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DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION

Proposed Curricular Changes

The faculty of the Health and Physical Education Department attempted to answer the following question: "What are the competencies which every physical educator should possess?" After surveying quality programs regionally and nationally, we discovered that our program in teacher certification is already extremely strong; however, the requested changes are necessary to strengthen the program in physical education and sport. The faculty has identified a strong academic core and maintained program flexibility and integrity.

The Existing Physical Education and Sport Program

Required Courses

HP 142	Foundations of Health, Physical Education and Recreation	3 sh
HP 221	Human Structure and Function	3 sh
HP 242	Emergency Health Care	1 sh
HP 246	Biomechanics	3 sh
HP 344	Adapted Physical Education	3 sh
HP 345	Athletic Training I	3 sh
HP 346	Athletic Training I Lab	1 sh
HP 441	Psychosocial Implication for Health, Physical Education and Recreation	3 sh
HP 442	Seminar in Health, Physical Education and Recreation	3 sh

Controlled Electives: Additional HP major courses, or approved substitutes, totaling 15 sh

HP 200	Fundamentals of Physical Activity	1 sh
HP 230	Aerobic Fitness	2 sh
HP 319	Pre-Professional Experience	1 sh
HP 343	Physiology of Exercise	3 sh
HP 410	Exercise Prescription	3 sh
HP 412	Physical Activity and Stress Management	3 sh
HP 413	Physical Activity and Aging	3 sh

TOTAL 38 sh

Recommended Sequence in Nutrition - 18 sh

Recommended Electives - 15 sh

Modifications Requested

HP 200, Fundamentals of Physical Activity; HP 230, Aerobic Fitness; and HP 343, Physiology of Exercise are moved from controlled electives into the required course category. In addition, the revised course HP 341, Evaluation in HPE, is included as a required course (Evaluation in HPE is scheduled to include the evaluation of tests used in exercise science).

Additions Requested

Two courses, HP 375, The Physiological Basis of Strength, and HP 411, Physical Fitness Appraisal and Guidance, have been added to the area of controlled electives. These courses bring the program into line with similar programs nationally.

The Revised Physical Education and Sport Program

Required Courses

HP 142	Foundations of Health, Physical Education & Sport	3 sh
*HP 200	Fundamentals of Physical Activity	1 sh
HP 221	Human Structure and Function	3 sh
*HP 230	Aerobic Fitness	2 sh
HP 242	Emergency Health Care	1 sh
HP 246	Biomechanics	3 sh
HP 341	Evaluation in Health and Physical Education	3 sh
*HP 343	Exercise Physiology	3 sh
HP 344	Adapted Physical Education	3 sh
HP 345	Athletic Training I	3 sh
HP 346	Athletic Training I Lab	1 sh
HP 441	Psychosocial Implications for Health, Physical Education, Recreation & Sport	3 sh
HP 442	Seminar in Health Physical Education, Recreation and Sport	<u>3 sh</u>
TOTAL		32 sh

*These courses were previously listed as controlled electives.

Controlled Electives - (Choose 12 sh from the following list)

+HP 319	Pre-Professional Experience II	3 sh
HP 375	Physiological Basis of Strength	3 sh
HP 410	Exercise Prescription	3 sh
HP 411	Physical Fitness Appraisal and Guidance	3 sh
HP 412	Physical Activity and Stress Management	3 sh
HP 413	Physical Activity and Aging	3 sh

+HP 319, Pre-Professional Experience II is recommended prior to the internship but is not required because many students have prior work experiences in lieu of HP 319.

Recommended Sequence in Nutrition (No Change) - 18 sh

Free electives - 10 sh