emphasis is on the development of individual paddling skills, safe and conscientious paddling, and group management while on moving water. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule.

PHED 029 Flag Football 1.0 Fall
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 030A Beginning Golf 1.0 Fa/Spr
Skills, rules, etiquette, strategy, participation. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Special fee required; see The Class Schedule.

PHED 030A Beginning Golf 1.0 Fa/Spr
Skills, rules, etiquette, strategy, participation. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Special fee required; see The Class Schedule.

PHED 030B Intermediate Golf 1.0 Fa/Spr
Skills, rules, etiquette, strategy, participation. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Special fee required; see The Class Schedule.

PHED 030E Beginning Gymnastics: Men 1.0 Fa/Spr
Skills on parallel bars, hand springs, and ring. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 030E Beginning Gymnastics: Men 1.0 Fa/Spr
Skills on parallel bars, hand springs, and ring. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.
PHED 036V  Beginning Gymnastics: Women  1.0 Fa/Spr
Skills on uneven bars, balance beam, vaulting, and floor exercises. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 036W  Intermediate Gymnastics: Women  1.0 Fa/Spr
Skills on uneven bars, balance beam, vaulting, and floor exercise. You may take this course more than once for a maximum of 4.0 units.

PHED 040  People Games  1.0 Fa/Spr
New games, activities, and modified sports created and played in various settings. Competition and cooperation exist without emphasis on "winning." Play forms from diverse cultures. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 041A  Beginning Jujitsu and Self-Defense  1.0 Fa/Spr
See description below. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 041B  Intermediate Jujitsu and Self-Defense  1.0 Fa/Spr
Covers the basic history and philosophy of Japanese jujitsu as well as its application to self-defense. Students will acquire self-defense theory and skills, including escapes from grabs and holds, how and where to strike an assailant, how to roll and fall safely, and theories of attack and defense such as throwing, grappling, and submission techniques. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 042  Aikido  1.0 Fa/Spr
Introductory instruction in the non-aggressive martial art of Aikido. Students will acquire skills in controlled breathing, energy development, mind-body coordination, and self-defense. Exposure to traditional Japanese culture, discipline, and learning techniques are emphasized. 2.0 hours activity. You may take this course more than once for a maximum of 6.0 units.

PHED 043A  Beginning Karate  1.0 Fa/Spr
This course has been designed to teach the fundamentals of a traditional Japanese form of Karate (Shokotkan). The primary emphasis is on the acquisition of basic techniques and physical conditioning. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 043B  Intermediate Karate  1.0 Fa/Spr
A continuation of the fundamentals of Karate but with a working knowledge of basic techniques. Intermediate students will also learn at least four katas. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 043C  Advanced Karate  1.0 Fa/Spr
Instruction for the advanced student in Karate. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 044A  Beginning TaekwonDo  1.0 Fa/Spr
Instruction in the martial art of TaekwonDo. Students will learn the history and purpose of TaekwonDo as well as developing self-discipline and skills for personal safety and protection. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 044B  Intermediate TaekwonDo  1.0 Fa/Spr
Instruction in TaekwonDo for students who have some knowledge of this martial art. Students will learn increased proficiency in mental and physical skills. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 044C  Advanced TaekwonDo  1.0 Fa/Spr
Instruction for the student at the advanced level of TaekwonDo. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 046A  Beginning Skiing  1.0 Spring
Prerequisites: Faculty permission.
Special fee required; see The Class Schedule. 2.0 hours activity. Credit/no credit grading only. You may take this course more than once for a maximum of 2.0 units. Special fee required; see The Class Schedule.

PHED 046B  Intermediate Skiing  1.0 Spring
Prerequisites: Faculty permission.
A four-consecutive-day concentrated class at high altitude lodge with emphasis on orientation to skiing and technique. Offered during semester break and also spring vacation. Special fee required; see The Class Schedule. 2.0 hours activity. Credit/no credit grading only. You may take this course more than once for a maximum of 4.0 units. Special fee required; see The Class Schedule.

PHED 047I  Beginning Indoor Soccer: Men  1.0 Fa/Spr
Skills, rules, and tactics, with primary emphasis on the application of technique and tactics to game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 047J  Intermediate Indoor Soccer: Men  1.0 Fa/Spr
Skills, rules, and tactics, with primary emphasis on the application of technique and tactics to game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 047V  Beginning Indoor Soccer: Women  1.0 Fa/Spr
Skills, rules, and tactics, with primary emphasis on the application of technique and tactics to game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 047W  Intermediate Indoor Soccer: Women  1.0 Fa/Spr
Skills, rules, and tactics, with primary emphasis on the application of technique and tactics to game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 048I  Beginning Soccer: Men  1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 048J  Intermediate Soccer: Men  1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 048V  Beginning Soccer: Women  1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 048W  Intermediate Soccer: Women  1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 049A  Beginning Slow Pitch Softball  1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 049B  Intermediate Slow Pitch Softball: Women  1.0 Spring
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 050A  Beginning Swimming  1.0 Fa/Spr
Prerequisites: First Aid and CPR or faculty permission; WSI recommended.
Special content mastery objectives are planned for students with unique abilities. Inclusive and developmentally appropriate aquatic activities, sports, and games are included. Qualified students may earn Special Olympic coach’s certification in aquatics. You may take this course more than once for a maximum of 4.0 units.

PHED 050A  Intermediate Swimming  1.0 Fa/Spr
For non-swimmers and those knowing only one or two elementary strokes. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 054A  Beginning Swimming  1.0 Fa/Spr
For non-swimmers and those knowing only one or two elementary strokes. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 054B  Intermediate Swimming  1.0 Fa/Spr
Prerequisites: Ability to swim in deep water; satisfactory performance of front crawl, sidestroke, and elementary backstroke. Improvements of stroke mechanics and conditioning. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 054C  Advanced Swimming  1.0 Fa/Spr
Prerequisites: Ability to swim in deep water; satisfactory performance of front crawl, sidestroke, and elementary backstroke. Improvements of stroke mechanics and conditioning. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 054E  Swimming for Individualized Program Needs  1.0 Fa/Spr
Special content mastery objectives are planned for students with unique needs, i.e., the disabled and those with low fitness levels. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 056A  Beginning Tennis  1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 056B  Intermediate Tennis  1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.
PHED 062A Beginning Volleyball 1.0 Fall
Cultural orientation, rules, and strategy, with primary application through game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 062B Intermediate Volleyball 1.0 Fall
Intermediate skills, rules, and strategy, with primary emphasis on the application of the skills and strategies in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 064A Beginning Water Polo 1.0 Fall
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 065C Advanced Tennis 1.0 Fall/Spring
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 066C Advanced Weight Training 1.0 Fall/Spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 066A Beginning Weight Training 1.0 Fall/Spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 067C Advanced Lifetime Fitness 1.0 Fall
A course designed to promote wellness through use of stairmaster, lifecycle, treadmill and other aerobic machines and activities. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 066B Intermediate Weight Training 1.0 Fall/Spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 066V Beginning Weight Training: Women 1.0 Fall/Spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 067A Beginning Lifetime Fitness 1.0 Fall/Spring
A course designed to promote wellness through use of stairmaster, lifecycle, treadmill and other aerobic machines and activities. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 067B Intermediate Lifetime Fitness 1.0 Fall/Spring
A course designed to promote wellness through use of stairmaster, lifecycle, treadmill and other aerobic machines and activities. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 102 Foundations of Childhood Physical Education 3.0 Fall/Spring
This course is designed to present a knowledge base of physical education that includes the analysis of movement skills and movement patterns, physical fitness, and how physical education is inherently linked to health and wellness. Also studied in this course will be children's motor development and how emotional, cognitive, and social growth characteristics influence motor development.

PHED 103 Motor Development in Children 3.0 Fall/Spring
This course is designed for individuals who intend to work with young children. The focus will be on understanding motor development in infants and children (birth to age 10). This course studies the physical, cognitive and social/emotional aspects of motor development. 2.0 lecture hours, 2.0 activity hours.

PHED 059 Jogging 1.0 Fall/Spring
Skills, individualized fitness program, participation. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 060A Beginning Tumbling 1.0 Fall/Spring
Tumbling skills, including trampolining and competition. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 060B Intermediate Tumbling 1.0 Fall/Spring
Tumbling skills, including trampolining and competition. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 061A Beginning Wallyball 1.0 Fall/Spring
Analysis and development of techniques and game strategy for Wallyball. 2.0 hours activity. ABC/no credit grading only. You may take this course more than once for a maximum of 2.0 units.

PHED 061B Intermediate Wallyball 1.0 Fall/Spring
Intermediate skills, rules, and strategy, with primary emphasis on the application of the skills and strategies in game play. 2.0 hours activity. ABC/no credit grading only. You may take this course more than once for a maximum of 4.0 units.

PHED 062A Beginning Volleyball 1.0 Fall/Spring
Cultural orientation, rules, and strategy, with primary application through game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 062B Intermediate Volleyball 1.0 Fall/Spring
Rules, strategies, and skills for the intermediate player, with primary application through game play. 2.0 activity hours. You may take this course more than once for a maximum of 4.0 units.

PHED 062C Advanced Volleyball 1.0 Fall/Spring
Rules, strategies, and skills for the advanced player, with primary application through game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 062K Advanced Volleyball: Men 1.0 Fall/Spring
Rules, strategies, and skills for the advanced player, with primary application through game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 064A Beginning Water Polo 1.0 Fall/Spring
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 064B Intermediate Water Polo 1.0 Fall/Spring
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 064K Advanced Water Polo 1.0 Fall/Spring
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 064V Beginning Water Polo: Women 1.0 Inquire
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 064W Intermediate Water Polo: Women 1.0 Inquire
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 066A Beginning Weight Training 1.0 Fall/Spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 066B Intermediate Weight Training 1.0 Fall/Spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 066V Beginning Weight Training: Women 1.0 Fall/Spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 067A Beginning Lifetime Fitness 1.0 Fall/Spring
A course designed to promote wellness through use of stairmaster, lifecycle, treadmill and other aerobic machines and activities. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 067B Intermediate Lifetime Fitness 1.0 Fall/Spring
A course designed to promote wellness through use of stairmaster, lifecycle, treadmill and other aerobic machines and activities. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units.

PHED 068A Weight Training 1.0 Fall/Spring
Intermediate skills, rules, and strategy, with primary emphasis on the application of the skills and strategies in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.

PHED 068B Intermediate Weight Training 1.0 Fall/Spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units.
PHED 108 Dance, Rhythms, and Educational Gymnastics 3.0 Fa/Spr
Prerequisites: Faculty permission.
The analysis and performance of basic fundamental movement skills and rhythmic activities for various dance forms (modern, social, folk, square). Developmentally appropriate learning experiences in educational gymnastics. This course is for Physical Education majors and Liberal Studies Concentration students. 2.0 hours clinical, 2.0 hours activity.

PHED 109 Developmentally Appropriate Physical Education for Children 3.0 Fa/Spr
The philosophies and objectives, curriculum content (movement concepts and motor skills), and evaluative techniques for developmentally appropriate children's physical education are emphasized. 2.0 hours clinical, 2.0 hours activity.

PHED 110 Developmentally Appropriate Physical Education for Middle School Students 3.0 Fa/Spr
Students learn about developmentally appropriate physical education for youth in middle school (grades 6-8). Students also learn about the philosophies and goals/objectives, curriculum content, and evaluative techniques using sport activities such as lacrosse, team handball, ultimate frisbee, and disc golf. 2.0 hours clinical, 2.0 hours activity.

PHED 111 Developmentally Appropriate Physical Education for High School Students 3.0 Fa/Spr
Developmentally appropriate physical education curriculum for students at the high school level with the focus on lifetime health-enhancing movement concepts and practices. Selected aquatic skill. Application of skill and knowledge includes swimming, water polo, and water games. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule.

PHED 112 Outdoor Education and Aquatics 3.0 Fa/Spr
Prerequisites: Faculty permission.
The analysis and practice of selected movement activities that emphasize wilderness travel and survival. Application of skill and knowledge includes camping, backpacking, orienteering, and rock climbing. Analysis of selected aquatic skill. Application of skill and knowledge includes stroke mechanics, off-deck diving, and water polo and water games. 2.0 hours clinical, 2.0 hours activity.

PHED 113 Foundations of Embodied Knowledge in Kinesiology 3.0 Fa/Spr
Prerequisites: ENGL 001 (or its equivalent) with a grade of C- or higher.
This course examines social and psychological principles, theories, and research related to physical education, sport, fitness and exercise behavior. It is designed to introduce one to embodied knowledge and psychosocial movement concepts and practices. Select topics will include exercise psychology, motivation, arousal, motor learning, stress, anxiety and competitive and cooperative behaviors of humans in individual, team, and group movement settings. This is a writing proficiency, WP, course; a grade of C- or better certifies writing proficiency for majors.

PHED 114 Principles of Sports Injury Management 4.0 Fa/Spr
Prerequisites: Basic computer skills or faculty permission.
Theories and practice in the prevention, care, and rehabilitation of injuries commonly encountered in sport and competitive athletics. Concepts of injury recognition and management will be covered. 3.0 hours clinical, 2.0 hours activity.

PHED 115 Advanced Athletic Training 3.0 Fa/Spr
Prerequisites: PHED 114.
Advanced bandaging techniques, evaluation of individual injuries, and special field work experience.

PHED 123 African and Afro-Haitian Dance 1.0 Fa/Spr
Through dance, song, reading, and discussion, students will experience the rich cultural traditions of West Africa and the island of Haiti, where African traditions have evolved and flourished in a “New World” setting for 300 years. Both dance forms challenge the strength and athleticism of the body. The African dances are high energy and polyrhythmic, with fast footwork, expressive and sweeping movements and free use of the back, head, shoulders, and pelvis. Haitian dance mixes African roots with indigenous, Spanish, and French colonial influences to create a unique form emphasizing vertical waves and torso, hip, and shoulder movements over rhythmic foot patterns. 2.0 hours activity.

PHED 127 Water Safety Instruction 3.0 Fa/Spr
Prerequisites: Superior skill in swimming strokes; current American Red Cross Lifeguard Training Certification, 500 yd. swim, surface dive to 8 ft. depth and recovery of 10-pound object, underwater swimming, towing 10-pound object 200 yards. Qualifications, responsibilities, skills, and training of lifeguards. Swimming rescues of actual drowning victims will be emphasized. A field trip to study special aquatic environments will be included. American Red Cross Certification in lifeguard training may be obtained. 1.0 hour lecture, 4.0 hours activity.

PHED 128 Lifeguard Training 3.0 Fa/Spr
Prerequisites: Advanced Lifesaving, faculty permission.
Certification, 500 yd. swim, surface dive to 8 ft. depth and recovery of 10-pound object, underwater swimming, towing 10-pound object 200 yards. Qualifications, responsibilities, skills, and training of lifeguards. Swimming rescues of actual drowning victims will be emphasized. A field trip to study special aquatic environments will be included. American Red Cross Certification in lifeguard training may be obtained. 1.0 hour lecture, 4.0 hours activity.

PHED 129 Introduction to Dance 3.0 Fa/Spr
Survey course of dance as an art form, including social, ballet, modern, post-moderne, jazz, and musical comedy. Topics covered will include the artistic role of dance and the roots, theories, criticisms, and concepts which inform the contemporary dance aesthetic. An appreciation course employing lecture, discussion, video/film. This course is entirely Internet based, with some additional on-campus time. This is an approved General Education course.

PHED 130 Principles of Strength and Conditioning 3.0 Fa/Spr
Prerequisites: PHED 180A, PHED 185, or faculty permission.
Course is designed to offer sound, systematic training programs for those men and women who wish to apply strength and conditioning techniques to specific sports and/or physical activities. Various new and traditional weight training techniques and programs will be reviewed in light of desired outcomes for the individual participant in sports and physical activities. 6.0 hours activity.
PHED 179 Physical Fitness: A Way of Life 3.0 Fa/Spr
Prerequisites: PHED ED 101.
Students participate in and monitor the results of a training program in swimming, running, weight training, cycling, or aerobics. Lectures explore the body’s response to exercise and how to best exercise. Information and guidelines on how to begin or maintain a program of healthy and enjoyable exercise are presented. Topics discussed include the values of exercise, the body’s responses to exercise and training, fitness assessment, exercise prescription, exercise and the environment, exercise for special populations, and sports nutrition. 2.0 hours lecture, 2.0 hours activity. This is an approved General Education course.

PHED 180A Physiology of Exercise 4.0 Fa/Spr
Prerequisites: BIOL 104.
This course is an in-depth study of the physiology of exercise. Emphasis will be placed on energy metabolism during exercise and its relationship to the circulatory, pulmonary, and neuro-endocrine systems. Practical application will be stressed through discussions of clinical exercise physiology, exercise prescription, environmental exercise physiology, exercise and disease, special populations, biological adaptation, and the biology of peak performance. Concepts will be reinforced through laboratory exercises. 3.0 hours clinical, 2.0 hours activity. Special fee required; see The Class Schedule.

PHED 181 Reconditioning of Athletic Injuries 3.0 Spring
Prerequisites: PHED 116; a course in anatomy is recommended.
The role of exercise in the reconditioning of common athletic injuries. Principles in the development and application of exercise programs for injured athletes.

PHED 184 Assessment in Physical Education 3.0 Fa/Spr
Prerequisites: Faculty permission.
The course is designed for the prospective physical education teacher. Application of tests and measurements in the evaluation process will be defined. Included will be the evaluation of sport skill, motor ability, physical performance, and cardiovascular fitness. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule.

PHED 185 Biomechanics 4.0 Fa/Spr
Prerequisites: BIOL 003 or faculty permission for non-majors, basic computer literacy skills.
Anatomical and mechanical bases of human movement with application to more skillful and safe performance. Qualitative and quantitative methods of analysis are introduced. 3.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule.

PHED 186 Sports Epidemiology 3.0 Fa/Spr
Prerequisites: Basic computer skills or faculty permission.
Methods of epidemiology are now being applied to sports performance, injury prevention and recovery, and exercise-related disease prevention. This course will cover observational study design and analysis, including elementary probability theory using Bayes rule, sampling, relative risk, odds ratio, data adjustment via elementary analysis covariance, and data extrapolation and prediction.

PHED 187 Introduction to Field Work in Athletic Training 3.0 Fa/Spr
Prerequisites: BIOL 003, Basic First Aid, CPR, PHED 116, faculty permission.
Introduction to the practical application of basic athletic training principles. Includes becoming familiar with strapping techniques, wound care, modality use, policies, procedures, and NATA Certification Requirements. Formerly PHED 188.

PHED 188 Advanced Field Work in Athletic Training 3.0 Fa/Spr
Prerequisites: PHED 117, PHED 181, PHED 187, Basic First Aid and CPR cards, faculty permission.
Experience in applying advanced athletic training principles in rendering care to athletic teams and/or individual student athletes. Designed to meet requirements for NATA Certification. You may take this course more than once for a maximum of 15.0 units. Formerly PHED 189.

PHED 189 Internship Seminar 3.0 Fa/Spr
Prerequisites: At least junior standing and faculty permission.
Preparation and supervised practical work or leadership experience in various private and public agencies, organizations and services which may include: hospitals, recreation programs, community and professional organizations, health clubs, corporations, clinics, schools and athletic programs. Specific internship placements are required for given emphases and certifications. See your advisor. Formerly PHED 190.

PHED 192 Seminar: Leadership in Physical Education 1.0 Fa/Spr
Prerequisites: Faculty permission.
Planning and coordinating leadership assignments, with emphasis on the discussion and solution of problems experienced in simulated situations. Credit/no credit grading only.

PHED 196 American Sports in Film 3.0 Fa/Spr
Prerequisites: BIOL 104.
The study of American sport history and the contributions made by men and women from a variety of ethnic backgrounds. The principal mode of study is a group of selected sport films. Special note is made concerning humor, legend, and heroism. You may take this course more than once for a maximum of 6.0 units.

PHED 198 Special Topics 1.0-3.0 Fa/Spr
Prerequisites: Department permission.
This course is for special topics offered as 198A-C for 1.0 to 3.0 units respectively. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See The Class Schedule for the specific topic being offered.

PHED 199 Special Problems 1.0-3.0 Fa/Spr
Prerequisites: BIOL 104.
This course is an independent study of special problems and is offered as 199A-C for 1.0 to 3.0 units respectively. You must register directly with a supervising faculty member. Credit/no credit grading only.

PHED 201 Principles of Skill Acquisition 3.0 Inquire
A study of the processes involved in learning motor skills. Emphasis is placed on conditions which promote the acquisition and retention of skills and their transfer to the sports contest and performance. Topics include task analysis, stages of learning, practice conditions, and the use of learning aids.

PHED 202 Psychology of Coaching 3.0 Fa/Spr
Prerequisites: BIOL 104.
Exploration of how certain guides for teaching the process of learning may be applied to the successful coaching of sports. To offer the experienced and beginning coach the opportunity of becoming more sensitive to certain aspects of interpersonal behavior and motivational psychology as they apply to today’s more perceptive and value-oriented athlete.

PHED 203 Computer Applications for Movement Design in Physical Education 3.0 Fa/Spr
Prerequisites: BIOL 104.
This course includes tutorials and demonstrations of selected software programs applicable to physical education movement design projects. Laboratory projects and written examinations cover practice and theory elements of the course. Two major projects will be designed by each student. 2.0 hours lecture, 2.0 hours activity. You may take this course more than once for a maximum of 9.0 units. Special fee required; see The Class Schedule.

PHED 204 Technology Network-Physical Education 3.0 Fa/Spr
Prerequisites: Faculty permission.
Students will provide leadership for Movement Design Student Networks. Part of the assignment includes learning to develop instructional tools suitable for interactive presentation to remote sites off campus using videolinking tools. Students will learn to use the available technology, and to evaluate the presentations. You may take this course more than once for a maximum of 9.0 units. Special fee required; see The Class Schedule.

PHED 208 Social Psychology of Sport, Play, and Games 3.0 Fa/Spr
Prerequisites: BIOL 104.
This course investigates individual and group behavior within sport, play, and games. Social psychological research, principles, and issues will be presented, including performance enhancement, personality, interpersonal relations, group dynamics, socialization, communication, attitudes, emotions, and cognitions relative to sport, play, and games. This course is the same as PSY 208 which may be substituted.

PHED 210 Seminar in School Physical Education 3.0 Fa/Spr
Prerequisites: Faculty permission.
This is a capstone course designed for prospective teachers of school physical education who have completed the requirements of the Physical Education Option in Teacher Education. Students will synthesize content from coursework taken within the option and learn contemporary strategies for promoting developmentally appropriate physical education programs in schools (K-12). In addition to a review of option content this course will focus on 6 other topics: physical education curricular models, pedagogical content knowledge, program development, change agent skills for promoting school-based physical education programs, long-term professional development, and membership and involvement in professional organizations.

PHED 210H Seminar in School Physical Education-Honors 3.0 Fa/Spr
Prerequisites: Acceptance into the Honors Program.
Honors students will complete all PHED 210 course requirements. In addition, they will identify a research question in one of the following areas: curriculum development, professional development, school culture, or change agent in education. Once a research question has been identified and approved by the instructor, students will write a research paper in an attempt to answer their questions. This review will carry forward to PHED 299H, where honors students will use their research to design and conduct a study, paper, or project.
PHED 211 Seminar in Disciplines and Games 3.0 Inquire
A seminar on the general topic of structural concepts basic to disciplines and games. Course activities include game construction and presentation, oral reports on library readings, and analytical research papers. Emphasis will be placed upon application of theoretical models to game performances in movement and activity.

PHED 212 Introduction to Adapted Physical Activity 3.0 Fa/Spr
A study of common disabilities found across the lifespan. Discussion is held about the historical and philosophical basis for adapted physical activity, and the impact of state and federal legislation. Analysis of the roles and responsibilities of adapted physical education specialists and the inclusive educational environment are also examined. This course is applicable to all disciplines dealing with the disabled.

PHED 213 Programming for Individuals with Physical and Neurological Disabilities 3.0 Spring
A study of prescriptive programming for individuals with orthopedic, neurological, and sensory disabilities. Evaluation of the anatomical and physiological implications and their effect upon psychomotor functioning.

PHED 214 Programming for Individuals with Mental, Emotional, and Learning Disabilities 3.0 Fall
A study of prescriptive programming for individuals with disabilities, including mental, emotional, learning, and other health impairments. Instructional methods and intervention strategies will be explored in the psychomotor domain.

PHED 215 Collaboration in Adapted Physical Education 3.0 Spring
The development of relationships-personal-social aspects of human movement, groups, and physical education, recreation, and sport experiences throughout the lifespan for individuals with disabilities. Focus includes social influences and interrelationships of peer relations, professional interactions, interdisciplinary team dynamics, and family systems.

PHED 216 Motor Assessment for Individuals with Disabilities 3.0 Fall
Assessment of physical growth, motor development and proficiency, nutrition, motor fitness, and perceptual-motor characteristics of individuals with disabilities. Emphasis is placed on testing procedures, evaluation of screening devices, authentic assessment, and practical implementation. Specific assessment instruments will be those commonly used in an adapted physical education setting.

PHED 217 Fieldwork in Adapted Physical Education 3.0 Fa/Spr
Fieldwork with children in an adapted physical education setting. Involves assessing, diagnosing, and implementing individualized educational programs to meet the needs of the disabled populations. May include either teaching or coaching experiences.

PHED 218 3-D Desktop Video Applications 3.0 Fa/Spr
Class topics and projects will explore human movement activities in 3 dimensions. Students will use video cameras, computers, the Video Toaster and Lightwave to produce a 3-D videotape of human movement. 2.0 hours lecture, 2.0 hours activity.

PHED 220 Physical Education for At-Risk Youth 3.0 Fa/Spr
Learning about and working with At-Risk youth in the school environment. 2.0 hours clinical, 2.0 hours activity. You may take this course more than once for a maximum of 6.0 units.

PHED 224 Biomechanical Analysis 3.0 Fa/Spr
Introduction to research in biomechanics. Emphasis is on quantitative videographic techniques of sport and exercise activities. Other technological and bibliographic research methods are covered. Special fee required; see The Class Schedule.

PHED 224H Biomechanical Analysis-Honors 3.0 Fa/Spr
Prerequisites: PHED 224, basic computer literacy, acceptance into the Honors Program. Introduction to research in biomechanics. Emphasis is on quantitative videographic techniques of sport and exercise activities. Other technological and bibliographic research methods are covered. Honors students are required to complete an additional biomechanical research project for PHED 299H. Special fee required; see The Class Schedule.

PHED 226 Interactive Multimedia 3.0 Fa/Spr
A study in the development of interactive multi-media presentation software. Students will learn how to develop presentation modules based on hardware and software limitations. 2.0 hours lecture, 2.0 hours activity. You may take this course more than once for a maximum of 9.0 units.

PHED 230 Administration and Management of Sport and Fitness Programs 3.0 Fa/Spr
Prerequisites: Basic computer literacy skills. Course includes laboratory projects and written exams which cover the essential elements of administration/management of modern day physical education and athletic programs. Students will be exposed to the principles involved in the understanding of management and the different styles of management in the conduct of specific programs such as intramurals, athletics, instructional programs, clubs, corporate fitness, etc. One major project will be designed by each student. 2.0 hours lecture, 3.0 hours laboratory. You may take this course more than once for a maximum of 9.0 units.

PHED 231 Principles of Team Sports 3.0 Fa/Spr
Prerequisites: Basic computer literacy skills. Course includes laboratory projects and written exams which cover the essential elements of coaching and performing in a team sport environment. One major project will be designed by each student. 2.0 hours lecture, 3.0 hours laboratory. You may take this course more than once for a maximum of 9.0 units.

PHED 232 Principles of Individual Sports 3.0 Fa/Spr
Prerequisites: Basic computer literacy skills. Course includes laboratory projects and written exams which cover the essential elements of coaching and performing in an individual sport environment. One major project will be designed by each student. 2.0 hours lecture, 3.0 hours laboratory. You may take this course more than once for a maximum of 9.0 units.

PHED 250 Seminar in Special Topics in Skill Acquisition 3.0 Inquire
Prerequisites: PHED 211. Students will explore the application of the principles of skill acquisition in such ways as development of instructional materials for teaching officiating, substituting new skills for already well-learned less-efficient skills in a particular sport, sportsmanship behavior, and other examples as suggested by class members. Students will develop and test their ideas.

PHED 254 Theory and Practice of Play and Games 3.0 Spring
Theoretical analysis of play and games and practical application and practice of social recreational play activities. Historical, evolutionary, and contemporary analyses of the play process within cultures.

PHED 257 Seminar in Theories of Perceptual-Motor Development 3.0 Inquire
Prerequisites: Faculty permission. Survey of selected theories in perceptual-motor development, with emphasis on generalized application, program, components, and basic theoretical premises.

PHED 260 Philosophical Foundations of Outdoor Education 3.0 Fa/Spr
This course provides the historical and philosophical foundations for using the outdoors as a medium for learning. Basic teaching and leadership styles used in instruction are emphasized, including a detailed look at the ethics involved in using the outdoors and adventure programming in education.

PHED 262 Theory of Experiential Education 3.0 Fa/Spr
Prerequisites: PHED 260. An overview of the philosophical, psychological, and historical foundations of experiential education. Central to the course is the examination of the writings of philosophers/educators such as Jean Jacques Rousseau, John Dewey, William James, Kurt Hahn, and Willie Unsoeld.

PHED 264 Facilitating the Adventure Experience 3.0 Fa/Spr
Prerequisites: PHED 260. This course focuses on the process of facilitation. Specific attention is paid to transfer of learning, outdoor education process/therapy, use of metaphors, small group development, debriefing/processing, providing appropriate feedback, therapeutic approaches, framing experiences, and the various theories involved in the use of adventure experiences as a medium for education/therapy. Applications are generalized to specific populations (e.g., youth at risk, chemical dependency, businesses, university orientation programs, and public schools).

PHED 270 Practicum in Outdoor Education 9.0 Summer
Prerequisites: Wilderness 1st Responder, PHED 024, PHED 026, PHED 027, PHED 028, PHED 260, PHED 264, RECR 040. Thirty-five-day wilderness experience which provides future teachers, counselors, and group leaders with a foundation to planning theory, goals, and safety practices of an extended wilderness expedition. The course is field-based, meaning that the classroom is remote wilderness settings. Key in this instruction is the participants’ involvement in a group development experience while at the same time learning the skills, knowledge, and awareness necessary to conduct safe, ethical, and effective wilderness-based learning programs. Substitution with courses from the National Outdoor Leadership School, Outward Bound, the Wilderness Education Association, or other qualified programs. 27.0 hours clinical. Credit/no credit grading only. Special fee required; see The Class Schedule.
PHED 280 Clinic in Exercise Physiology 3.0 Fa/Spr
Prerequisites: PHED 185, BIOL 003, BIOL 004, CHEM 028.
This course will offer students an opportunity to learn and administer a Human Performance Laboratory. Hands-on use of the equipment will be taught through corresponding lectures. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule.

PHED 280H Clinic in Exercise Physiology-Honors 3.0 Fa/Spr
Prerequisites: PHED 180; acceptance into the Honors Program; faculty permission. The purpose of this course is to provide the student with hands-on experience performing physical testing on a wide variety of people. This course will offer students an opportunity to learn and administer a Human Performance Lab. Hands-on use of the equipment will be taught through corresponding lectures. Honors students will participate in a research study using laboratory equipment to collect physiological data and will present their findings at the end of the study. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule.

PHED 281 Bioenergetics 3.0 Inquire
Prerequisites: PHED 180, PHED 185, BIOL 003, BIOL 004, CHEM 028. Cellular and molecular adaptations of muscle to exercise and training. How cellular events effect whole body physiology during exercise.

PHED 282 Medical Topics in Exercise Physiology 3.0 Fa/Spr
Prerequisites: Bachelor's Degree in any discipline or PHED 180A, PHED 185, PHED 188; or faculty permission. Seminar course for students and health professionals who desire an in-depth discussion of medical topics in exercise physiology. Class is designed for people who are currently working within the medical profession or students who are preparing for future careers in paramedically related vocational fields of study. Course is designed to provide the most recent information, delivered by medical professionals.

PHED 285 Seminar in Sports Medicine 3.0 Fa/Spr
Prerequisites: BIOL 003, BIOL 004, PHED 100 or faculty permission. PHED 180. This course is designed to explore the diseases and injuries typically encountered in sports and exercise. Topics include physiology of adaptations, prevention of athletic injuries, physiology of trauma and inflammation, musculoskeletal arthritis, and environmental distress.

PHED 285H Seminar in Sports Medicine-Honors 3.0 Fa/Spr
Prerequisites: BIOL 003, BIOL 004, PHED 100, PHED 180; acceptance into the Honors Program. This course is offered concurrently with PHED 285. In addition to exploring the content of PHED 285, each student will complete an in-depth research project. The topic will be specific to the field of sports medicine and must have instructor approval. The student will make a formal presentation at the conclusion of the semester. The creative implementation of state-of-the-art technology will be encouraged in the application and/or presentation of the research projects.

PHED 286 Anatomical and Pathomechanical Aspects of Sports Injuries 3.0 Fa/Spr
Prerequisites: BIOL 003, BIOL 004, PHED 185. The study of select human anatomy and specific pathomechanics related to sports and physical activity injuries. The course will focus on the role of anatomical structure and pathomechanical mechanisms of joint and tissue specific to injuries that occur to physically active populations. Previous study of human anatomy and kinesiology are required.

PHED 288 Seminar in Sport and Physical Activity Health Care 3.0 Fa/Spr
Prerequisites: PHED 117, PHED 181. Advanced study of sports and physical activity health care. Topics include concepts of pathological orthopedic radiography, pharmacology, surgical techniques and recovery, and current trends in human performance health care. Previous study of athletic injury evaluation and rehabilitation required.

PHED 298 Special Topics 1.0-3.0 Fa/Spr
This course is for special topics offered as 298A-C. For 1.0 to 3.0 units respectively. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See The Class Schedule for the specific topic being offered.

PHED 299H Physical Education Honors Senior Research 3.0 Inquire
Prerequisites: For Honors students only who have completed 9 upper-division units in physical education courses and PHED 104. Permission of Honors adviser required; faculty permission. An intensive senior year, two-semester culminating experience taken as two 3-unit classes in consecutive semesters. Project outline and research first semester. Honors paper or project is prepared during second semester. High level of academic excellence is required. The paper or project must be approved by the department’s Honors Adviser, the Department Chair, and the University Honors Director. The paper or project must be publicly presented. You may take this course more than once for a maximum of 6.0 units.

PHED 300 Seminar in Physical Education 3.0 Fa/Spr
A course designed to investigate the relationship between the various facets of the discipline of physical education, including philosophy, history, psychology, sociology, exercise physiology, perceptual-motor learning, biomechanics, athletic training, and pedagogy. This is a required course in the MA program. Special fee required; see The Class Schedule.

PHED 301 Seminar in Physical Education Research Statistics 3.0 Fa/Spr
Prerequisites: PHED 184 or faculty permission. Principles of statistical procedures used with selected research tools and selected types of research. Presentation of computer statistical, graphic and word processing programs; and evaluation of statistical research in physical education. This is a required course in the MA program. Special fee required; see The Class Schedule.

PHED 302 Seminar in Physical Education Research Design 3.0 Fa/Spr
Selection and formulation of research problems; exploratory, descriptive, and experimental designs; research report styles; interrelation of theory and research; evaluation of research. This is a required course in the MA program.

PHED 303 Seminar in Biological Foundations of Physical Education 3.0 Fall
Prerequisites: PHED 302, faculty permission. Immediate and long-range adaptations of the body to exercise. Physiological limits and work capacities in relation to age, sex, diet, environmental factors, and the nature of activity.

PHED 305 Sociological and Cultural Perspectives in Physical Education 3.0 Spring
Prerequisites: PHED 302. An in-depth study of the theories of the origin of physical education; evaluation and assessment of findings as they relate to today’s discipline.

PHED 306 Seminar in Psychological Foundations of Physical Education 3.0 Fa/Spr
Prerequisites: PHED 302. Evaluation of current research and practices in mental and emotional adjustments of the human organism to physical activity. Topics will be selected for concentrated study from areas of motivation, emotional states, personality variables, mental and behavioral strategies used to enhance performance, and age and gender differences in performance.

PHED 307 Seminar in Philosophy of Physical Education 3.0 Fa/Spr

PHED 311 Principles and Administration of Competitive Athletics 3.0 Fall
Organization, conduct, and programming of competitive sports in schools and colleges. Legal aspects, staffing, facilities and equipment, public relations, budgeting, and financing of athletics. AB/no credit grading only.

PHED 321 Research on Teaching and Learning in Physical Education 3.0 Fa/Spr
Prerequisites: PHED 110 or other appropriate methods courses. This course helps graduate students analyze, synthesize, and evaluate the research on teaching and learning in physical education. Content includes systematic observation, qualitative studies, curriculum theory/design, and the enhancement of student learning K-12.

PHED 322 Adapted Program Implementation 3.0 Spring
Prerequisites: Faculty permission. The organization, administration, planning, and evaluation of adapted physical activity programs across the lifespan. This course is designed for students who are interested in working with individuals with disabilities in a variety of settings. Programming placements may be selected from preschool programs, public school settings, community-based programs, or programs for older adults.

PHED 323 Seminar in Biomechanics of Sports Techniques 3.0 Spring
An in-depth analysis of the literature concerning the biomechanical analysis of selected sports techniques. AB/no credit grading only. You may take this course more than once for a maximum of 6.0 units.

PHED 324 Biomechanical Analysis 3.0 Fa/Spr
Prerequisites: PHED 183 and basic computer literacy, faculty permission. Introduction to research in biomechanics. Emphasis is on quantitative videographic techniques of sport and exercise activities. Other technological and bibliographic research methods are covered. Special fee required; see The Class Schedule.
PHED 331 Facilities and Equipment for Physical Education and Recreation 3.0 Spring
This course provides the students with an examination of the functions of planning, management, evaluation, maintenance, operations, and situational analysis as they relate to facility management. Course will use guest speakers and focused field trips to supplement the basic lecture-discussion format. AB/no credit grading only. Special fee required; see The Class Schedule.

PHED 358 History of Physical Education and Sport in the United States 3.0 Inquire
The history of physical education and sport in the United States. Major emphasis is placed upon the relationships of physical education and sport as they interact with other social phenomena.

PHED 361 Current Trends and Problems in Physical Education 3.0 Fa/Spr
Trends in physical education, instructional practices, and administration of physical education. Review of current literature in physical education. 2.0 hours seminar, 2.0 hours activity.

PHED 362 Physical Education and Sport Around the World 3.0 Fa/Spr
Prerequisites: Faculty permission.
The course is devoted to the study of physical education (sport, dance, play, and exercise) programs in a variety of countries. Countries representative of the following geographic zones or political persuasion will be selected: (1) The British Isles; (2) Continental Europe; (3) The African Continent; (4) The American Continents; and (5) The Pacific and Far East and the Middle East.

PHED 378 Exercise and Aging 3.0 Fa/Spr
This course deals with the aging process and how exercise influences this process. Theories of aging will be presented from both a Western medicine point of view and an Eastern tradition point of view. The relevant physiology of aging will be considered from a "normal" aging perspective and from the perspective of degenerative disease development. Optimal exercise strategies will be discussed with respect to a healthy aging process.

PHED 380 Seminar in Environmental Physiology 3.0 Spring
Prerequisites: PHED 180.
Physiological function in special environments, such as high altitude, space, elevated pressure, extreme temperatures, and polluted environments will be presented. Special consideration will be given to exercising in these environments.

PHED 381 Exercise Management-Chronic Disease and Disabilities 3.0 Inquire
Prerequisites: PHED 180, PHED 185, PHED 280, and faculty permission.
This seminar is for students and health professionals who desire an in-depth discussion of the role of physical exercise as a medically recognized modality in conjunction with chronic disease and disabilities. This class is designed for all people who are currently working within the medical profession and for those students who are preparing for future careers in paramedical vocational fields. This course will present the most recent research and publications available for the exercise physiology working with individuals who suffer from chronic disease and existing physical disabilities.

PHED 382 Exercise Cardiology 3.0 Inquire
Prerequisites: PHED 180, PHED 280, PHED 282, and faculty permission.
This seminar course is for students and health professionals who desire an in-depth discussion of cardiology as it relates to exercise physiology. Exercise will be viewed both in terms of minimizing risk factors and as a cardiac stressor. The role of physical exercise in generating risk, such as excessive free radicals and potassium, and as a cardiac trigger, as in sudden death and heart attack, will be explored. Cardiac rehabilitation will be related to exercise prescription. This class is designed for all people who are currently working within the medical profession and for those students who are preparing for future careers in paramedical vocational fields. This course will consider the most recent research and publications available for exercise physiologists in working with individuals who experience cardiac disease.

PHED 398 Independent Study 1.0-3.0 Fa/Spr
This course is a graduate level independent study offered as 398A-C for 1.0 to 3.0 units respectively. You must register directly with a supervising faculty member.

PHED 399 Master's Study 1.0-6.0 Fa/Spr
Prerequisites: See the department secretary.
This course is a master's study offered as either a Master's Thesis, identified as 399A-F for 1.0 to 6.0 units respectively, or as a Master's Project, identified as 399G-L for 1.0 to 6.0 units respectively. You must register directly with a supervising faculty member. The project is the culminating graduate experience in which you can enroll in lieu of the thesis where the end result is a tangible product. Examples might include facilities planning, compilation of data, construction of a course of study, construction of teaching aids, publication of manuals, or producing a dance production. In each example there will be a written component intended to describe the process, the end result, and the candidate's competence in descriptive writing.